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22 March 2025

# We are our Feelings!

## Feelings!

“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”

James Moncrief

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

Enjoy and share as you please.

Aspiring to Living Feelings First

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# We are our Feelings!



We Are Our Feelings! – what does that mean?

We are a soul, a personality, a spirit in a spirit body; and whilst living on Earth, a spirit also living in a physical body.

We live to grow in Truth, to evolve ourselves, our soul, in Truth.

We live to uncover the Truth of ourselves, and of our Mother and Father.

We do that by interacting with other personalities, ourselves, and the world around us.

As we interact, we're having experiences.

Experiences give rise to feelings and thoughts.

From our feelings we can bring the Truth of our Experience to light, thereby growing in Truth.

With the Truth from our feelings, from our experiences, we know what is right and wrong, and what is the right and best way for us to live.

So we can say We Are Our Feelings; in that, we are the Truth of our Feelings – we are the Truth our Feelings give rise to.

Our Problem is, we've been incarnated into a Rebellion against the Truth.

We are made by our parents, as they were made by their parents, and all by Default (without them knowing they are doing it), to go against the Truth.

How we live against the Truth is by using our minds to take over from, and even suppress and deny, many feelings.

By denying feelings, we're denying the Truth they would ordinarily give us, so preventing our soul from evolving.

So we don't know how to live from our Truth, as we're not growing in Truth from or through our feelings.

Many people believe they are growing in Truth and evolving their soul, when all they are doing is

advancing their mind's control over themselves.

They are Transcending in Beliefs; not Ascending in Truth.

Transcending is a dead end; Ascending is open ended – all the way to Paradise.

To end living rebelliously, against the truth of ourselves, we need to do our Spiritual Healing.

Our Spiritual Healing: called our Feeling-Healing without the inclusion of longing for God's Divine Love; or our Soul-Healing, when we include longing for God's Divine Love, involves focusing on each feeling, looking to wholly embrace it, accept you're feeling it, so not try and deny or block or suppress it, and 'bring it out'.

We bring out our feelings by expressing them, speaking the emotion of them to a friend, or to God.

As we express our feelings, we Long For The Truth Of Them.

As the Truth comes, it will confront our mind control, helping to show us how we're living denying so much of our self-expression, how we're preventing ourselves from growing in truth from our feelings. How we're limiting our interactions with each other, limiting our experiences.

When we strive to Live True To Our Feelings by honouring them the right way, and looking to end our mind control over ourselves, we can be said to be living Feelings First; or, We Are Our Feelings.

By being our feelings the right way, by being true to them, we will slowly bring to light the Truth of our Rebelliousness. We need to see why we're living the Wrong way, what being of a Spiritual Rebellion that's denying the Truth, is all about. Seeing how we're living with and through our mind, instead of with and through our feelings.

And when we're living the whole truth of our rebelliousness, living true to all our bad and good feelings, then our Mother and Father will transform us out of being Wrong, into being Right, and we'll be free of the Rebellion and Default.

We Are Our Feelings, because they are really the Truth of us. Our feelings don't lie. Our mind lies and can be false. Our feelings are always True.

James Moncrief 20 March 2025



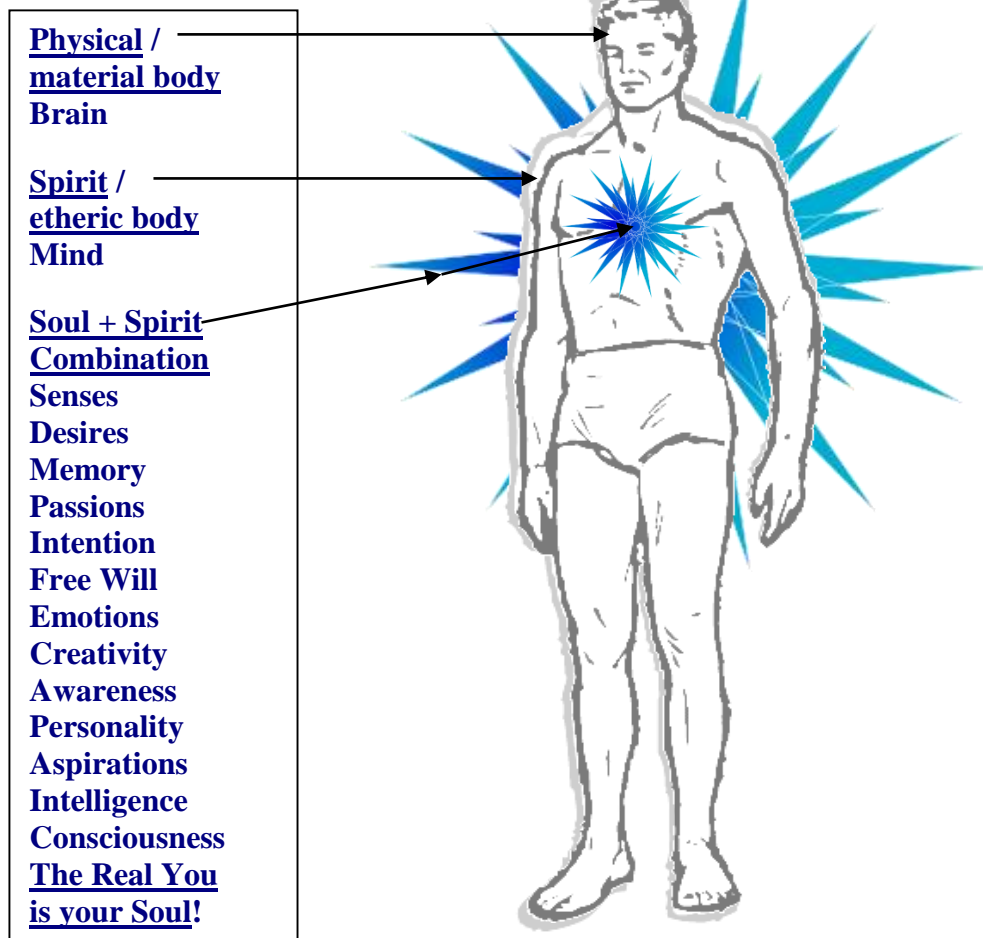
**I am my SOUL!**

**I am not my body!**

**I am not my mind!**



## ASPECTS of LIFE:



The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

**At the moment of conception, we achieve individualisation and become self aware and we are then able to exercise our free will. Incarnation is when the embryo first pumps blood – day 16. At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our physical parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed with our Feeling Healing and to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As we embrace Feeling Healing and our soul receives Divine Love, our soul will grow, and grow, and grow in brilliance and into that which is Divine – this is reflected through our spirit body.**



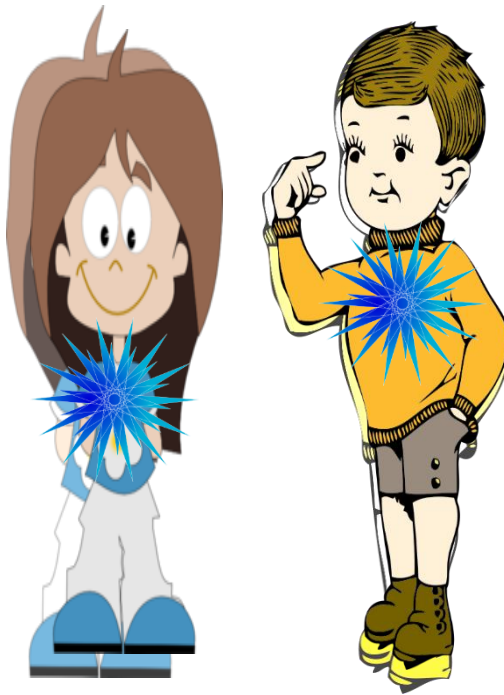
# Soul Partners

## SOUL – Soul Partners:

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

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

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



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

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

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

95%+ of humanity currently are within the 1<sup>st</sup> sphere of development (499 MoC Ceiling).

## PERSONALITY



## PERSONALITY

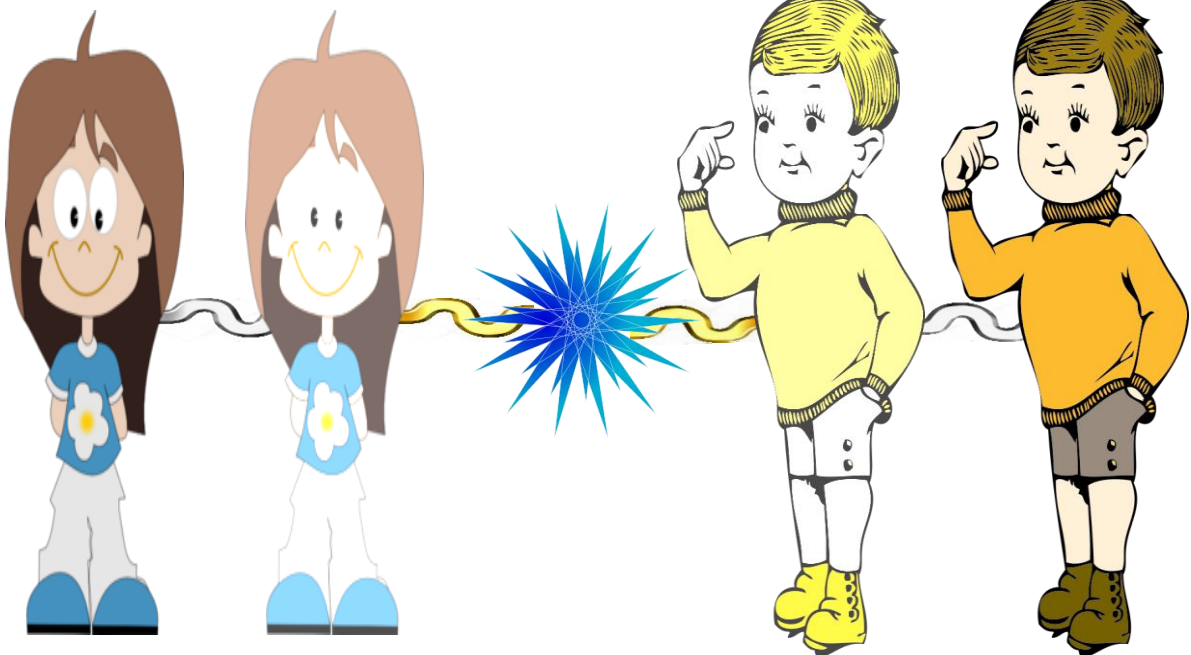
Physical Body

Spirit Body

Soul

Spirit Body

Physical Body



## Our FEELINGS are our SUPREME GUIDES:



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

Kevin 26 September 2017

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

Kevin is John's brother-in-law

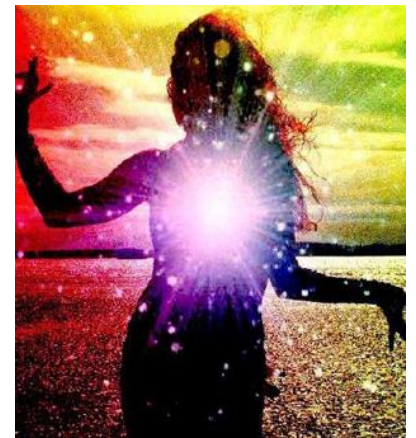
**Using our feelings to uncover the whole truth of our negative or anti truth and anti-love state.**

Kevin, 1<sup>st</sup> Celestial Heaven: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti-love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

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

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



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

## LIVING THEIR WILL:

We can choose, in each and every experience, to live true to ourselves; true to our feelings, and by doing so, we are also choosing to live true to God's Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings. Being moved by one's feelings, always expressing one's feelings, doing what we feel we want to do; while all the time longing for the truth of those feelings, longing for the Divine Love, and longing to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true to themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. The feelings, in and of themselves are real, however they are not founded on one living true to oneself. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered. And it's not an artificial empowerment like many people try to achieve by positive thinking and wilfully using their mind to be positive. It's real feelings of ourself, our will, and our wanting to live with God, our Heavenly Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

## **FEELINGS**

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it! It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.



# FEELING HEALING

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

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

**We have to see the whole truth of our negative or self-denial state before we can heal it and be free of it.**

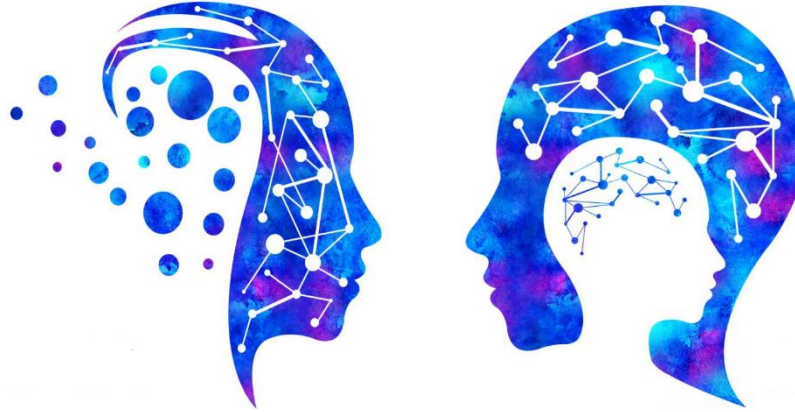
**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus 13 May 2003  
 Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER 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.

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

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

**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.**

# Psychology



20 July 2022

Idra, Celestial Spirit, says that by introducing the 'platform' of the Spiritual Healing, (namely Feeling Healing), to humanity, those people with a focus on psychology to uncover the truth of themselves will find it very helpful to see what it's really for, as they align themselves with the spiritual side, all about the Rebellion and so on. Psychology is directionless on Earth and in the mind spirit Mansion Worlds, it's just this thing about ourselves, helping us understand ourselves in a limited way, but it's not looked at within a spiritual context or with a spiritual purpose to help one grow in truth. So to give it one, then allows psychology to have a 'home', and so an aim and direction.

## Feeling Healing

encapsulated within:



## Divine Love Spirituality

Feeling Healing when appropriately understood and incorporated with the practice of Psychology gives structure, purpose and direction to the art of Psychology as well as meaning and an understanding of what is Psychology and how it is to benefit all of humanity. Feeling Healing addresses the 'elephant in the room', namely Childhood Suppression and its ongoing Repression. This is the pathway home that we each will embrace, either in the physical or within spirit. We are Truth Seekers and Feeling Healing is to provide just that, reveal the truth about ourselves.

# The Key Skill We Rarely Learn: How to Feel Our Feelings

<https://www.psychologytoday.com/us/blog/harnessing-principles-of-change/202010/the-key-skill-we-rarely-learn-how-to-feel-your-feelings>

Reviewed by Lybi Ma Author: Victoria Lemle Beckner, Ph.D. Psychiatry Updated 26 September 2023  
Victoria Lemle Beckner, Ph.D., is an Associate Clinical Professor in the Department of Psychiatry at the University of California at San Francisco.

## EMOTIONS

We are wired to avoid our emotions, not mindfully embrace them.



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

### I Feel My Feelings! Probably Not

In my family, I was the “emotional one.” Even as a kid I remember throwing angry tantrums when things didn’t go my way, crying when I got hurt or scared, running around the house with joy and glee. My feelings came on big and swift and moved on quickly, leaving my parents a little bewildered, trying their best to respond. Plenty of emotional ups and downs continued into adulthood, and if you had asked me then if I knew how to feel my feelings, my response would have been “of course!”

Uh, no.

I had feelings. They rolled around in the background with different degrees of awareness. I pushed some away without even knowing it. Others spilled out unexpectedly. Often I acted out my feelings in ways that were not always helpful. But I didn’t really know how to *skilfully feel my feelings*.

This subtle and challenging skill does not come naturally, but it can be learned. Without it, we are truly at the whim of our emotional weather, unable to deeply know ourselves, and lacking a grounded compass for choosing our actions wisely.

### The Function of Emotion Is to Drive Rapid Behaviour (Not Feel)

It is clear from affective neuroscience research that emotions are connected to our evolutionary motivation system. (However, as we remain mind-centric and live through our minds, humanity is NOT EVOLVING.) Feelings signal how we are reading the environment, and they are designed to mobilise and drive an adaptive behavioural response. (As we are mind-centric, we suppress and ignore our feelings’ guidance.)



Positive emotions (such as excitement, joy, attraction, pride, amusement) are labelled “positive” because they feel good or pleasurable by design. They arise in situations when we perceive important physical, psychological, or social (attachment) needs are within reach, and they *motivate approach behaviours*. Let’s say you walk into a social gathering and see a delicious spread of appetizer (food!), a charismatic person talking in the corner (connection! sex!), or a warm and admiring crowd (status! belonging!). Pleasurable feelings arise as you make these assessments, and they propel you forward to eat, lean in, open up, engage, pursue. Positive feelings, because they are rewarding, also reinforce the behaviour (i.e., make the behaviour more likely next time).

Negative or threat-related emotions (such as fear, anxiety, guilt, shame, disgust, hurt, anger, jealousy, sadness) are labelled “negative” because they feel uncomfortable or painful by design—they are part of the body’s alarm system. They arise when our brain *perceives a threat* to our fundamental goals or needs or the well-being of loved ones. Negative feelings also mobilise the body for action, but they *motivate avoidance behaviour*: efforts aimed at escaping, reducing, fighting, or controlling the threat and the associated feelings.

Let’s say when you walk into that gathering you smell something gross (spoiled food!), you smile at the charismatic person and they ignore you (rejection!), you see your group of friends and they look at you with frowns and begin whispering (judgment by the tribe! I am unworthy!). Disgust, hurt, anxiety and shame arise as your brain quickly makes these threat assessments (which may or may not be accurate). These feelings drive us to put the sandwich down, steer away from the attractive person, perhaps leave the party altogether and resolve to avoid this group of friends next time. When you move away, the uncomfortable feelings diminish, bringing temporary relief (reward!) which reinforces the avoidance behaviour.

It’s important to notice something here: *Feelings are NOT designed to have us slow down and really feel them*. We may not even be consciously aware of our emotional state. Our brain just needs to register a feeling just long enough to orient us to what’s important in the environment and to activate various physical and behavioural systems to fuel a move toward or away.

## **We Are Also Socialised to Avoid Feelings**

As social creatures, we also learn to avoid feelings by watching others and absorbing social messages. We hear from caregivers and friends: “Look on the bright side!” (don’t be sad), “you need to be strong!” (don’t cry), or “Stop making me feel guilty!” (don’t be upset with me). Different cultures and social groups have varying implicit “rules” about which feelings are acceptable, and which ones are not. Suppressing negative emotions is often associated with strength and health (while expressing them is often equated with weakness). In my family, we were encouraged to be upbeat and not linger too long in painful feelings. Anger was definitely tolerated (my mom and I would blow up at each other and then easily make up), but my parents didn’t know how to sit with disappointment, hurt, or grief (mine or theirs).

Surprisingly, even though “positive” feelings are by their nature pleasant to feel, we can also be socialised not to express (and by implication feel) them. If your caregivers criticised the pride you felt in your achievements (“Don’t brag—you’ll get a big head!”) or taught you that joy sets you up for disappointment, then good feelings can also come to trigger our threat alarm, causing a cascade of anxiety, guilt or shame in their wake. You may move to avoid by playing down your accomplishments—just one example of avoiding feelings.

## **All the Ways We Try to Avoid Our Feelings**

How do we humans avoid feeling our emotions? Ah, let me count the ways! We use TV to distract, smoke to relax, videogames to numb-out, porn to relieve stress. We drink and binge-eat and use drugs and stay really busy. If sadness arises as we recount a story, we “pop out” of the feeling by talking about it intellectually, or we change the topic. We act out our anger by yelling (trying to “discharge it”), instead of feeling what the anger might be covering (often hurt or shame). We nag our partner to go to the doctor (to relieve our fear they may be ill). We also avoid discomfort we imagine feeling in the future: we shy away from risks at work (to avoid disappointment or shame if we fail); we don’t ask someone out that we find attractive (to avoid the embarrassment of possible rejection). All of these are examples of external (observable) behaviours. You can also avoid by doing internal (mental) behaviours, such as trying to suppress a disturbing thought, “undo” something in the past, or worrying to “prepare” for a future threatening situation. Sometimes we are aware of trying to change our internal mood state (“man I need a glass of wine!”), but most of the time we are not conscious of avoiding.

Psychotherapists have different terminology for these avoidance behaviours. Psychodynamic therapists focus on how we unconsciously avoid threatening thoughts and feelings and call these moves *defences*. In Acceptance and Commitment Therapy (ACT), any move away from uncomfortable feelings (and the contexts that trigger them) is called *experiential avoidance*. In Cognitive Behavioural Therapy (CBT), any behaviour intended to reduce or manage distress is called a *safety behaviour*. Even Buddhists have a term for how we internally react and struggle with our inner experience: they call it the “second arrow” of suffering. Meditation practice can, in fact, help you notice even the most subtle ways we avoid: the moment following the breath gets boring (negative feeling!), our mind starts wandering toward planning lunch (positive feeling!).

### **What’s Wrong with Acting to Avoid Feelings?**

Nature (our mind) wants us to act not feel. Nurture (mind) also wants us to shut down certain feelings. Why not give in to our emotional instinct then and simply follow the impulse to escape, defend, act out or control what is distressing (i.e., avoid or dispel painful feelings) or grasp after what is pleasurable?

First, notice that emotions pull for quick, *reflexive action* to meet immediate goals and avoid or satisfy the feeling in the moment. They are not designed to move you toward your longer-term goals, values, or well-being. Thus, you may find yourself snapping at your partner even before you consider asking why she didn’t call you back, and this ends up creating more distance instead of the connection you really want. If you don’t know how to stay with uncomfortable emotions and therefore must give in that short-term drive toward or away, there is no opportunity to consider how you want to act in a situation. You won’t have that emotion-muscle to move toward meaningful goals in the face of difficult feelings.

Another problem is that our initial feelings (and the behaviours they drive) are based on our quick *interpretation* of the situation, which isn’t very reliable (assumption error rate being 98%). Those people at the gathering who turned away? You took it as a personal rejection (and so felt hurt or anxiety), when really no one in the group even saw you come in. Our assessment of what’s happening is influenced by many factors beyond the situation itself. As we move through our lives, we organise our experience into cognitive “schemas” (beliefs, categories, and expectations) that shape how we read what is happening in the present; our mood can also add an additional filter (rose-tinted or grumpy grey). If you simply obey the feeling, you may be acting on faulty information.

It is also a cruel irony that while striving to avoid emotions may bring some brief relief in the short-term, *it doesn’t really work over the long-term*. This is because we really don’t have direct control over our feelings (if we did, we’d all be hanging out in bliss). So when we try to reduce or avoid emotions, we get stuck on the hamster wheel of trying to control something we really can’t. The resistance takes up



**HAPPY**

- Optimistic
- Trusting
- Peaceful
- Accepted
- Proud
- Interested
- Content
- Playful
- Excited
- Amazed
- Confused
- Startled
- Tried
- Bored
- Bury
- Stressed

**SAD**

- Lonely
- Vulnerable
- Despair
- Guilty
- Depressed
- Hurt
- Repelled
- Awful
- Disappointed
- Disapproving
- Critical
- Distant
- Frustrated
- Aggressive
- Mad
- Bitter
- Humiliated
- Let down
- Threatened
- Rejected
- Weak
- Insecure
- Anxious
- Scared

**ANGRY**

- Dismissive
- Judgmental
- Embarrassed
- Appalled
- Revolted
- Nauseated
- Detestable
- Horried
- Hesitant
- Embarrassed
- Disappointed
- Inferior
- Empty
- Remote
- Powerless
- Grief
- Fragile
- Victimized
- Abandoned
- Isolated
- Inspired
- Hopeful
- Intimate
- Sensitive
- Thankful
- Loving
- Creative
- Courageous
- Valued
- Respected
- Confident
- Successful
- Inquisitive
- Curious
- Joyful
- Free
- Cheeky
- Aroused
- Energetic
- Eager
- Awe
- Astonished
- Perplexed
- Disillusioned
- Shocked

**FEARFUL**

- Helpless
- Frightened
- Overwhelmed
- Worried
- Inadequate
- Inferior
- Worthless
- Insignificant
- Excluded
- Persecuted
- Nervous
- Exposed
- Betrayed
- Resentful
- Disrespected
- Ridiculed
- Indignant
- Violated
- Furious
- Jealous
- Provoked
- Hostile
- Infuriated
- Annoyed
- Withdrawn
- Numb
- Skeptical

**SURPRISED**

- Indifferent
- Apathetic
- Pressured
- Rushed
- Overwhelmed
- Out of control
- Sleepy
- Unfocused
- Shocked
- Dismayed
- Perplexed
- Astonished
- Awe
- Eager
- Energetic

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



# We do everything possible to avoid our Feelings!

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





## 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!**

## Why It's Essential to Learn How To Skilfully Feel

### *Feeling What's Painful Gives You Access to What Matters*

Feelings signal something important to us. We will feel fear if our emotional or physical safety is threatened, sadness with the loss of someone or something significant to us. We feel anger in the face of injustice or mistreatment, guilt when we harm others. If we reflexively move away from these *primary feelings* which reflect actual danger, harm, loss, transgression—we will miss something meaningful that needs attending to. In ACT, there is a coin metaphor: Pain is the flip-side of what we value. If you push down your loneliness by staying busy, you can't get in touch with your desire to love and be loved.



And yet, our initial emotional response is often a complex jumble of primary feelings (that reflect what's actually happening), plus secondary emotions (often related to distorted interpretations), mixed together with all of our avoidance behaviours (our reactive struggle against all of the feelings). We have to develop the muscle and courage to stay with this uncomfortable welter of emotions in order to unpack what is important and meaningful. This isn't easy! I often help clients visualise their initial emotional reactions as the "surface waves" of an ocean. We need to ride these choppy waves, while holding our thoughts and interpretations lightly, in order to slowly drop into deeper emotional waters where the felt-sense of our values reside. Only then can we distinguish our primary feelings (and the values they reflect) from all the secondary noise.

A good example is my client "Martina," who was thoroughly fed up with her husband. Every day after work he'd retreat to playing videogames, and she felt ignored. Her anger propelled a perpetual protest aimed at changing him: she criticised him relentlessly and complained to others. Acting out her anger gave

her a brief sense of control and relief, but it did not effectively engage him (it pushed him further away), and her anger persisted. So after listening to her for a while, I asked her to slow down and actually feel the anger in her body. I had her mindfully observe and allow and stay with the internal experience. This was hard for her at first – she noticed her chest was tight and fingers tingling—the sensations were intense! But as we made room for her anger and empathised with her pain, she began to drop below the turbulent waves into more vulnerable feelings: hurt and sadness that her husband was so distant, and fear that he might someday leave her. Here in the calm depths, she was able to access what was at the core of her pain and her heart. She got very clear that her marriage deeply mattered to her. Martina was then able to approach her husband and begin talking about why they had grown apart.

### *Willingness to Feel Enables New Learning*

New learning also happens when we develop the capacity to be with difficult feelings. Because many of our threat-related beliefs and feelings are based on the past, if we continue to obey them and avoid, we won't have the opportunity for new experiential learning to update our beliefs and discover what we are



capable of now. In other words, what we avoid we can't learn from. To move beyond our past, we have to engage in new experiences that often feel risky and generate negative feelings like anxiety (in CBT, Cognitive Behavioural Therapy, this is called an “exposure”). This is how we transform old, unhelpful beliefs at an emotional level, and grow in new ways.

### ***Feeling Our Emotions Enables Wise Choice***

Notice that Martina's willingness to stay with her feelings helped her access her values at a deeper emotional level, and thus to realise how she *would want to respond*. It also enabled Martina to pause, resist her reactive moves to alleviate her anger (via criticising and complaining), thus opening up the possibility to choose an action in the service of her values and long-term goals. It's critical to see that this skill must be developed in order to overcome our nature-nurture wiring. As Victor Frankl famously wrote: “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

For those who may be thinking this all sounds very touchy-feely, the neuroscientist Antonio Damasio explains how emotions are fundamental to rational decision-making. Without emotion, the landscape of our choices looks like a flat grey desert without any landmarks indicating what is important. Dialectical Behaviour Therapy (DBT) uses the term “Wise Mind” as having both your thinking mind (prefrontal cortex) and emotion mind (limbic system) on-line and working together. Dropping deeply and mindfully into feeling allows us to access our compass, to know both intellectually and emotionally what is important.

### **What about Emotion Regulation Techniques?**

Though not the topic of this article, there may be times when it is useful to consciously choose to reduce intense emotion. Emotion regulation skills can help you bring feelings into a manageable range (your “window of tolerance”) in order to effectively work with them. Note that this is different from reflexively avoiding your feelings, assuming it is done with awareness and intention to move toward accepting your feelings.

### **Practice: Skilfully Feel Your Feelings**

The following steps draw on mindfulness techniques, and can help you cultivate the art of leaning into your feelings. It's worth saying here that skilfulness with emotion starts as a relational process—if our caregivers did not help us learn how to accept our feelings (which is most likely), then we were left alone and overwhelmed by them, or unable to glean their significance. This is one of the reasons why the therapist-client relationship is so important in psychotherapy. So while these steps can be done on your own, a therapist can help you notice the subtle ways you may move away from feelings, and create safety as you explore difficult feelings.

#### ***Step 1: Name the Feeling***

When you become aware of a feeling, pause. You may first notice the general tone of the emotion (either negative or positive). For example, you are feeling vaguely stressed or uncomfortable. See if you can gently name the specific emotion present without judgment (e.g., sad, afraid, ashamed, joyful, excited, delighted).

#### ***Step 2: Allow the Feeling Sensations in Your Body***

Emotions are called “feelings” because we feel them in the body (feelings are in the now, emotions of the past). See if you can mindfully observe the physical sensations without judgment—how do you directly sense the feeling in your body? Encourage yourself to “allow” the sensations to be present and flow – let them rise and fall without trying to control, reduce, or escape them. If the feelings are difficult, this requires the courage to stay with a scary or aversive experience. It helps to bring curiosity and openness to whatever arises, to give the body permission to feel whatever is present. During this step, be careful not to get lost in your thoughts (mind) – keep gently bringing your attention back to the physical sensations. The intention is to keep mindfully accepting what you are feeling in the moment. Ride the waves for several minutes.

### *Step 3: Mindfully Investigate What’s at the Heart of Your Feelings*

Now gently shift your attention to investigating what is driving the emotion. Maybe you are facing a loss or something threatening in the future, or having an experience of being unseen or excluded. Hold your thoughts lightly as you inquire, remember that your interpretations are coloured by your history. Try not to get stuck in a story, analysis, or ruminating about a “scene” in your head. *Keep it simple:* what is at the heart of your pain or joy? And if you notice that you are blaming yourself or others, this is an avoidance move. See if you can *feel the pain without blame*. It’s helpful to have an image of your initial feelings and thoughts as reactive waves on the surface of the water, where we typically resist and splash around. The goal is to drop into deeper and more vulnerable waters, where the core of your pain and values reside.

### *Step 4: Bring Compassion to Your Experience*



As you allow and investigate your feelings, it is important to bring kindness to your experience (especially if it’s painful). We all know how to speak critically to ourselves – this step is about cultivating the opposite: bringing a compassionate, caring stance to what we are feeling. If this is difficult for you to do, think about how you would bring empathy to a family member, dear friend, or your child. You also deserve that care! You might say to yourself: “I’m so sorry you are feeling this way,” “this is so difficult,” or “I’m with you.” Whatever you are feeling, it is certain that you are not alone—we all get hurt and disappointed in life, we all need a sense of safety, connection, belonging. While our individual experiences are unique, there is something universal in our desires and pain. This step is about recognising our common humanity and actively bringing a nurturing stance to our own experience.

### **The World Opens Up**

As we develop this internal acceptance muscle—leaping into uncertainty and a fierce sea of emotions—something remarkable happens. We drop our resistance and avoidance, and sink deeply into

that deep, blue water. This is where possibility opens up. We emerge from the ocean, putting our soft feet in the sand as we venture forth into a more grounded and technicolour present. We start showing up

more up in our relationships and accessing both the joy of what's here and the pain of what's absent. Maybe we try music or build something or take on a new challenge at work because we are willing to feel thrilled and also awkward and embarrassed. We expand our capacity to feel fear when there is actual danger, grieve our losses when they happen, take in comfort when we are held, and rediscovery our playfulness. Learning to skilfully feel connects us deeply to ourselves, and creates the freedom to fully engage our life and do what is meaningful.

“Martina” is a composite client, with all identifying information removed or changed to maintain privacy.

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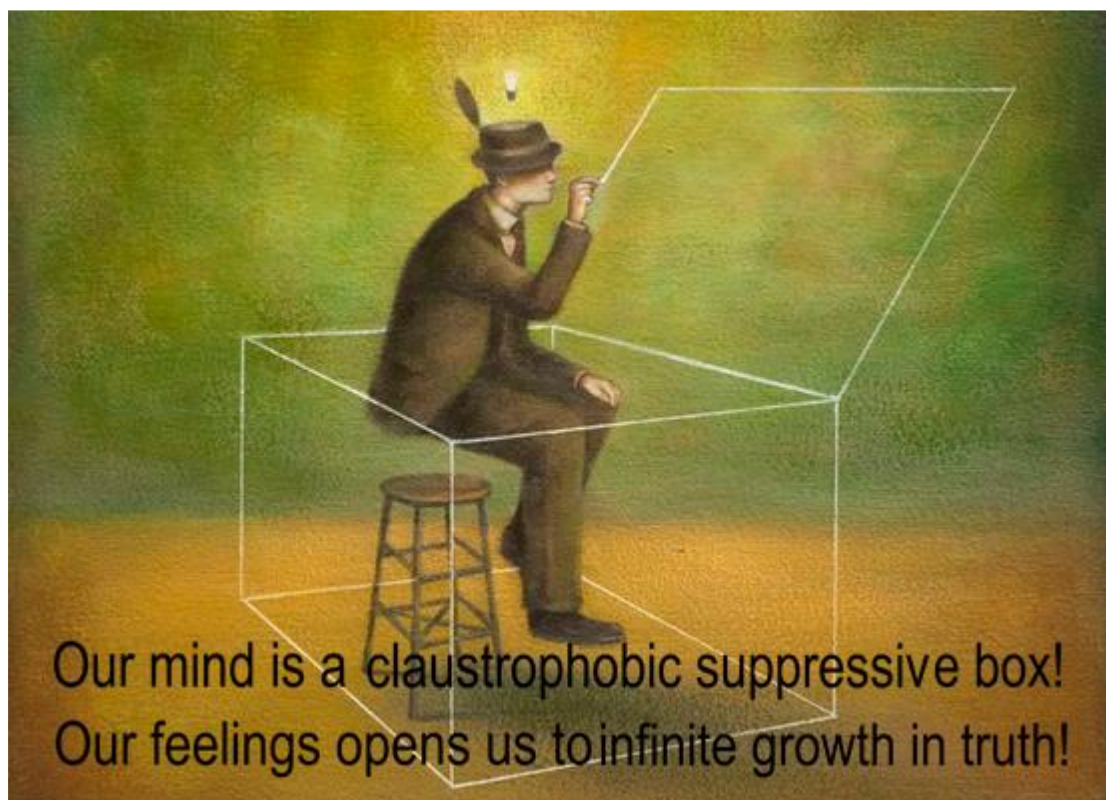


#### About the Author

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

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

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

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

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

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

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

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



**Feelings First  
Feeling Free**



**SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering  
Self Revealing  
Self Loving**



## **OUR INDUCTION into PHYSICAL LIFE:**

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



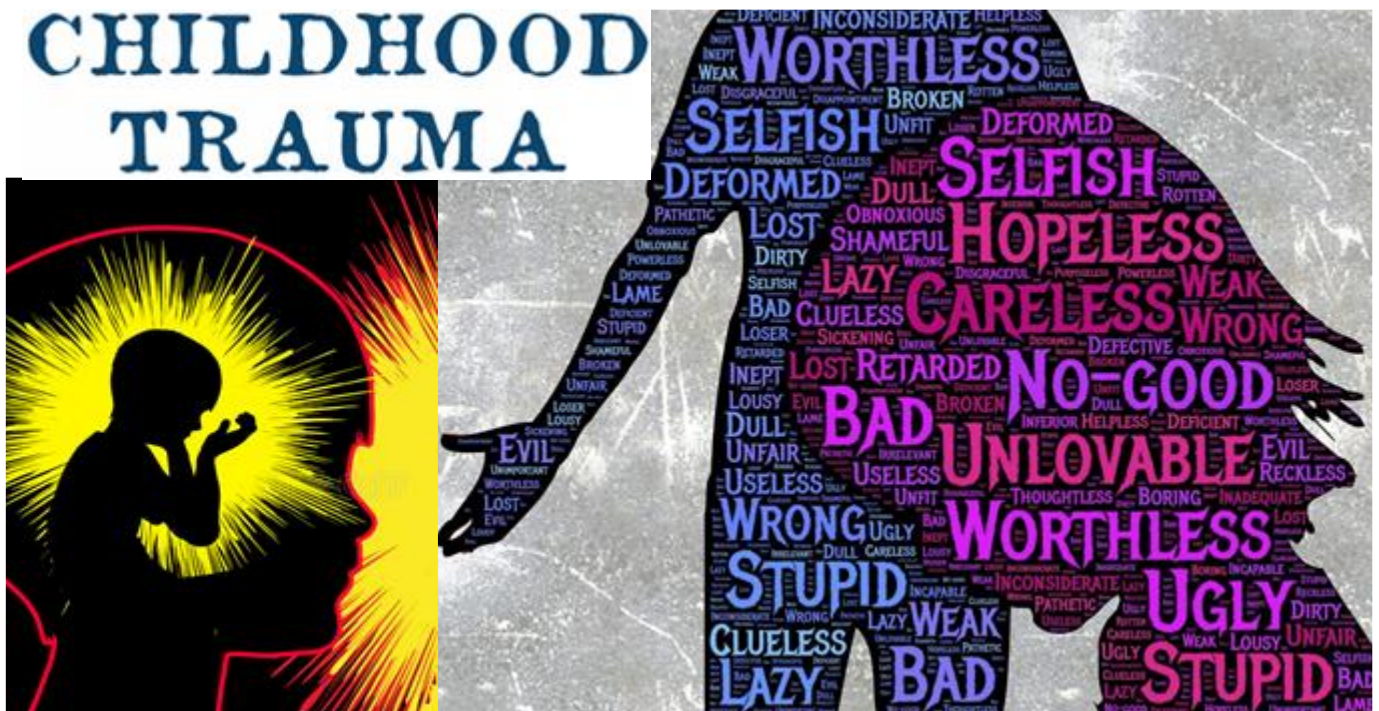
**Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!**



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

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





Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The suppression and ongoing repression of our natural self-expression during our formative years is the foundation of all our suffering throughout our life.

Suppression and ongoing repression of our natural self-expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

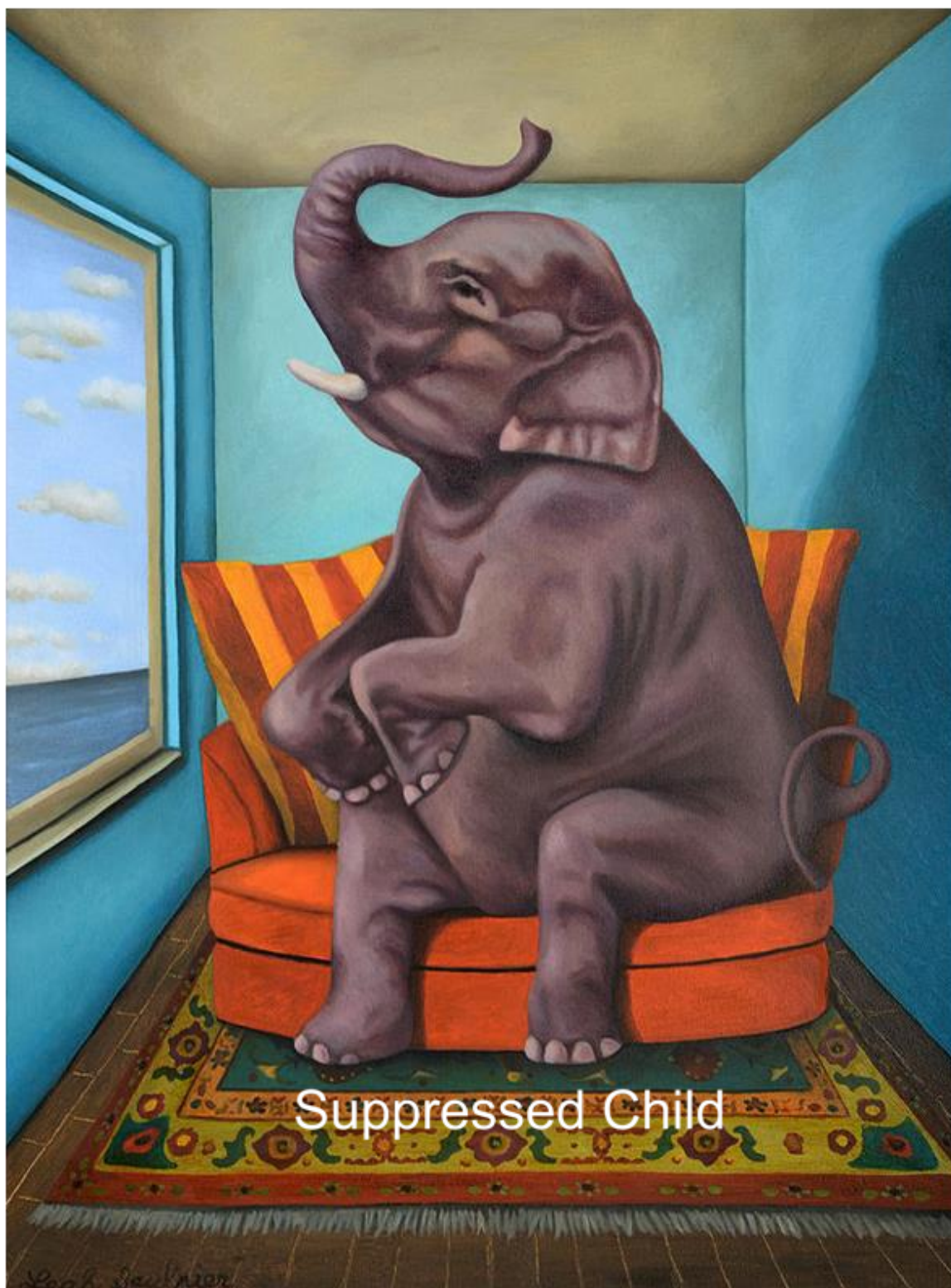
“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”

James Moncrief 28 May 2018

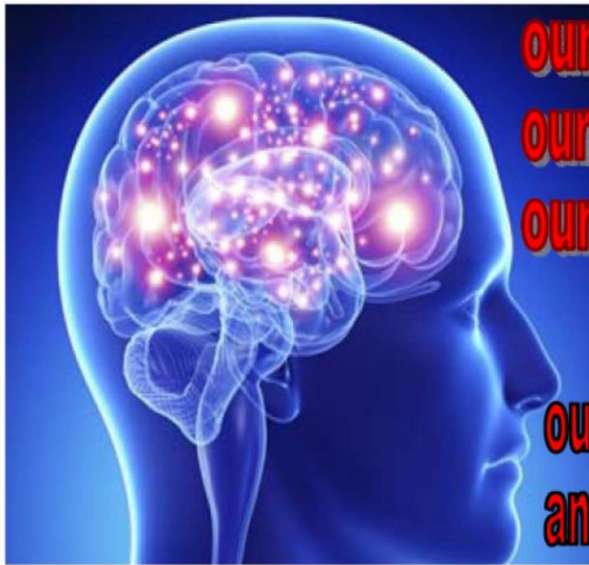




# Childhood Suppression is the elephant in the room!







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

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

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

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

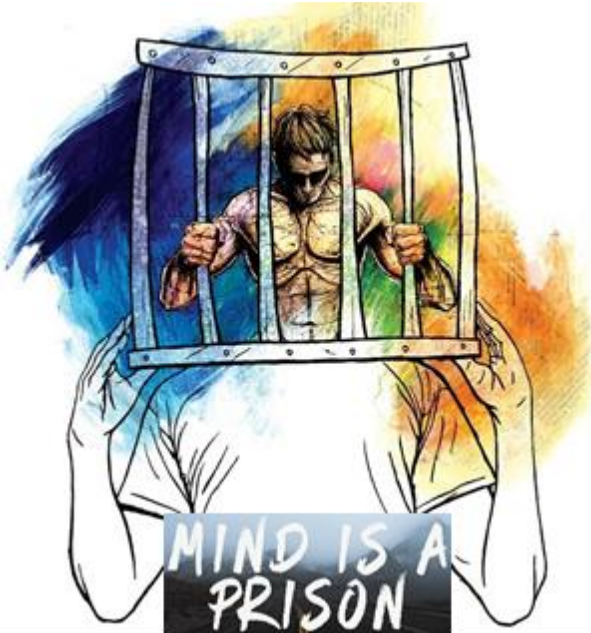


**our SOUL is our TRUTH!**  
**our FEELINGS are our TRUTH!**  
**FEELINGS FIRST, mind to follow!**

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

# NEW FEELINGS WAY

**We are enslaved in our mind.**



We seek, what we think, is the best education for our children. Many send their girls and boys to the so-called best and expensive schools that subsequently further enslave the child deeper into its mind.

The world's journey of growth through its education systems has peaked. The result is a global population functioning in zombie mode, in a stupor, glued to an electronic device, all trying to be the same with no individuality, originality or self-expression.

This destiny was imposed upon us by controllers who had us go in a direction of limited development and to remain their pawns forever!

Girls and women have been singled out as they, being closer to their feelings, can see the folly of this

entrapment of limitation and perpetual stagnation.

We are to live feelings first and have our minds follow implementing what our feelings are leading us to embrace. Our feelings are our true selves, they are an expression of the personality that we are, as bestowed upon us by our Heavenly Mother and Father.

A feelings orientated education opens our potential infinitely. It is only through us living through our feelings that all the social ills that are evident throughout every community in every nation can and will be mitigated and put aside. It is only through expressing our feelings, both good and bad, and longing for the truth of them that we will heal ourselves of our childhood suppression and repression. Then we will see an evolutionary advancement of Earth's humanity that is presently incomprehensible.

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

**FREEDOM OF  
FEELINGS**

**FEELING  
HEALING**



# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

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

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

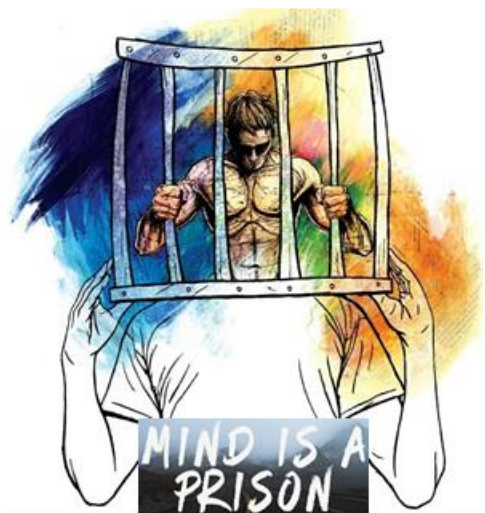
or embracing The New Feelings Way  
by doing your Spiritual Healing;

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

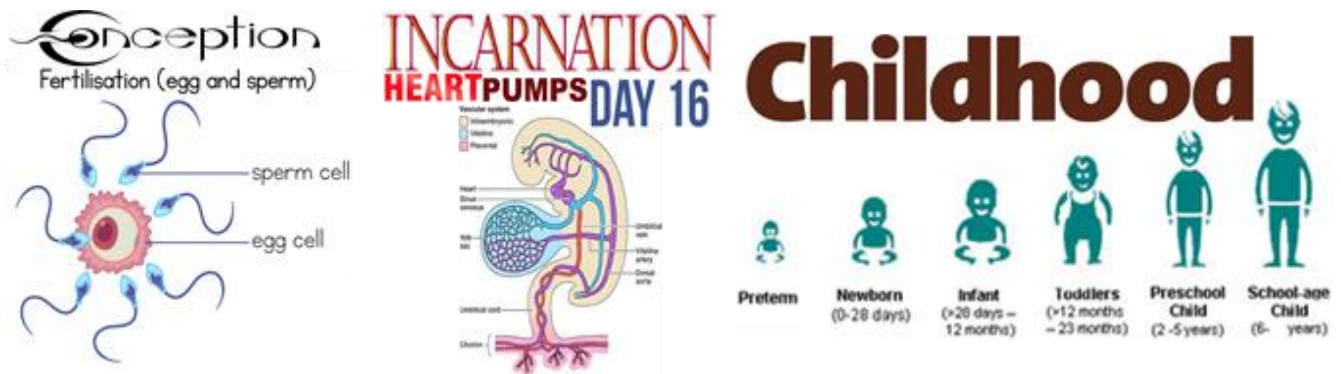
or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

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

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



# ***We are to Find the Truth of our Childhood.***



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

## 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.

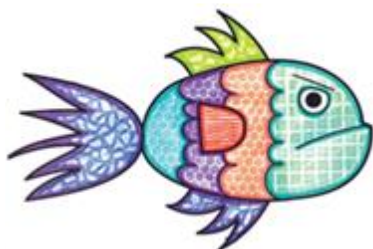




**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



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



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



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

**Talk it out to a friend!**



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



Feelings, good and bad, are to be expressed.



Heartfelt feelings are our truth.

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

**BREAKING the BARRIER of the MIND – ENGAGING the SOUL!**



Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with our soul and enables us to live a Celestial Soul Condition while we live on Earth.

Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.



ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.



True liberation is allowing yourself to feel all your feelings wanting to fully express them with the emotion of them, all as we want to bring to light the truth they are to show us about ourselves.

Only through longing, asking for, begging to know the truth behind our feelings and expressing our feelings to or with a companion can we then only begin to resolve and address our compulsions – all being part of our pathway of Feeling Healing, and with Divine Love, Soul Healing.

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



## **The GOLDEN RULE**

*Never interfere with another's will.*

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

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





Look for deeper understanding and truth.  
 Seek to understand what it is about the feeling.  
 Long to know what is underneath the feeling.  
 Ask, beg, pray, long to know the truth above all.  
 Underneath each discovered layer is another!  
 Until we go back to our time of conception.  
 Our feelings are our truth - our soul based truth.  
 We are to express all that we feel, good and bad.  
 This is the beginning of our FEELING - HEALING.  
 Then always ...



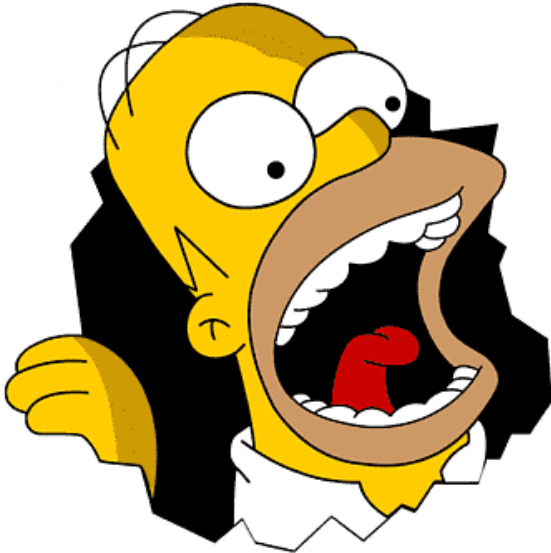


LET'S TALK IT OUT





# TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



All our feelings are so important, and we are to follow them like walking down a golden feeling path, and most importantly, our bad feelings.  
Angel guides 15 July 2022

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

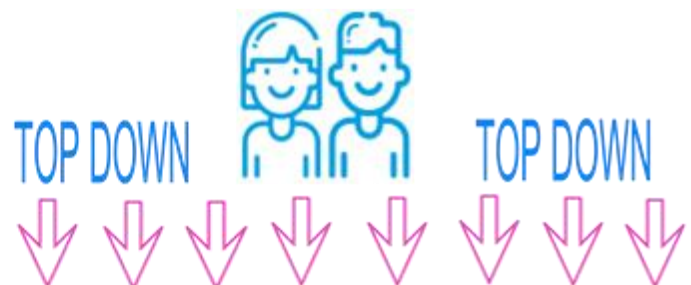


**①OPTION**

**mind way v truth way**

**REBELLION & DEFAULT - ending process!**

**Everything is to change!**



**From all points of view!**





# Root Cause

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

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

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

# Pathway Forward

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

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

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

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

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

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

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

How are we rejecting our  
Heavenly Mother and Father  
multiple times everyday?

It is through ignoring our feelings!

Our feelings are expressions of our  
soul guided by our Indwelling Spirit  
who is our Mother and Father's  
spirit within each of us.

We are to live true to our feelings!

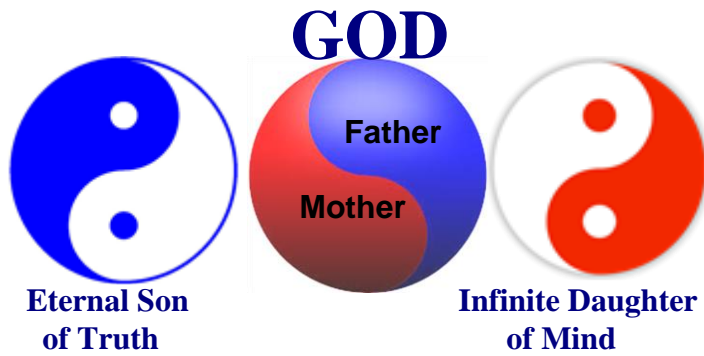
It is that simple!



What do our Heavenly Parents  
desire for us to do?

To ask for Their Love,  
Their Divine Love!

Just to ask our Heavenly Mum and Dad  
for Their Love.



**Feeling Pathway**



**Soulmate Pair**



**Spirit Person**



**Mind Pathway**



**Angel**



**Nature Spirit**



## **CREATION of SOUL and SPIRIT:**

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

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

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

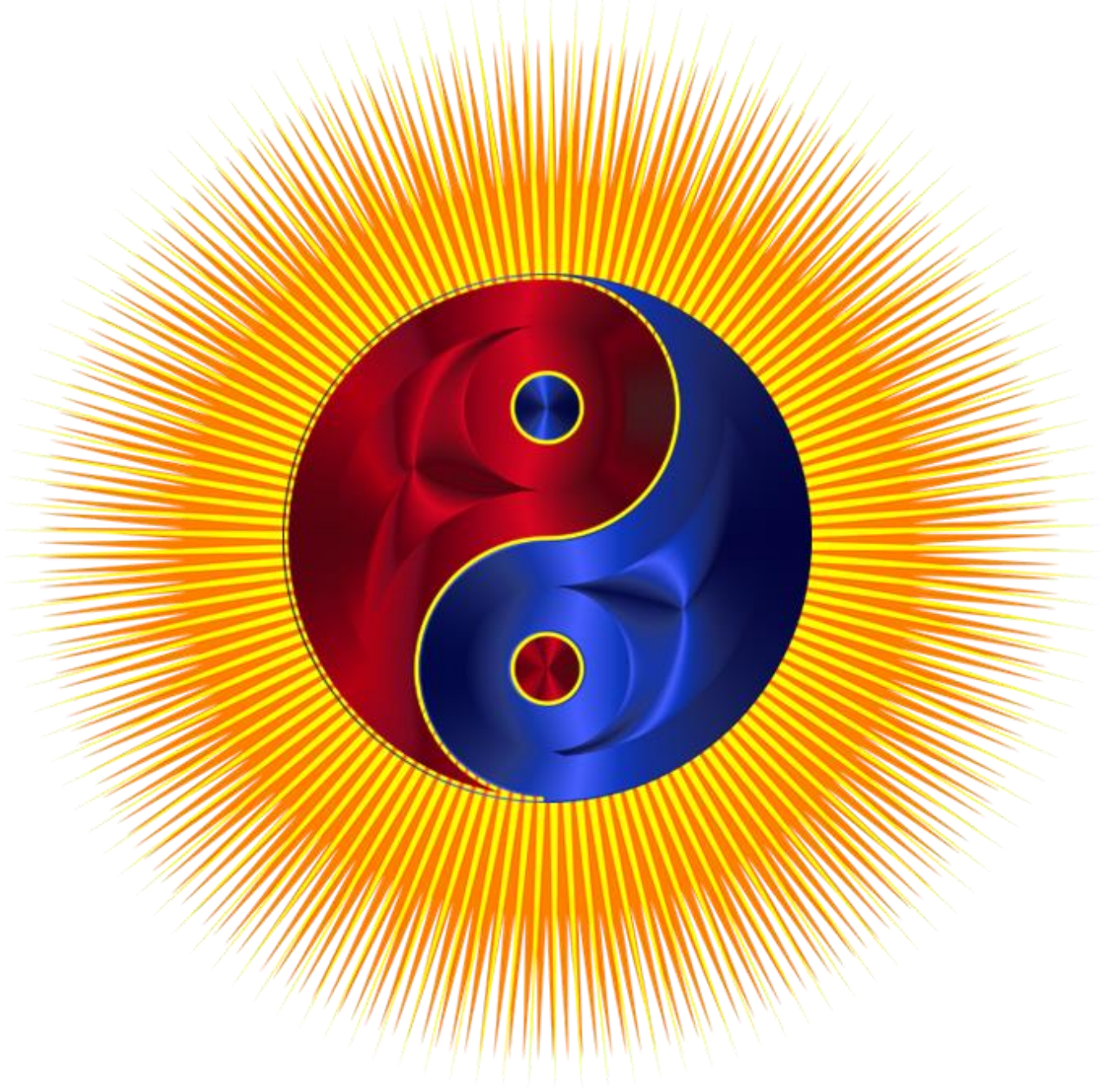
The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

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

A nature spirit is an angel in waiting.



# Our Heavenly Mother and Father



# Paradise Trinity

Heavenly Mother  
and Father  
'Love'



Eternal Son of 'Truth'

Infinite Daughter of 'Mind'

Jesus and Mary's soul are different in design than ours. They are a Creator Daughter and Son, or similarly referred to as Michael Daughter and Son soul, and within their soul is expressed only two of the Primary Aspects of Deity. They are of the Mother and Father, our Heavenly Parents and the Eternal Son.

Avonal Daughters and Sons are expressive of the Eternal Son and Infinite Daughter.

The core of humanity (us mortals of Earth) is of the Truth and Mind, and then with the addition of the Indwelling Spirit, we can then relate to the Love.

And with the Avonal pair now on our world (Earth), or assisting us through others on Earth, they too expressing the Son of Truth and Daughter of Mind, we actually are far better suited to relating to them than we are to Mary and Jesus.



# Heavenly Mother & Father LOVE



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

Creator Daughter & Son are of Love and Truth.

Avonal Daughter & Son are of Truth and Mind.

Nature is of the Mind.

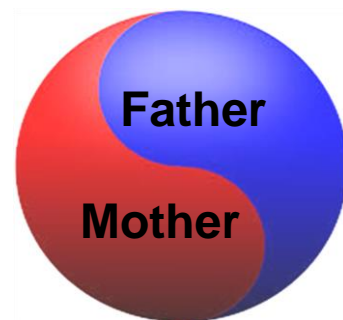
Humanity is of Truth and Mind then with Indwelling Spirit, also of Love.

Humanity is best suited to be assisted by the Avonals and then by Creator Daughter & Son.

**Indwelling Spirit**  **LOVE**

# MUM & DAD THIS WAY

## GOD



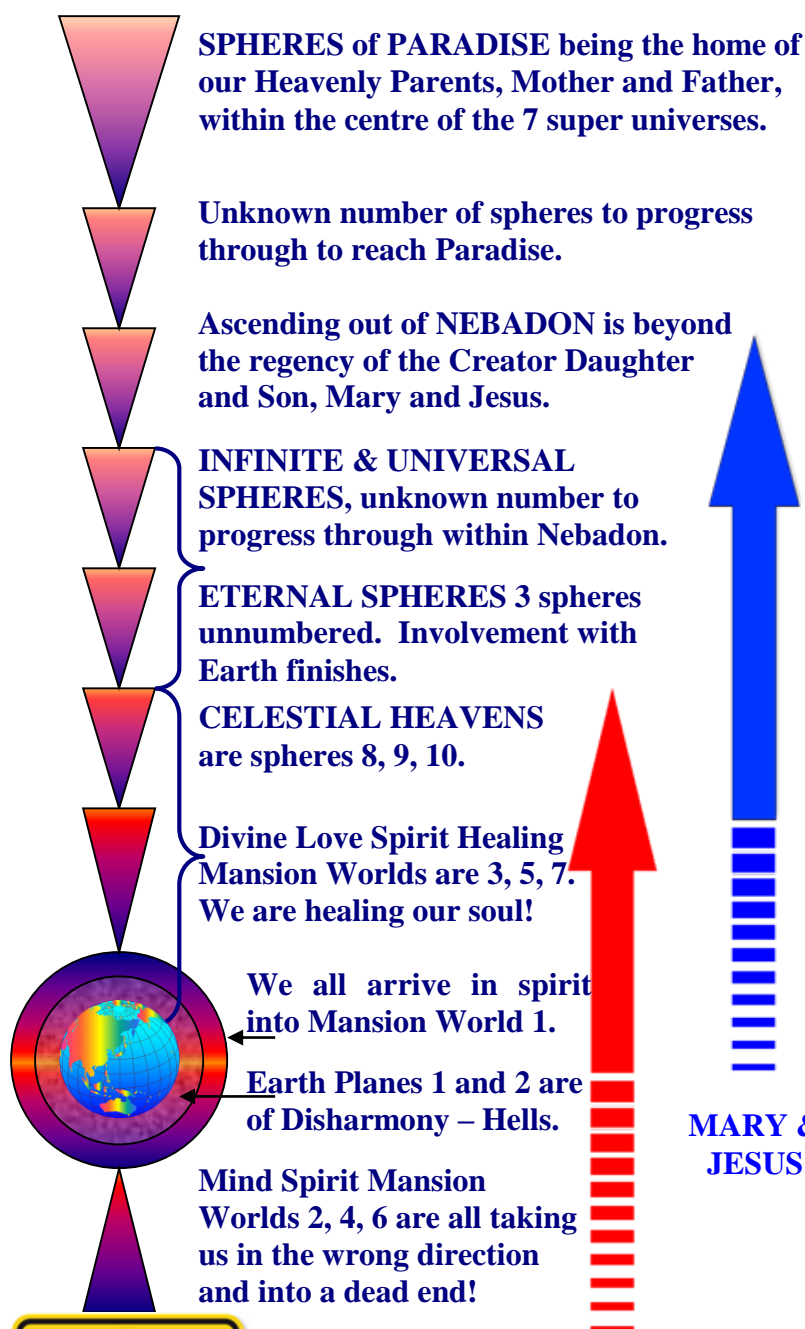
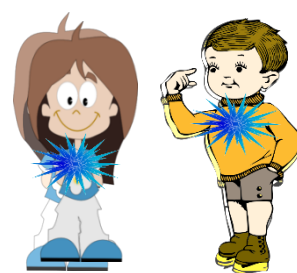
HEAVENLY  
PARENTS



JESUS & MARY



AVONALS



I'D TURN BACK  
IF I WERE YOU!

AVONAL PAIR

GOD

MARY &  
JESUS

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



## 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.

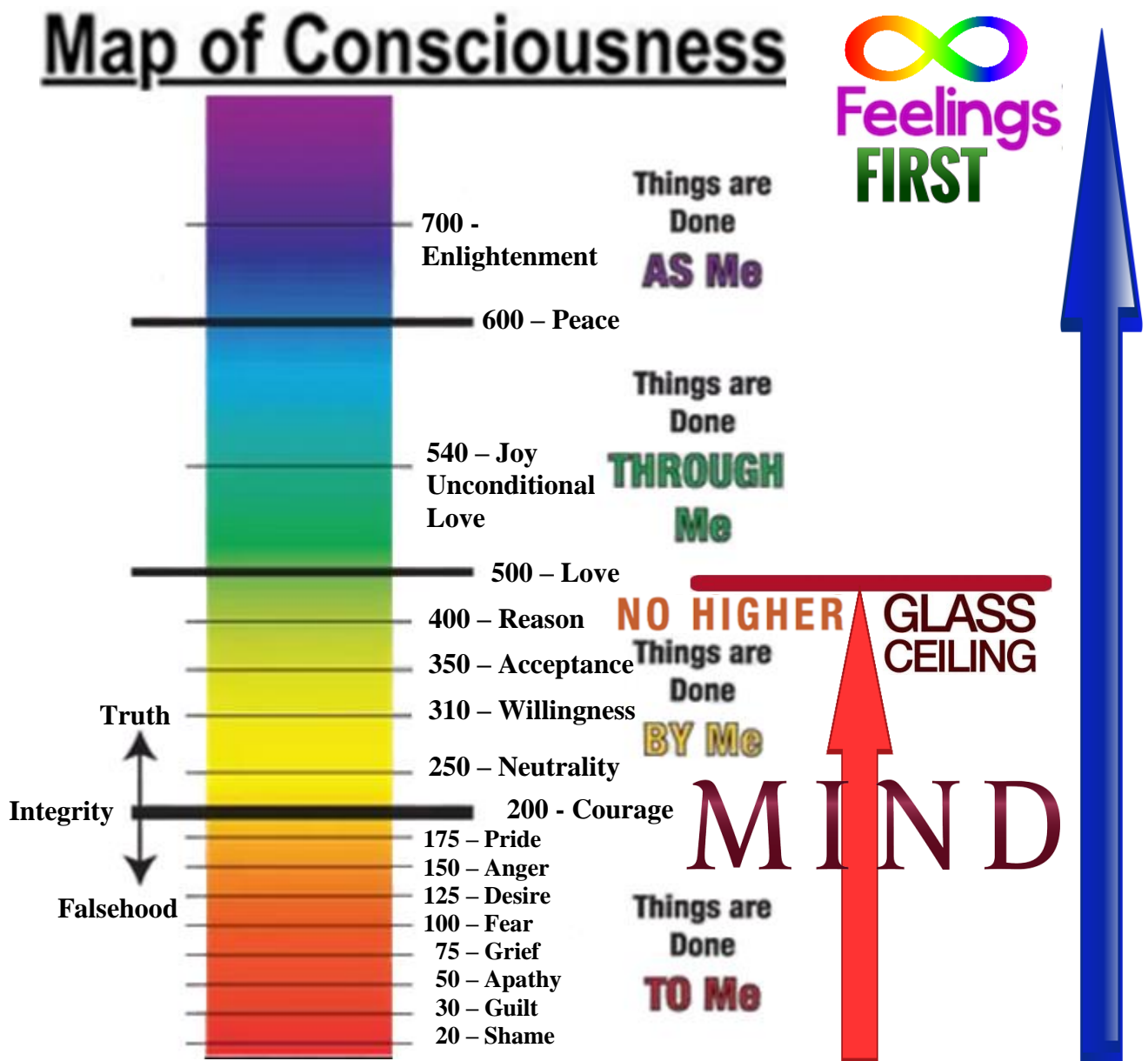
Totally self-reliant, not God reliant.

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.



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?



Nothing is  
to remain  
the same!

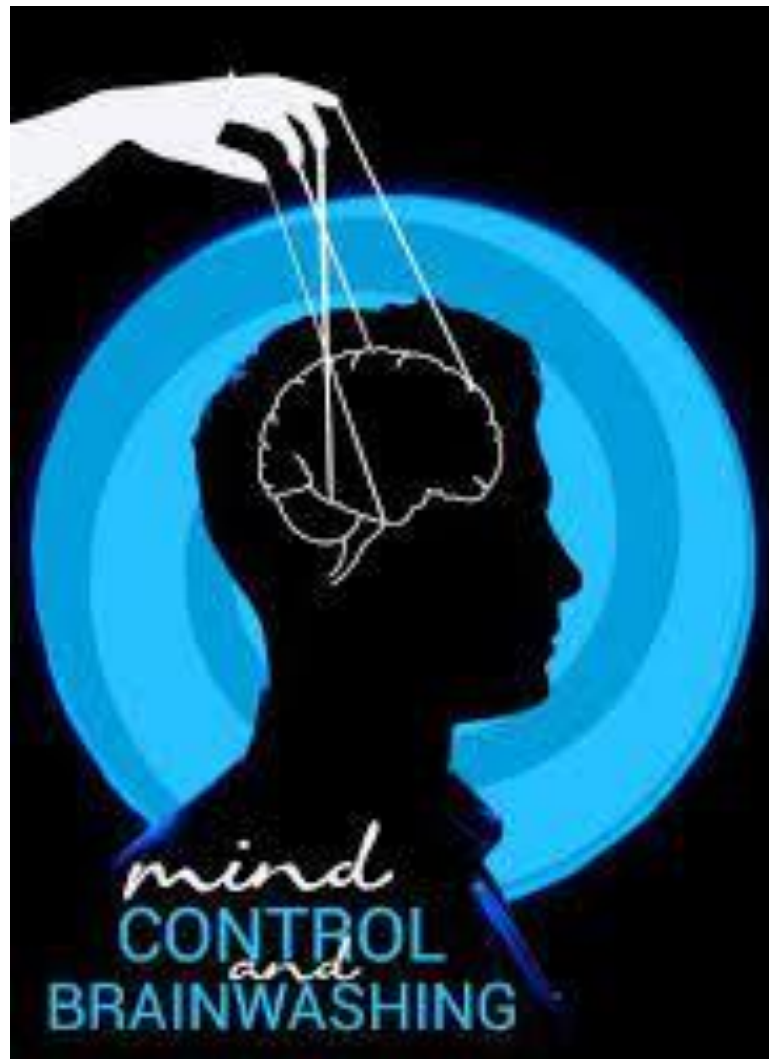
Everything  
is to change!



Several decades of disruption is to  
encourage us to look for a better way.

Living Feelings First  
FEELING HEALING

## **We all are all addicted to our mind's control!**



**Spirit damage to humanity has been imposed on the psychic or spirit/mortal levels. Presently, rectification is under way to the damaged spirit circuits of light caused by the interference from the Evil Spirits. Simply, it's like every time the Evil Spirits had anything to do with any one on Earth or in the Mansion Worlds, they caused corruption in the spirit to mortal mind circuits, or light circuits, and so through appropriate spirit communication and interaction, righting of those wrongs is in progress.**

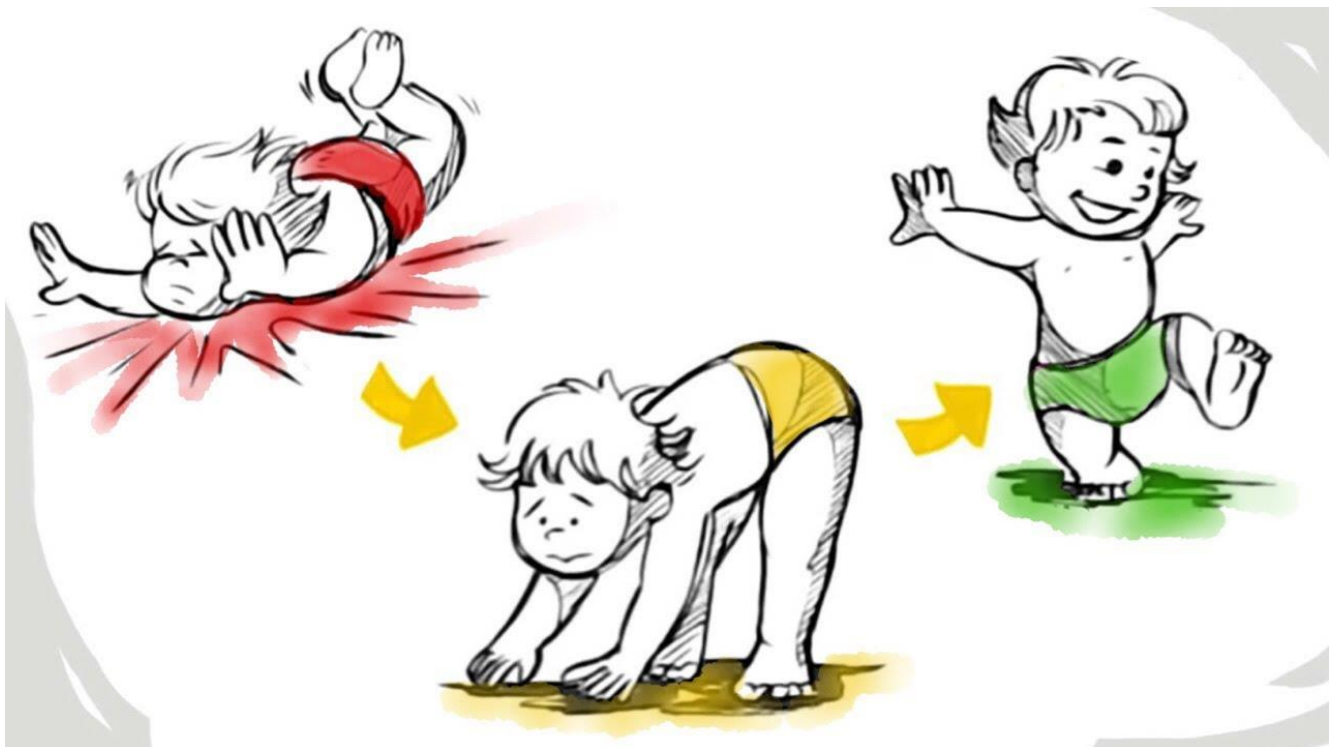
**Since the blocking of mind spirit inappropriate interaction with people on Earth commencing on 22 March 2017, the capabilities of leaders in all walks of life, all around the world, have been shown for what they are, people being covertly controlled by mind spirits for selfish agendas. Those who continue with their addiction to their mind control will find their lives more and more difficult. We are to engage with our feelings having our minds to assist while yearning to know the truth behind what our feelings are drawing our attention to.**



Humanity is presently embracing being mind-centric, thus, unknowingly generating all that brings about the social issues that dominate every society around the world. Only through our feelings, which are always in truth and love, will the malaise and zombiism of humanity abate and then, only then, will we begin to put children first. Each incremental step and advance we achieve in living feelings first, we as parents benefit our children. This benefit is then passed through to the following generation, and so on. Further, we are too long to understand and know the truth behind what our feelings are guiding us to consider. Slowly we will come to understand the truth of our feelings and what they are showing us.



# We learn by doing!





# THE GREATEST THREAT TO HUMANITY



put children first

Put Children First



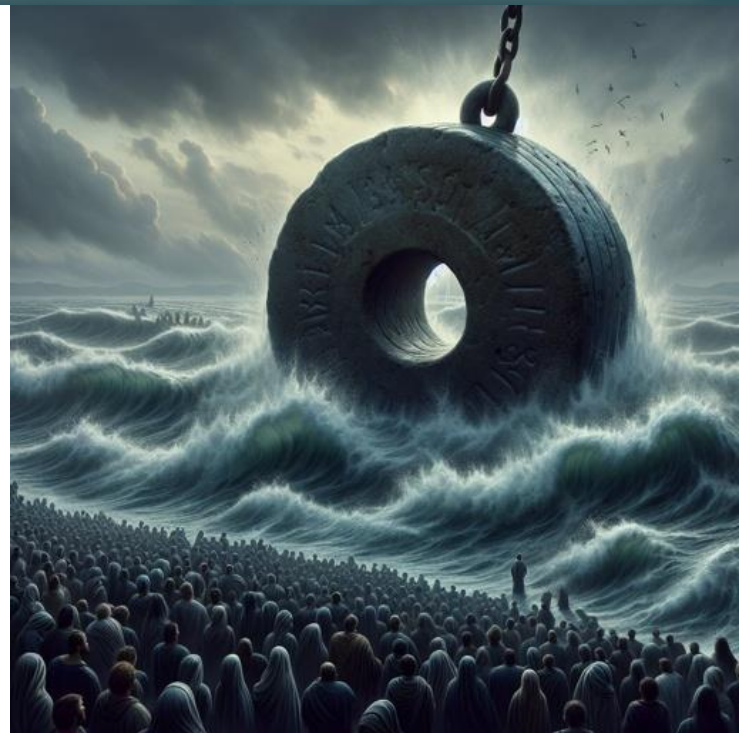
**PASCAS**  
wrap-around  
support

# MILLSTONE AROUND OUR NECKS!

While we each live mind-centric and ignore and suppress our emotions, humanity will continue to wear the yoke of a millstone that keeps us degraded, retarded, entrapped to the covert control of others unseen, and be with no hope or way of breaking free of our suppression.

Every institutionalised system is masterfully designed to keep each of us submissive and committed to the nothingness life that we mundanely adhere to. The order comes; “go to war Johnny”, and we each pick up a broom stick and go and slaughter each other!

Until we begin to embrace our feelings and long to know what it is that our feelings are to reveal, and then express our experiences of our feelings to a companion, we are held in the rebellion state that we each have been born and now live in.



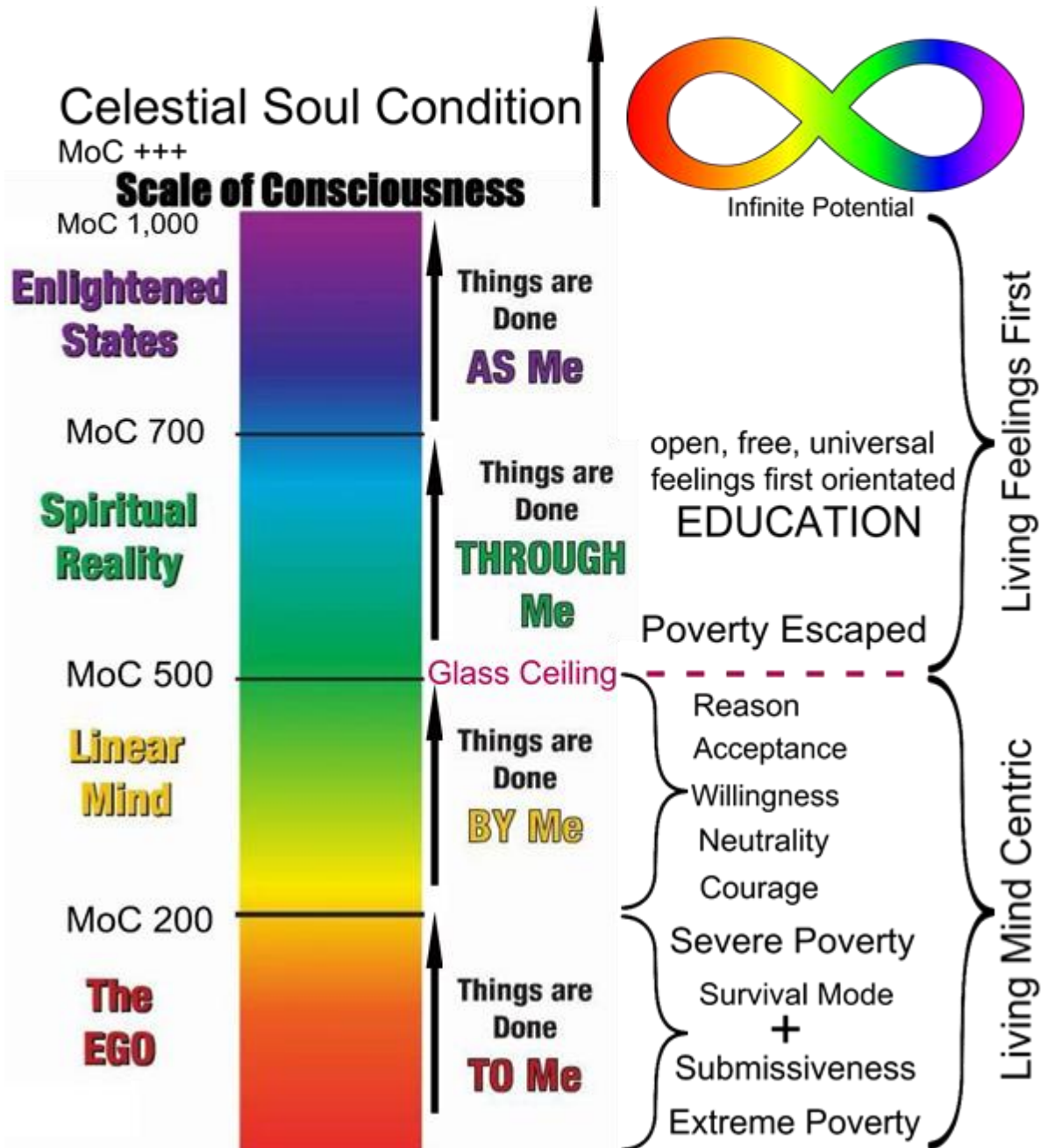
We are now to begin to embrace our feelings, live feelings first, having our mind to follow assisting us to live our feelings and not our mind which is addicted to untruth, yes, our mind cannot discern truth from falsehood – hence our gullibility to propaganda and lies in general – also our mind is addicted to control of others and our environment. Our feelings are always in truth.

We are to begin to express all the pain that we each have taken on throughout our childhood suppression – from conception to the age of six years. Our childhood suppression is the elephant in the room. Our feelings are our pathway home and now we can follow what has now been

***WHAT ENTERS EMOTIONALLY  
IS TO BE EXPRESSED  
EMOTIONALLY WHILE LONGING  
FOR THE TRUTH TO BE KNOWN  
ABOUT WHAT IS BEING FELT!  
Enters emotionally - is to leave emotionally!***



# POVERTY EXTERMINATION

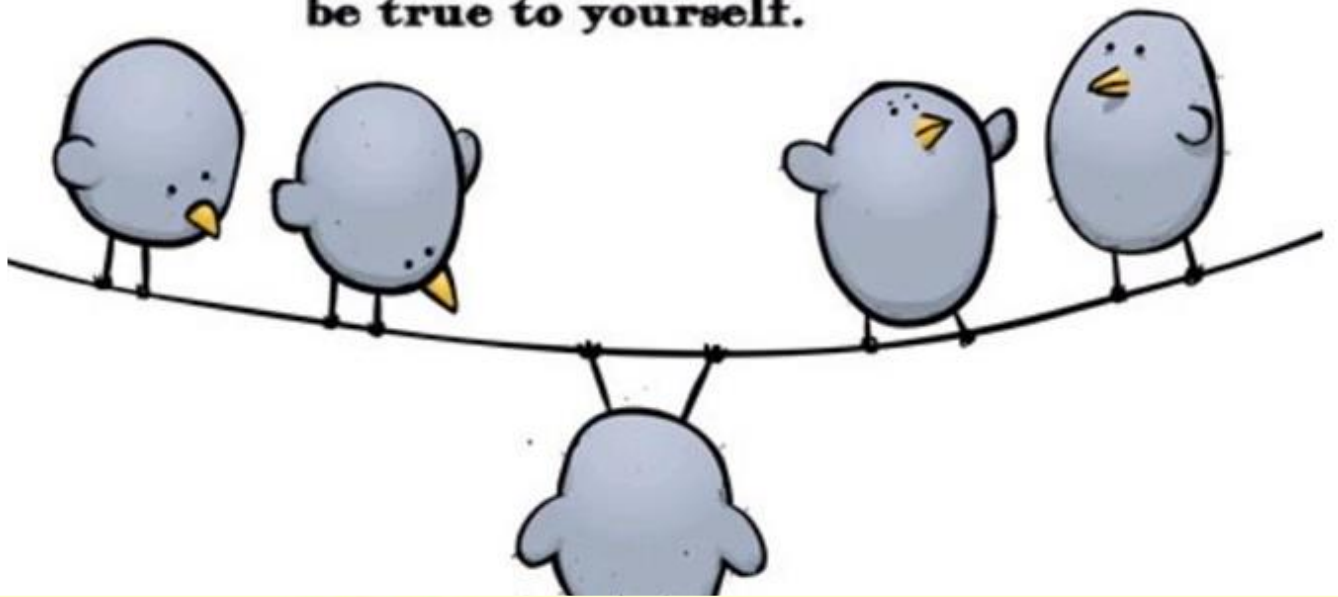


# Be True to Yourself

open your heart

and always

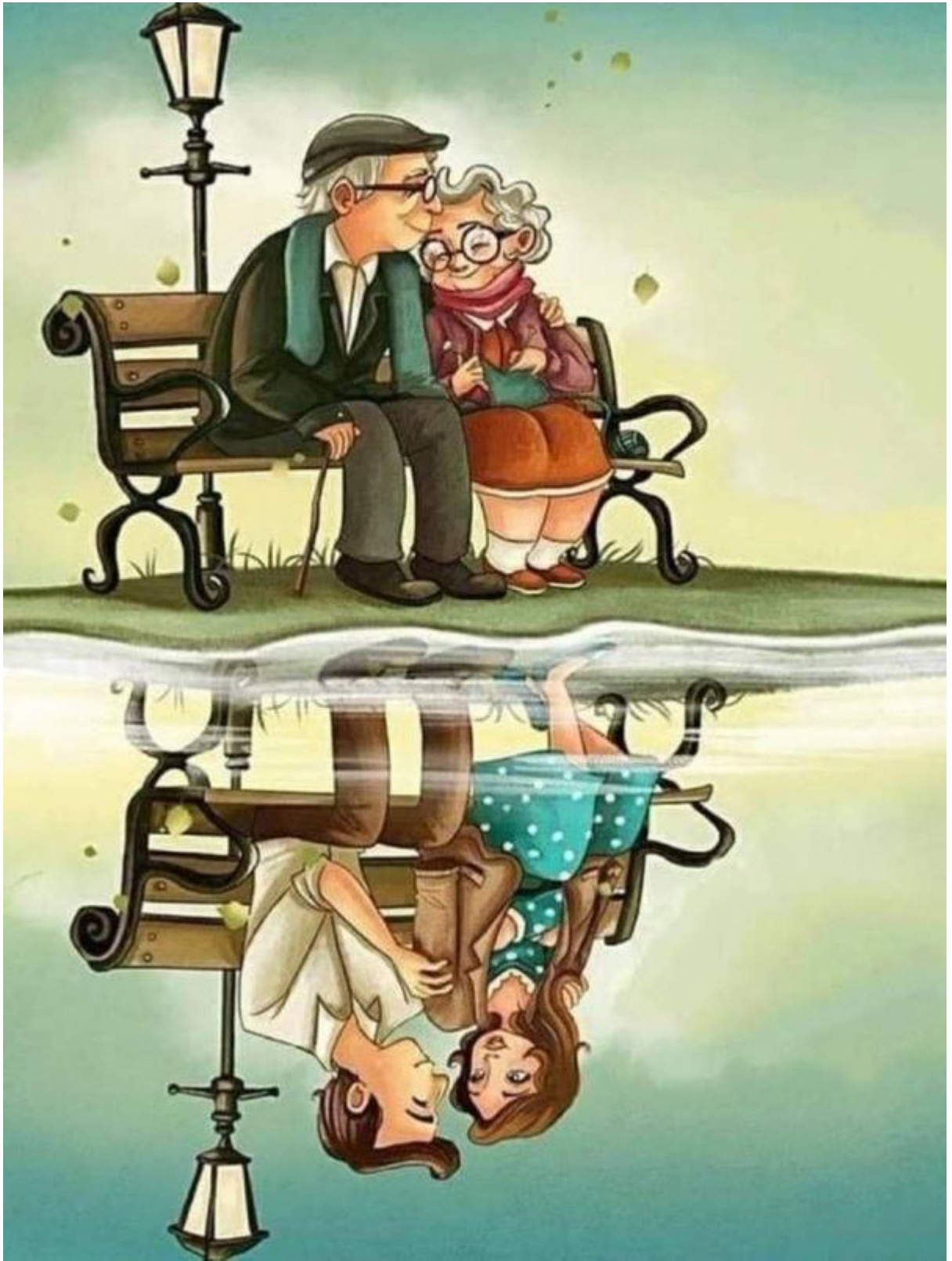
be true to yourself.



BE  
YOURSELF

*An original is always  
worth more than a copy.*





**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 Per Capita Inequality  
 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 – Homelessness Helping Hand  
 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 Care Letters – Back to Basics  
 Pascas Care Letters – Change  
 Pascas Care Letters – Finaliters our Destiny  
 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 Marjorie  
 Pascas Care – Kinesiology Testing  
 Pascas Care – Kinesiology Personality Traits  
 Pascas Care – Kinesiology Submissiveness  
 Pascas Care – Kinesiology Videos

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



**John the  
Typist**

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>



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

## Library Download – Pascas Papers

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

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



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



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

Important recommended reading is:

by James Moncrief

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

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

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

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

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



## **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:</b>	<b>Paul – City of Light and Sage – and the Healing Angels of Light</b>	
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Soul Light from Zelmar Melchizedek</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Feeling Healing</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus' comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</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</b>	<b>as primary reading</b>
<b>Divine Love supporting reading:</b>			
<b>Revelations</b>	<b>1954 – 1963</b>		<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>		<b>– Geoff Cutler</b>
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx</b>	<b>– Joseph Babinsky</b>
<b>containing the Padgett Messages or Little Book of Truths</b>			<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx</b>	<b>– Geoff Cutler</b>

**Available generally from:**

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

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

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

**For Divine Love focused websites and forums:**

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

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

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

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

**BIBLIOGRAPHY NOTE:**

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

Pascas has 750+ 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
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
This group being pages of			2,305
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47

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

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

<http://dls spirituality.weebly.com/>

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

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

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



## **FEELING HEALING and SOUL HEALING with the DIVINE LOVE:**

**James Moncrief Publications:**

**all publications are free downloads:**

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

It is suggested for one to consider reading as follows:

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

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

### **Soul Light – books 1 and 2**

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

### **Paul – City of Light**

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

### **Ann and Terry**

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

### **Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

**The Padgett Messages being published as:**

**The True Gospel Revealed Anew by Jesus volumes 1 – 4**

**Book of Truths by Joseph Babinsky**

**The Urantia Book**

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

**in conjunction with**

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

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

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

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

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

[PASCAS – document schedule.pdf](#)      **downloadable index to all 800+ Pascas Papers.**

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

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

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

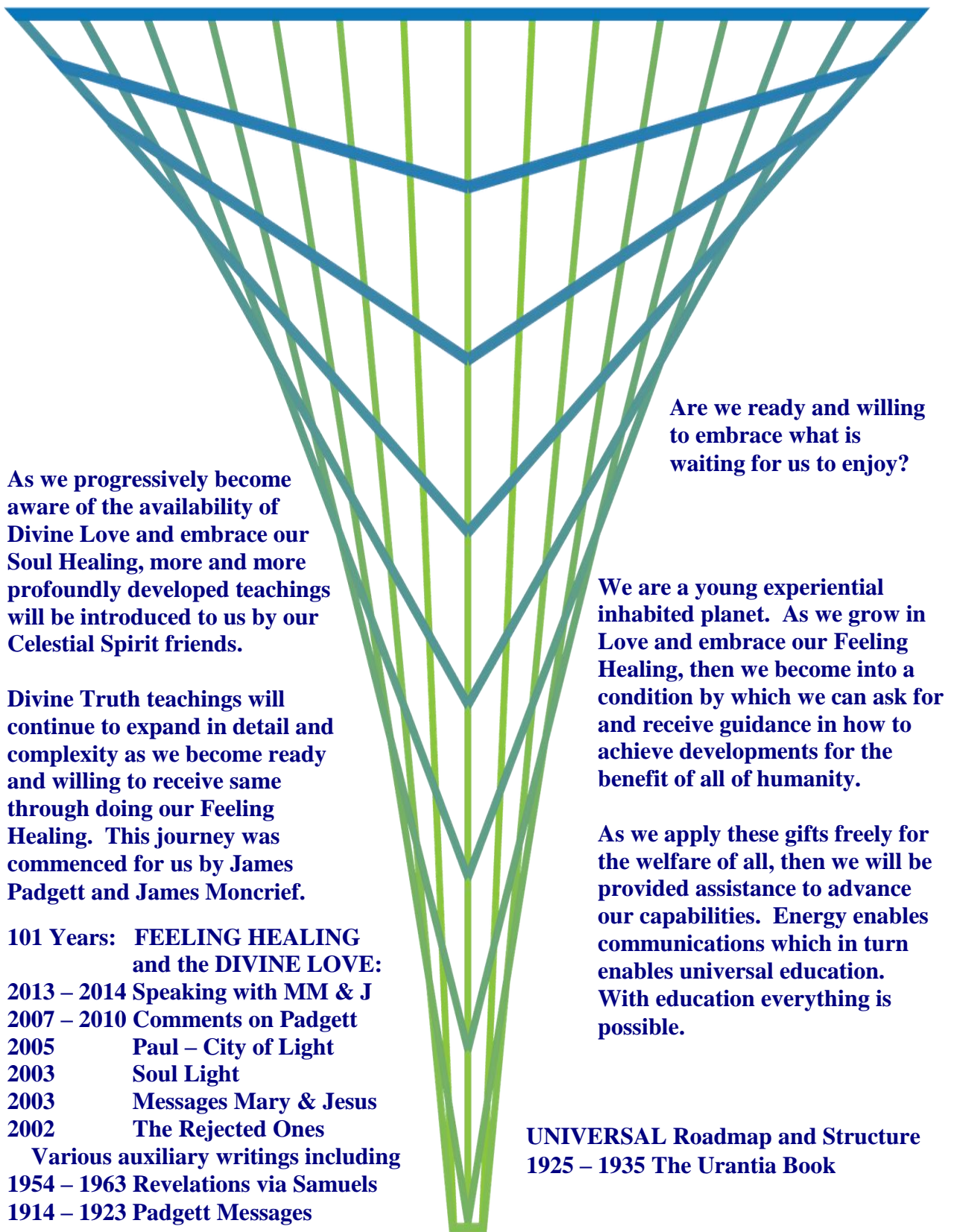
## **MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**



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



Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

foresightful

*Wisdom & Truth*

FREEDOM

EQUALITY

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WE EACH NOW CAN CLIMB TO  
INCOMPREHENSIBLE  
LEVELS OF CONSCIOUSNESS



ONCE YOU KNOW -  
YOU CANNOT UNKNOW!

Mary Magdalene