

# PASCAS CARE

## Letting Go Hatred



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

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

Pascas Foundation is a not for profit organisation  
Queensland, Australia

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

## PASCAS INTRODUCTION:

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

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

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

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

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

Living Feelings First, *John.*



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

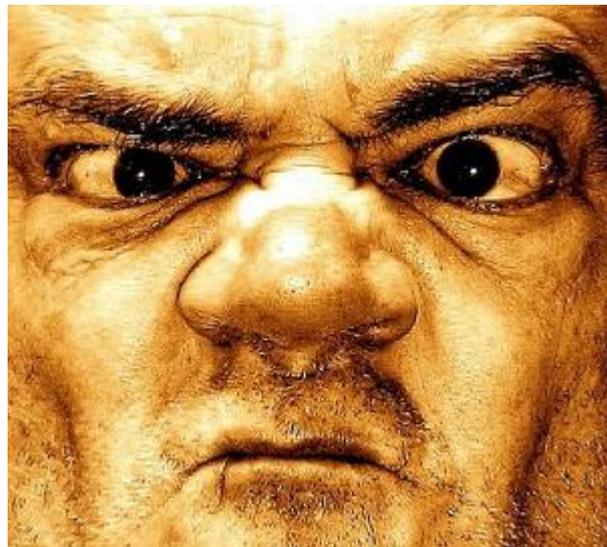
**A TIMELESS TEACHING:**  
Message recorded late 2015

Destiny the Eternal Message of Divine Love  
Via Zara Borthwick and Nicholas Arnold

Message 67  
[www.lulu.com](http://www.lulu.com)

Your (Nicholas) spirit-body is shining with energy from your soul. My name is Philip; I am with you now. I am close to the Master. He has sent me to write on a particular subject. You are feeling my presence as firm, firmer than other spirits. You are feeling the full commitment of my delivery. (Philip is most likely the Apostle Philip of the 1<sup>st</sup> century and the Master is Jesus.)

I am to communicate on the hatred of man and this hatred causes much injury to the soul. There is no need for a human life to be filled with such hatred. Hatred is a falsity and serves no purpose to its end. I have seen what hatred does to a soul, and where the soul ends up in the spirit world. The hatred in oneself, and the hatred directed toward another human being is in violation to the ever-present Spirit Laws of Harmony and Love. Hatred is a transgression and there is no escaping the Spirit Law of Compensation. I have seen the spirits living in the lowest spheres (Spheres of Disharmony 1, 2, and 3) consumed by their hatred that causes their impoverished condition.



Hatred will never save anyone. And, it will never progress humankind or the individual's life in the spirit world.

The real power of man is in love, truth and faith but what use are these if a man be blinded by hate? Let me say here that the Divine Love will crack the hardest soul. I have seen this happen.

The pure arrogance of a personality situated in hatred is only bringing about its own exclusion from the greater involvement that love and life have to offer. There is no excuse, or excusing anyone who acts in a disrespectful manner, and that person is ignorant in the action to the greater cause of Love.

If one doesn't know if God exists, or if one does know that God exists and acts in an evil or hateful manner in the name of God to cause bodily harm to another, this experience only originated in the man and they fail to know that in all God's existence, God is only ever love. Whilst man is with the potential to hate, this experience only originates in the man and never has God hated any part of creation, or caused a man to hate.

What God has provided are the Spirit Laws to save a man, and save I mean to redeem the soul that the real man is.

Don't think for a minute that hatred wins the day. Actions that violate the Spirit Laws of Love are paid in full by the Law of Compensation. As humans, you may not fully understand what this means. As spirits, we know what this means, for the lower Spheres have many individuals residing in them who are isolated living in their poor soul condition and who have yet to realise that to change, or to save, is an actual fact to bring about their own progression.

No human belief will ever influence God. You are free and at liberty to form your beliefs about your life with God, and about the world you live in. But let me say, that this freedom to form belief is only a mirage, for the ever-present Spirit Laws that have been in place since the beginning of man and have

remained true as countless beliefs have come and gone. And then there is the Divine Love that progresses a soul so that one can be aware and sensitive to the Truths that God has formed that are the very foundation for human and spirit life.

In the Spirit of Truth, Philip.

**Dark spirits, being those with poor soul conditions, are shrivelled up and with little energy to express their bad attitudes. The Law of Non-Interference prevents them from causing harm to other spirit people or to people in physical bodies. They are isolated within the dark Spheres of Disharmony.**



#### UNLOVING PERSONALITY

**Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is choked of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.**

#### LOVING PERSONALITY

**Spirit body mind is clear of man-made negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.**



## 2 PLANES of DISHARMONY:

God is a God of love to even the vilest sinner, and when such a sinner turns to Them and prays for forgiveness and love he gets them both. Let me tell you further that the love of God and embraces Feeling Healing, when it enters into the soul of a man is sufficient to wash away all sins, and make that soul happy and joyful. Not even the most evil man who is guilty of the greatest sin need think that he cannot be pardoned, and made happy and brought into harmony with God.

God, being Mother and Father, loves all Their children too much to have them pass through such experiences as are in part of the teachings of many spiritual leaders and books. Evil spirits have to suffer for their sins and atone for every evil thought, but not by any such suffering as some books depict. Neither the hells of the churches nor the hells of such books exist.

The two Planes of Disharmony are places of isolation to prevent those who wish to pursue harm to others from doing so.

As such spirits are embroiled in harmful negative emotions, there is a progressive and gross lack of love and light in these spheres. The hovels that are physically assembled by these dark spirits progressively become lacking in substance reflecting the soul condition of these spirit personalities.

The two Planes of Disharmony are planes of Earth. There is virtual darkness prevailing on the 2<sup>nd</sup> Plane of Disharmony and the environment is one of gross desolation.

No matter what one's soul condition may be in, one can recover and progress to higher spheres of love and harmony. Many have progressed from the deepest of these 'hells' to the Celestial Heavens through embracing Divine Love and engaging in doing their Feeling Healing.



**The BALM for the SOUL:**

Destiny the Eternal Message of Divine Love

Message 68

I sent Philip to communicate with you yesterday; you received the message on hate. Men and women the world over would do well and be wise to turn how they feel in toward one's self, and not to outwardly harm another. The soul is where the great battle in a human experience is fought out, and I am not a spirit and teacher that in any way confirms anything positive about war.

The potential for war forms part of a human experience because people make this happen, and when it happens, transgressor and victim suffer. War doesn't exist in the spirit world, and not in any other part of the Mother and Father's created universe. There has always been human conflict. Strange as it might sound, conflict has become part of a social habit due to the habitual nature of man's history.

I will not go into detail about the affliction that happens in a soul who has transgressed the Father's Spirit Laws of Love, and how this soul, when living in the spirit world, will in time amend this transgression, for my words today are about comfort and the enduring Truth that the Spirit of Truth brings as The Comforter to people's hearts. The Living essence of the Spirit of Truth is in our words as we bring these communications to you from our Father's spirit world, and it is in the Divine Love, and the essence of this Spirit of Truth that in your prayers may you find the comfort as balm for your soul.



My presence in these communications is to give words that provide comfort, companionship and confirmation for those of you who are in your humble heart, accepting of the Mother and Father's Love.

A Celestial Spirit.

**love  
trumps  
hate.**

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

**JOCELYN'S JOURNEY:**

Destiny the Eternal Message of Divine Love

Message 70

I will confirm to you, without sounding bossy, that you received Philip's message well. From what I have gathered, some of these Celestial teachers spend much time in the lowest human spirit Spheres where the souls in poor condition reside. Why anyone would desire to remain living in a depraved condition when all this spirit world of love and light is abundantly present to live in is beyond my understanding! If the Celestial teachers didn't go to these lowest Spheres of Disharmony 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, then the depraved there would have no hope, or chance of any progression whatsoever. I have been taught that the spirits in their good natural love in the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> natural love spheres have little time for these depraved souls. You can understand why, as so many people have no compassion for those who commit evil.

The spirits in natural love would not possess know how, or Workings of the Father to assist these depraved human spirits, and they don't know that **the Divine Love with Feeling Healing is the True Salvation for the soul**. I have been taught that these depraved souls are not camouflaged by the presence of the physical body, and that their spirit-body reflects exactly their soul condition, so a depraved soul is a depraved spirit-body, and what a spirit is in this likeness is what you see, and it isn't pleasant.

As I said, I haven't been there, but my soul-perception tells me that the Celestial teachers are the ones with the strength and love of the Father to work with these depraved souls. I don't know if I ever will. I do know that the Father does love us all! And there are so many shining souls who know this Truth too.

I will stop now, your friend, Jocelyn.

**I CHANGED:**

Destiny the Eternal Message of Divine Love

Message 105

I am the same as the fellow who just communicated with you; I was lost but now I am found. I didn't find myself. I found myself by listening to the guidance from a Celestial teacher. I had no idea who I was meeting when I first met the individual. The individual didn't embarrass me, or look down on me, or judge me that I had sinned in my human life.

Where I have come from, there are human spirits who have simply done terrible things and have lived horrible lives. The things that people do to one another are all seen here – and it is terribly sad, in fact, it is disgraceful.

The thing about being a human-spirit is that there are no masks. You are what you are in the sum total of what you have lived, and how you have lived in accord to the Spirit Laws of Love.

I followed the teaching from the Celestial spirit, and out of my lostness change came to me. The spirit who helped P and I, is the individual called Peter. He lived with Jesus and I know this now.

When you live in the shadow you think that you are going to be in this shadow for all time. I can't really explain the feelings of being hopeless but socially we are not worthy to live among the good natural love that the rest of spirit humanity lives in.

I can tell you now, that **no human-spirit living in the lowest of the Spheres where I lived can impose or interfere with any human on Earth**. I could never have communicated in this way where I was living.

Change is something that can happen; it's about understanding the kind of change that needs to happen. For me, this change came from Peter who said I could change and that my condition wasn't permanent, but that I would need to follow the Compensation until my soul condition and bad memories changed into the good condition of love that I am living now.

I was lost, and had no interest in Truth. Now I am found, and I am living in the Immortality of Divine Love. Nothing will excuse the fear that people do have and that human spirits live in, but at least there is a potential for change and that God hasn't judged or condemned us to the Hells for all time.

B Williams.

**FEAR NOT, the LOVE is HERE:** Destiny the Eternal Message of Divine Love      Message 18

I, John, have only ever known Celestial spirits to be loving; they are an example for us to follow. I have never known – in my progress here – a Celestial spirit to impose fear into any other spirit or person. I know that a person may fear the existence of the spirit world, and due to their human experiences may have certain fears that form part of their beliefs. But a person's fears must never be confused with the Truth that Celestial spirits do not have any fear, or live in any fear. If you can understand this, as I do, then you will understand that fear doesn't exist in the Celestial Heaven.

There isn't any fear in the 7<sup>th</sup> Sphere, the 5<sup>th</sup> Sphere, or any of the Divine Love Spheres. The only place fear exists in the spirit world is the 1<sup>st</sup> Natural Love Sphere, and this is due to people arriving here who find that they have survived their human life and they know nothing about where they are, or how they came to be here. These fears are normal and are overcome quickly as one adapts. The only spheres that have fear imposed as a soul condition are the lowest spheres, the three Spheres of Disharmony, where that part of humanity reside in their isolation from all the Natural and Divine Love Spheres.

If you think about this, as I have, if you are not living as a soul in a good condition of natural love, or with the Divine Love, then what are you living in? In your isolation, by living away from love you can only be living in fear.

People have nothing to fear from spirits. You and I know that spirits living in fear can't communicate with you or interact with you in any other way, as they don't have the soul condition to do so. If a person purports themselves to be receiving spirit messages and communication from spirits and it places the reason to receive the Love in a human position of fear or urgency then this will be an untruth.

I like the Truth that I am progressing in love free from fear. I have no fear in my memories from my human experiences and I am living without fear, which actually is a certain freedom that one needs to adapt to, as a human experience can have much fear as part of normal human living. I would like you to know that your soul can have your fears dissolved by the ever-sustaining energy of the Divine Love, and that in a human experience, to live without fear is a freedom that is more than possible.

I have enjoyed communicating with you. Thank you very much, with kind regard, John.

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

**JOCELYN'S JOURNEY:**

Destiny the Eternal Message of Divine Love

Message 202

I am with you; it is I, Jocelyn. What an experience the Exodus has been! (On the second Sunday of December every year, most of the Celestial Spirits exit the Celestial Heaven and with many of the Divine Love spirits from the Divine Love spheres, visit the Natural Love Spheres, Earth, and the two Spheres of Disharmony.)

I am happy; happy like a Celestial angel. I have really embraced this experience. John (soulmate) and I have had a really nice time shining in the Love, and sharing our experience of the Love. It was nice for me to be back in the 1<sup>st</sup> Natural Sphere where my spirit-life began a short time ago (just over 5 months, Jocelyn died on 8 July 2015 and it is now 15 December 2015). I have come a long way in a short amount of time. Participating in this Exodus has helped me love the Father even more, and I have real empathy with the spirits who are going to miss out on receiving the Love, for they choose not to.

The 1<sup>st</sup> Natural Sphere is a very busy place! (This is where we all transition to upon leaving our physical body.) It is populated with an immense population of humanity. **Most of the human world is in a soul condition that determines their soul is to reside in this Sphere.** This is just the way it is.

I am ever grateful that I was aware of the Love in my human life. Though I didn't understand at all how to live the soul-life, I was still blessed that in my human life, I knew that my soul existed, and that the Divine Love with a sprinkling of Truths were true. I have seen how real this Truth is! **Being aware of the Love in a human life truly helps when one passes over.**

I observed the Celestial teachers teaching the way of soul and living with Divine Love here in the 1<sup>st</sup> Natural Sphere; it was a most beautiful sight to see. The humanity here couldn't believe their spirit-vision! This all may seem unbelievable to you that this Exodus has really happened.

On another note, I do wish that everyone who is aware of the Love would come together and collaborate toward the message of Divine Love. **The experience of Divine Love is a personal experience,** but none of us own, or keeps the Love. Many hands make light work, and perhaps in the years to come, the Divine Love Day will be socially inclusive with all the people who are aware of the message of Divine Love sharing in this Day and aware that we are here sharing this moment with you.

My love to you from John and I, always, Jocelyn.

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

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

**Cause No Harm** < to OTHERS  
to MYSELF

**Strive to love others as I am to love myself**

**JOHN'S MESSAGE on a PARTICULAR BELIEF:** Traveller an Immortal Journey Message 306  
Via Zara Borthwick and Nicholas Arnold [www.lulu.com](http://www.lulu.com)

In the spirit world there are souls living in their natural essence and there are souls living with the substance of Divine Love that they have accepted from the Father. What we all share in common is the knowledge that we have survived our physical human death. We are living here and we are aware that life, human life, has continuance to it.

There are so many people who come across from their human life to commence their spirit life who have lived with the belief that Jesus died for our collective sins. Here in the spirit world, a person changes their beliefs about the afterlife for they are now living in it. There are billions of individuals residing in the respective spheres that make up the mortal spirit world. There are so many individuals who are living in a respectively good soul condition in their natural love in the 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> natural love spheres. All these souls are in good condition in their natural love and are living without any sin in their spirit life.

The spirits residing in the 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> Divine Love spheres and Celestial Heaven are living in their acceptance and receipt of Divine Love and these individuals have good soul condition and are living without any sin in their spirit life. What so many spirits realise here in the spirit world is that Jesus didn't die for their sins! Each individual in their good condition of natural love has addressed any disharmony that they may have caused or created in their human life and now they live in the harmony that is self-evident and spirit-sustained.

The spirits living in the three lowest spheres that live in poor soul condition in their natural love, are living in their disharmony and there is sin present in their soul but the sin is of their own making as once in their human life, **they caused and imposed disharmonious actions toward oneself and one another** that resulted in their soul reflecting this action and revealing how out of condition in love, one is in their living in the spirit world, and the individual's condition has nothing to do with the life of Jesus and what he lived or died for.

**Jesus didn't die for our sins.** He is living here in the Father's Love in condition and the way to redeem oneself from any sin is by improving their condition of their soul in its natural love. The Father has set in place all that is necessary so that living love is the Truth of the spirit world and the beliefs of men and women that Jesus died for their sins is a belief non-existent in the spirit world.

You have received my message well, John the Baptist.

[Progression continues on from the Celestial Heaven to the Eternal Spheres, then to the Infinite and Universal Spheres, and onwards.]

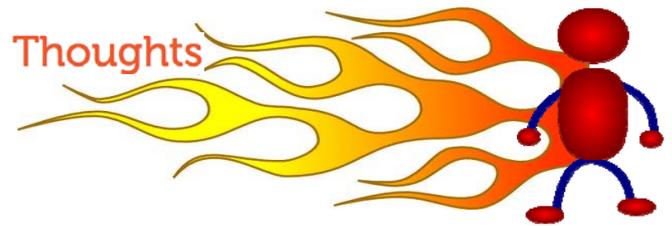


**BEING TAUGHT how to LOVE:**

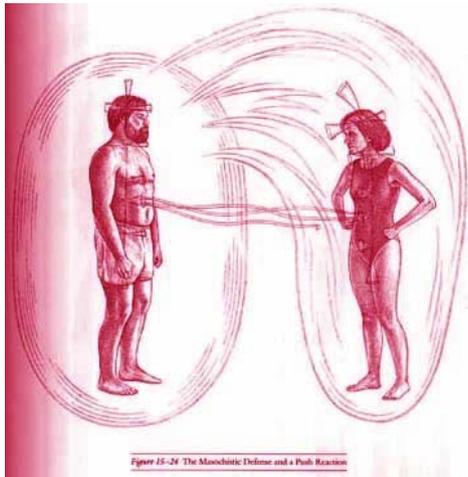
Traveller an Immortal Journey

Message 490

Hello, my name is Luke. I lived in the lowest of the low spheres for a long time. I was in a very poor condition due to the terrible things that I did and thought when I was alive in my human life. I treated people very badly – not physically – in thought alone.



It took me a long time to change in my spirit life, as I couldn't bring myself to admit my denial. I lived in abject denial of any truth and thought myself superior to everything else and anyone else; I am not alone in this.



A Celestial teacher by the name of Andrew kept coming to me and telling me that if I didn't change that I would remain as I was for a very long time. I didn't believe him – but there I remained for a very long time. I couldn't stand the sight of him at first, but then a long time is a very long time here and it became unbearable. It was evident that only one of us was going to change. My journey led me to deny truth then it led me to redemption and to accept truth. It took a while, but the Divine Love acted in my soul, and nothing within me could stop Its Energy and my progression was my forgiveness and I admitted to the Father that I needed to be loved. My own self-serving actions gave way to a self-inclusion and acceptance and I realised that I was no more important than any of the other Father's souls.

It took me a while but I followed Andrew's teachings and he guided me all the way to the Celestial Heaven. He taught me about memories, and the Spirit Law of Compensation, and he listened to me as I confided within him how much in fear I had lived. He never judged me for my actions, I had judged myself and now, I have realised that I am a very intelligent individual whose soul was always thirsty for the Truth; it is just that in my human life, the sadness was what it was, there was so little truth present so I turned the other way.

I will learn how Andrew is as a teacher, and as so many of us do, who ascend from the lowest sphere, we return to assist in our service to the Father to provide a visible choice so that another – and there are many – may chose to begin their Immortal journey.



Respectfully, Luke.

# PASCAS PAPERS

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

**LOVE is TRUE to WORD:**

Traveller an Immortal Journey

Message 458

Hello, my name is Ella.

I am well and truly settled in my wonderful spirit life. I am a Celestial spirit, full of love and innocence, my entrance into the spirit world was not the same. I experienced a lot of bullying in my adolescent life, which ultimately led me to taking my own life.



This was wrong of me, and I should have sought help from my parents, which I didn't do. I was miserable, sad, frightened and had feelings of real fear, which I could not deal with for I didn't have the maturity of mind to do so.

As I adapted to my spirit life, my soul was in darkness, but only because I saw myself of being unworthy of love. I received the help that I needed, and soon I became and felt worthy of love. My positive feelings returned, but I also felt sad, for I now knew, as a spirit, that I had taken the gift of my life away and that so much human experience I would never have and I was remorseful.

Taking your own life is not the answer. One needs to seek help until the matured mind can get a handle on the fear created by bullying.

Over time my natural love increased and I was introduced to the Divine Love and what happened 35 years ago is no longer an effect in the cause of my soul life now.

I know that the spirit world exists, but I also know that a human life is a gift and that the spirit world isn't a place you can escape to, to solve your human problems. Everything here relates with soul condition no matter the human life you have lived, soul condition can improve in a human experience just as much as it can here in a spirit's experience, for the natural love is always responsive to love – both in a human environment or in a spirit environment.

Thank you for receiving my words and I do hope that these words may help another.

The Celestial spirit, Ella.

**There is no such thing as**



**LACK of SELF- LOVE:**

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

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



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



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

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

**I**   
**ME**



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

**Cause No Harm** < to OTHERS  
to MYSELF

**Strive to love others as I am to love myself**

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

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

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

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

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

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

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

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

“Please Father and Mother, may I receive Your LOVE.”



Maybe we could simply long for and ask:

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



perceived truth MoC 880 – relative truth potential MoC 1.171

**HOW EMOTIONS EMERGE AS AN ILLNESS:** Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage) as per the Map of Consciousness (MoC) scale, we find upon testing that their energy system is imbalanced. Characteristically, most people will 'blow out' one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person's habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one's lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisation to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one's spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged. Disease is an expression of one's attitude and habitual way of looking at things.

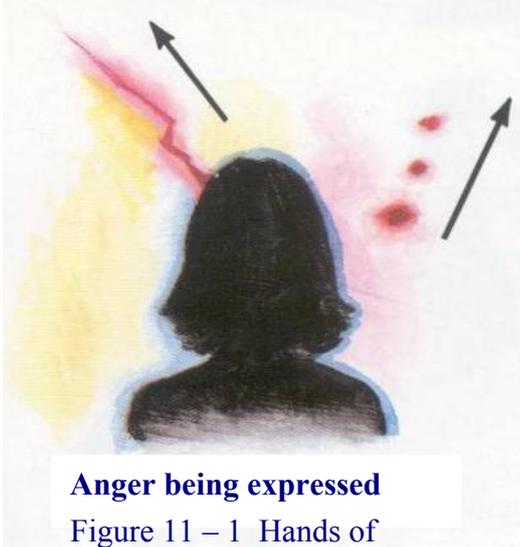
The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

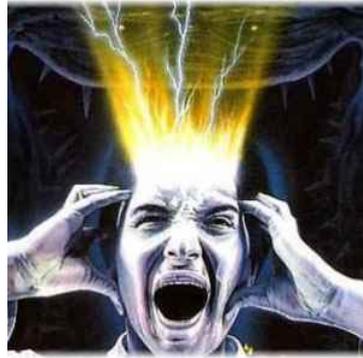
That being said, there is no need to analyse one's condition, just receive healing by embracing, longing for and asking for the light golden blue energy substance being the Divine Love.

**The healing of the body alone should never be forced. Complete healing takes place only through the Soul, via the spirit body, via the nervous system and the spirit consciousness of each cell.**



**Anger being expressed**

Figure 11 – 1 Hands of Light



**Woman defending herself**

Figure 11 – 5 Hands of Light

**HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:**

**Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body in which the soul is connected by cords of light.**

**Such man made errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.**

**Medical assistance and treatment may alleviate the illness / pain however the cause remains.**

**Until we endeavour to remove the errors and injuries, the propensity for the illness remains.**

**Love energy from our Mother and Father is the only substance, together with Feeling Healing, that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.**

**Earnestly pray for, ask for, and receive the Love from our Heavenly Parents, such Love will always be provided to those who ask for same – always!**

**KATRINA on EMOTIONAL BONDS:** Traveller an Immortal Journey

Message 74

It is understandable that individuals seek out spirit through mediums. When one has lost a loved one the drama of human life involves the emotional bonds that remain open to the hope that the loved ones live forever. One hopes and sometimes in their grief, that a human life doesn't conclude when a person dies. Strong emotional bonds are formed through human relationships, even if those relationships are destructive in their living. The finite ending of a human life is a defining point in each human experience and a change that each person will address in their life.

I will confirm to you that everything works out here in this spirit world. There is no right or wrong here and emotional bonds still exist in a spirit's life. These bonds exist with firm feeling to their recent human experiences. Endings are hard to discuss, beginnings can be just as hard for the spirit world does represent that defining moment of a place where endings and new beginning happen. When I said there are no right or wrongs here, **spirits cannot continue to cause wrongful action in their living.** Life here is a truth and truth defines how all spirits begin their spirit living, for every spirit is subject to the universal principle of soul condition.

I understand having lived a human life myself, that it may be emotionally difficult to accept the convergence between human relationships and loss and spirit living with true soul condition. This is where in this convergence a soul's journey survives the lack of permanency that each finite human life is subject to. No human life is permanent in its existence but the soul and spirit body is and so, in the measure of human relationships and a spirit's life the soul is the real truth by which love is defined and once one can graciously come to terms with this Truth, then a more complete acceptance about how God is in care and keeping of all souls – though from a human perspective this may be – beyond the realm of human intellect and reasoning.

With love and blessings, Katrina.

**ATTACHMENTS:**

Traveller an Immortal Journey

Message 176

A spirit when visiting a place, an environment, a residence or a person cannot attach themselves by thought, feeling, memory or emotion to these people or places. There are very specific Spirit Laws that prevent such an attachment from happening, with good reason. If spirits could return to the Earth and attach themselves to a place, an environment, a residence or person there could be a miss-mash of countless millions of spirits never detaching from a possessive attachment thereby preventing the individual spirit integrating their spirit life. The Father has these Spirit Laws in place so that spirits in the spirit world are attached to their soul condition, and when this soul condition improves, the individual can return to the Earth environment knowing that any attachment or possession or ownership is well and truly over.

A spirit is finite and can only be in one place at one time. What I have conveyed to you this morning is an important truth that has extensive repercussions when understanding a life continuance and the emotional condition of energy and love in a mortal soul.

All my love to you, Krista.

# Handling Toxic Emotions

When you allow disease or the fear of disease or the belief and knowledge of dis-ease to rule instead of a Divine and uninterrupted sense of order, you are yielding to something never created or sanctified by God. You are not dealing with disease, you are dealing with a prevailing thought coming against you. It is out there, not in you. It cannot be in you because you are created in the image of God. Thoughts and beliefs surround us but nothing can get close enough to change you. If you yield to these suggestions you may suffer consequences, but it is not the will of God that you do so. It will never be true because the Creator made you in perfection and wholeness and that does not change. "Whatsoever God has made shall be forever. Nothing can be added to it nor taken from it." (Ecclesiastes 3:14)

Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love, and emotional characteristics that are unloving.

To dissolve the errors encrusting our perfect soul, the asking for and receiving of the Love from the Father, that ultimate high octane super fuel, is the pathway to transform our soul into that which is Divine. This process slowly removes negative emotional characteristics of a personality.

The Father's Divine Love will slowly dissolve those encrusting errors and bring about a perfection of one's natural love. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. Our personality and soul remains the substance of the natural love from which it was formed, however, it is the adding of the Divine Love energy substance that brings about perfection of the soul and grows it in love to progress beyond the limits to which natural love is fitted.

With the Love this will fit one to enter the Celestial Heaven, and progress beyond, being in the love of all that surpasses man's imagination. Try the experiment.



**Projecting anger  
and rage upon  
another is  
damaging to both  
personalities.**

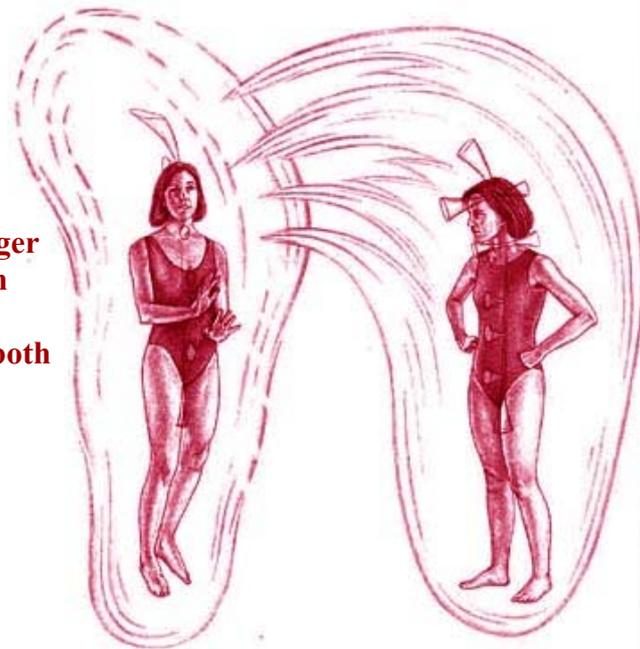


Figure 15-3 The Schisoid Defense and a Push Reaction

### EMOTIONAL PROCESSING:

#### **DAILY:**

1. Pray a passionate longing / feeling your emotions / towards God.
2. Drink water – 5 litres.
3. Eat Vegan.
4. Examine Feelings List.
5. Wake up naturally out of the alpha state without an alarm clock and feel your emotions.

#### **WEEKLY (Journal):**

1. Anger List – anger is the choice which is to avoid making a fear list – avoid fear.
2. Fear List – based on anger list.
3. Desire List
4. Truth v Error List.

#### TRUTH

vs

#### ERROR

God made me able to experience everything  
God is the most trustworthy being in the  
universe.  
You can experience the causal / core emotion  
behind the pain because God made you able to.

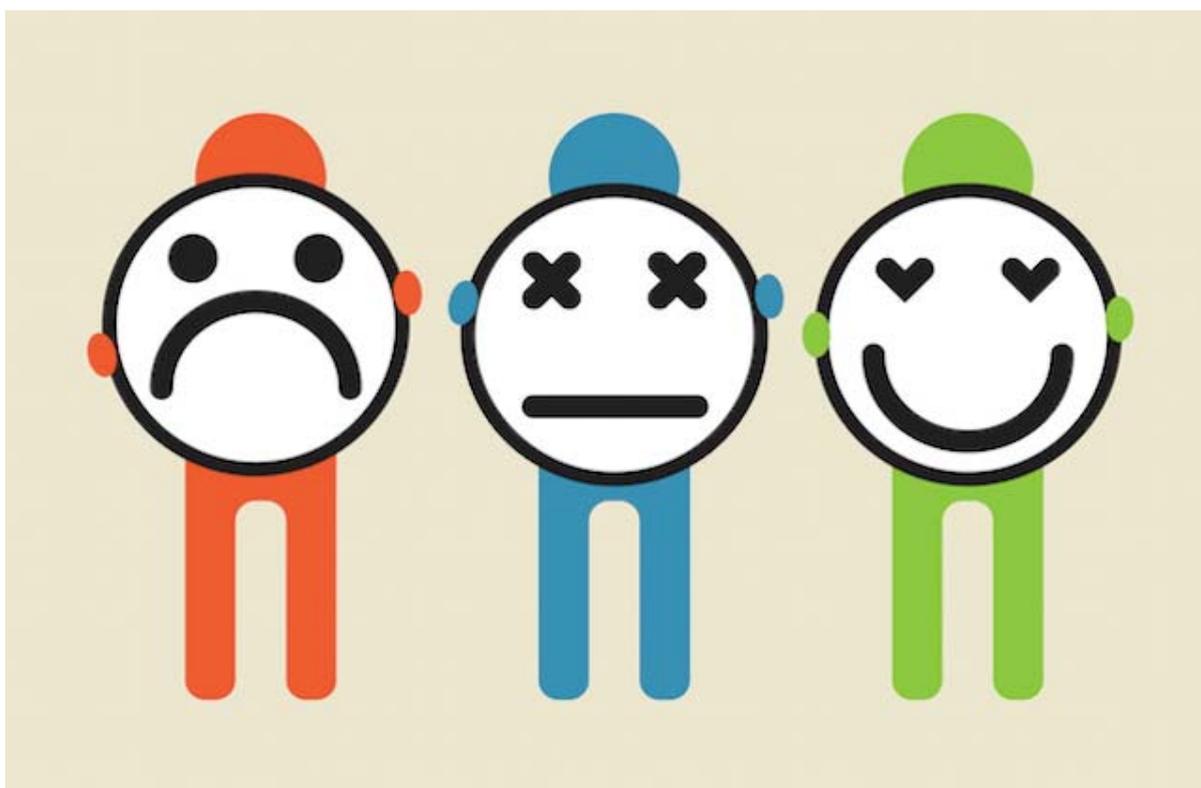
I cannot cope with this emotion.  
I can't trust God.  
I cannot cope with pain.

#### **MONTHLY:**

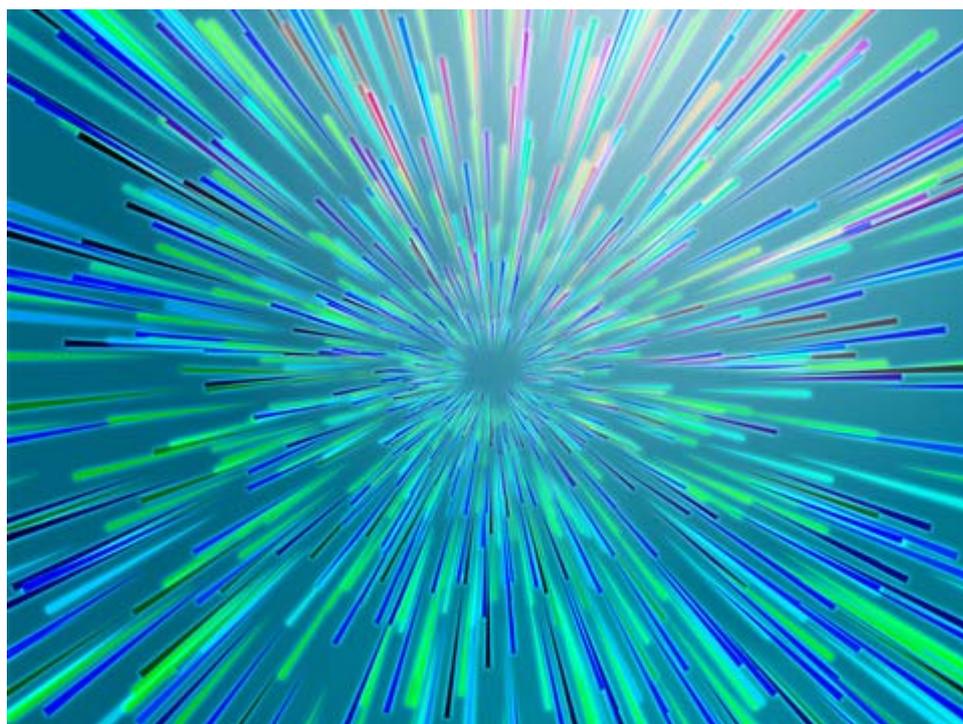
**Plan something once a month that you really love and make sure you do it.**

19 Sen 09

# hate



Love



**Souls Interconnecting.**





# THE EMOTIONAL GUIDANCE SCALE

## UPWARD SPIRAL HPF

1. Joy / Knowledge  
Empowerment  
Freedom / Love  
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation  
Belief

5. Optimism

6. Hopefulness

7. Contentment



## DOWNWARD SPIRAL LNF

8. Boredom

10. Frustration /  
Irritation / Impatience

12. Disappointment

14. Worry

16. Discouragement

18. Revenge

20. Jealousy

22. Fear / Grief / Depression  
Powerlessness/  
Victim

9. Pessimism

11. "Overwhelmed"

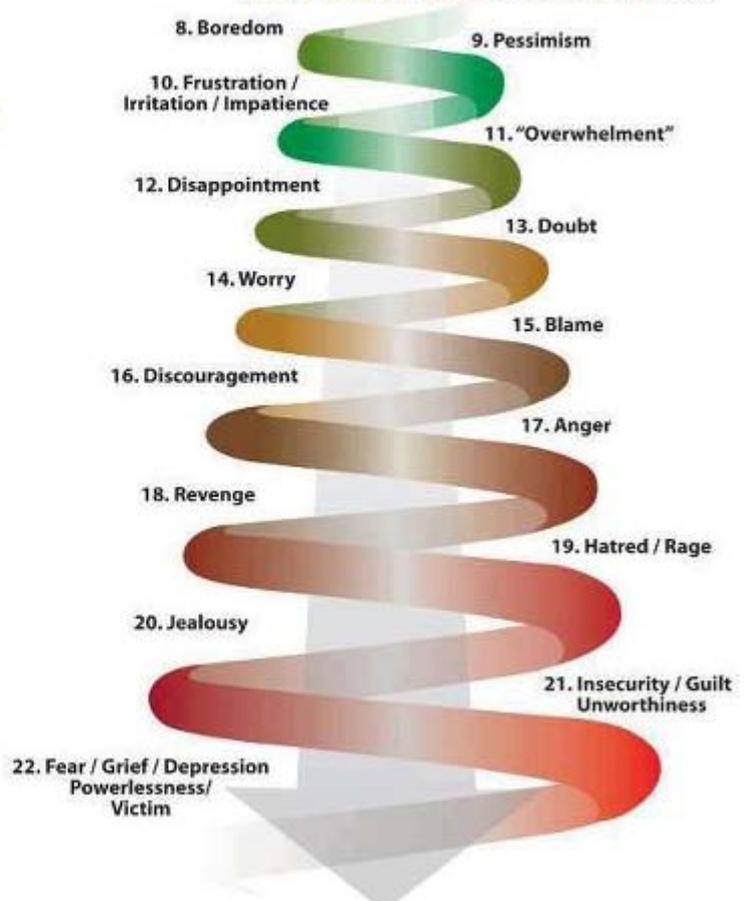
13. Doubt

15. Blame

17. Anger

19. Hatred / Rage

21. Insecurity / Guilt  
Unworthiness



**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**The ANATOMY of EMOTIONS**

There are numerous complicated psychologies of the human emotions. They often involve considerable symbology and references to mythology, and they are based on hypotheses that are hotly debated. As a result, there are various schools of psychotherapy with their different aims and methods. Simplicity is one of the earmarks of truth, and so we will describe a simple, workable, testable map of emotions that can be verified by subjective experience, as well as by objective testing.

**The Goal of Survival**

Whichever psychology is studied reveals that the primary human goal, superseding all others, is survival. Every human desire seeks to ensure one's personal survival and the survival of one's identified groups, such as family, loved ones, and country. Humans fear, most of all, the loss of the capacity to experience. To that end, people are interested in the survival of the body because they believe that they *are* the body and, therefore, they need the body to experience their existence. Because people view themselves as separate and limited, they are stressed by their sense of lack. It is common for humans to look outside of themselves for the satisfaction of their needs. This leads them to experience themselves as vulnerable because they are insufficient unto themselves.

The mind is, therefore, a survival mechanism, and its method of survival is primarily the use of emotions. Thoughts are engendered by the emotions and, eventually, emotions become shorthand for thoughts. Thousands and even millions of thoughts can be replaced by a single emotion. Emotions are more basic and primitive than mental processes. Reason is the tool the mind uses to achieve its emotional ends. When used by the intellect, the basic underlying emotion is usually unconscious or at least out of awareness. When the underlying emotion is forgotten or ignored and not experienced, people are unaware of the reason for their actions and they develop all kinds of plausible reasons. In fact, they frequently do not know why they are doing what they are doing.

There is a simple way to become conscious of the underlying emotional goal behind any activity through use of the question, "What for?" With each answer, "What for?" is asked again and again until the basic feeling is uncovered. An example would be the following. A man wants a new Cadillac. His mind gives all the logical reasons but logic doesn't really explain it. So he asks himself, "What do I want the Cadillac for?" "Well," he says, "it is to achieve status, recognition, respect, and solid citizen success status." Again: "What do I want status for?" "Respect and approval from others," he might say, "and to ensure that respect." Again: "What do I want respect and approval for?" "To have the feeling of security." Again: "What do I want security for?" "To feel happy." The continual question, "What for?", reveals that basically there are feelings of insecurity, unhappiness, and lack of fulfilment. Every activity or desire will reveal that the basic goal is to achieve a certain feeling. There are no other goals than to overcome fear and achieve happiness. Emotions are connected with what we believe will ensure our survival, not with what actually will. Emotions themselves are actually the cause of the basic fear that drives everyone to seek security constantly.

**The Scale of Emotions**

For simplicity and clarity, we will utilize the scale of emotions that corresponds with the levels of consciousness. A thorough presentation of consciousness levels, their scientific basis, and practical applications is found in *Power vs Forces, The Hidden Determinants of Human Behaviour* (Hawkins, 1955, 2012).

## CONSCIOUSNESS and EMOTIONS:

**Consciousness = Soul Condition. One's Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**

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

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

### **Note:**

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

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
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Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

Briefly, everything emits energy, either positive or negative. Intuitively, we know the difference between a positive person (friendly, genuine, considerate) and a negative one (greedy, deceitful, hateful). The energy of Mother Teresa was obviously different from the energy of Adolf Hitler; most people's energy is somewhere in between the two. Music, places, books, animals, intentions, and all of life emit an energy that can be "calibrated" as to its essence and its degree of truth.

"Like goes to like." The different energies constellate in "attractor patterns" or "levels of consciousness". The Map of Consciousness provides a linear, logarithmic view of this nonlinear energetic terrain. Each level of consciousness (or attractor pattern) is calibrated on a logarithmic scale of energetic power, ranging from 1 – 1,000 (the scale continues upwards). The level of Full Enlightenment (1,000), at the top of the Map, represents the highest level attainable in the human realm in one's natural love; it is the energy of Buddha and Krishna. Jesus of Nazareth surpassed that level due to embracing Divine Love and attaining at-onement with the Father during his life. The level of Shame (20) is at the bottom, close to death, representing bare survival.

The level of Courage (200) is the critical point that marks the shift from negative to positive energy. It is the energy of integrity, being truthful, empowerment, and having the capacity to cope. The levels of consciousness below Courage are destructive, whereas the levels above it are life-supportive. A simple muscle-test reveals the difference: negative stimuli (below 200) instantly weaken the muscle, and positive stimuli (above 200) instantly strengthen the muscle. True "power" strengthens; "force" weakens. Above the level of Courage, people seek us out because we give energy to them ("power") and we have goodwill towards them. Below the level of Courage, people avoid us because we take energy from them ("force") and we want to use them for our own material or emotional needs.

Here, we delineate the basic scale, starting from the higher energies down to the lower:

**(600) Peace:** This is experienced as perfection, bliss, effortlessness, and oneness. It is a state of non-duality beyond separateness and beyond the intellect, as in the "peace that passeth all understanding". It is described as Illumination and Enlightenment. It is rare in the human realm.

**(540) Joy:** Love that is unconditional and unchanging, despite circumstances and actions of others. The world is illuminated by exquisite beauty, which is seen in all things. The perfection of creation is self-evident. There is closeness to unity and discovery of Self; compassion for all; enormous patience; the feeling of at-oneness with others and a concern for their happiness. A sense of self-completion and self-sufficiency prevails.

**(500) Love:** A way of being that is forgiving, nurturing, and supportive. It does not proceed from the mind; rather, it emanates from the heart. Love focuses on the essence of a situation, not the details. It deals with wholes, not particulars. As perception is replaced with vision, it takes no position and sees the intrinsic value and lovability of all that exists.

**(400) Reason:** This aspect differentiates humans from the animal world. There is the ability to see things in the abstract, to conceptualise, to be objective, and to make rapid and correct decisions. Its enormous utility is problem solving. Science, philosophy, medicine, and logic are expressions of this level.

**(350) Acceptance:** This energy is easy-going, laid back, harmonious, flexible, inclusive, and free of inner resistance. "Life is good. You and I are good. I feel connected." It meets life on life's terms. There is no need to blame others or blame life.

**(310) Willingness:** This energy subserves survival by virtue of a positive attitude that welcomes all expressions of life. It is friendly, helpful, wants to assist, and seeks to be of service.

**(250) Neutrality:** This is a way of life that is comfortable, pragmatic, and relatively free of emotionality. “It’s okay either way.” It is free of rigid positions, non-judgmental, and non-competitive.

**(200) Courage:** This energy says, “I can do it.” It is determined, excited about life, productive, independent, and self-empowered. Effective action is possible.

**(175) Pride:** “My way is the best way,” says this level. Its focus is achievement, desire for recognition, specialness, and perfectionism. It feels “better than ...” and superior to others.

**(150) Anger:** This energy overcomes the source of fear by force, threats, and attack. It is irritable, explosive, bitter, volatile, and resentful. It likes to “get even,” as in “I’ll show you.”

**(125) Desire:** It is always seeking gain, acquisition, pleasure, and “getting” something outside oneself. It is insatiable, never satisfied, and craving. “I have to have it.” “Give me what I want, and give it to me now!”

**(100) Fear:** This energy sees “danger”, which is “everywhere”. It is avoidant, defensive, pre-occupied with security, possessive of others, jealous, restless, anxious, and vigilant.

**(75) Grief:** There is helplessness, despair, loss, regret, and the feeling, “If only I had ...” Separation. Depression. Sadness. Being a “loser”. Mournful, as in “I can’t go on.”

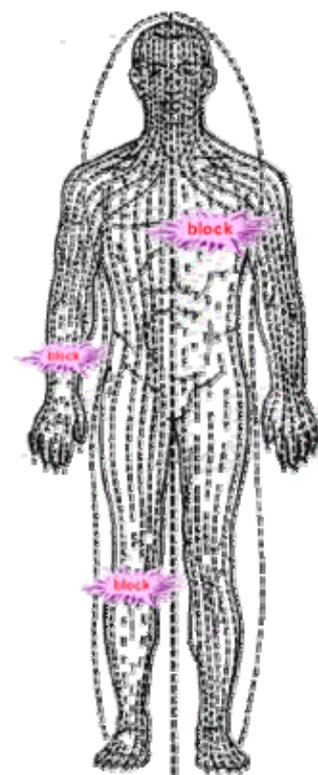
**(50) Apathy:** This energy is characterised by hopelessness, playing dead, being a “drain” to others, being immobilised, and the feelings: “I can’t” and “Who cares?” Poverty is common.

**(30) Guilt:** In this energy field, one wants to punish and be punished. It leads to self-rejection, masochism, remorse, “feeling bad”, and self-sabotage. “It’s all my fault.” Accident-proneness, suicidal behaviour, and projection of self-hatred onto “evil” others are common. It is the basis of many psychosomatic illnesses.

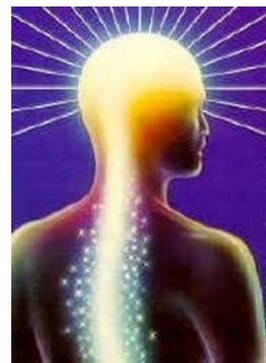
**(20) Shame:** Characterised by humiliation, as in “hanging your head in shame”. It is traditionally accompanied by banishment. It is destructive to health and leads to cruelty toward self and others.

**In general, we can say that the lower end of the scale is associated with lower vibrational frequencies; lower energy, lower power, poorer life circumstances, poorer relationships, less abundance, less love, and poorer physical and emotional health.** Because of the low energy, such needy people drain us on all levels. They tend to be avoided and find themselves surrounded by people on the same level (e.g., in jail).

As we let go of negative feelings, there is a progressive movement up the scale to Courage and then beyond, with increasing effectiveness, success, and more effortless abundance. We tend to seek out such people. We say they are “high”. They give off life energy to all living things around them.



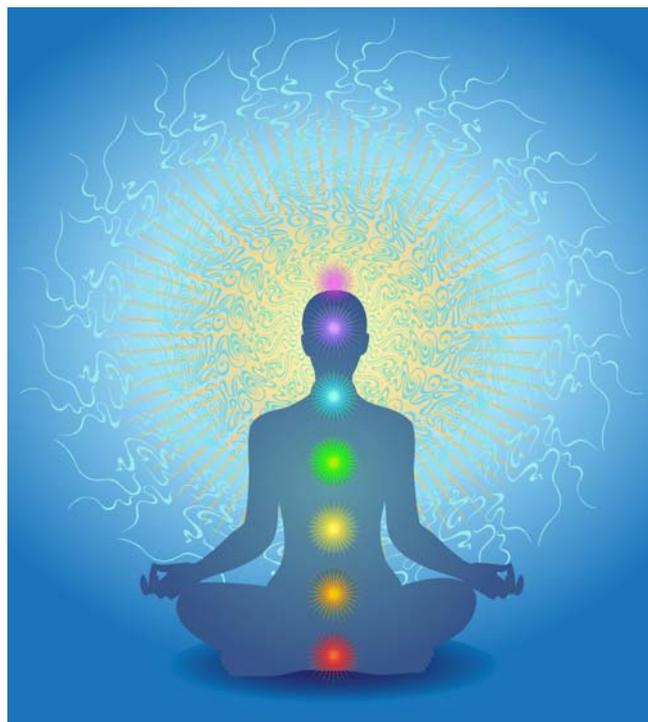
Animals are attracted to them. They have a green thumb and positively influence the lives of all with whom they come in contact. At the level of Courage, the negative feelings have not all disappeared, but now we have sufficient energy to handle them because we've re-owned our power and self-adequacy. The fastest way to move from the bottom to the top is by telling the truth to ourselves and to others, whilst at the same time embracing the Love the Father, the light blue energy substance called Divine Love, simply long for it, ask for it, and receive it.



The energy levels are also traditionally associated with the body energy centres that are sometimes referred to as “chakras”. The chakras are energy centres through which “kundalini energy” is said to flow, once it is awakened at the level of Courage (200). The energy centres (charkas) can be measured by a variety of clinical techniques and sensitive electronic instruments.

On the Map of Consciousness (MoC), the **chakras** calibrate as follows:

Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra



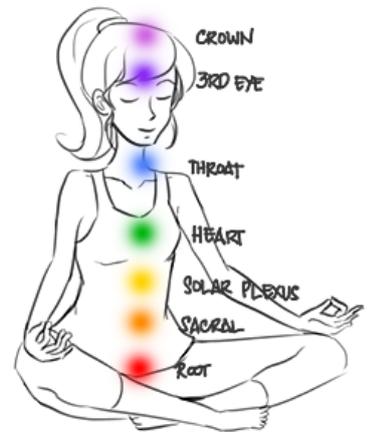
When we relinquish negative feelings, the energy in our higher chakras increases. For instance, instead of habitually “venting our spleen” (second chakra), we are now described as “all heart” (fifth chakra).

This energy system has a direct impact on the physical body. The energy in each chakra flows out through channels called “meridians” to the whole energy body, which is like a blueprint to the physical body. Each meridian is associated with a particular organ, and each organ is associated with a particular emotion. A negative emotion throws off the energy balance of its associated acupuncture meridian and

related organ. For instance, depression, despair, and melancholy are associated with the liver meridian, so these emotions tend to interfere with liver function. Every negative feeling impairs a body organ and, as the years go by, that organ becomes diseased and eventually fails to function.

The lower our emotional state, the more negatively we influence not only our own lives but also all of life around us. The higher the emotional level of evolution, the more positive our life becomes on all levels, and we support all life around us. As negative emotions are acknowledged and surrendered, we get freer and move up the scale, eventually experiencing predominantly positive feelings.

All lower emotions are limitations and blind us to the reality of our true Self. As we surrender our way up the scale and near the top, a new type of experience begins to happen. At the very top of the scale, there occurs the realisation of one's true Self and the varying levels of Illumination. The main importance of this is to note that, as we get higher and freer, what the world calls spiritual awareness, intuition, and growth of consciousness occur. This is the common experience of all who surrender their negative feelings. They become more and more conscious. That which is impossible to see or experience at lower levels of consciousness becomes self-evident and stunningly obvious at higher levels.

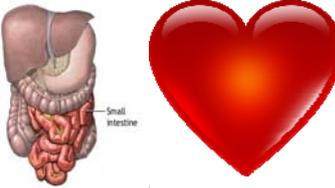
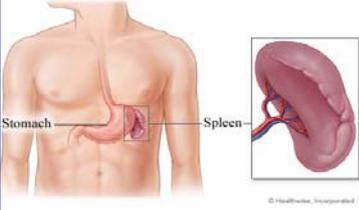
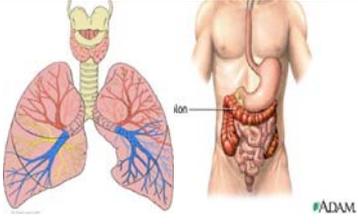
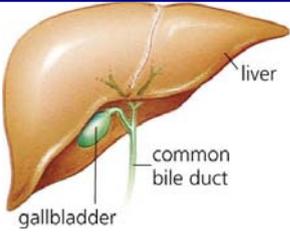
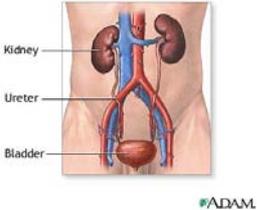
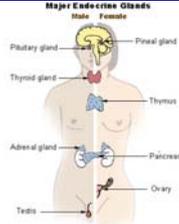


As we relinquish our free will relative to engaging with man-made emotions, being those emotions that calibrate under 200 on the Map of Consciousness, we commence to engage with the will of the Father, the Source Soul. By only embracing those emotions of love created by the Father we are embracing the will of the Father.

### **Understanding Emotions**

According to scientific findings, all thoughts are filed in the mind's memory bank under a filing system based upon the associated feeling and its finer graduations (Gray-LaViolette, 1982). (Our mind is within our spirit body, our spirit body is the template for the physical body.) They are filed according to feeling tone, not fact. Consequently, there is a scientific basis for the observation that self-awareness is increased much more rapidly by observing feelings rather than thoughts. The thoughts associated with even one feeling may literally run into the thousands. The understanding of the underlying emotion and its correct handling is, therefore, more rewarding and less time-consuming than dealing with one's thoughts.

In the beginning, if one is unfamiliar with the whole subject of feelings, it is often advisable to begin merely by observing them without any intention of doing anything about them. In this way, some clarification will occur about the relationship between feelings and thoughts. After there is more familiarity, some experimentation can then occur. For instance, certain areas of thoughts that tend to recur can be set aside and the feeling associated with them identified. The feeling can then be worked with by first accepting that it is there, without resisting it or condemning it. And then one begins to empty out the energy of the feeling directly by letting it be what it is until it runs out. Somewhat later, the former thoughts can now be looked at and their character will be observed to have changed. If the feeling has been totally surrendered and let go, usually all thoughts associated with it will have disappeared entirely and been replaced by a concluding thought which handles the matter quickly.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

For example, there was the case of a man who misplaced his passport shortly before going to a foreign country. As the scheduled date of departure drew closer and closer, his inner panic mounted. His mind raced wildly, trying to think where the passport could have been misplaced. He searched high and low. He tried various mental tricks to no avail. He berated himself: “How could I have been so stupid as to lose a passport? Now there isn’t time to get another one!” As the fateful day approached, he faced a

real dilemma: no passport, no trip. Missing the trip had a lot of negative consequences because it was both business and pleasure, and it would have created a difficult situation. Finally, he remembered to do the letting go technique.

He sat down and asked himself: “What is the basic feeling that I’ve been ignoring?” To his surprise, the basic feeling that came up was grief. The grief was associated with not wanting to be separated from someone he dearly loved. There was also an associated fear of loss of the relationship, or at least the weakening of it due to his absence. As he let go of the grief and the associated fear, he suddenly felt at peace about the matter. He also concluded that if the relationship couldn’t handle a two-week absence, it wasn’t worth all that much anyway; so, there was really nothing at risk. As soon as he felt at peace, he instantly remembered where the passport was. In fact, it was in a place so simple and obvious that only unconscious blocking could explain why he had not remembered it. Needless to say, all of the thousands of thoughts about the missing passport, the failed trip and the potential consequences instantly disappeared. His emotional state became one of gratitude and happiness instead of frustration.

Letting go can be very useful in everyday life situations, but its use in life crises can be crucial in preventing and alleviating large amounts of suffering. In a life crisis there is usually an overwhelm of emotion. The crisis has tapped into one of our major areas of suppressed or repressed feelings. In this situation the problem is not one of identifying the emotion but how to handle the overwhelm.

### **Handling Emotional Crises**

Because this a very difficult problem for most people, some details are needed. There are several techniques to help move through emotional disaster much more quickly, and with a better end result, than allowing it to run out on its own. Recall the usual mechanisms that the mind consciously uses to handle emotions, which are suppression (or repression), expression, and escape. These are deleterious only when they are used without conscious intent. In an overwhelm, it is often advisable to utilise them, but doing so *consciously*.

The purpose of this manoeuvre is to reduce the sheer overwhelming quantity of the emotion itself so that it can be disassembled and let go of in bits and pieces (this process is described below). Thus, in this case, it is all right *consciously* to push away as much of the emotion as we are capable of at the moment. The emotion can be reduced in intensity by sharing the feeling with close friends or mentors. By merely expressing the feeling, some of the energy behind it is reduced. It is also alright in this circumstance consciously to utilise escape mechanisms, such as going out in a social situation to get some distance from the upset, playing with the dog, watching television, going to the movies, playing music, making love, or whatever one’s habit is under the circumstances. When the feeling has been reduced in its sheer quantity and intensity, it is best to start letting go of small aspects of the situation rather than the overall situation and the accompanying emotion itself.

To illustrate this point, let’s take the example of a man who loses his job after many years with a company, and is now in an overwhelm of despair. By utilising the three mechanisms already described, some of the emotion can be reduced. What he can look at, then, are some of the small trivia about the job. For instance, could he let go of wanting to have lunch where he always had lunch with his business colleagues? Could he let go of wanting to park his car in the parking space he always had in the past? Could he let go of wanting to ride up in the same elevator? Could he let go of the attachment to his desk? Could he let go of the attachment to the secretary and her friendliness toward him? Could he let go of the attachment to his computer? Could he let go of seeing the same boss every day? Could he let go of his feeling of familiarity with the background noises in the office?

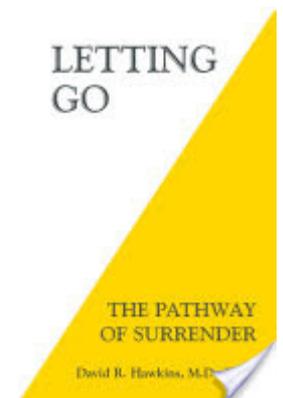
The purpose of surrendering these smaller aspects of losing a job, which may seem trivial, is that it gets the mind into the letting go mode. The letting go mode takes us up to the level of Courage; the negative feelings have been acknowledged and worked through; consequently, they've lost their charge. Suddenly there is the awareness that we have the courage to face the situation, recognise our feelings, and do something about them.

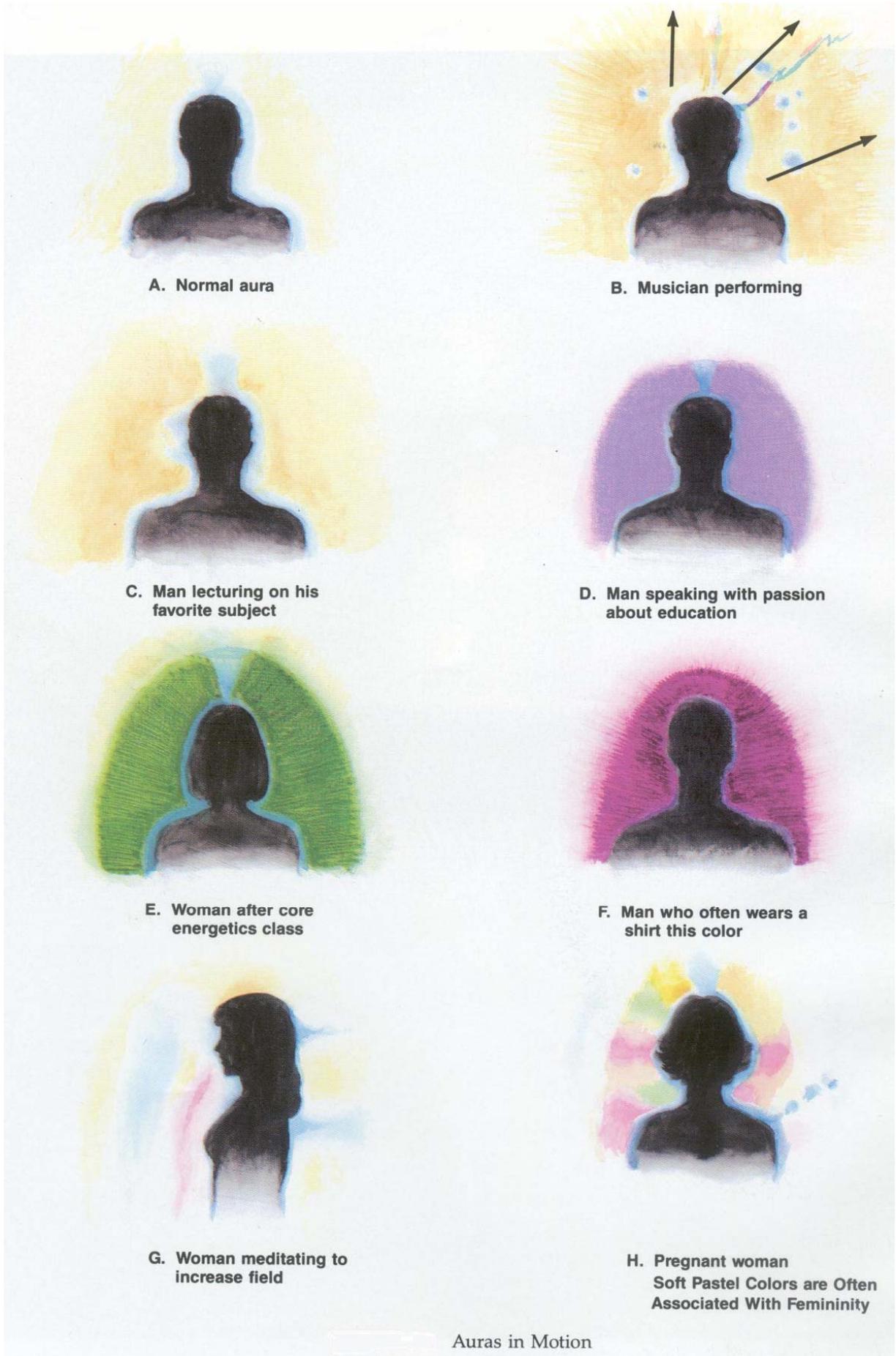
As the trivia are surrendered, curiously, the main event becomes less and less oppressive. The reason for the phenomenon is that, when we use the mechanism of surrender on one emotion, we are surrendering on all emotions at the same time. It is as though all emotions have the same underlying energy, so that to surrender in one direction surrenders feelings which appear, on the surface, to be in an opposite direction. This is a matter of clinical experience; it must be tried personally in order to believe it.

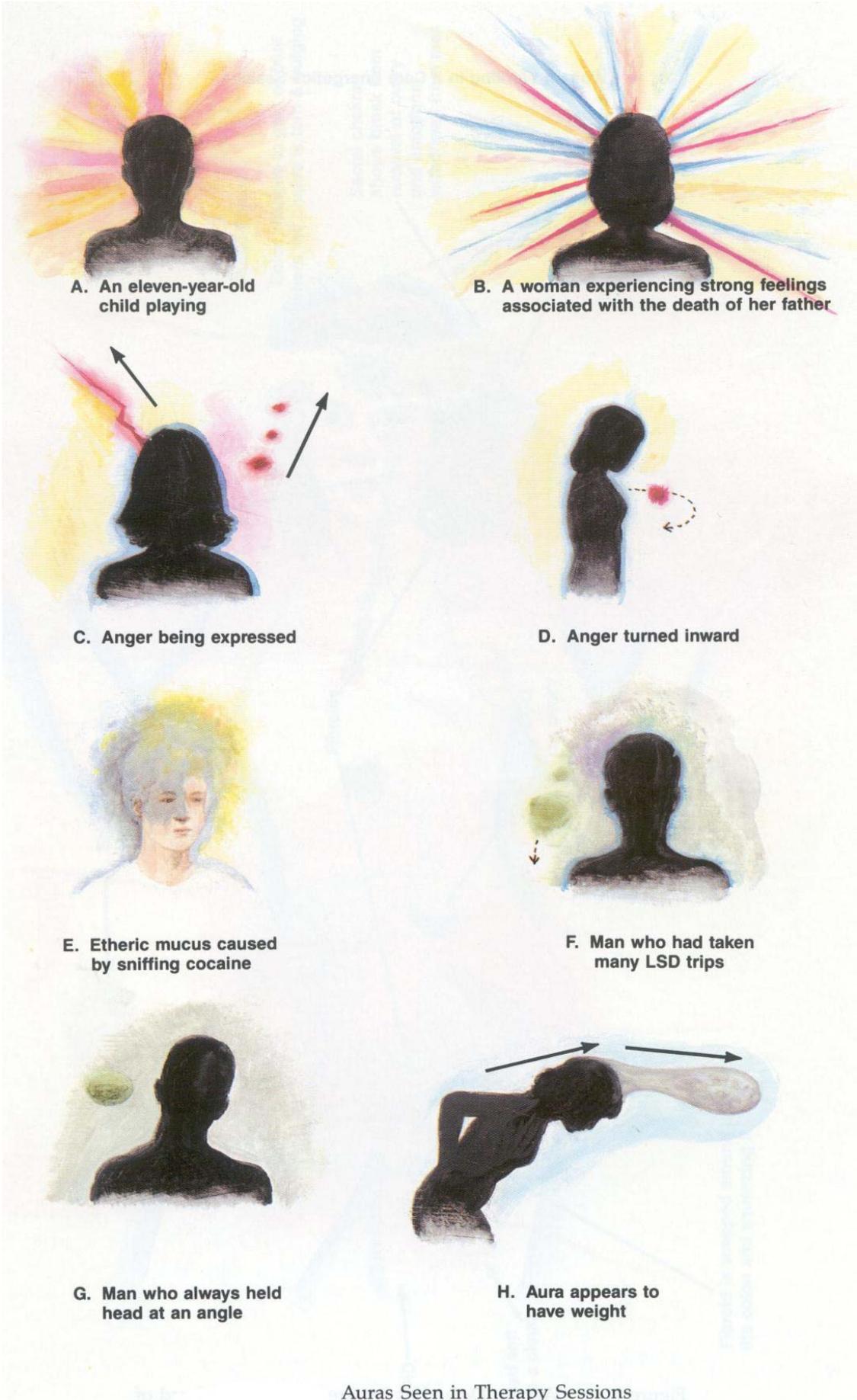
After utilising the above four methods (suppression, expression, escape, surrender of smaller aspects), a fifth now becomes apparent. Every strong emotion is really a composite of a number of subsidiary emotions and the total emotional complex can be disassembled. Thus, for instance, the man who has lost his job initially has an overwhelming feeling of despair; but, as he begins to surrender around the periphery, and as he diminishes his overwhelm through consciously utilising escape, suppression, and expression, he now realises that there is also anger. He sees that the anger is associated with pride. There is a lot of anger in the form of resentment. There is self-invalidation, which is a form of anger expressed against himself. There is also considerable fear. Thus these associated emotions can now be addressed directly. For instance, he can start letting go of the fear that he won't find another job. When that fear is acknowledged and let go, all the alternate possibilities that exist will become suddenly apparent to him. And, as he surrenders pride, he will quickly see that he is not faced with economic disaster, as he had thought. Thus, as the disassembled emotional complex is taken apart into its component parts, each component part now has less energy and can be surrendered individually.

As we come out of the overwhelm, it will be remembered that a certain portion of the emotion was purposely suppressed or escaped. It can now be re-examined, so that it no longer does residual harm, such as ending up in bitterness, unconscious guilt, or lower self-esteem. Fragments of the emotional complex may recur for a period of time, even years; however, because they are now small fragments, each can be handled as it arises. At least the crisis situation will have been passed through safely and consciously.

Handling a crisis from the emotional rather than the intellectual level will shorten its duration dramatically. In the case of someone who loses a job, handling it from the intellectual level will produce thousands of thoughts and hypothetical scenarios. The person suffers through many sleepless nights due to the racing thoughts about the situation as the mind reviews it over and over again. All of this is fruitless. Until the underlying emotion is surrendered, the thoughts will be engendered endlessly. We all know of people who have had an emotional crisis many years ago and, to this day, have not recovered. It has totally coloured their life, and they have paid a big price for their lack of know-how in handling the underlying emotions.







A. An eleven-year-old child playing

B. A woman experiencing strong feelings associated with the death of her father

C. Anger being expressed

D. Anger turned inward

E. Etheric mucus caused by sniffing cocaine

F. Man who had taken many LSD trips

G. Man who always held head at an angle

H. Aura appears to have weight

Auras Seen in Therapy Sessions

There are numerous benefits to handling a life crisis successfully. For one thing, the amount of suppressed or repressed emotion is now much less. The crisis has forced it up to be relinquished and, therefore, the amount that is left in the reservoir is much less. There is a greater feeling of self-esteem and confidence because there is the awareness that one can survive and handle whatever life will bring. There is an overall reduction of the fear of life, a greater feeling of mastery, greater compassion for the suffering of others, and an increased ability to help them through similar circumstance. Paradoxically, after a life crisis, there often is a period of variable duration of peace and calmness, sometimes approaching the level of mystical experience. The “dark night of the soul” frequently precedes states of heightened awareness.

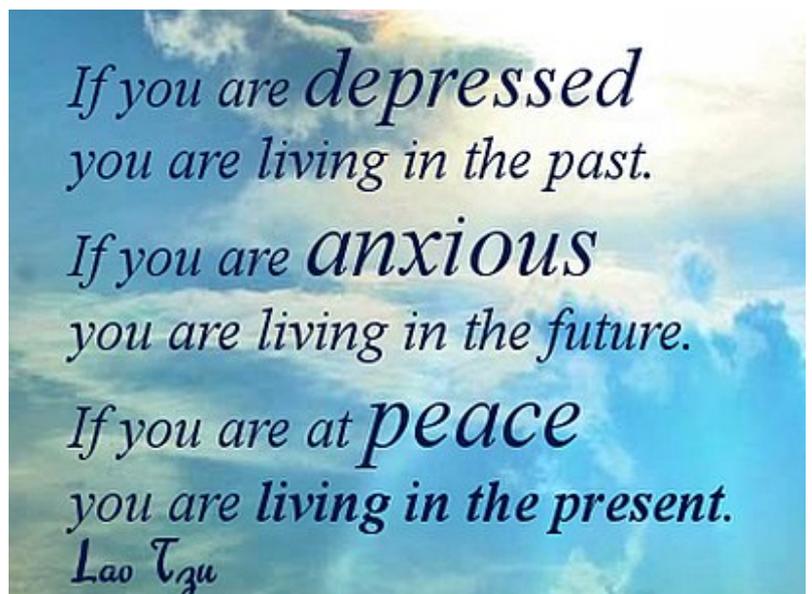
One of the best-known examples of this paradox is illustrated by persons who have had near-death experiences. There are now many books on the subject that reveal a certain commonality. Once the worst of all possible fears – the dread and shock of death – has been faced, it is superseded by a profound sense of serenity, peace, oneness, and immunity from fear. Many such persons develop extraordinary abilities, become healers, develop psychic awareness, and advanced states of spiritual illumination. They experience major leaps in growth and the sudden appearance of new talents and capacities. Thus, every life crisis carries within it the kernels of a reversal, a renewal, an expansion, a leap in consciousness, and a letting go of the old and a birth of the new.

### **Healing the Past**

When we look at our lives, we will see the residual of past life crises which are still unresolved. Thoughts and feelings about the events tend to occur and colour our perception, and we will note that they have disabled us in certain areas of life. At that point, it is wise to ask ourselves if it is worth paying the continuing cost. Now that we have some mechanisms by which to handle these residuals, they can be uncovered. The residual feelings can be investigated and let go of so that a healing can take place. This brings us to another emotional healing technique that becomes powerful once the major event has passed. That is to place the event in a different context, to see it from a different perspective, and to hold it in a different paradigm with a different significance and meaning.

It is said that most people spend their lives regretting the past and fearing the future; therefore, they are unable to experience joy in the present. Many of us have assumed that this is our human fate, our lot, and the best that we can do is “grin and bear it”. Philosophers have sometimes made hay out of the negativistic, pessimistic approach and developed whole systems of nihilism. These philosophers, some of whom have become celebrated over the years, are obviously mere victims of painful emotions that they did not handle and which triggered endless intellectualisation and elaboration.

Some spent their entire lifetime constructing sophisticated intellectual systems to justify what is glaringly obvious as a simple suppressed emotion.



One of the most effective tools for handling the past is the creation of a different context. What this means is that we give it a different meaning. We take on a different attitude about the past difficulty or trauma, and we acknowledge the hidden gift in it. The value of this technique was first recognised in psychiatry by Viktor Frankl. He explained the approach – which he called “Logotherapy” – in his famous book, *Man’s Search for Meaning*. His clinical and personal experience demonstrated that emotional events and traumatic occurrences will change considerably and be healed if a new meaning is placed around them. Frankl told of his own experience in the Nazi concentration camps wherein he came to see his physical and psychic suffering as an opportunity to achieve inner triumph. “Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way” (Frankl, [1959] 2006). Frankl re-contextualised the horrific circumstances to hold profound meaning for the human spirit.

Every life experience, no matter how “tragic”, contains a hidden lesson. When we discover and acknowledge the hidden gift that is there, a healing takes place. In the example of the man who lost his job, after some time had passed, he looked back and saw that his former job was stunting, that he had been in a rut. Frankly, the job had given him an ulcer. Prior to losing the job, he had seen only the pleasures from it. Once outside of the situation, he began to see the costs that he had been paying – physically, mentally, and emotionally. After losing the job, he was open to discovering new abilities and new talents; in fact, he began a new, more promising career.

So, life events are opportunities to grow, expand, experience, and develop. In some cases, it seems in retrospect that there was actually this unconscious purpose behind the event, as though our unconscious knew that something important had to be learned and, painful as it was, it was the only way it could be brought into experience. This is part of the psychology of the psychoanalyst Carl Jung, who concluded after a lifetime of study, that there is an inborn drive in the unconscious toward wholeness, completeness, and realisation of the Self, and that the unconscious will devise the ways and means of bringing this about, even if they are traumatic to the conscious mind. (Jung is referring to the Indwelling Spirit.)

Jung also said that in the unconscious there was an aspect of ourselves called the “shadow”. The shadow is all the repressed thoughts, feelings and concepts about ourselves that we do not want to face. One benefit of a crisis is that it often brings us into familiarity with our shadow. It makes us more human and more whole to realise what we share with all of humanity. All the stuff that we thought “they” were guilty of is equally in ourselves. Thus, when it is brought up to conscious awareness, acknowledged, and surrendered, it no longer unconsciously runs us. Once the shadow has been acknowledged, it loses its power. All that is necessary is merely to recognise that we have certain forbidden impulses, thoughts, and feelings. Now, they can be handled with a “So what?”

Passing through a life crisis, then, makes us more human, more compassionate, more accepting and understanding of ourselves and others. We no longer have to indulge in making others wrong of making ourselves wrong. Handling an emotional crisis leads to greater wisdom and results in lifetime benefits. Fear of life is really the fear of emotions. It is not the facts that we fear, but our feelings about them. Once we have mastery over our feelings, our fear of life diminishes. We feel a greater self-confidence, and we are willing to take greater chances because we now feel that we can handle the emotional consequences, whatever they might be. Because fear is the basis of all inhibitions, mastery over fear means the unblocking of whole avenues of life experience that previously had been avoided.

Thus, the man who successfully handles the crises of losing a job will never again experience that same fear. He will, therefore, be more creative on the next job, willing to take the necessary risks to make it a success. He begins to



see how that haunting fear of job loss had severely limited his performance in the past, made him fearful and cautious, and cost him his self-esteem due to his kowtowing and compliance with his superiors.

One benefit from a life crisis is greater self-awareness. The situation is overwhelming, and we are forced to stop all of our diversionary games, take a good look at our life situation, and re-evaluate our beliefs, goals, values, and life direction. It is an opportunity for a total shift in attitude. Life crises, as we pass through them, confront us with polar opposites. Shall we hate or forgive that person? Shall we learn from this experience and grow, or resent it and become bitter? Do we choose to overlook the other person's shortcomings and our own, or instead do we resent and mentally attack them? Shall we withdraw from a similar situation in the future with greater fear or shall we transcend this crisis and master it once and for all? Do we choose hope or discouragement? Can we use the experience as an opportunity to learn how to share, or shall we withdraw into a shell of fear and bitterness? Every emotional experience is an opportunity to go up or down. Which do we choose? That is the confrontation.



We have the opportunity to choose whether we want to hang on or let go of emotional upsets. We can look at the cost of hanging on to them. Do we want to pay the price? Are we willing to accept the feelings? We can look at the benefits of letting go of them. The choice we make will determine our future. What kind of a future do we want? Will we choose to be healed, or will we become one of the walking wounded?

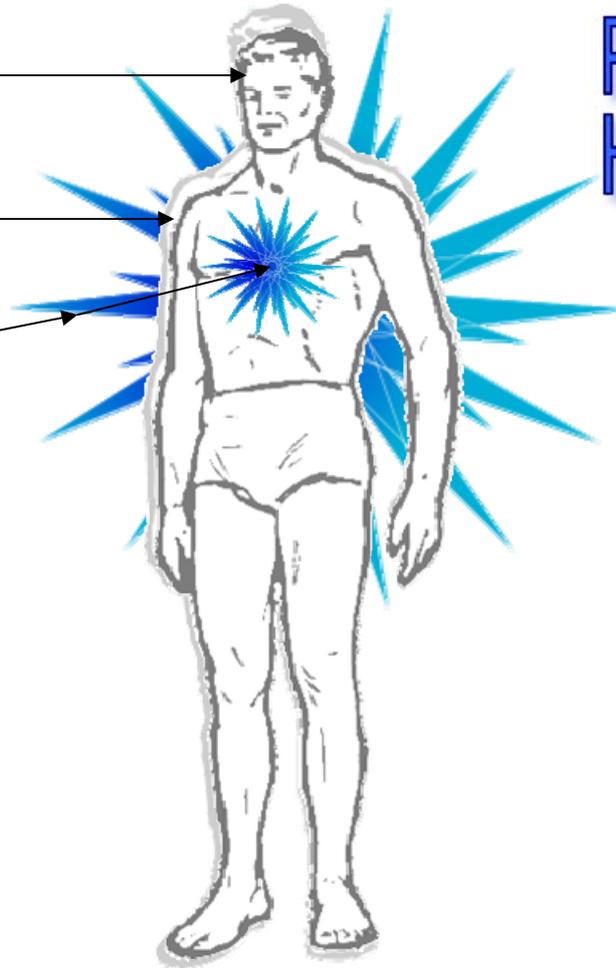
In making this choice, it is well to look at the payoff we get from hanging on to the residuals of a painful experience. What are the satisfactions we are getting? How little are we willing to settle for? Anger. Hatred. Self-pity. Resentments. They all have their cheap little payoff, that little inner satisfaction. Let's not pretend that it's not there. There is a weird, quirky pleasure when we hang on to pain. It certainly satisfies our unconscious need for the alleviation of guilt through punishment. We get to feel miserable and rotten. The question then arises, "But for how long?"



Take, for example, a man who had not spoken to his brother for twenty-three years. Neither of them could remember what the incident was about; it had been long forgotten. But they were in the habit of not speaking, and so for twenty-three years they paid the price of missing each other's company, affection, togetherness in family matters, and all the shared experiences and love they could have had. When the man learned about the mechanism of surrender, he began to let go of his feelings about his brother. Suddenly, he broke out in tears of grief, realizing all that had been lost over the years. By forgiving his brother, he triggered a similar response in the brother, and the two were reunited. Then, one of the brothers flashed back on the incident. It had been an argument over a pair of tennis shoes. Over one pair of tennis shoes they had paid a price extending over twenty-three years! Had the man not learned the technique of letting go, he might well have gone to his grave with the same resentment. So the question is, "How long do we want to go on suffering? When are we willing to give it up? When is enough enough?"

ASPECTS of LIFE:

<u>Physical / material body</u> Brain	→
<u>Spirit / etheric body</u> Mind	→
<u>Soul + Spirit Combination</u> Senses Desires Memory Passions Intention Free Will Emotions Creativity Awareness Personality Aspirations Intelligence Consciousness <u>The Real You is your Soul!</u>	→



# PASCAS HEALTH



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.

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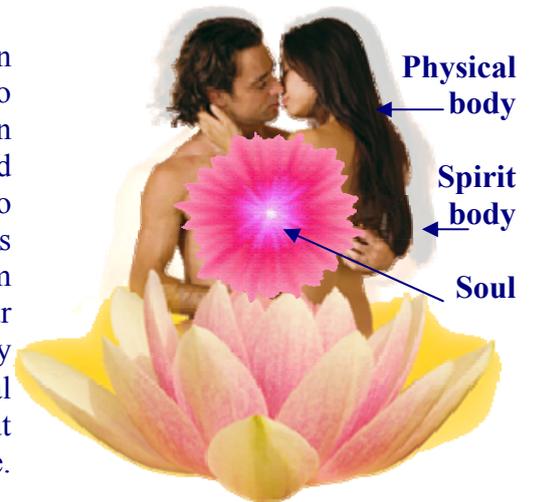
**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

**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 parents' life forces to achieve incarnation.**

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

### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

The part of us that wants to cling to negative emotions is our smallness. It is the part of us that is mean, petty, selfish, competitive, cheap, conniving, mistrusting, vindictive, judgmental, diminished, weak, guilty, ashamed, and vain. It has little energy; it is depleting, demeaning, and leads to the lowering of self-respect. It is the small part of us that accounts for our own self-hatred, unending guilt, and seeking for punishment, sickness, and disease. Is that the part with which we want to identify? Is that the part we want to energise? Is that the way we want to see ourselves? Because if that's the way we see ourselves, that's the way others will see us.

*The world can only see us as we see ourselves.* Are we willing to pay those consequences? If we see ourselves as cheap and petty, it's unlikely that we'll be at the top of the company list for a raise.

The price of holding on to smallness can be demonstrated with muscle testing. The procedure is fairly simple (Hawkins – Power vs Force, [1995], 2012). Hold in mind a mean, petty thought and have someone press down on your arm while you resist; notice the effect. Now choose the exact opposite view. Picture yourself as being generous, forgiving, loving, and experiencing your inner greatness. Instantly, there will be an enormous increase in muscle strength indicating a surge of positive bio-energy. Smallness brings weakness, sickness, disease, and death. Do you really want that? Letting go of negative feelings can be accompanied by another very healthy manoeuvre which will greatly assist your inner transformation, and that is to stop resisting the positive emotions.

### **Enhancing Positive Emotions**

The corollary to letting go of negative feelings is to stop resisting the positive ones. Everything in the universe has its opposite; therefore, in the mind, every negative feeling has its counterpart between smallness and greatness, whether we are constantly aware of its existence at any given moment or not.

A good and very illuminating exercise is to sit down and look at the feeling that is directly opposite to the negative one that we are experiencing and begin to let go resisting it. Let's say, for instance, that a friend's birthday is coming up and we are feeling resentful and stingy; therefore, we just can't seem to get out to shop for a present, and the day is getting closer. The exact opposite feelings are those of forgiveness and generosity. We just start looking for the feeling of forgiveness within ourselves and stop resisting it. As we keep letting go of our resistance to being a forgiving person, it is often surprising that it will come up with a surge. We will begin to recognise that part of our nature has always been willing and wanting to forgive, but we didn't dare chance it. We thought we might appear foolish. We thought we were punishing the other person by holding the resentment but we have actually been suppressing love.



In the beginning, we may not consciously feel this specifically about our friend, but we will begin to notice that we do have this aspect to our personality. As we keep surrendering our resistance to love, we will notice that within ourselves there is something that wants to express itself through sharing and giving, letting the past go and burying the hatchet. There is a desire to make a friendly gesture; we want to heal the separation, to repair the wound, to make good the wrong, to express gratitude, and to take a chance on being thought a fool.

The purpose of this exercise is to locate within ourselves that which can only be described as greatness. Greatness is the courage to overcome obstacles. It is the willingness to move to a higher level of love.

It is the acceptance of others' humanness and having compassion for their suffering by putting ourselves in their shoes. Out of the forgiveness of others come self-forgiveness and the relief of guilt. The real payoff we get is when we let go of our negativity and choose to be loving; we are the ones who benefit. We are the ones who gain from the real payoff. With this increased awareness of who we really are comes the progressive invulnerability to pain. Once we compassionately accept our own humanness and that of others, we are no longer subject to humiliation, for true humility is a part of greatness.

Out of the recognition of who we really are comes the desire to seek that which is uplifting. Out of it arises a new meaning and context for life. When that inner emptiness, due to lack of self-worth, is replaced by true self-love, self-respect and esteem, we no longer have to seek it in the world, for that source of happiness is within ourselves. It dawns on us that it cannot be supplied by the world anyway. No amount of riches can compensate for an inner feeling of poverty. We all know of the many multi-millionaires who try to compensate for their inner sense of hollowness and lack of inner worth. Once we have contacted this inner Self, this inner greatness, this inner completion, contentment, and true sense of happiness, we have transcended the world. The world is now a place to enjoy, and we are no longer run by it. We are no longer at the effect of it.

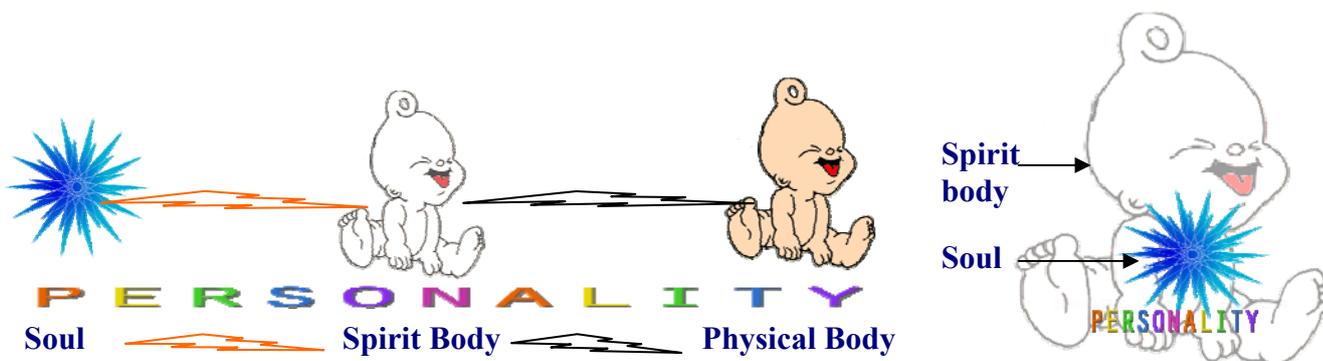
When we utilise these techniques of relinquishing the negative and surrendering resistance to the positive, sooner or later we come into a sudden, comprehensive awareness of our true dimension. Once this has been experienced, it will never be forgotten. The world will never intimidate us again as it once did. There may be continued compliance with the ways of the world out of sheer habit, but the inner drivenness, the inner vulnerability, and the inner doubt is now gone. Outwardly, the behaviour may appear the same but, inwardly, the causes for it are now totally different. The end result of the conscious handling of emotions is invulnerability and imperturbability. Our inner nature is now bullet proof. We are able to go through life with balance and grace.

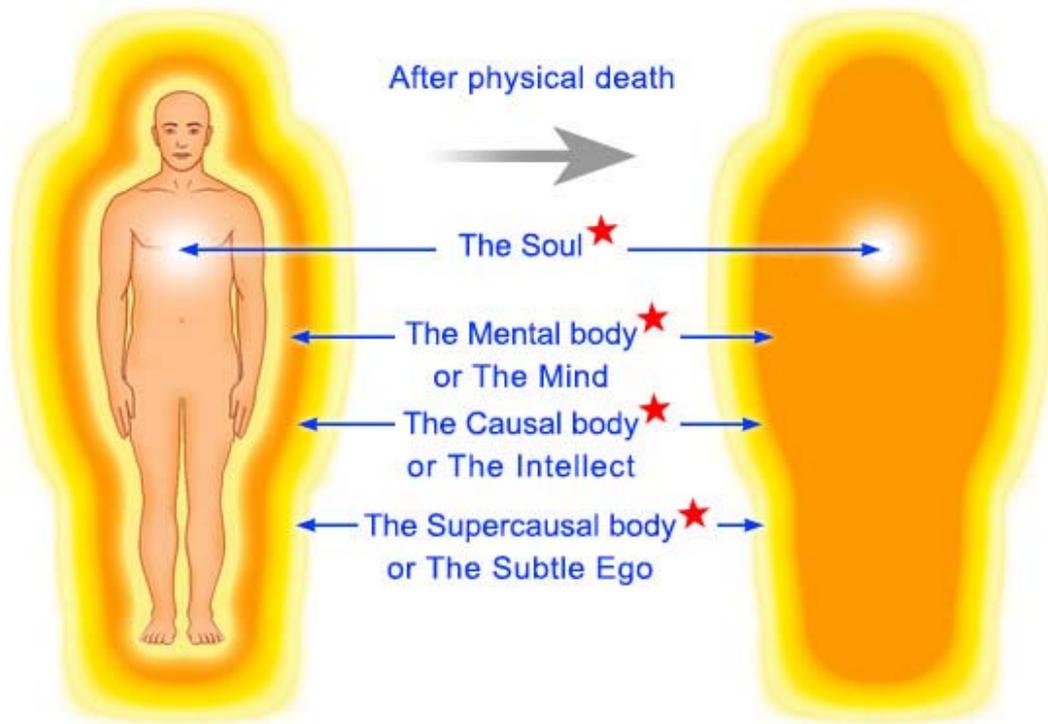
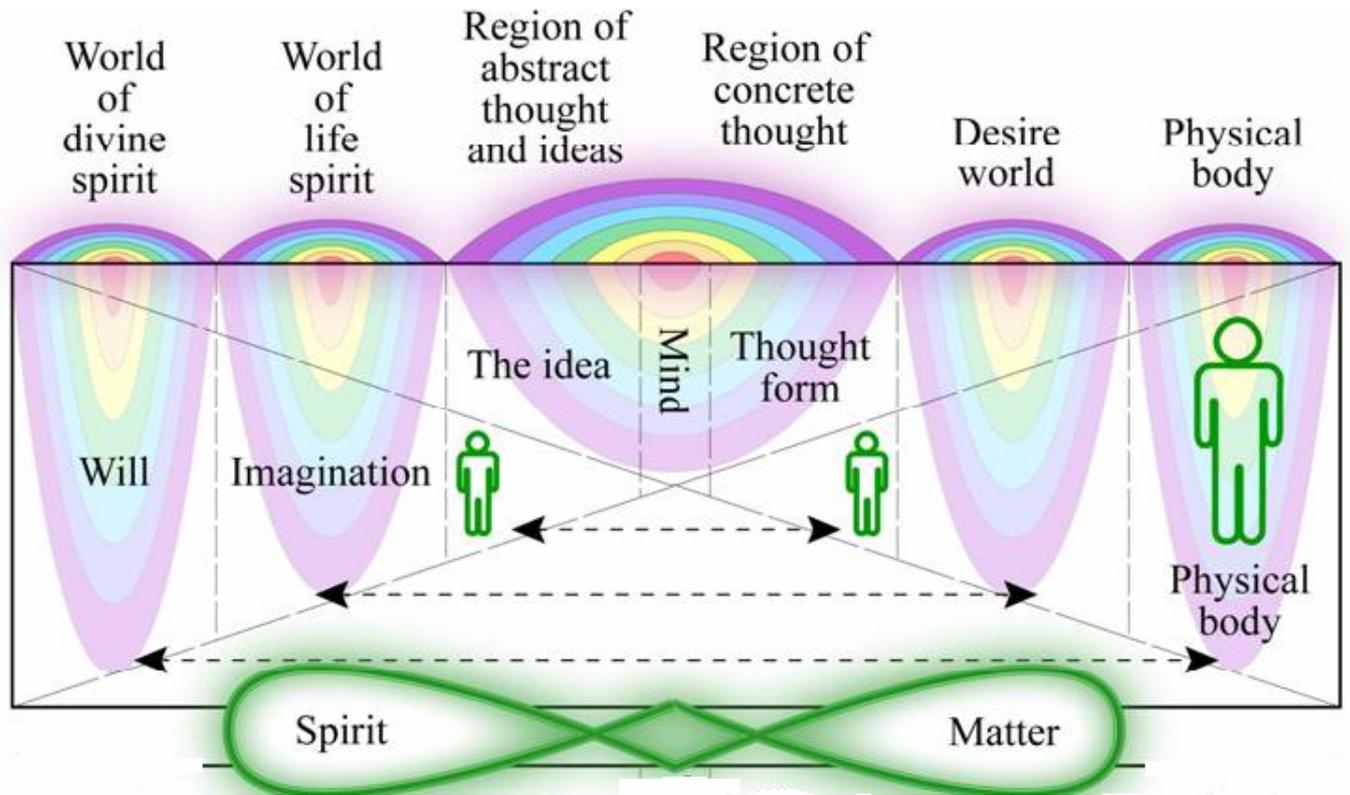
### INDIVIDUALISATION – Purpose of Incarnation:

**The spirit body is, of itself, a creation like as is the physical body, and has its existence only for the purpose of preserving man's individuality, and of containing and sheltering his soul, both while on earth and after he becomes a spirit.**

**Then his living means that he is placed on the earth merely to acquire an individuality, and to learn that within him is the soul which is his real self and which he must cherish and educate and feed with the higher thoughts and goodness of his original creation, and not neglect the opportunities that come to him for this development.**

**Apostle John 2 July 1916**





A human being in the Earth region

A subtle body

This is what a human being looks like after he dies, i.e. after he leaves his physical body.

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

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

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

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

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

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



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



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

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

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

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

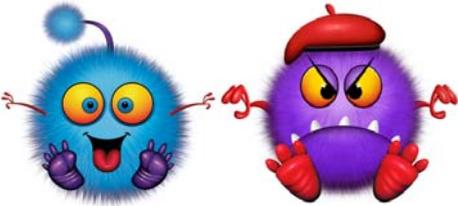
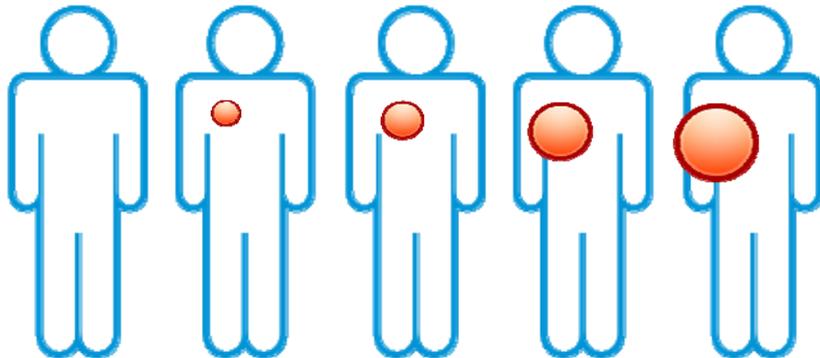
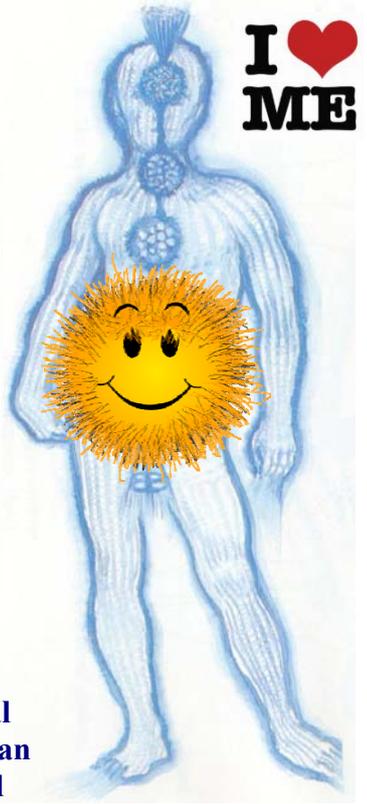
**LOVING and UNLOVING EMOTIONS:**

They are plasmatic balls of energy.  
Loving emotions are life enhancing.  
Unloving emotions are life retarding.

*Thoughts become Things.....*



*Emotions are Things.....*

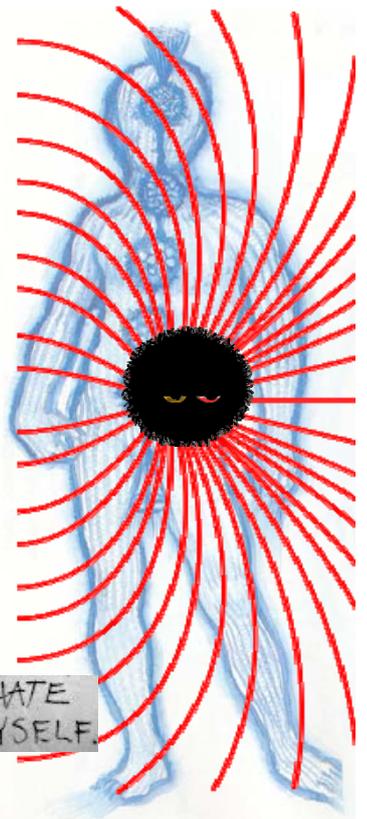
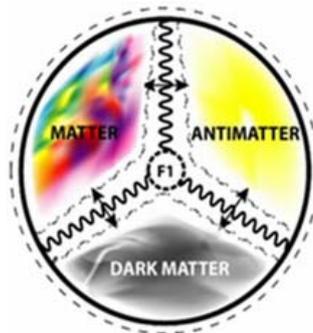
Emotional damage can fester and grow should you persist with the issue.

Negative emotions, that are those that calibrate 200 or under on David Hawkins' Map of Consciousness, create energy flow blockages within your meridians that are within your spirit body / etheric body. In the physical, these energy blockages / emotional injuries emerge to disrupt the flow of energy along your nervous system creating mayhem, pain, and ultimately illness. The frequency of the emotional injuries generally relates to the frequencies of specific organs in your body, that is why various emotional injuries are related to various illnesses.

The emotional injuries can be readily removed – permanently.

**PLASMA:**

Antimatter / principal matter is the life giving energy source.  
Dark matter / transitional matter restricts the flow of light.  
Matter is the concentration of these energies resulting in physical matter.  
Plasma is the building block of all.



**FEAR is HEALED by LOVE:**

P.93 Letting Go by Dr David R Hawkins

Fear is healed by love. Attitudinal healing has to do with group interaction with patients who have fatal and catastrophic illnesses, and the whole process of healing has to do with the letting go of fear and replacing it with love.

This is the same mechanism of healing demonstrated by the great saints and illumined healers, whose very presence has the power to heal because of the intense vibration of love which they radiate. This healing power – the basis of spiritual healing – is also transmitted by loving thoughts. The multitudes of people down through recorded history who have healed by just this kind of love are legendary. In recent history, for instance, Mother Teresa is credited with healing great numbers of people by these very mechanisms of unconditional love and illumined presence.

To people who are unfamiliar with the laws of consciousness, these types of cures seem miraculous. But to those who are familiar with the laws of consciousness, such phenomena are commonplace and to be expected. High levels of consciousness are in themselves capable of healing, transforming, and enlightening others. The value of the surrendering mechanism is that, by letting go of the blocks of love, our capacity to love increases progressively, and loving energy has the capacity to heal ourselves as well as others.

The only drawback to these types of healings is that often the healing is sustained while in proximity to a person capable of radiating high levels of love, but the illness returns when people leave that presence, unless they themselves have learned to elevate their own consciousness.

“Well”, you might ask, “if sending loving thoughts has a healing power, how come we see all the sick people in hospitals, whose families are so solicitous? Why does the love of the family not heal the patient? The answer is to look at the kinds of thoughts that are being sent by the family to the patient. As you examine them, you will find that they are primarily thoughts of anguish and fear, accompanied by guilt and ambivalence.

We might picture love to be like the sunlight and negative thoughts like the clouds. Whereas our higher greater Self is like the sun, all the negative thoughts, doubts, fears, anger and resentments that we hold dim the light of the sun and, finally, the light comes through only weakly. It was Jesus Christ who said that we all, with faith, potentially have the power to heal. The saint, or person of high consciousness, is by definition one who has removed the clouds of negativity and radiates the full healing power of the sun. That is also why saintly beings have such magnetic power that they attract multitude to their physical presence.

As we consistently let go of resisting our fears and allow them to be surrendered, the energy that was tied up in the fear is relinquished and now becomes available to shine forth as the energy of love. Therefore, unconditional love has the greatest power of all, and that love is the power of the celebrated saints. Unconditional love is also the power of the mother and of the father, the presence of whom is so essential to the children’s learning to love as they grow. It was Sigmund Freud who observed that the most fortunate thing that can happen to us growing up is to be our mother’s favourite child.

What about those of us who did not have the fortunate experience of being bathed in unconditional love as we grew up? There is the commonly held belief that if we did not have this experience, then we are somehow scarred or crippled for life; actually, this is not so. A person who has experienced a great deal of love in early life has fewer fears and a head start, but this love is intrinsic within all of us. By the

very nature of our being and by the very nature of the life energy that flows through us and empowers us to breathe and to think, we all have the same vibrational energy level of love within us.

If, in looking at ourselves, we see that we have allowed the experience of our own nature to become blocked off by extensive fears, then we can rediscover the love within us by utilising the mechanism of surrender and, thus, letting go of the clouds of negativity. By rediscovering this inner love, we rediscover the true source of happiness.

### UNLOVING PERSONALITY

**Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is choked of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.**

### LOVING PERSONALITY

**Spirit body mind is clear of man-made negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.**



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

One of the blocks to becoming acquainted with the fears in one’s own mind is the fear of the opinions of others. The wanting of their approval goes on inside of our minds in a constant fantasy. We identify with the opinions of others, including authority figures, and coalesce this in such a way that we hear it as our own opinion of ourselves.

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

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

**Note from James Moncrief:**

21 May 2017

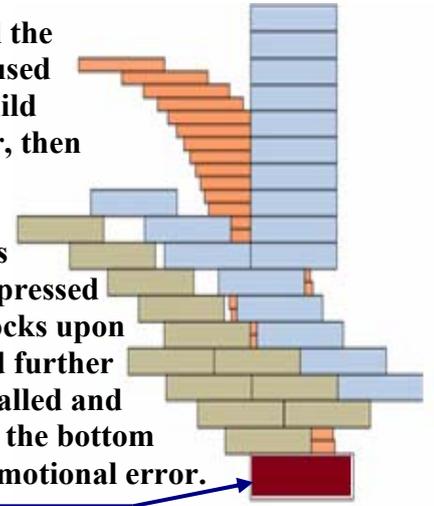
“You know, I think that letting go pathway is still one of mostly using the mind. The couple of lines about speaking them out is the only way we can truly let them go. We are still the child feeling them, and we need to speak them out of us. Otherwise it’s still working with the mind in control. I think the process is beneficial, however limiting, but at least it’s on the right track and won’t do anymore harm than we do by denying our bad feelings.”

Consider the next step and embrace the Feeling Healing guidelines outlined in the Pascas Papers entitled ‘Pascas Care Feeling Healing ....’

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



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



**Saturday, 5 August 2017: Nanna Beth:** David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won’t be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

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

**in conjunction with**

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

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,  
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

**CONCLUSION:**

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

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

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.

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

**in conjunction with**

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

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE  
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR  
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING  
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU  
FEEL, THINK AND ARE.

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



**in conjunction with**

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

**LOVE**  
is  
**Feelings First Spirituality, The New Way**

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

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

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

**Living the New Way of Feelings First Spirituality**

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

*And to do this you need to do your Healing*

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

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

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

## **Feelings First Spirituality** **The New Way**

<b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b>
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## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

# Heartfelt TRUTH

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



my  
**House** is your  
**Paradise**  
 **HOME**

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

Kevin 26 Sep 2017

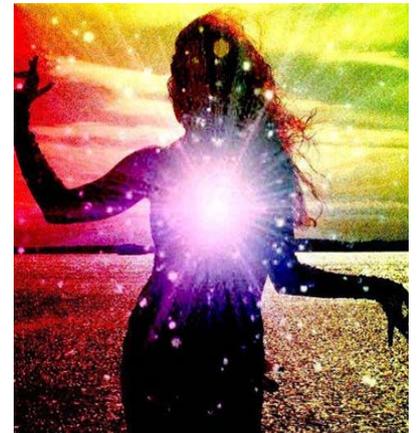
### Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

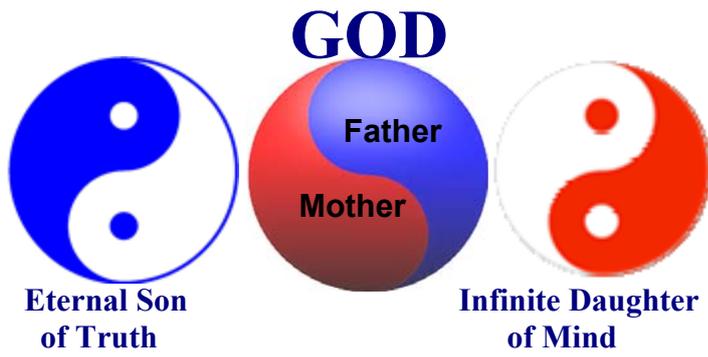
## FEELING HEALING

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

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



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



**CREATION of SOUL and SPIRIT:**

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

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

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

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

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

A nature spirit is an angel in waiting.



**Feeling Pathway**

**Mind Pathway**



**Soulmate Pair**

**Angel**



**Spirit Person**

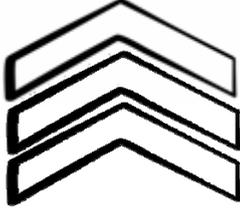
**Nature Spirit**



## The CHOICE is OURS to MAKE:

### Celestial Truth:

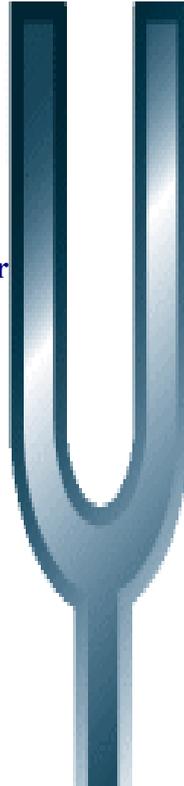
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

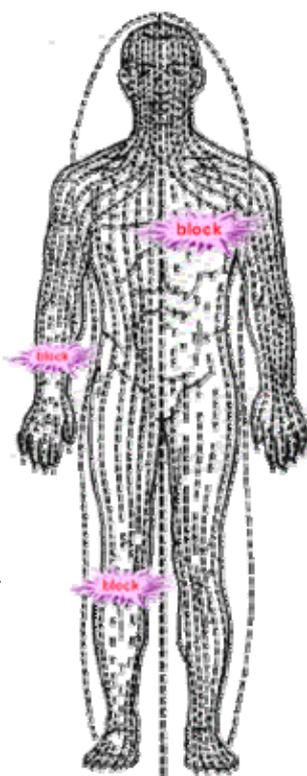
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **chakras** calibrate as follows:

Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

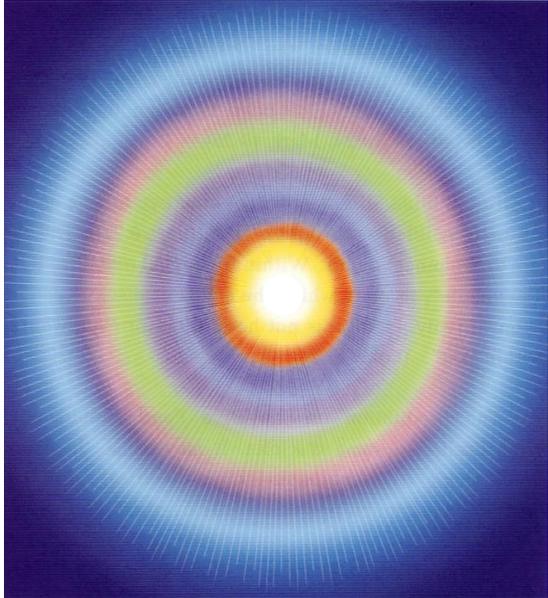
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for Heavenly Parents' Love, Divine Love, being a light golden blue energy substance. Try the experiment.



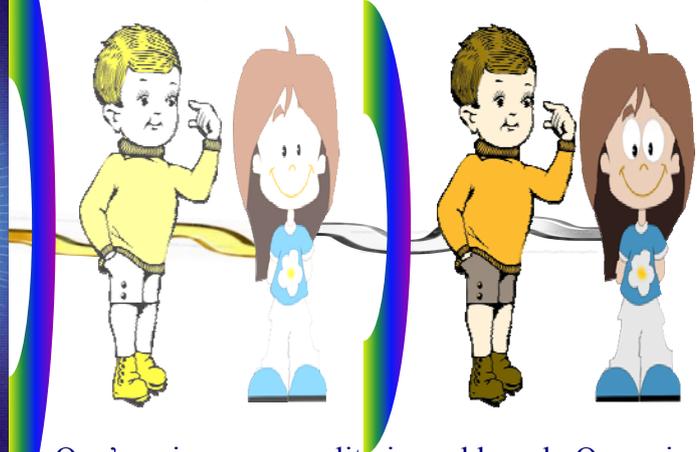
## DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

## MAN WITHOUT or WITH a SOUL!

Man without a soul is likened to a puppy dog!

The human body (without a soul) calibrates at 200 on Dr David R Hawkins' Map of Consciousness. Domestic animals also calibrate from 200 to 250 on this scale. Without a soul, a human body is incapable of rational thought, speech, or anything human.

The real you is your soul! With the infusion of one's soul connecting by cords of light with one's spirit body, which is the template for the physical body, comes one's personality, natural intelligence, memory, and all things human.

Our brain is simply a transceiver of communications from one's mind. The mind is housed within one's spirit body. The thinkingness is done within the spirit body mind. What is held in mind subsequently manifests within the physical body. The functionality of reason calibrates between 400 and 499, thus overriding the physical body as it calibrates around 200 only.

The natural love based soul endeavours to guide the mind (love calibrates at 500 and above). During our physical life, we encrust our soul with emotional injuries and erroneous beliefs thus impeding and frustrating the flow of loving energies from the soul to the spirit body mind, and subsequently the physical body.

It is the love energy of the soul that brings about health of the physical body and a bounteous and blessed life in the physical world.

There is nothing of the divine within our natural love soul, however, should we long for, pray for, ask for, and receive our Heavenly Parents' Love, the Divine Love of our Mother and Father, then we slowly and progressively blend our natural love with that which is Divine, Divine Love. It is this ultimate high-octane super fuel that changes our soul from that which is mortal to that which is immortal and with Feeling Healing, become fitted for the Celestial Heaven; this is the process of being born again!

If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

Feeling Healing with this ultimate high-octane super fuel that dissolves the encrustments of errors and false beliefs around the soul, enabling penetration of loving energies throughout the spirit body, and into the physical body, bringing about health and vibrancy to life.



**The LOVE that brings about FORGIVENESS:**

This Divine Love, and by this I mean the only way through which salvation can be obtained, can enter and fill the soul through the sincere longing of the soul to assuage the thirst for at-onement with the Father through prayer.

Revelation 17 – November 12th, 1960 – Jesus

**The only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.**

Revelation 50 – October 18th, 1954 – Jesus

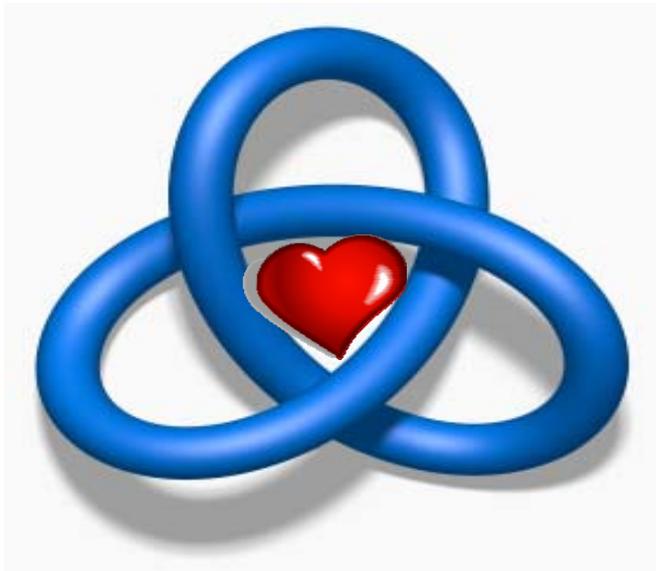
Divine Love fits a personality to enter the Celestial Heavens, way above the 6<sup>th</sup> Sphere. Without this Love, man cannot enter the Heavens. It is this Divine Love that brings about immortality for man.

This great Love of the Mother and Father was created or rather has always been, for the redemption of the vilest sinner who seeks and believes.

March 24<sup>th</sup>, 1915 – Ann Rollins

Only the Divine Love can give man of a Divine Nature, and that no self development or cultivation of the Natural Love to the greatest and most sublime extent are sufficient to make man at one with the Mother and Father in the divine sense and which makes the spirit a partaker of this Divine Essence of the Mother and Father. One needs to come to understand the difference between the two loves and what the New Birth means.

March 24<sup>th</sup>, 1915 – Jesus



**Immortality with the Love.**



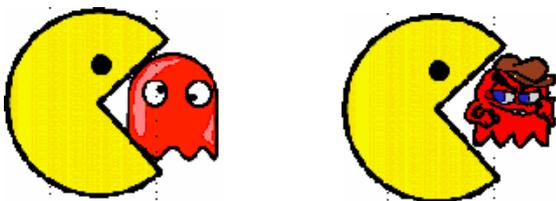
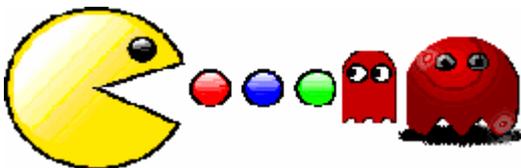
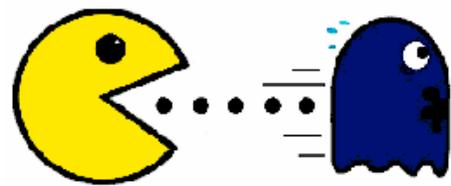
**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS

is also the PROCESS of REMOVING HARMFUL EMOTIONS  
 is also the PROCESS of HEALING BODIES Physical Spiritual  
 is also the PROCESS of SOUL GROWTH with the LOVE  
 is also the PROCESS of CLEANSING the SOUL



Our Heavenly Parents send the Holy Spirit, the Spirit, to those who long for and ask for Their Love and assistance. All you need do is ASK!



“The New Birth is the flowing of the Spirit of God into your soul and the disappearing of all that tends to turn your heart from the truth and Love of God in conjunction to doing one’s Feeling Healing.”

“The Holy Spirit is God’s messenger or instrument that carries into the soul the Divine Love that is bestowed on the truly penitent man.”

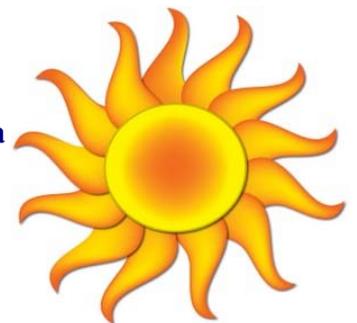
“The Holy Spirit when the penitent prays for the Love the Holy Spirit will respond and fulfil the work that the Mother and Father has provided it to do.”

“The only thing that saves a man from their sins / errors and reconciles them to the Mother and Father is that they must become conscious of God’s Truths and receive the Holy Spirit into their souls.”

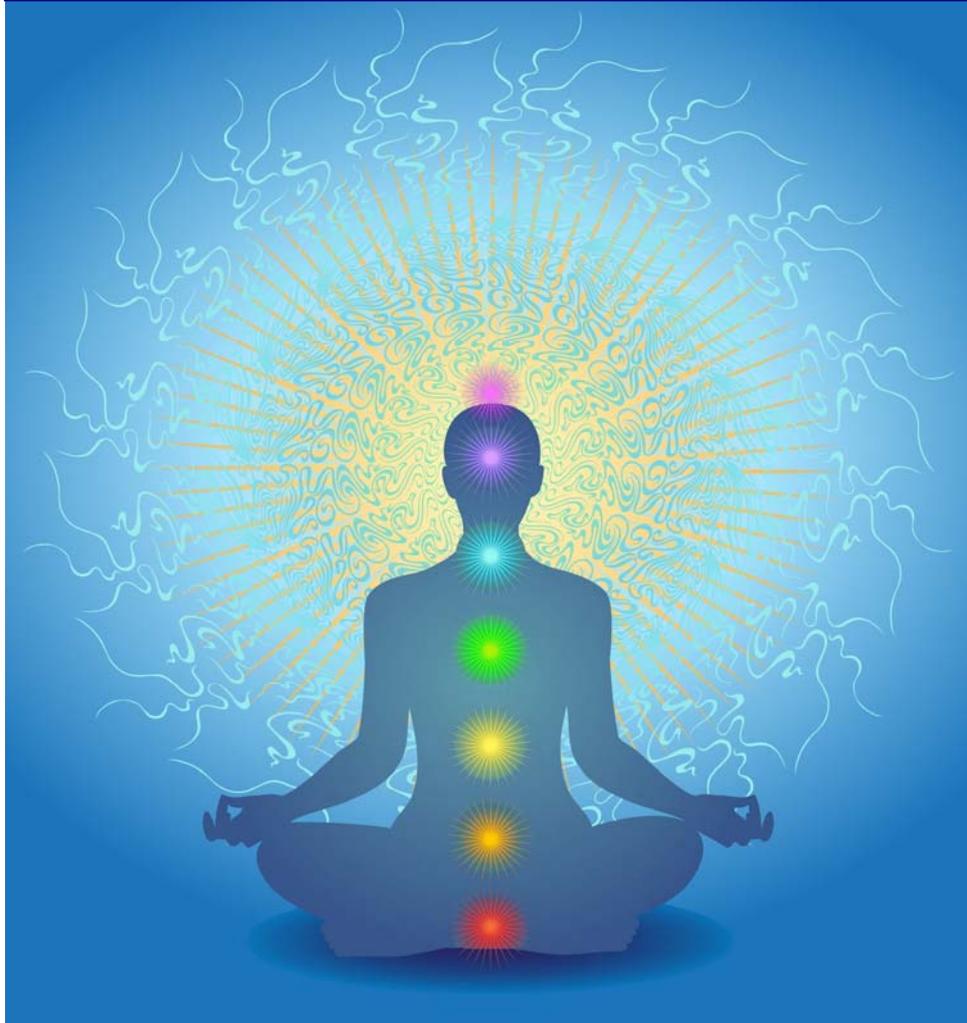
Continuing with one’s longing for Truth and asking for the Father’s Love enables progressive removal of emotional errors and injuries that then lead to the removal of core emotional damage, and then, subsequently, the progressive filling and expansion of one’s own soul. Removal of these soul injuries through Feeling Healing also leads to the removal of damage to one’s spirit body and the restoration of one’s health.

It is only by the infusion of this Love while longing for Truth within one’s soul in sufficient quantities does one become fitted to enter the Celestial Heavens.

Soul development, with the Love, can take a soul from being a dried up garden pea to that of a simple candle, and then onto that of a blazing sun!



**Divine Love is a light golden blue energy substance. As it fills one's soul, the substance may overflow into one's spirit body. The radiance of one's spirit body with Divine Love can be likened to the midday sun, whereas a personality only with Natural Love may only have the ambiance of a burning candle in comparison.**



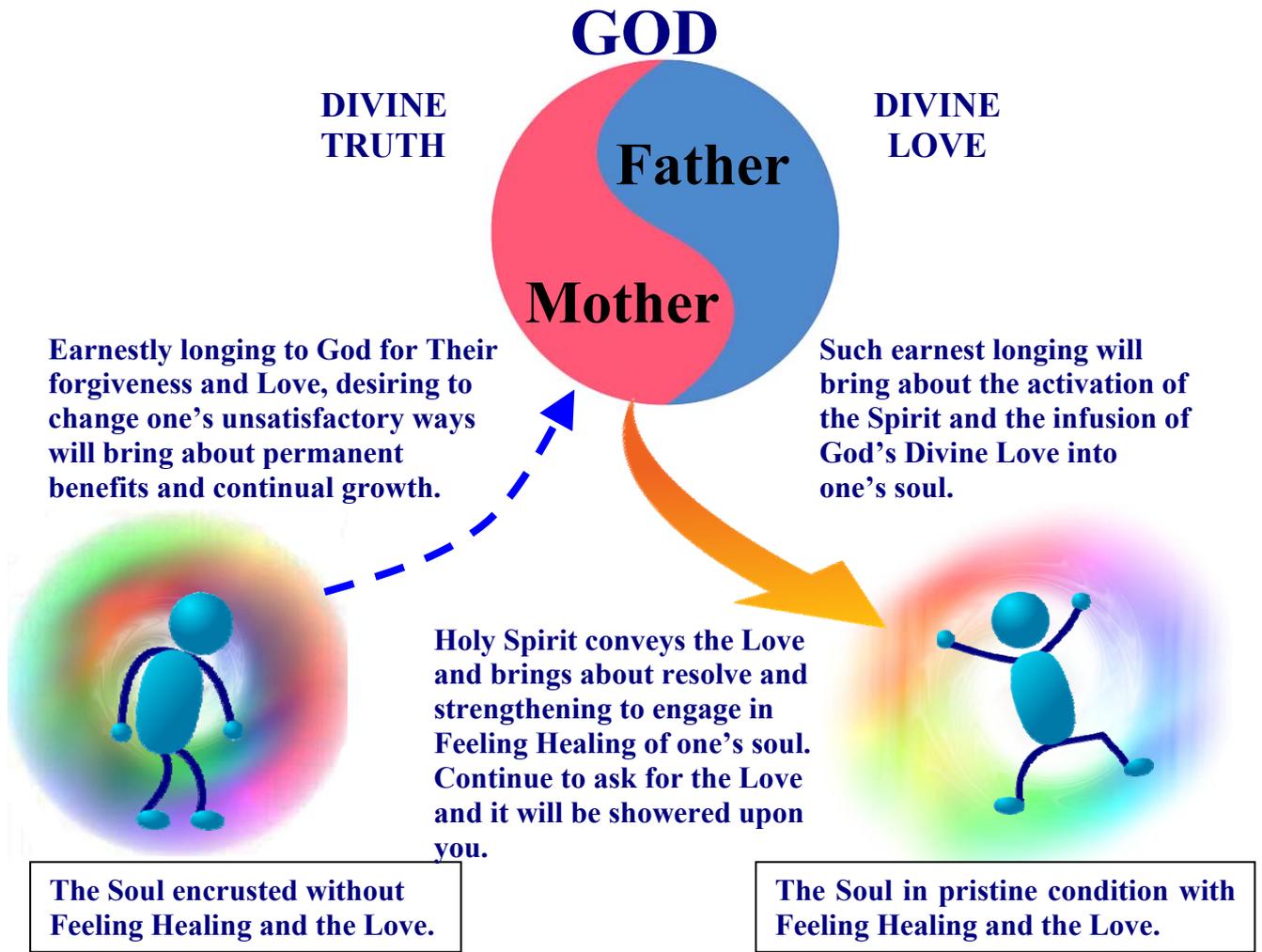
**Golden Rule: that one must always honour another's will as one honours one's own.**

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**The LOVE that brings about FORGIVENESS:**

This Divine Love, and by this I mean the only way through which salvation can be obtained, can enter and fill the soul through the sincere longing of the soul to assuage the thirst for at-onement with the Mother and Father through prayer. Revelation 17 – November 12th, 1960

**The only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.** Revelation 50 – October 18th, 1954

Divine Love with Feeling Healing fits a personality to enter the Celestial Heavens, way above the 6<sup>th</sup> Sphere. Without this Love, man cannot enter the Heavens. It is this Divine Love that brings about immortality for man.

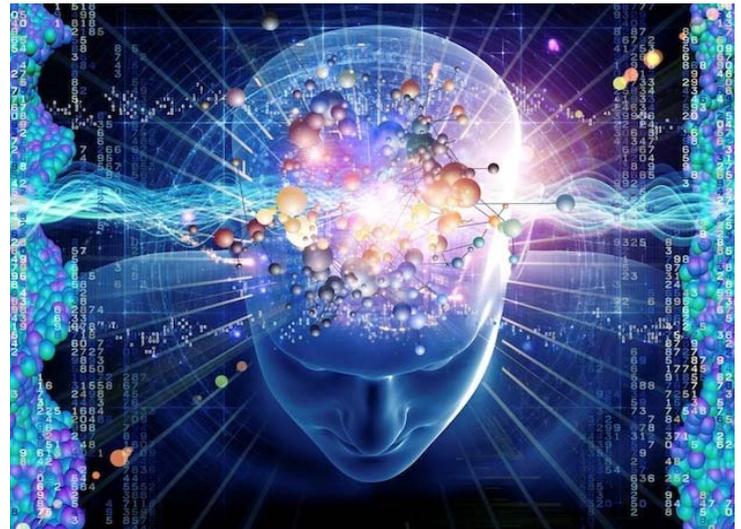
**“Pray direct to the Mother and Father for Their Love, and receive all that is necessary for a great earthly happiness and for a joy unspeakable in the spirit world.”**  
 Rev Fontaine from the 5<sup>th</sup> sphere – 1 July 1917 – Padgett Messages

One's soul is connected with one's spirit body by cords of light. The spirit body is the template of the physical body. Our mind is within the spirit body as are all of our senses that our physical body responds to. Our memory and personality are soul based. Upon shedding of the physical body we lose nothing, in fact we become more alive than ever.

The Love of our Heavenly Parents, when embraced, is infused through our spirit body and into our soul bringing great freedom, love and joy.



The natural love is the energy substance that is one's unique soul. Each personality is unique and that is achieved through the natural love energy substance at the time of its creation by our Heavenly Parents. The natural love has a finite development potential towards its own perfection.



Divine Love is uniform and changeless. The Divine Love energy, being light golden blue, perfects the natural love energy without changing the personality created by Mother and Father. With the Love, one can grow beyond perfection and become fitted to live with in the Celestial Heavens and beyond.

The Love itself is not 'spirit'; it is a substance of Energy that is harmonious with spirit. There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live with the Father in their at-onement in the Celestial Heaven and to progress beyond these glorious realms.

**UNIVERSALITY of the SOURCE SOUL'S GIFT:**

**By embracing the eleventh commandment:**

**"This is my commandment, that ye love one another even as I have loved you."**

**Our soul condition steadily grows in love so that we step away from:**

**Any harm that we may cause to others which will also bring about consequences.**

**Also as our soul development progresses, our self love grows which also enables us to step away from:**

**Any self harm that we may cause which also will bring about consequences.**

**And to move along this path we simply develop our embracement of:**

**God's Divine Love; pray for it, ask for it, and receive it.**

**Or it may be even as simple as the caption below:**



**Oliver Twist asked:**

***Please, sir, I want some more!***

**Maybe we should simply ask:**

***Please, Mother and Father, I want some more!***

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

MoC



## **HOW the LAW of COMPENSATION WORKS.**

Received by W.V. Belgium

January 19th, 2015

My dear friend, it's so good to see you again, up and eager to receive some more information. I would like to pick up where we left off the previous time.

As I said: duality is a simple concept which isn't really understood by many and that it will exist as long as one hasn't reached the spheres of the soul. Knowing this gives us an advantage. For example: when someone decides to do something unloving it will have two (= dual) consequences:

- 1) The energy sent out will not contain the energy of love because the individual decided to block his soul from contributing its energy.
- 2) The soul itself will not be able to fill itself with the natural love it needs to feel "normal" because a (partial) blockage has been created.

So you see, when one decides to do something unloving towards someone else it also has an immediate impact on oneself (because a blockage works both ways). This way people will see the expression "to treat another as oneself" gets a deeper and more explanatory meaning.

Evidently you will also start to understand why we have repeated several times: to give and be loving even if you feel like you are wandering through the lowest of Hells. Because when you give love it will also have two (= dual) consequences:

- 1) It will (partially) unblock the flow of natural love towards your soul; and at the same time
- 2) Allow the soul to contribute its love to the action, thought or creation.

But because many do not know or understand this duality they often do the total opposite. Since they feel bad they only worsen their situation by acting more unloving (instead of more loving) and they block their souls more and more until they are in total darkness.

Thus one of the things one needs to do to get out of hell or to feel better when one feels bad is to do loving things. "Saying sorry" is for example one of the loving things that will help unblock the flow of love. Because doing loving things will let natural love flow through our souls by eliminating the blockages we created through the decision of our free wills. But because it is so hard to do, most people will not engage in walking this path. They'd rather live with a soul lacking the love it needs than giving others the love they need because they feel / think the others don't deserve to receive that love.

However knowing what you now know, you can see the repercussions of this. By not giving others the love they need, you are not giving yourself the love you need: the reason being the principle of duality; you are blocking the flow of love from but also – at the same time – to your own soul.

This here my friend is the mechanism behind the Law of Compensation: when you do an unloving thing, you block your soul from contributing its love and in the meanwhile you block the love from entering your soul. And the size of the blockage will depend upon the severity of your actions and thoughts which in turn will also influence the time you will pay for the compensation.

For instance: taking a human being's life is such a severe action it will almost block / encapsulate your whole soul. Of course circumstances will influence the quantity (of blockage). As for instance; when it was done out of self-defence it will not block / encapsulate the soul as much as when it is done in cold blood, but it will not be much less either. So you can readily see how difficult it will be and how long the process will take before the blockage will fade away (by letting love flow through your soul) especially because you cannot bring back to life the one you've killed. That is the reason why we can still unblock our souls even if we cannot make right what we did wrong but it is also the reason why it will be much harder.

Although we will unblock our souls much faster by undoing the unloving thing itself, to the people we did it to, we still have a chance of unblocking our souls by doing loving things to people we did not do the unloving things to. This might not seem fair to the people who have suffered by the wrongdoing of others but it shows the fact Father loves us unconditionally and does not want us to suffer infinitely, although people would.

If you let love flow through your soul, it will have a positive effect upon the blockages you've created. And if you persevere, you will succeed in bringing your soul back into the harmony it needs. But then again there is also the Divine Love which is far more powerful than the natural love. If I would have to put a number on how much stronger, just so you can understand what I'm trying to say, I would say 10 or maybe even 100 times. Of course this is purely hypothetical because natural love is only a derivative of Divine Love so it is almost impossible to compare them this way. Anyhow you are already starting to see where this is leading to. If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

And all of this will only depend on how you use your free will; the creator of 'separation from' but also the creator of 'unity with' God. Thus having two (= dual) functions in one concept. If you truly start to understand this concept of duality you will see how easy it will be to use its information to your own advantage: duality = 2 choices = to do (something) or not to do.

Thus to help you to become more at one with Father, it isn't that hard to find out yourself which way you should use this duality. Being soul or being love or being one means only acting out of love. So what do you think we need to do to become one (besides asking for the Divine Love)?

*[To act within the scope of love.]*

Exactly. And what shouldn't we be doing if we would like to become one?

*[To act outside the scope of love.]*

And although this seems so simple it is very hard to do for most people because they do not understand the true implications of this duality. But let me explain it further.

As a human being we mix up these choices and that is where the disharmony begins. Most of us only think that what we do is important; whether we do something loving or whether we do something unloving. But there is nothing more untrue. What we don't do is just as important! If we encounter a situation where we feel we should do something loving but we restrain from doing it, it will have the

same impact on our souls as if we do something unloving. If you look at this statement closely you will see the logic and the truth of it.

Just as your mind blocks your soul from adding love to an unloving action, so does your mind block your soul from adding your love to a specific situation. And as I explained in the beginning: a blockage works both ways. So if you block yourself from adding love to a specific situation, you also block yourself to receive love at the same time. Thus you see how important it is to understand the concept of duality (created by free will) and how it can be used to our advantage once we see it's true nature: being love = being one = to act inside the scope of love = not to act outside the scope of love – and – not being love = not being one = act outside the scope of love = not act inside the scope of love. Evidently it is not only about what we do, it is also about what we don't do; and both have an equal impact on our soul conditions!

Let me ask you a couple of questions to clarify this further. There are some teenagers assaulting a defenceless man 50 metres in front of you. You see them but you turn back or go around them without interfering or calling the police out of fear of getting assaulted yourself. Do you think, although you haven't done anything yourself, it was a loving or an unloving inaction and do you think it will have an impact on your soul?

*[Well, according to what you have been trying to explain, I would say it was an unloving lack of action with a free will decision not to add your own love to the situation. When you block your soul of adding love, you also block it from receiving love. So, yes, it would have had a 'negative' impact on the soul.]*

Indeed. Although one does not do a thing here (no specific action) there will be a reaction: a (partial) blockage of the soul. So you see that “not doing something” is also an action that will generate a reaction and this is something a lot of people do not understand. Blocking your soul from contributing its love is the true action that lies underneath the physical inaction. And it is this action that creates the reaction.

Next question. Your friends are gossiping about an acquaintance of yours. They want you to participate and say negative things about her behind her back. Although you do not completely like this acquaintance, you refrain from contributing because you don't have the exact details and understand there are two sides to every story. What do you think this time?

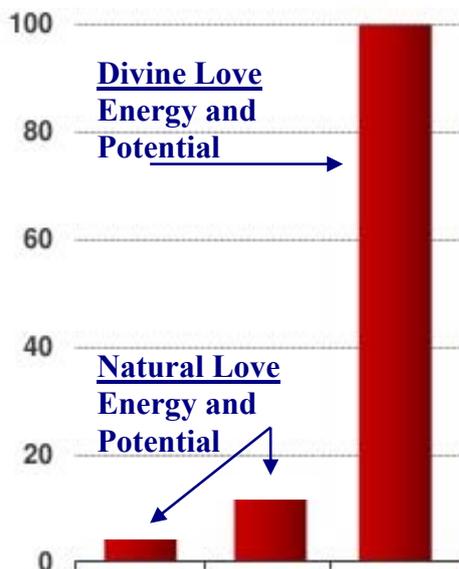
*[That it was a loving inaction with a free will decision not to add unloving energy to the situation. So no blockage was created and it had a 'positive' impact on the soul.]*

Exactly. But it will not only have a positive impact because no blockage was created. It will also have a positive impact because love was able to flow through you while in that situation. And although nothing physical was done, not blocking your soul or letting natural love flow is the underlying action which will have a reaction namely; breaking down (a tiny bit of) “the wall” you've built around your soul. So you are actually doing loving things by not doing unloving things and are being compensated for it.

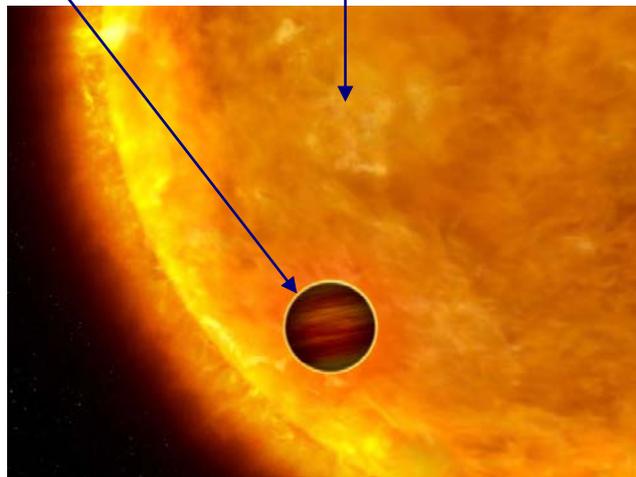
Although I would like to continue and have a lot more to say I can see you are starting to get tired so I'm going to stop here.

Thank you for giving us these opportunities and God bless.  
Your brother and friend forever, John (Apostle).

With **DIVINE LOVE** one's potential in growth is to infinity, progression is typically many multiple times faster than for those who remain **NATURAL LOVE** dominant and restricted in their growth potential to that of only becoming the perfect man whereas Divine Love with Feeling Healing enables at-onement with the Mother and Father and entrance to the Celestial Heavens and beyond.



The luminosity of **DIVINE LOVE** compared to that of **NATURAL LOVE** personality.



Embrace the availability of the Feeling Healing process and Divine Love, all one need do is to earnestly long for and ask for our Parents' Love. It is an energy that surpasses all that is.

It is with this energy melding within one's soul that heaven on Earth is achieved.

Nothing else can bring about the joy and love we strive for.

**It is only the Love that forgives sin, dissolves the errors and fits a person for a higher habitat. Man, left to his own devices, can require many centuries to grow and then cannot enter the Celestial Heavens. Embrace the Mother and Father's Love to complement one's personal willpower and grow in soul condition exponentially for all of eternity.**

## **CLEANSING the SOUL:**

**Years and years of personal endeavours to step away or above harmful habits and personality traits that are harmful to others and one's self have been mainly futile. We all want to grow in our love for ourself and of others.**

**Our beautiful loving personality that we are blessed with at conception / incarnation becomes encrusted with errors and personality issues of those around us, particularly during our early childhood. The personality of those living around us, during our early years, becomes encrusted over our pristine soul thus clouding our radiance into dullness. We become mind controlled!**

**Our Heavenly Parents want what is actually best for each of us and there is a source of light that's willing to give it to each of us, but only at our soul and spirit's quest for union with the divine. Not our ego's need for things.**

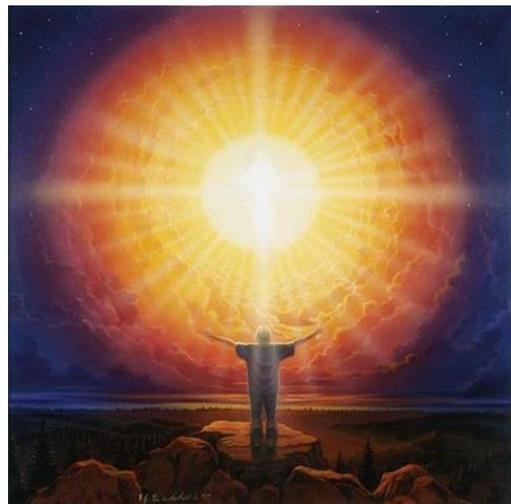
**It is only with our Feeling Healing and the infusion of the Love, that the Mother and Father conveys via the Holy Spirit, do we start to dissolve negative issues, habits and personality errors from our soul and personality. Our personality is part of our soul structure.**

**All we need do is ASK for this Love. An earnest longing and desire for the Mother and Father's love will never be withheld, it will shower over our spirit body, the template of our physical body, and be absorbed into our soul. As the Love permeates through our soul, errors of personality will slowly but surely dissolve.**

**Over time, as we progress along our path of asking for and receiving this love, the natural love which we were blessed with prior to conception will be progressively transformed into Love that is Divine. This Divine Love will slowly emerge as radiance through our being.**

**With Feeling Healing and this Love we find harmful habits and personality traits become a distant memory. With this Love, we find ourselves unable to harm others or ourselves. With this Love we find our quality of life blossom and joy starts to emerge in all aspects of our living.**

**With this Love we become immortal. With this Love we become fitted for the Heavens that the Mother and Father have prepared for us all. Just ask and faith, love, and happiness will follow. Yes, just ask!**



**HEALTH with or without the LOVE:**

**Divine Love, with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.**

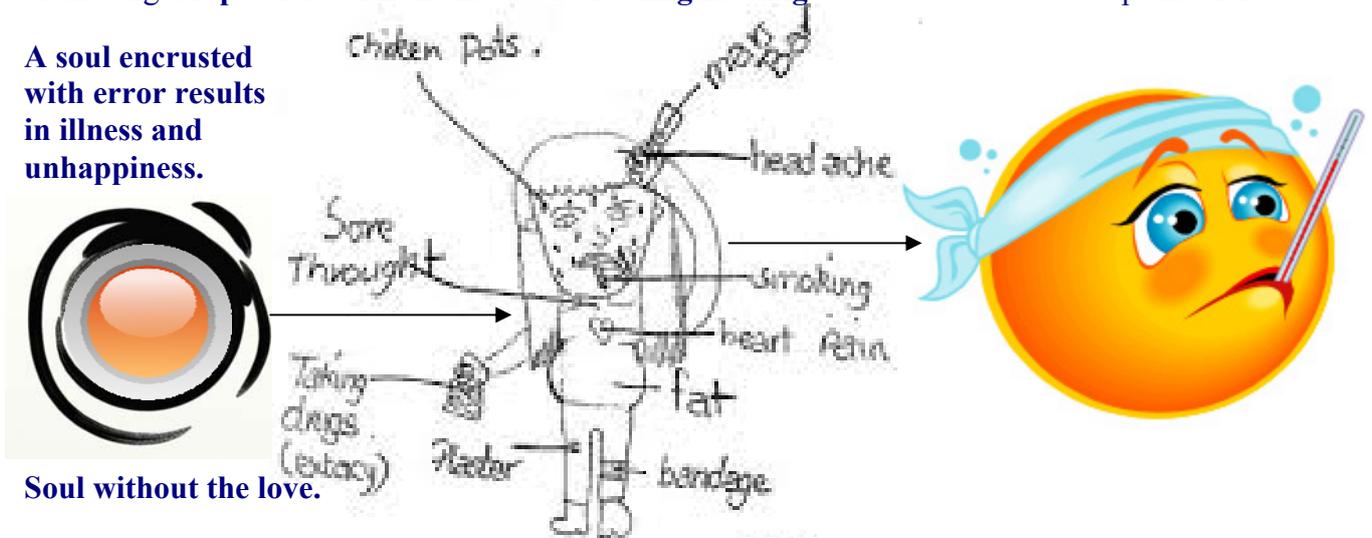
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

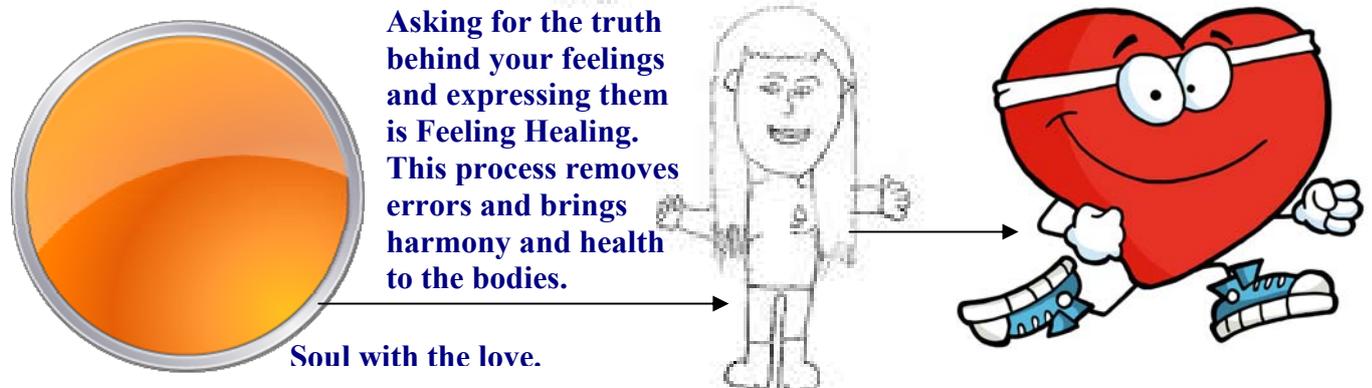
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel is possible with the Love and Feeling Healing. Jesus 8 September 1955

**A soul encrusted with error results in illness and unhappiness.**



**Soul without the love.**

**Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.**



**Soul with the love.**

### NATURAL LOVE BLENDS PERFECTLY WITH DIVINE LOVE:

Both are energies. Natural Love energy forms each soul and each individual soul is unique. Our personality, intelligence, memory, and humanistic characteristics are unique. It is our gift of free will that tends to enable us to error, however, it is the uniform nature of Divine Love and Feeling Healing that brings about our growth and release of man-made negativities.

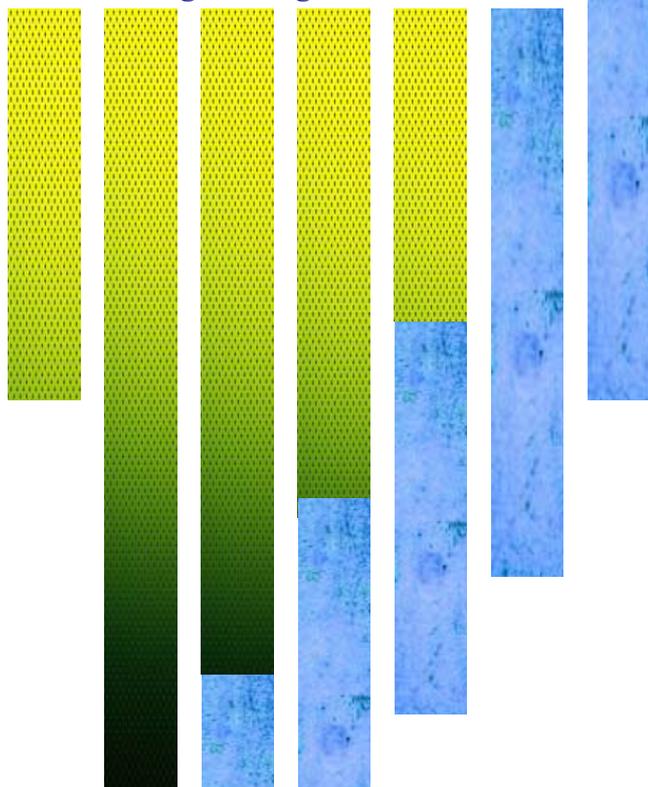
#### MAP OF CONSCIOUSNESS

Level	Log
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At-onement Transition	1080
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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

One's soul is gifted with the emotions of courage through to enlightenment. Man's emotions of pride down to shame – these we can step away from with Feeling Healing.



A. B. C. D. E. F. G.

- A. Unborn child's soul is always perfect and remains that way throughout life.
- B. Child in first seven years absorbs man-made emotional characteristics from environment.
- C. Cognitive capabilities enable each person to choose to ask for and receive Divine Love.
- D. Divine Love strengthens one's resolve to release negative emotions should we continue to ask for more and more of this ultimate high octane super fuel, this light golden blue energy.
- E. Progressively, harmony comes about through our bodies and the inclinations to engage in negative ways and causing harm to others or one's self dissipate.
- F. As we embrace the Love, the Divine Love transforms our soul so that we no longer have any inclinations to do anything other than the will of the Source Soul, no more harm to others.
- G. It is with the blending of the Natural Love with the Divine Love that fits a person to become at one with our Mother and Father and to enter the Celestial Heavens.

## DIVINE LOVE HARMONY:

**Immortal harmony:**

**Transformation of the soul is a beautiful harmonious gradual awakening.**



**In a gradual way with the Divine Love and Feeling Healing, as changes in the soul and spirit body occur, these changes will result in the personality slowly accepting the source of these changes as being the Soul God and with the independent will, one can have complete acceptance of our Heavenly Parents, Mother and Father, God.**

**People have loved God and felt loved by God and they have in deed received the Divine Love without ever knowing the truthful identity of this Love insofar as the truths relating with its causality in the human soul and affect upon the spirit-mind.**

**Part of the nature of the Divine Love in our souls is that it activates our spirit body systems and soul so that the nature of God is seen and experienced in the living and this places us in touch with the many Spirit attributes that extend from God and have their existence in God, such as our Indwelling Spirit. God no longer remains inactive to us; inert, inanimate, or an unknown but rather a Soul of living energy whose energy in the harmonies of Love and Spirit, is personified as love that we experience. If I can convey the essence about the nature of Divine Love it is that in its energy, exists the harmony and potential so that one can see the potential that this Love brings to bridge the gap of separation between the individual and God by the harmonies of soulfully living.**

**The Divine Love completes the form of the human being.**

**In essence, one need only direct their soul and the heart of their soul to our Heavenly Parents, the Soul being God, and in this faith one can experience the Love by humbly asking for this Love. This is all that is needed and the touchstone upon the Love's approachable nature.**

**The Love is never harmful or given by God that results in a caused effect of disharmony in the individual. The diversity of human individuality is a great characteristic of human nature and as with experience, one needs experience to ascertain a truth about a certain thing. Experiencing the Love provides a substantiated knowing from which a more objective reasoning follows and a maturity happens.**



### HUMANITY and WHAT IT BELIEVES to be LOVE:

It's really that one's mind has been corrupted so your experience of love is not true. You can believe you feel love, but it's not true or pure love, because you are untrue. However having said that, the love one feels within their corrupted love state is still love as long as you feel it to be, and such feelings need to be accepted for what they are. But through your Healing, love feelings you've had might evaporate, even turn into hate feelings, so you then know the truth of that so-called love was untrue. But also some love feelings might stay, and so you know that some part of you was truer and not so badly corrupted.



And then to add to the confusion, within one's anti or not true love states, you can still experience the Divine Love, it being a separate thing to your Natural love. However, you have to wipe the slate clean before you can truly experience Divine or even Natural love. However we don't actually wipe it clean, that's where doing your Healing comes in, as it's a transition, even a transformation, out of the negative anti and unloving truth rejecting state, into one of positive love and truth accepting.

Helen via James 29 March 2017

### WE ARE TO LIVE TRUE TO OUR FEELINGS:

Our soul based feelings are to be our way of life. As we embrace our feelings we are embracing the way of our Heavenly Parents. Our feelings come from our soul and our soul is a creation of our Heavenly Mother and Father. Our feelings are the will of God, they are all that we are to express. At all times expressing our feelings is at all times living the will of our Heavenly Parents.

When we incarnated, we embraced the will of our physical parents. This we did by absorbing their beliefs, dogmas, ways of life, errors and passions through our spirit body based mind. We have been turned against ourselves so we can't express our true and natural selves. And because we're imperfect, or wrong in that, then we are living against, not only ourselves and each other, but nature, God – the whole universe. And that's what's wrong, our mind is full of erroneous beliefs, and so many of our behaviours are unloving, and that's all what is sinful and evil. Living in such a way is a rebellion against the truth of ourselves; that being who we truly are. And that we can't get to know ourselves, or anyone else for that matter, truly, because we're doing all we can to deny so many aspects of ourselves, all of which can be seen through the denial of our feelings, and mostly our bad feelings. It is our mind that we use to shut out our loving and truth based feelings. Only by longing for the truth of our injured and error riddled beliefs and feelings can we express these unloving and error based ways and release them from our personality, our personality being formed by God.

Should we embrace the process of Feeling Healing whilst longing for our Heavenly Parents' Love, we are also creating the circumstances by which our future children will be free of the generational injuries and errors that have been passed down for eons and enable humanity to evolve in love and the will of our Mother and Father. This is what humanity is now to embrace.

ALWAYS BE TRUE TO YOUR FEELINGS

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

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

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

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

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

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

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

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

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

**The REBELLION ENDS BY US DOING OUR HEALING FEELING:**

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

We're rebelling against Jesus and Mary, and God and ourselves, so how else can we be. We can't stop rebelling against ourselves until we heal ourselves of our own personal rebellion against the truth of ourselves, and that's what each of us faces: to heal ourselves of our wrongness. And we can either start it now or do it when we get to spirit; but one way or another, we have to do it if we ever want to move up higher in the spirit worlds getting ever closer to being with God.

So it's a journey to God, you're talking about?

Yes, and a process to do is your Healing. God wants us to experience what it is like denying Them – going away from God by denying the Truth and Love. And once we've experienced all we've needed to in our unloving state, then God wants us to heal ourselves of being wrong, untrue and unloving, so we can experience what it's like being the other way: being truly loving, true, and going toward God.

So God's the real culprit in all of this?

Yes, They have to be, because it's all what God wants.

All the higher spirits agree it's all for our good; and that's just how it is, and there is nothing we can do about it – other than try and uncover the truth of all we're feeling. And when we understand, we can start to do something about our unlovingness, by looking to heal ourselves through our feeling acceptance. Our feelings are the key, and not our mind. She says the problem has been, which is all part of the Rebellion, that we think the way out of our pain and suffering is by using our mind. Yet when we do that, we're only making things worse for ourselves, because we keep adding more erroneous beliefs. People who believe they can use their mind to make themselves feel happy and be loving, are going the wrong way, because they will only make themselves be more unloving and unhappy. Our minds have been used right from the beginning of their formation to go against so many of our feelings, so we are able to convince ourselves, and then pretend, that we are all right, and are even loving, when really we are not.

You have a pain and you push it aside telling yourself that it doesn't matter, as you're busy needing to get things done. So you can't just stop and feel how bad you feel every moment, because if you do, you're afraid you'll fall in a heap and never get going again

And that's all what's wrong with us, because that pain, any pain, physical, emotional, mental, even apparently spiritual – any pain, is the warning sign that something is not right and you need to stop and pay attention to it.

We have to stop doing all that, work differently, without needing to get the job done being the most important thing for us; and instead, focusing on ourselves making our own feelings be the most important thing...

You don't have to do anything other than what you're doing, only you can also long to God for Their Divine Love, and start paying more attention to your feelings, longing for the truth of them.

**WOMEN to LEAD the WAY:**

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

Jesus really came to say – and by the way, it was both Jesus and Mary Magdalene, as she is his soulmate and equal, only she didn't have a proper say like he did because of the work she had to do, she allowing herself to be subjected to more of the repression of the feminine. And this is how the rebellious spirits controlled humanity, by getting people to deny their bad feelings. Jesus and Mary really came to tell humanity, which the Christians don't even understand, is that we can long to God for Their Divine Love. And if we do that, then as the Divine Love comes into our soul, as apparently it will if we sincerely want to be at-one with God; and if we are also looking to our feelings for their truth.

The suppression of the feminine is where all our problems lie. That it's all become so heavily masculine with men physically dominating women and not allowing them to have their say, which is really the say of their feelings. And that women, if they are true to themselves and started to stand up and honour all they feel, all so long as they also want to use those feelings to uncover the truth of themselves, will lead men out of their wrongness. But women who want to stand up honouring their feelings, yet not wanting to use them to see the deeper hidden truth of themselves, of what's wrong within them and why, are just being like men are, still using their mind to deny themselves the truth of why they are feeling what they feeling; which is really what so many of the feminists are about. And being that way is not going to make them feel good if they ever understand they are only buying into more of the wrongness by trying to be men's equals in a mind way; and that really, we women have to go the other way and into ourselves and the truth of our feelings, if we are to really liberate ourselves.

I feel bad, so I stop and pay attention to that bad feeling. I allow myself to feel it as much as I can. And if you are with me, and willing to listen to all I want to say about all I feel, then I can share it with you; I can emote my pain or anger or whatever, to you, as I long to know why I am feeling bad. And that's all I have to do, the rest all takes care of itself. When I am ready to see the truth, up it just comes naturally within me; and at the same time, so Ursula says, my soul will make the necessary inner adjustments in me so as to change that part of me on whatever level within me, from being dysfunctional into being functional; and slowly I will change getting better and becoming truer and more perfect, healing myself of my wrongness, evil, sin, imperfection – whatever, you want to call it. So that's what I want to do, and I assume you are willing to listen to me when I feel bad. So I feel like I'm on my way, I've started to do my Healing and I am starting to move in the direction of being with God, rather than keeping on going away from God. And I'm going to try this longing for the Divine Love and see what happens there; and if you want to do that too, we can do that together as well.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father’s Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity’s turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



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



## **Feeling Healing – Healing yourself through your feelings.**

- ✓ **Your feelings are the real and true you.**
- ✓ **If you are denying any feelings you are denying yourself.**
- ✓ **If you are denying yourself you can't ever be truly happy.**
- ✓ **To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.**
- ✓ **If you want to know the truth of yourself, then it's your feelings you will need to look to.**
- ✓ **Your feelings hold the hidden keys to unlocking the truth of who you really are.**
- ✓ **Uncover the truth of yourself through your feelings and you will know why you feel all you do.**
- ✓ **Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.**
- ✓ **Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.**
- ✓ **How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.**
- ✓ **However you will also have to pay attention to all your bad feelings, and this can be very harrowing.**
- ✓ **By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.**
- ✓ **And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.**
- ✓ **It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.**
- ✓ **Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.**
- ✓ **You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.**
- ✓ **And if you wish to do your Healing with God, you can also long for God's Divine Love.**
- ✓ **Feeling Healing – Using your feelings to heal yourself.**

**EMBRACING the WILL of our HEAVENLY MOTHER and FATHER:**

**Our Heavenly Parents are almighty, all powerful, infinite, and at all times loving.**

**The love of the Heavenly Parents for their children, woman and man, has been and is always infinite and ever present.**

**As one's faith in our Heavenly Parents evolves, man's love for his Heavenly Parents will have no limit.**

**As man grows in his love, so will man grow in his love for all of God's creations.**

**Approach the Source Soul, the Mother and Father, in reverence, without fear or trepidation, just as a child approaches his earthly parents knowing that open loving arms are extended to receive him at all times.**

**As one grows in his love of the Mother and Father, one becomes to know with certainty that God loves him or her in return, at all times, and that fear is an illusion created by man's mind.**

**By embracing the commandment provided in the 1<sup>st</sup> century, namely the first:**

**"This is my commandment, that ye love one another even as I have loved you."**

**Further, we are to embrace 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.**

**Also as our soul development progresses, our self love grows which also enables us to step away from:**

**Any self harm that we may cause which also brings about consequences.**

**And to move along this path we simply develop our embracement of:**

**God's Divine Love; by praying for it, asking for it, and receiving it.**

**Longing for Truth and Divine Love we can embrace the will of the Father and achieve freedom from error and harmful ways, thus finding our way home!**

## Manifesto of Divine Love:

1. We love one another as Mary and Jesus, our spiritual parents, love us. And so we seek their Spirits of Truth.
2. Our all loving Heavenly Parents, our Mother and Father, we love and honour at all times.
3. We worship only our Mother and Father, God, and Creator of all things.
4. We treat our Creator's name with respect and love, and earnestly seek Their Divine Love, and at all times pray for It, ask for It, and receive It.
5. We set aside a regular day each week for Sabbath rest and worship of our Heavenly Parents, God, and seek Their Love so that we may grow closer to Their fountain head of Truth and Love.
6. We are to be as we feel, even if it's sinful, but in doing something that is not in alignment with God's Love and Truth will make us feel bad, that is provided we allow ourself to feel our bad feelings, and so we can then use our bad feelings to find out the truth of why we feel bad and why that thing we have done is bad. We embrace our Feeling Healing.
7. We strive to cause no harm to another, nor cause any harm to one's self. We do not do to others what we would not have them to do to us. We treat our fellow human beings and all living things, and the world in general with love, honesty, faithfulness and respect. Violence, at any times, is never justified. Golden Rule: that one must always honour another's will as one honours one's own.
8. At all times in our intimate relationships we strive to express and live true to all our feelings, all so we can use our feelings to uncover the truth they are trying to show. The truth of ourselves, of our relationships, and the truth of everything else, including God.
9. We do not covet or steal anything that does not belong to us. Honesty in all communications, actions, undertakings and activities in all facets of life is our rule of life.
10. In all that we do, we are to be truthful. We are non-judgemental, for none of us have the capacity or authority to judge another. We are always ready to forgive all wrongdoing.
11. We do not desire anything or anyone that does not belong to us. Comparing oneself to others and longing to have what they have leads to errors. We are to be content by focusing on the blessings our Heavenly Parents, who made us in Their soul's image, provides for us.

## ***DIVINE LOVE – what does it do?***

**Divine Love, which is a substance, progressively:**

**Transforms one's soul from that which is of natural love to that which is Divine**

**As natural love is enhanced with the Parent's Love, we reject our tendency to error**

**Divine Love, our Parent's Love, restrains errors, untruths and emotional stress**

**As we reject the condition to error, we develop our love for our brothers and sisters**

**Divine Love helps one with the discovery of truth through one's soul-feeling healing**

**Our natural intelligence grows, perceptions rise with our soul intelligent feelings**

**As Law of Compensation is resolved, the Love reduces returning to being in error**

**Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant**

**As our faith grows our propensity to undertake one's Feeling Healing strengthens**

**With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake**

**Without the Love we remain self reliant and dependent upon our own will power**

**Only with the Love will our soul condition grow rapidly, all around us also benefit**

**The Love is the only substance that changes the human soul to that which is Divine**

**Only by asking and receiving Love do we become fitted to enter Celestial Heavens**

**Only by asking for and receiving the Divine Love does our soul become immortal.**

### **What is Divine Love?**

**It is the Divine Love of God, our Heavenly Parents, restored to all mankind by the births of Jesus and Mary.**

### **How do we get this Love?**

**By sincerely asking God, our Mother and Father, and receiving the Love that passes all understanding.**

### **What happens then?**

**We are born again in spirit and in truth, our soul opened to the Soul of God, our Heavenly Parents.**

### **What then do we know?**

**We know we are all children of God and want to pray always to our Heavenly Parents, always longing for Truth.**

### **What is the purpose of Feeling Healing?**

**We are to seek the truth of our feelings and unburden ourselves from our childhood repression and injuries.**

### **What of the world?**

**We are at peace in the world and fearless. In Divine Love and in Truth there is no fear.**

### **What else?**

**We are to strive to love everyone unconditionally as our Heavenly Parents and as Mary and Jesus love us.**

# Divine Love

## The Gift that keeps Giving

*A general universal platform on how to experience Divine Love*

As more people become aware of the *Divine Love*, how to experience the Divine Love required a need to provide a general universal platform that is simple yet an effective way for one to experience *Divine Love*. People may learn about the availability of *Divine Love* by word of mouth or from reading literature that introduces this gift for our soul, and also by participating with group dynamics where the *Divine Love* is introduced and discussed. The essence of this standard platform is its independence so that the individual may feel guided to include this simple platform in their daily life and experience of *Divine Love*.

The platform introduced here is a technique that is simple, constant, practical and has been utilised in the general public for over 20 years with good consistent results, accommodating participants and their diversity of belief and cultural background. This platform is a reliable place to begin with the experience of *Divine Love*. It needs to be confirmed that accepting *Divine Love* rests with our soul and heart and that to experience this Love will comfort one in their individual faith experience as we all aspire toward the greater reality of Love, Truth and Spirit.

### A Universal Platform on How to Experience the Divine Love:

Firstly, you are aware now that you can experience the *Divine Love*.

Find a comfortable chair; sit down in a relaxed and normal position.

Close your eyes and take 3 deep single breaths in through your nose and out through your mouth to clear energy and to relax into this experience. Have a little faith and proceed without great expectations.

Gently turn your inner heart and voice to the Soul, God in faith when you feel ready, ask the Soul, God with your own loving voice for an inflowing of *Divine Love*. Having asked sincerely, there is no need to continuously ask. The Soul, God hears sincere love in the asking and so The Spirit that brings the Love acts, and *Divine Love* is now flowing.

Having asked once, you will be receiving the *Divine Love*.

Proceed without expectation on what will happen as you experience the Love.

Sometimes your mind may wander – or there are thoughts, feelings or physical sensations. Experiencing the *Divine Love* is never a forceful experience.

Continue for as long as you feel you would like to. This may be for 5 minutes or 20 minutes or an hour. Time will vary for the needs of the individual or group.

Take another few deep breaths to assist your focus. Give our love to the Soul, God and in our own voice inwardly say this Soul, God that you love this Soul and are grateful to receive this *Divine Love*.

Then when you feel ready, open your eyes and take another deep breath or two, and this closes the experience.

### Some helpful hints:

- This general universal platform on how to experience the *Divine Love* is uncomplicated. Some people have utilised this platform for over 20+ years, never needing to change.
- The essence of this standard platform is to experience the *Divine Love* in a comfortable way therefore this technique needs to be simple, effective and inclusive.
- Experiencing the *Divine Love* can be a long-term experience so to have a practical, simple, functional standard platform solves a lot of problems about *how* to experience the *Divine Love*.
- From this general platform people who like prayer or meditation, reflection, spirit communication, or just being *in* and *with* the Love can extend their experience from this standard position.
- Lastly, enjoy! And know that when a person is experiencing the *Divine Love* that one is in the tender care of the Soul God, and that no spirit interference will happen, for no spirit can interfere with the Sovereignty of *Divine Love*, which is God's Alone!
- Enjoy, Celebrate and Shine!



A gift of experience from Zara and Nicholas endorsed by many, many others.

**Feelings first**

## **The Only Prayer That Man Need Offer to the Father:**

**The Prayer for Divine Love**

(as given within the first century)

2 Dec 1916

I am here, Jesus

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

**Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.**

**That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.**

**We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.**

**Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.**

**Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.**

**Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.**

**We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.**

**We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.**

**Amen**

**MoC**



Note: The 'false teachers' are our parents, as they are also the 'evil ones'.  
Also, the evil ones, being those parts of one's mind, that are controlling you.

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

**Our salvation IS by embracing Feeling Healing with the Divine Love.**

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

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

**“Every day is a day of devotion.”**

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

**“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”**

**“Mother – Father, I desire your Love and I am loving you.”**

**“Soul God, I love you and I love receiving and experiencing your Divine Love.”**

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

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

#### **Three Great Truths:**

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**

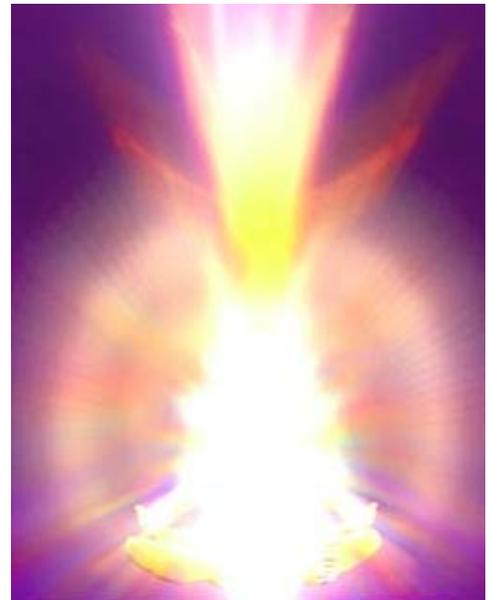
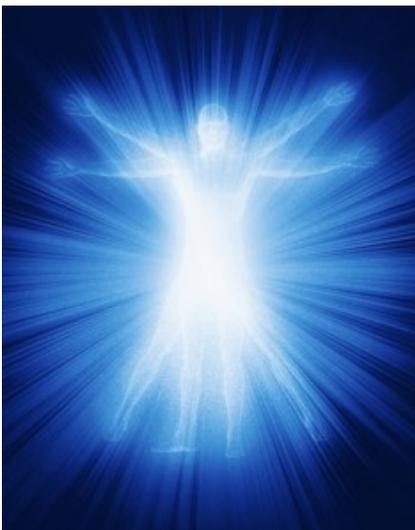
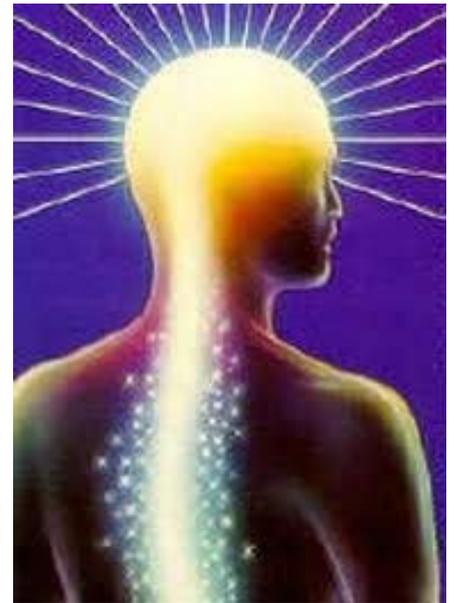
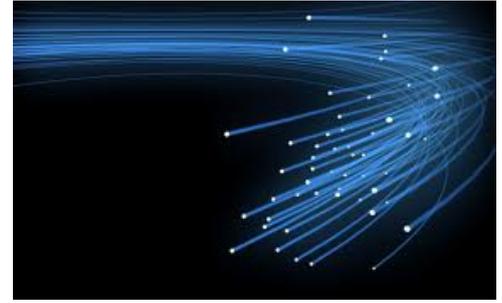
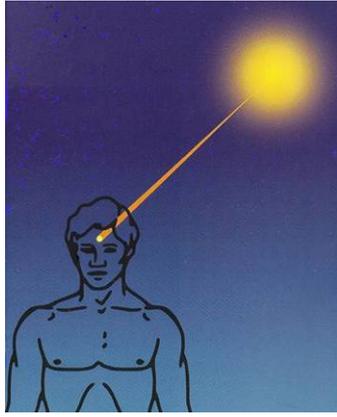


**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.  
 Should you click on the audio files, you will also be able to download the audio file onto your computer.  
**Prayer for Divine Love – from the Padgett Messages** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>  
**The Voice of Divine Love** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

**CONNECTION with GOD:**

**Holy Spirit / the Spirit  
infusing Divine Love.**

**Progressive escalation of  
Divine Love flowing.**



### EXPERIENCING RECEIVING DIVINE LOVE:

**Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.**

**You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.**

**Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.**

**Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.**

#### **The Voice of Divine Love**

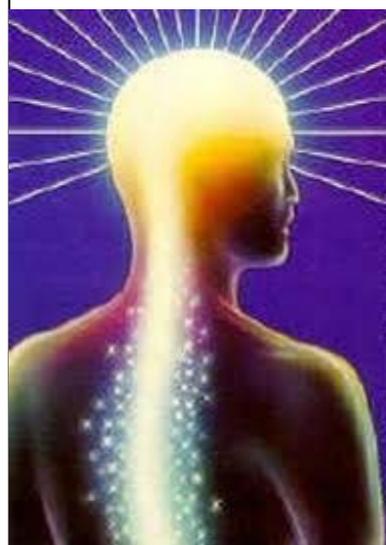
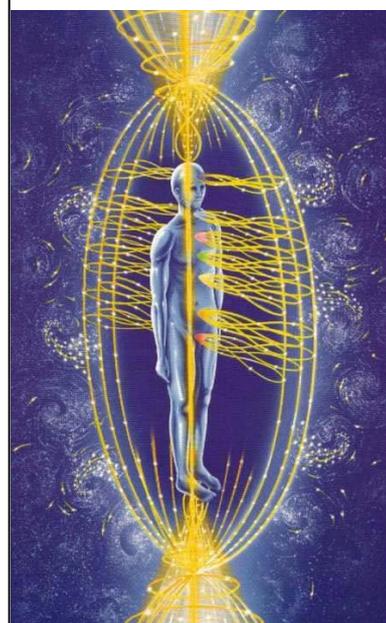
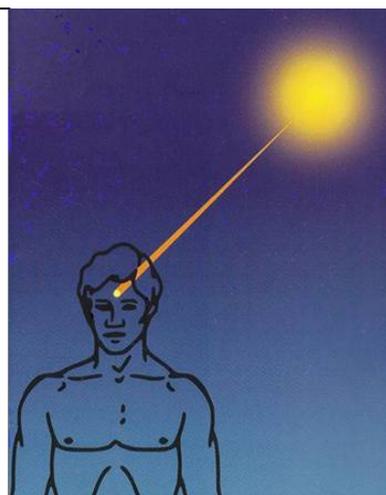
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Mother and Father to us all.

MoC 1,500



|                                                                                                                                                                            |                                                                                                                            |                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Primary recommended reading:</b>                                                                                                                                        | <b>consider commencing with:</b>                                                                                           | <b>Paul – City of Light</b>                                               |
| <b>The Book of Truths</b>                                                                                                                                                  | <b>1914 – 1923</b>                                                                                                         | <b>xxx – Joseph Babinsky</b>                                              |
| <b>containing the Padgett Messages or</b>                                                                                                                                  |                                                                                                                            |                                                                           |
| <b>Little Book of Truths</b>                                                                                                                                               |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                                                                                                               | <b>xxx</b>                                                                                                                 | <b>– Geoff Cutler</b>                                                     |
| <b>The Rejected Ones</b>                                                                                                                                                   | <b>2002 – 2003</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Messages from Mary &amp; Jesus</b>                                                                                                                                      | <b>2003</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Paul – City of Light</b>                                                                                                                                                | <b>2005</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Mary Magdalene and Jesus'</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b>comments on the Padgett Messages</b>                                                                                                                                    | <b>2007 – 2010</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Speaking with Mary Magdalene &amp; Jesus</b>                                                                                                                            | <b>2013 – 2014</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Sage and the Healing Angels of Light</b>                                                                                                                                | <b>2017</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Road map of Universe and history of Universe:</b>                                                                                                                       |                                                                                                                            |                                                                           |
| <b>The Urantia Book</b>                                                                                                                                                    | <b>1925 – 1935</b>                                                                                                         | <b>xxx as primary reading</b>                                             |
| <b>Divine Love supporting reading:</b>                                                                                                                                     |                                                                                                                            |                                                                           |
| <b>Revelations</b>                                                                                                                                                         | <b>1954 – 1963</b>                                                                                                         | <b>– Dr Daniel Samuels</b>                                                |
| <b>Judas of Kerioth</b>                                                                                                                                                    | <b>2001 – 2003</b>                                                                                                         | <b>– Geoff Cutler</b>                                                     |
| <b>The Golden Leaf</b>                                                                                                                                                     | <b>2008</b>                                                                                                                | <b>– Zara &amp; Nicholas</b>                                              |
| <b>The Richard Messages</b>                                                                                                                                                | <b>2012 – 2013</b>                                                                                                         | <b>– James Reid</b>                                                       |
| <b>The Divine Universe</b>                                                                                                                                                 | <b>2012 – 2013</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Family Reunion Afterlife Contact</b>                                                                                                                                    | <b>2014 – 2015</b>                                                                                                         | <b>– Joseph Babinsky</b>                                                  |
| <b>Traveller, An Immortal Journey</b>                                                                                                                                      | <b>2014 – 2015</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Destiny, Eternal Messages of Divine Love</b>                                                                                                                            | <b>2015 – 2016</b>                                                                                                         | <b>– Zara &amp; Nicholas</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>The Way of Divine Love</b>                                                                                                                                              |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love – The Greatest Truth in the World</b>                                                                                                                       |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Human Soul</b>                                                                                                                                                      |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love Flowing</b>                                                                                                                                                 |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Truth</b>                                                                                                                                                           |                                                                                                                            | <b>– Werner Voets</b>                                                     |
| <b>Through the Mists, The Life Elysian, The Gate of Heaven</b>                                                                                                             |                                                                                                                            | <b>– Robert James Lees</b>                                                |
| <b>Life in the World Unseen</b>                                                                                                                                            |                                                                                                                            | <b>– Anthony Borgia</b>                                                   |
| <b>Gone West</b>                                                                                                                                                           |                                                                                                                            | <b>– J M S Ward</b>                                                       |
| <b>Post Mortem Journal</b>                                                                                                                                                 |                                                                                                                            | <b>– Jane Sherwood</b>                                                    |
| <b>After Death / Letters from Julia</b>                                                                                                                                    |                                                                                                                            | <b>– William T Stead</b>                                                  |
| <b>Thirty Years Among the Dead</b>                                                                                                                                         |                                                                                                                            | <b>– Carl A Wickland</b>                                                  |
| <b>A Wanderer in the Spirit Land</b>                                                                                                                                       |                                                                                                                            | <b>– Franchezzo</b>                                                       |
| <b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>                                                                                                         |                                                                                                                            | <b>– Geoff Cutler</b>                                                     |
| <b>The Holy Bible from the Ancient Eastern Text</b>                                                                                                                        |                                                                                                                            | <b>– Dr George M Lamsa</b>                                                |
| <b>Available generally from:</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b><a href="http://www.lulu.com">www.lulu.com</a></b>                                                                                                                      | <b><a href="http://www.amazon.com">www.amazon.com</a></b>                                                                  | <b><a href="http://www.bookdepository.com">www.bookdepository.com</a></b> |
| <b>For Divine Love focused websites and forums:</b>                                                                                                                        |                                                                                                                            |                                                                           |
| <b>Pascas Health:</b>                                                                                                                                                      | <b><a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a></b> |                                                                           |
| <b>Spiritual Development:</b>                                                                                                                                              | <b><a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a></b>                     |                                                                           |
| <b>Padgett Books:</b>                                                                                                                                                      | <b><a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a></b>                       |                                                                           |
| <b><a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a></b> |                                                                                                                            |                                                                           |

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

|                                                                     | MoC   |                           |       |
|---------------------------------------------------------------------|-------|---------------------------|-------|
| The Rejected Ones – the Feminine Aspect of God                      | 1,490 | Nov 2002 – Jan 2003       | 228   |
| Messages from Mary and Jesus book 1                                 | 1,485 | Feb – Apr 2003            | 189   |
| Messages from Mary and Jesus book 2                                 | 1,485 | Apr – Oct 2003            | 170   |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 |       | Aug 2007                  | 164   |
| Messages from 31 May 1914 – 12 January 1915                         | 1,495 |                           |       |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 |       | Sep 2010                  | 177   |
| Messages from 13 January 1915 – 29 August 1915                      | 1,494 |                           |       |
| Speaking with Mary Magdalene and Jesus blog – book 1                | 1,490 | Jan – Apr 2013            | 206   |
| Speaking with Mary Magdalene and Jesus blog – book 2                | 1,489 | Apr – May 2013            | 229   |
| Speaking with Mary Magdalene and Jesus blog – book 3                | 1,490 | Oct – Jan 2014            | 187   |
| Speaking with Mary Magdalene and Jesus blog – book 4                | 1,491 | Jan – May 2014            | 191   |
| Mary Magdalene comments on Revelation from the Bible KJV            | 1,485 | Dec 2013 – Jan 2014       | 84    |
|                                                                     |       | This group being pages of | 1,825 |

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 44    |
|                                                                  |                        | This group being pages of | 3,092 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

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

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

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

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

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

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

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

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

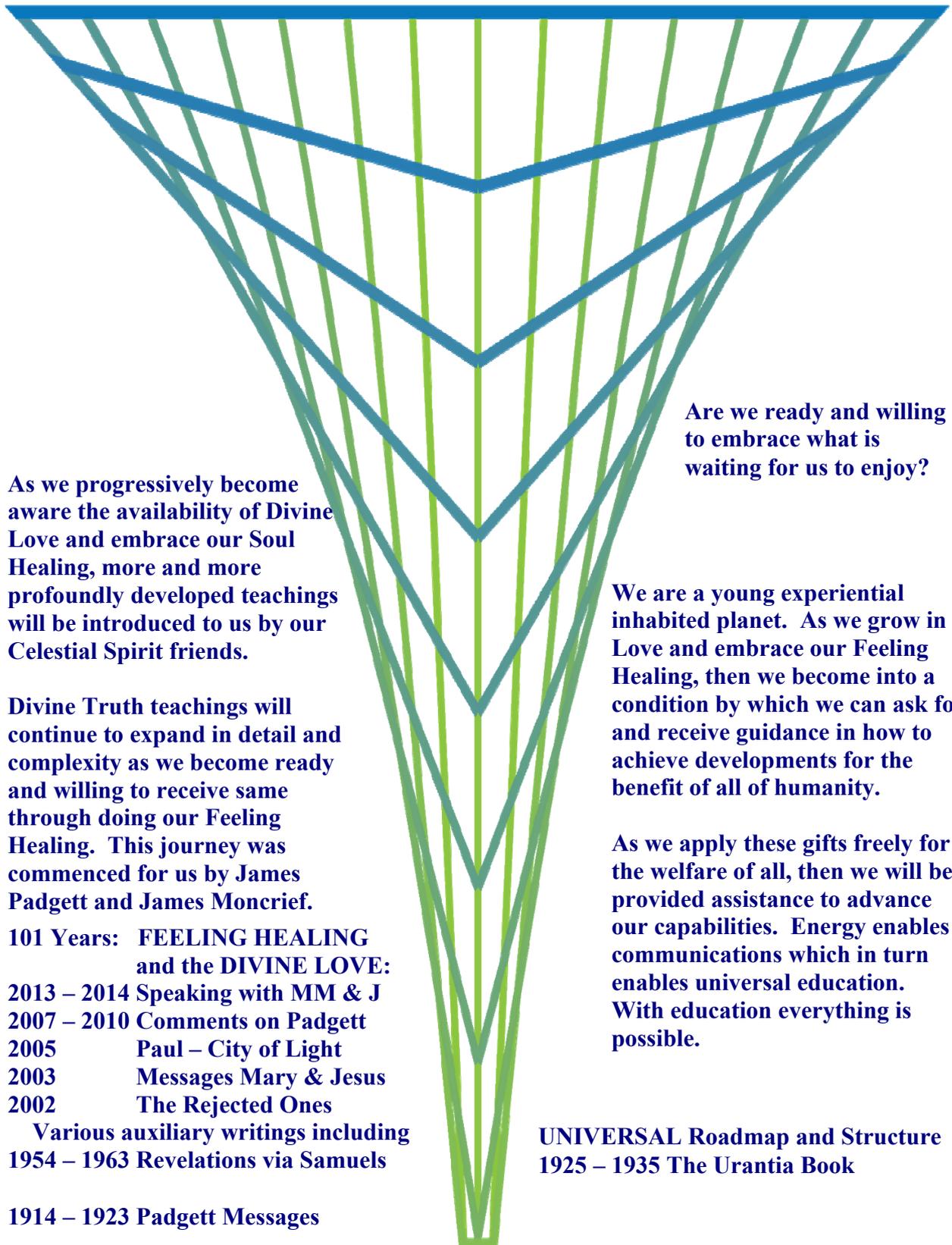
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



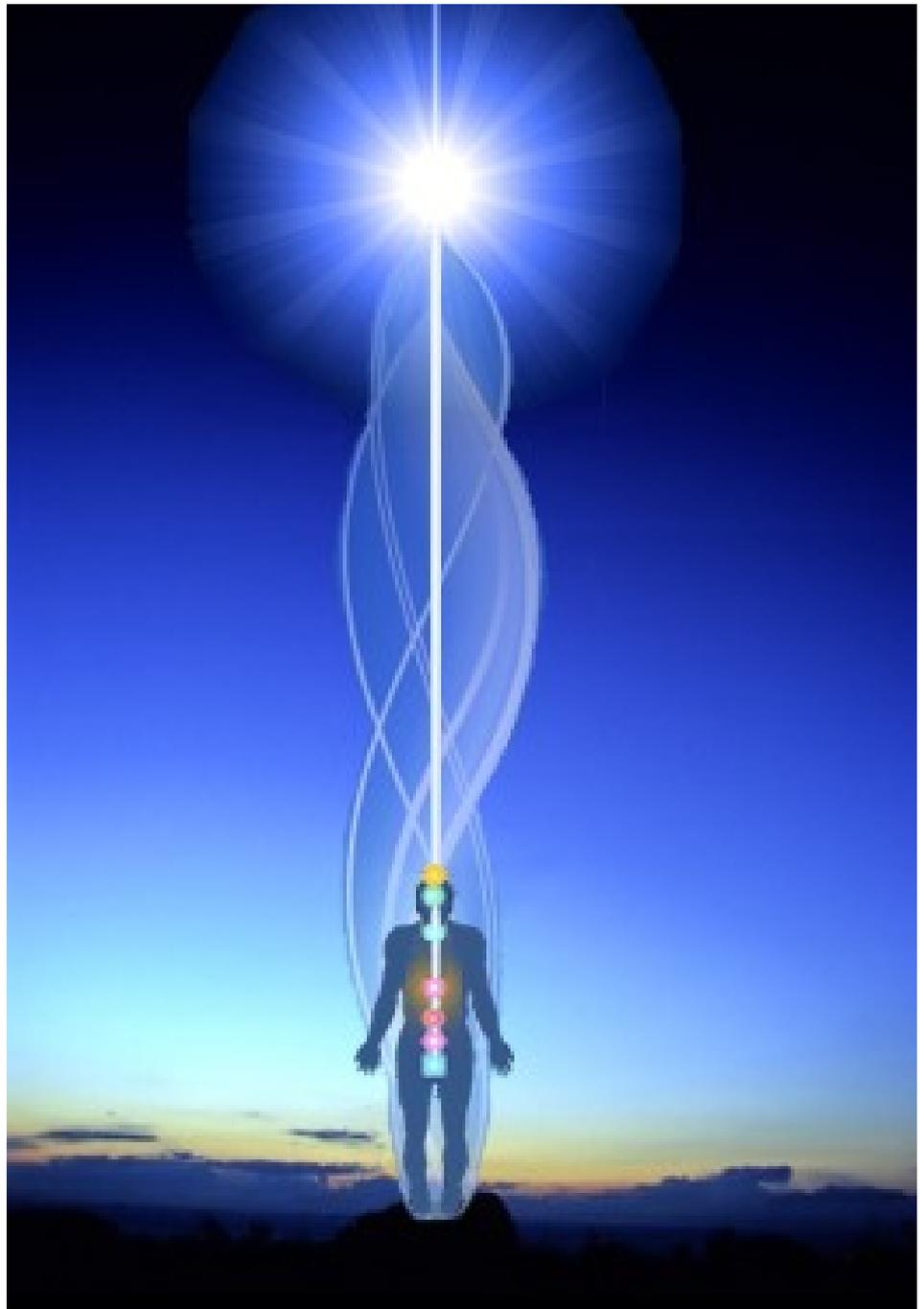
**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

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

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

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

Traveller



The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Parents' Grace.

Judas – August 19<sup>th</sup>, 2001



perceived truth MoC 880 – relative truth potential MoC 1,240