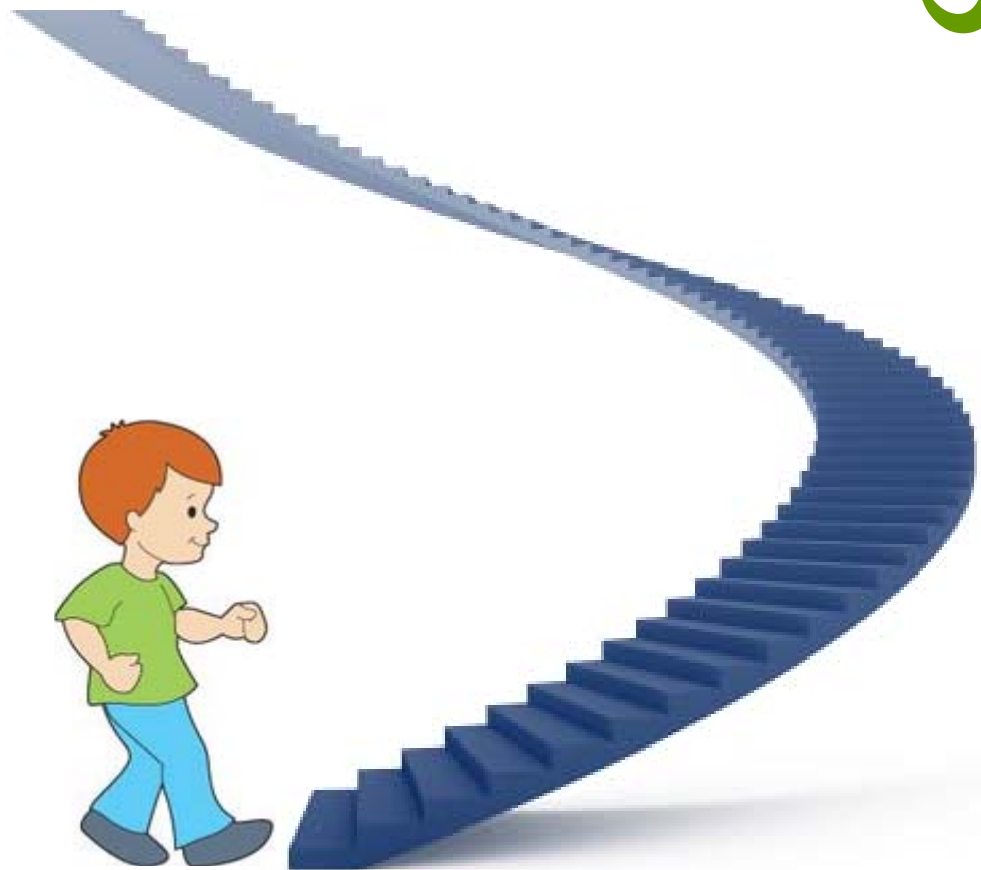


PASCAS CARE

Feeling Healing

And Starting



“Peace And Spirit Creating Alternate Solutions”

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

Aspiring to Living Feelings First, *John.*



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

WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

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

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

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

Helen talking to James Moncrief 5 April 2017

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

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

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

Love can only go where truth exists.

Messages from Mary and Jesus 13 March 2003

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

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

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

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

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

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

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| <p>The New Way: learning how to live true to ourselves by living true to our feelings.</p> |
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The Rejected Ones – Living True to One’s Feelings – Ursula Speaks **by James Moncrief**
Message 12 (part) Ursula 16 December 2002

I would like to speak to you James, my name is Ursula, and I come from Hungary. I am now a spirit of the seventh sphere and I live very near to Zelga. We are now close friends and have realised that we share a lot in common. And by this I mean, even though we lived in separate countries and at different times on Earth, we still experienced many similar things.

We met when we were on the lower Mansion World number three after we had under different circumstances begun to pray to the Heavenly Mother and Father for Their Divine Love. We have since enjoyed doing our healing almost in step with each other, and as you might well imagine we have helped each other a lot to understand things – and in particular, feelings, as they have come up in us.

Why I am writing this is because I want to say that both of us were without our soul-mates at the time we met, we now both have them. Most of the spirits are united together with their soul-mates by the time they reach the seventh sphere, however this does not mean that both are in the seventh sphere together. Zelga and I were told about our soul-mates, whom they were, at around the same time when we were in the fifth sphere. Both our partners were still very much entrenched in the evil affairs of the lowest natural love spirit world (Mansion World one). And together each day we would descend to this world then separate, going to be with our soul-mate. And slowly both of us were able to suggest to our partners that how they were living was wrong and doing them no good, and that there was a better way. And slowly both of our partners turned away from the darkness and into the light. It was our increasing love for them that persuaded them to come with us. And we were with them helping to slowly advance their natural love and finally to embrace the Divine Love.

All the time this was happening we were continuing our healing, helping each other. We spent much time consoling each other, as we felt time and time again rejected by our men. They of course did not know they were having such an effect on us, and we slowly came to understand that they were our fathers in whom we were still looking for love and to be loved by. And by knowing that they were our soul-mates put even more pressure on us longing desperately for them to love us.

I wanted my man (now of course a spirit-man) to love me more than anything else in the world, and of course more than any other woman (spirit-women). However he did not feel the same for me as I did for him. He was not as yet of a level of truth to enable him to feel that I was the chosen one for him, and as I let my heart go out to him only to be rejected, it hurt ever so much. I was in such unbearable pain especially when he fraternised with other women spirits. And when he began to believe one of these spirits was his chosen soul-partner, I felt as though I was going to lose him forever. It was such agony, such an unbearable period in my life.

But amazingly certain events took place and he was able to see for himself that this other woman did not have the same desires for him as he was having for her, and so he came back to our friendship with a little more interest.

But I was not his cup of tea. He was not naturally attracted to me. I was too short and not good looking enough for him. He was used to women who made much more of a motherly fuss over him and I was only interested in friendship. He wanted to have sex (spirit fashion), but I did not. I wanted only to be healed and to be living in a true state with him. It was ever so difficult. I thought I would rather die at times instead of being with him. I hated him and loved him. He stirred up so many things in me; so many angry and evil thoughts, many I'd thought I wasn't even capable of, and yet I still could not let him go. I felt as though I was somehow inexplicably tied to him and this caused me so much frustration and

pain. So many times I tried to give him up, and I would try not to see him, and even one time he asked me not to come back and see him and this I thought was my chance to get away, but after only a few days I was feeling my deep longing had returned and I wanted desperately to see him, and then I felt his pull on my spirit and I knew he wanted to see me. Oh it was such a relief.

During this time that we were separated I cried and cried and talked most with Zelga. And as memories of my life on Earth came back to me, I could see clearly each of the experiences I was having with him related in essence to ones I had during my early life, ones that were causing me all the pain and grief of this separation. And it is this I specifically want to say to you today: that there is no real difference in how we do our soul-healing, as to how I have observed you and Marion. However, we in spirit can see more clearly our memories when they surface and are at times far more emotional and vulnerable to our emotions, but we still have to express them all, before the truth comes and the Mother and Father can intervene and transform us out of our wrong state. They seem to step in quicker for you on Earth, and we can see how much more difficult it is for you to remember, and how closed off you are to your emotions. You are more blind to the memories of your early childhood and need only to focus more on the feelings of the present, and as we have been told by those higher than us, this is a grace the Mother and Father bestowed on you for the effort you put in to try and do your healing whilst still of flesh.

We also appreciate how much harder it is for you being constantly surrounded by the world and all its evilness. We at least have the support of living in a whole world that is reflective of our higher truth and has agreed upon to live with Divine Love. We only descend as we need to, back into the ugliness, to have the necessary experiences of darkness we need to reawaken and stimulate our buried feelings. There are other similarities and differences between doing your healing in flesh and spirit, but I don't want to go into those today.

I want instead to tell you other things. One needs help, but you don't really need your soul-partner until you are of a higher truth. Other people or spirits of the same or other sex can help you, and can be a stand in for your soul-mate until the Mother and Father brings you together. And how it will be for you reader, will be how the Mother and Father want it. There are truths that govern the structures of the heavens, but as to the individual requirements, the Mother and Father seem able to provide a countless array of different experiences for everyone. This I do find simply amazing, it absolutely fascinates me. So many spirits, all with unique lives, and every moment in them unique for them... They are truly magnificent!

You can begin your healing any time. You only have to want to do it. And if you do you also have to want to begin praying to the Mother and Father for Their Divine Love. Without the Love the Mother and Father will not personally help you. They will attend to and provide for your needs impersonally, if you seek to perfect only your natural love, but you will never get to know Them as Themselves, and as your true Soul-Parents.

When you begin your healing They will make use of whoever is in your life. And if you don't have a friend or a sympathetic partner, you do still have yourself. And you can speak all your bad feelings out loud to Them. In time someone will come to help you, someone who will want to listen to everything, all the bits and pieces, everything you have ever wanted to say, because it is all still in you waiting to be said.

For many it seems that a waiting time is needed before some help in the form of a person or spirit comes. This happens mostly in the beginning. And so far as I can see the purpose of this is to help you begin to feel how much you do so desperately need someone. And it also helps you to focus on the Mother and Father asking and longing and praying to Them for Their help, Love, and for the Truth. It all seems to help you really make up your mind, to get focused on yourself and build a strong desire to know the truth

of yourself. It also gives your soul time to receive the Divine Love and to make ready in you the 'climate' (especially in your mind) to begin your healing. It is a preparation stage, somewhat like a training period, in which you can begin to attune yourself – mainly your will, to what is needed to forge inwards and upwards looking to change your life.

Potentially, your life will never be the same again. Many, if not all, of the things that you like doing, and even love doing, will need to go, things you are doing that are anti-living life with the Mother and Father. To accept that all of you is wrong and living anti the Mother and Father's Will is no small thing. It really is the beginning of your new life. And it is a huge leap into the unknown. It is of itself very scary, and if this is what you feel: fear, anxiety, dread, or even that you want to do it, but it all sounds too much and you doubt you will be able to, then this is where you begin. With each and all such feelings honour them. Bring them up in you. Write them down if it helps, but try to speak them out loud as you write, or at least read it aloud to yourself or your partner or a friend when you have written out all how badly you feel. And if you have a good friend in your life, then tell them ALL you feel. The more you can tell them about everything you think and feel, the better. You have to voice all your concerns, every slight little fear and apprehension. Begin now. Think about it all and see what and how it makes you feel. You only need to do as much as you can at any one time, and if you can't even do that, then tell this to your friend, and tell it all to your Mother and Father.

If as yet you are not sure about the Mother and Father, as to whether or not They even exist, and you feel stupid or scared talking to Them, then express this. It doesn't matter if They are real or not, you will only ever find out if first of all you express your disbelief. You might hate God, you may feel guilt or anger about this, and all your feelings have to be voiced. Begin to openly admit to yourself that you feel them. Allow yourself to have such feelings. Focus your mind on them and then when you are ready, speak them out. **The Key is to Speak – to always speak if you can.** You have to HEAR yourself say what you FEEL. And in the hearing of it, which may take a number of times, you will connect with it; it will lead to another feeling and then to another and so on, until finally you see something about why you feel as bad as you do. As you speak about all you feel, really want to know the truth of why you are feeling such feelings. Want to know with all your being.

Whenever you feel blocked or at a standstill, stop, and pray to the Mother and Father for more Divine Love, and ask Them if They can help you to see the TRUTH. Wanting to see the truth is also very important because without wanting to see why you are feeling the way you are, there is no real point to expressing all you feel, and you won't be doing your healing. **You can simply pray to the Mother and Father for Their Love and do nothing else, but ultimately this will become unsatisfactory, as you will fail to feel what you believe the Love should be making you feel.**

Without understanding about the need to do your healing and something of what is involved, you won't understand what Jesus is speaking about in reference to your inner soul transformation. This transformation ONLY comes as you work your way through your soul-healing. **Your soul-healing IS the transformation!** And this why we want to share our experiences with you, to help you see that there is a lot more involved. And this reflects the deficiency of truth revealed to your world at this time because Mary's Spirit of Truth has not been welcome. But as you begin to understand about what doing your soul-healing entails, this deficiency will be made up and you will be able to receive and then live more complete revelations of our beloved Creator Daughter and Son – Mary and Jesus. As you begin to understand more about the healing, more of what Jesus has newly revealed, and I mean since Mr. Padgett's writings began, all will become clear.

I see that you are tired James, so let's finish here and I'll continue later. Thank you very much. I am most grateful and glad to be of help. Ursula.

REVELATIONS



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



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



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

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

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



Immortality with the Love.

The Rejected Ones – Living True to One’s Feelings – Mary M Speaks by James Moncrief
Message 12 (part) Mary Magdalene 16 December 2002

Mary.

Hello once again James, I have returned to see that you have progressed further in your healing enabling me to speak even more clearly to you. As you became aware over these past days all that I had said to you was to help you make further inroads into the difficulties you are having with your communication.

Your main problem, of which you are now well aware, is that the damage done to your will has given you an inability to express yourself, and as expression is the whole key to your development, you are in a very difficult place. You are not really a 'real' person. I know this sounds strange but as you are seeing more fully for yourself, you are only a compilation of the people who were the main controllers and influences in your life. And now without them physically present and playing their well-established roles, you are having to do it all for yourself. You are having to be all these people at the same time, so if you ask a question, then you (one of them), answers it; then you (another of them), follows on and adds some more to the discussion; and then you (another one of them), asks a new question to take over the controlling spot. So all in all you can quite comfortably be alone physically but still act and speak and think as if there are quite a few others in the room with you. I know it is all so dementing. And you are right to feel angry and hate them all. You have to. You, the real you, has to come up enough in you, so that you can let them all go about their own business. Your life is yours, not theirs as well!

The complications of the false personality that you are living under, that you have made up for yourself, penetrate right to your core. You are not a real person or spirit for that matter, no one on your world currently is. You are all false people, believing that what you see is who you are. But you are all wrong.

Imagine a world in which there was no hunger, no disease, no war, no hatred, no anger, no illness, no physical disability, no emotional or mental disorder, only love and perfection. I appreciate that it is impossible to really imagine such a beautiful world, however that is the destiny of Earth, and of all souls if they choose the way of the Mother and Father’s Divine Love. All of these negative afflictions only exist as a result of your wrongness causing your soul a terrible pain – the pain of your denial of self you suffered at the hands of your parenting. I am powerless to do anything about your situation. I can only reveal truth and understanding that may, if you want it to, help to open your eyes to the truth about yourself. All the rest is seen to by the Mother and Father. Only you alone can heal yourself – with Divine Love.

I am glad, as is Jesus, that you went and looked on the Internet to see if the *Angelic Revelations of Divine Truth* (a presentation of the Padgett Messages) is still readily available. As you saw it is and will continue to be for some time. And you also got an appreciation of the various channels to whom Jesus is speaking and revealing more of his truths. This is all as you surmised: an extension of his second coming, with Mr. Padgett’s work being the main stay and containing the core truths. Jesus will continue to look for other channels and work with them, and as people begin to do their healing and need more help to understand things, I will work with them. We will continue in this way for some time yet, but then we will stop. We will have done enough to complete our work with the souls of humanity. Enough of our truth will be present for those who want to use it. And Jesus will have completed his **Second Coming of Truth.**

I don’t really want to say much more today, I just wanted to let you feel how new you feel within yourself as we write together. I am glad to feel more of your will present, and less of your control and

restrictions. And of course as you continue to do more work on yourself you will feel my presence more clearly and I can be clearer with you. I will go now, thank you James, and I look forward to speaking more with you soon, Mary.

The Rejected Ones – Living True to One’s Feelings – Ursula Speaks **by James Moncrief**
Message 13 **Ursula** **17 December 2002**

Hello again James, I would like to continue with my message, Ursula.

I can fully sympathise with your feelings of anger and how disturbed you feel. It is agonising trying to wrestle your way along in your healing, but as you know, when you are fully committed, what else is there to do and what else can you do!

As I said yesterday there’s a substantial lack of understanding as to what your real problems are. Mary’s revelation is the missing part of the picture. Without her input either in spirit or in person it is very difficult, if not impossible, to do your soul–healing. You can want to, and you can embrace the Mother and Father and Their Love, however in respect to the actual hands on part of yourself in effecting your souls transformation you need more of the picture, both the masculine and especially a lot more of the feminine.

As souls, a part of how we relate to reality needs some sort of context into which we can feel a part of. Our parents and our family are supposed to provide this for us until we are sexually mature by which time we can step out into life as a complete person looking for further ways to live.

But the trouble, or at least one of our troubles, is that our parents do not provide us with the correct picture, as their lives are not perfect, so we cannot be perfect either. So we receive all the wrong pictures into which we try with all our will, to be. We do this because we innately believe that they are right and how they are is the right way to be in life. So we willingly adopt all that they are; all of their negative mind and will state, thereby completely forming in wrongness. We don’t even consciously suspect that anything is wrong, and we carry on living their ways in the world under the misguided belief that it is the right way.

Mary and Jesus come to us with the correct picture. They are the pictures living. They are truth personified. They are the Mother and Father as Daughter and Son together as one in the full meaning of truth. They are the feminine and masculine aspects of the Mother / Father expressed in the Daughter / Son relationship. And so as we too are daughters and sons of truth, ascending daughters and sons, they are for us our role models of perfection. They then provide for us a reality – a real picture – a personal picture for us to look towards and to try and strive to be like.

Humanity as parents, have not until now, had such a picture of Mary and Jesus. Some people might have wanted it, but they could not have it. They could at best only have half of it, as Jesus’ Spirit of Truth has been available for us since his liberation of it two thousand years ago. But as for Mary’s Spirit of Truth, that has been only available to us in spirit, but not to you in flesh. However, this is soon to change for there is to come about on Earth an outpouring of spirit by one who can do such a thing, and who for all intents and purposes is a real living picture of the feminine aspect of truth. In a way it is through this individual, that Mary’s revelation of truth can become manifested on Earth, with her Spirit of Truth becoming available to all whom want to know and live the truth. And once this outpouring has happened, then Mary’s Spirit of Truth can unite with this individual’s Spirit of Truth and together they will provide the Way to the truth through life on the feminine side, which will of course balance the masculine side as seen in Jesus. And this woman will have a soul-partner who also will liberate his

Spirit of Truth and it will come under alignment with Jesus' existing spirit, and will fill in the gap of one having lived and being conceived in evil.

I can't tell you more about who these two individuals are, however, it is a very big time once again for humanity. These two people stand on the threshold of a new age in the sense of truth-revelation and the understanding this will bring. These two being a high Daughter and Son will have traversed the circuits of negativity, of denial, of rebellion and of default, and will have come through to be of perfect love living back in perfect harmony with their Mother and Father of Creation. They will have been tried and tested and will be able to declare to the world of humanity that now the gateway is open for all to follow; for all to follow if they so choose, in the way of the light and the life of themselves and of Mary and Jesus. For all to follow them to Mary and Jesus. They are the bridge for humanity to cross, to life with Mary and Jesus and so the Mother and Father.

Symbolically and personally this couple will represent the Truth that can now be lived, and so the next great age that has been prophesied as the Age of Peace will unfold. However, this age of peace is peace for the souls who embrace the truth of this couple and achieve living true to their soul. In other words, it will only be peace of soul, spirit, mind and body that will come to the souls who do their soul-healing. Peace and a feeling of contentment will come into their hearts as their hearts and souls fill with the Divine Love of their Mother and Father, and as their natural love becomes purified, bringing them into perfect harmony with such Love.

In principle now it can begin, as you can begin to do your healing, you can now completely find peace of soul, mind, heart and spirit on Earth. This truth we have all found out since coming to spirit.

Humanity has been hopelessly lost, this we can see easily as we ascend higher with the Mother and Father's Love. And we all come to accept and see for ourselves that the Mother and Father of course know exactly what They are doing and it is always the best for everyone. No matter when you begin your life on Earth; no matter how lost you get, and no matter what age or time it is, so far as your soul is concerned, all that will and does happen to you is exactly for you and perfectly so. This is another of the things I find astounding to contemplate: the sheer wonder of how our Heavenly Parents have organised it all allowing us to play our parts in Their lives.

This forth coming planetary age involving the full liberation of all Spirits of Truth, will enable people to live to the level of Celestial love perfection, so that when they die they need not live up through the seven Mansion Worlds having already done that in flesh, and will come into spirit going directly into the Celestial worlds after only a few days spent in each Mansion World for orientation purposes. As to the heights of Celestial love and truth one can achieve living on Earth during this next age, I do not know. I suppose that this waits to be seen, however I am sure those above me do have more of an understanding of these things.

Still, the actual doing of one's soul-healing to achieve this Celestial level of love and truth perfection will be difficult for women and men. Many women look to having their power centred in the family at home and over their children, and to relinquish this will be very challenging. Men, at first glance, might seem to have all the power, but they are equally as lost as women; they don't live with any real truth (the 'truth' they have being contrived by the mind and only believed wrongly to be truth), so don't have any real power. Women although they feel largely inferior to men still have control and power over the child giving them enormous power.

Everyone is parented to be subservient to their parents, even those people given more freedom than others. And this, whether you are a woman or man, is the root of all evil within you. And so even though you may feel you have power, somewhere within you, you will still feel powerless. Real

power comes only to us with truth, and truth only comes as we submit all false-power and control to the Mother and Father replacing it with Their Love. Jesus shows us real power in that he only exists to live and do the Will of His Heavenly Parents. As for his own body and life he willingly submitted to those who believed it to be important and powerful. They, his judges and executioners, through their actions were examples of people who wrongly believed they had all power and authority, able to take human life, but could only do such a thing because of their own deeper feelings of powerlessness. Jesus made them feel threatened and scared them by not conforming to their desires, so he threatened what they believed was their power. And this scenario you can see in every family with parents believing they have all power and their children having to submit to them. Their children end up feeling subservient and powerless under the roof of the very people whom they are so willingly and openly longing to for love. These deprived children, all children of humanity, grow up to be adults forgetting for the most part how powerless they have been made to feel, only to want to have children for the same reason that their parents did: to regain power.

The great challenge facing humanity is to accept and acknowledge, and then to express, to bring it out in the open, as a child how powerless and subservient your parents made you feel; and as an adult, choosing to relinquish such desires for power, especially trying to regain it by having your own children.

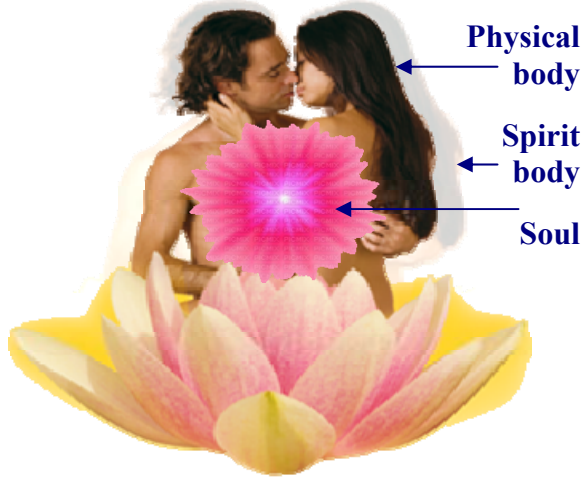
Our Mother and Father did not create us to have power over one another, nor do They want us to be subservient to Them or anyone else. We are to be of Their Love in our soul, and all-powerful (power derived from truth and not false mind / belief contrived power) in our natural love, wanting to willingly do and live Their Will by living true to our will – all expressed and lived by living true to our feelings. Our parents have us so they can become all powerful, not to help us gain our own full expression of soul and therefore love, and be naturally the power of that love. We parent all around the wrong way and for all the wrong reasons. It will be individuals who really and truly want, and ONLY want, to be honest with themselves, honest about what they feel, who will be able to see the truth of themselves and their corresponding motivations for doing things. It is, and has always been, the same great challenge that faces us all, but at least now with the help of Mary's understanding we can shed light on it for you.

This truth I have been saying to you has come up in me in answer to my acceptance of my self – my soul. It is how I see it, my expression of the truth. However the truth has already been revealed by Mary and Jesus. They gave me the pictures into which I have grown. They have been my necessary substitute parents to whom I have looked for love, truth and acceptance. And they have loved me and supported my existence up through the Mansion Worlds, and they have provided me with the Way to see where to go. And they have also helped me to see that really it is all contained within me, and with their love I have been able to, and are able to do, my soul-healing, coming into this understanding for myself. They have also shown me the way to the Mother and Father and this I am the most grateful to them for. Because, as you will come to see for yourself just as I have, when it is all said and done, you are the Mother and Father's child of love and They are all you need.

James, thank you for your time. Yes you were right to feel that I felt and sounded more like Mary herself speaking to you, however it was all me. But I did as we can through you – utilise her Spirit of Truth if we so desire, and this is what I did and why I felt familiar to you and as though I was Mary. This is something that has been only briefly touched on and I have been allowed to help you experience such a thing – all for you to ponder.

Good-day to you and Marion, and I will speak again later in the book, Ursula.

First Parents being First Ensouled Humans



Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some **one million years ago**. Andon and Fonta were the most remarkable pair of human beings that have ever lived on the face of the earth. This wonderful pair, the actual parents of all mankind, were in every way superior to many of their immediate descendants, and they were radically different from all of their ancestors, both immediate and remote.



The Lucifer soulmate pair believe that the mind is superior to all things. Thus they convinced the inhabitants of 37 inhabited planets within the universe of Nebadon, including Earth, to become self reliant and abandon God and Their administrative leadership. The Lucifers brought about the Rebellion on earth two hundred thousand years ago. So for 200,000 years of spiritual darkness, humanity has suffered the consequences of one's error ridden mind.

REBELLION



Adam and Eve, the Adamite soulmate pair, came about **thirty eight thousand years ago** to upstep the gene structure of humanity and advance their spirituality.

DEFAULT

Both Eve and Adam mated with local humans and accordingly defaulted on the plan. They were to breed a superior stock that would then interbreed.

Mary of Magdalene and Jesus of Nazareth, soulmates, **two thousand years ago**, both retained perfection, and during their sojourn on Earth were enthroned as sovereign rulers of Nebadon. **The bestowal of Michael (Jesus and Mary) terminated the Lucifer rebellion.**



The Second Coming, **now in progress**, reveals the availability of Divine Love and the need for each person to engage in the process of Feeling Healing. With the Divine Love then this process is one's Soul Healing.

BESTOWAL

REVELATIONS

× 2

The Rejected Ones – Living True to One’s Feelings – Ursula Speaks **by James Moncrief**
Message 14 (Part) Ursula 18 December 2002

It’s me again James, Ursula. I’ve been asked to continue. I did not know it would be so soon! Mary asked me. She is overseeing our communications to you. And she asked me to specifically expand on what I finished with – using the Spirits of Truth.

The Spirit of Truth is well documented – an introduction to understanding what it is and how it functions – in The Urantia Book. I want to speak about it in regards to our work and its relationship with the individual soul.

Mary and Jesus are the highest Daughter and Son of our universe. This means they are the most perfect and closest to the Mother and Father. We live in their universe. And their universe consists of many worlds like Earth that have mortals on them all in various stages of evolution. And then there are many other higher worlds that comprise their universe all of which provide life for spirits in one way or another. I won’t go into such complications except to say that we do become more aware of such things in this seventh Mansion World in preparation for entry into the Celestial spheres – the higher spirit levels of Mary and Jesus' universe.

Mary and Jesus are the Mistress and Master, meaning they are The Way, The Light and The Life of their universe; they are also the Living Truth and the highest manifestation of Divine Love and natural or self-love. All of the creatures that live in their universe can look toward them to see the truth personified, the truth of the Mother and Father. They are our Spiritual Parents, and when we choose to follow them, what we are doing is choosing to live as they do, to embrace the Truths of Divine Love, which they are the embodiment and expression of. And so as you know, we of Earth are very special to have such a personal and intimate relationship with them both, as not all worlds are afforded such a privilege.

The soul of Mary and Jesus is very powerful, it contains within it the truth of this whole universe.

This power ‘shines’ as the Light of their Truth, and manifests itself in their personal Spirits of Truth. So through their Spirits of Truth they are able to shine their light on every living creature, they are able to help them in their pursuit of truth and understanding. When Mary and Jesus finished their lives on Earth, as a part of their ascension into living in the spirit worlds they liberated their Spirits of Truth. Their liberation being a big moment for all creatures in their universe because effectively every creature could now personally relate to the Mistress and Master personally and directly through their Spirits. Jesus and Mary being finite expressions of their soul couldn’t personally attend to the truth needs of every soul in Nebadon whereas their ubiquitous Spirits of Truth can.

How their Spirits of Truth are I have no idea. I have only learnt a little about them, but I can detect a comforting presence within me when I find and reveal the truth. When my feelings give rise to the truth, I feel good, I feel loved, enveloped in a sense of knowing that I am right and everything is going along as it should. And I feel I am being loved, supported and cared for, and I am free to move onto the next truth.

Mary and Jesus’ Spirits of Truth are not separate spirits of personality; they are forever simply an outpouring of their personal essence, their spirit. However they are free to work within us, within our heart helping us to understand the truths of our self, life and God, but only if we invite them to help us. They will not encroach or interfere with us if we are not interested in living true, in becoming the living truth.

The Spirits of Truth are liberated by Mary and Jesus in accordance with the Mother and Father's Will. For Jesus, it was at Pentecost, and for Mary it was soon after she had arrived in spirit. When you

activate their Spirits of Truth within you, in effect they help you see the truth for yourself, that is, ‘see’ or understand, Mary and Jesus' truth in your own way. And as you personally come to know the truth of the universal Daughter and Son, so too are you coming to know the truth of the Paradise Daughter and Son as manifest in the Deity Personality of the Eternal Son (re: The Urantia Book). And as you get to know Mary and Jesus through direct experience of living the truth, so too are you able to get to know the Mother and Father of All.

If you refuse to follow Mary and Jesus denying yourself the help from their Spirits of Truth, then you will only ever be able to live in a perfected natural love state, that currently being equivalent with the sixth Mansion World. Entry into the Celestial spheres requires the full acceptance of both Mary and Jesus' Spirits of Truth. If you do not embrace them willingly, that is, submit to the actions of their Spirits of Truth; if you do not want to live true to yourself and become the living truth; if you do not want to live true through the ongoing willing submission to, and acceptance of, your feelings, then even if you partake of the Divine Love you will still not ascend the Mansion Worlds, as you won't be able to do your soul-healing.

To accept and ‘activate’ their Spirits of Truth, all you need do is make a concerted effort to long for the truth, to really want to know and live it, the Truth, according to the Mother and Father: the Truth of Divine Love. By longing for this truth you will naturally include all the truth of Mary and Jesus. And as you submit to the healing process you will start to open yourself up to the ministrations of these Spirits. You might not be aware of their presence with and within you, however they will be there. When you ‘feel the presence’ of Mary and Jesus, they may be ‘with you in spirit’ as in close to you in the spirit worlds having descended out of the Celestial heavens, or it may be the presence of their Spirit of Truth – that you are perceiving.

Many people particularly of the churches develop a very deep and strong love for Jesus, however this love is a mere contrivance of their minds. It's false, as it has nothing to do with accepting the Spirits of Truth into their hearts and souls in pursuit of the Truth. They simply use Jesus as a fantasy to increase and even overwhelm themselves with natural love, but even this natural love is not pure, it being heavily tainted by their negative controlling minds.

As you proceed in your healing and real growth of truth, a more sublime relationship and love of Mary and Jesus will develop within you. It will be based on true love and will be devoid of anything to do with your mind, but first you will have to heal a lot of what is wrong in your mind before you can start to enjoy such feelings.

Women and men are daughters and sons of truth. Mary and Jesus are a Daughter and Son of truth. We are all wholly concerned with truth. Truth defines our lives; without it we feel meaningless and purposeless. Without truth we live such nonsense lives as you are now living on Earth and as so many are living in the natural love spirit worlds. You have no true spiritual aim or direction, and little to no understanding about the Mother and Father and what life is really all about. Let alone any real and true grasp on how to live life honouring your feelings.

I want to finish now James, have a rest, until next time – Ursula.



How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

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

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

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

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

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



WE are SOUL!

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



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



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



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

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

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

Infographics and diagrams have been added by Pascas.

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



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



Infographics and diagrams have been added by Pascas.

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 15 (Part) Mary Magdalene

by James Moncrief
 19 December 2002

I want to continue this morning – Mary.

In the Beginning God made a person in the image of Themselves. And you are whom They made. You are the beginning. You, the reader, each person, each part of a soul-couple, is the beginning. There is only perpetual beginnings in each and every moment. As you are learning from your cat James: she lives like this. She has an experience and it’s fully lived and expressed and she moves onto the next one seemingly with no memory of the last. She’s not concerned about her actions, she simply acts; she’s not worried about her future and doesn’t do things trying to create a certain effect in or for the future. She simply remains true to herself, nothing more, acting on her feelings of the moment as they arise. You can live taking the future into account by becoming wise as to the effects of your actions, however to always be concerned about the future to the detriment of your feelings and lose your focus in the moment – how you’re feeling NOW, will only cause your problems. It’s giving your mind too much power, power that negates and therefore takes over your feeling system creating feelings it believes are required.

You have been parented to make your mind control you at the detriment to your feelings, and you achieve this by denying yourself certain true feelings and replacing them with contrived false feelings. The feelings are still real but the motivation driving them and creating them is wrong, so effectively they are untrue or false. This result in great confusion, because if you feel a feeling and it feels like love, how can you tell if it’s a true love feeling from your heart or a falsely created one derived from your mind, particularly when it feels like your heart is telling you its love. But perhaps even this ‘heart’ is also a contrivance of your negative mind!

As a child you have been coerced and forced to deny your feelings, to stop readily expressing them and thus remaining true to the moment. With every feeling you’ve had to suppress, and then keep repressed, your mind has taken over forming a negative pattern filling the gap between the true feelings and the truth they would have inspired. And as you’ve formed you have accepted that these negative patterns – mind circuits – are real, and the way you see and live life is right.

I understand that it's very confusing, but if you were hurt emotionally, spiritually and psychically, with or without the accompaniment of physical pain, although your immediate reaction to this is to show and express your hurt you haven't been allowed to do so, and gradually you've come to believe that being hurt and the resultant pain is right, it's what you need in life, it's even good for you. You accept the negative pattern as being true, so life will uphold this pattern making you feel hurt and bringing pain into your life as required by it. So bad things have to keep happening to you to hurt you, to make you feel just as you did when bad things happened during your forming years. And if you were to 'feel' into these bad feelings, you will find they are the same bad feelings you felt as a young child, and you'll then be able to see who was making the bad thing happen who was making you feel bad.

During your forming years life is highly personal. You experience the whole world as being yourself. If a bad thing happens making you feel bad, then you are the thing – you are making yourself feel bad. And it is the duty of the parents to make their child feel good, but not falsely so, ensuring it always feels good about itself. And if something bad does happen, as you can't control everything, then supporting the child in all its bad feelings by allowing it to freely express them and not by making it believe it's not feeling bad. Everything that happens to you as an adult is a result of your childhood patterns. Your adult life is always determined by your early childhood. If your forming years made you feel bad, so will your adult life make you feel bad. However, most people are unaware they do feel bad, wrongly believing, in a lot of cases, that their adult life is much better – freer, than their childhood. But such

freedom is only a delusion as they work so hard at doing all they do to deny their underlying bad feelings.

If an aeroplane suddenly drops out of the sky and falls on your roof, kills your friend, the pilot and the passengers, maiming you for life, the truth of why it happened to you, your friend, the pilot and the passengers, will all be found in each of your early childhood years, which negative patterns were established back then, and which people coerced or forced you into them. Such a strange event as this, the plane suddenly crashing into your life might seem like one of life's great mysteries 'shit happens', and it's just 'bad luck', however I assure you, nothing 'just happens', everything happens for a purpose. And if you want to find out the purpose, then you'll have to look back into the negative influences during your formative years. And when you do – when you do your healing – such unexplained things will become explained. You will understand what negative patterns have been formed, how they were formed, and how they then manifested in your life to being such a bizarre experience as a plane crashing out of the sky changing your whole life.

You have been hurt and made to believe that this hurt and pain is love. Your parents hurt you, traumatised you, rejected you, and say they love you. So as a very young child what are you going to believe? You desperately want your parents to love you, you don't know what love is, so if they hurt you but at the same time tell you they love you, and then you will mistakenly believe this hurt is love. And this is the whole guts to your psychological problems. You feel one thing but have been told and made to believe your feelings are wrong, and that you feel something entirely different. You have not been allowed to freely feel your feelings, knowing if you feel love it is true love. You have been conditioned and controlled by other negative controlling minds to over ride the truth of your feelings, to not trust them, to reject them and to replace them with mental beliefs. You believe you feel love, and you believe you are loving, and you believe you are doing loving things, but they are only beliefs and in truth they are not loving. James, look at how many things you have done for Marion in the mistaken believe they are a loving act, and yet the thing has made her feel bad. So how can it be loving if it makes someone feel bad? And you have to understand and accept that all of what you believe to be love and loving are not true, it's all false and all wrong and all unloving.

Your parents make you believe that their treatment of you is for your own good, and they are only punishing you, hitting you and yelling at you, and telling you what to do, and constantly criticising you, because they love you. And it is their well meaning love and treatment of you that they are doing FOR YOUR OWN GOOD because how else are you going to learn about and cope with life. If they don't teach you the hard rules of life, how will you ever know anything, and how will you ever be able to grow up and think freely for yourself. How will you be able to be a free and independent child? And yet their very controlling actions are making you not free or independent. They are making you totally dependant on them or an adult – the authority. **You have got it all around the wrong way. What you think is right is wrong, and what is wrong in many instances will turn out to be right, if you can manage to do your soul-healing.**

Your parents James, parented you so you would grow up with a negative mind and will like them. They did not mean to do it, doing it by default. They weren't openly rebellious, only ignorant of the Truth and how this impacted on their actions in life. And all the way along they told you they loved you, and all they were doing was for your benefit. They completely disrespected your will, and stopped you freely expressing your feelings and growing in truth. Instead of working out the truth of life for yourself through your experiences, being shown it by how you felt, they imposed masses of erroneous beliefs on you, all of which you had to accept, so you could live according to them believing you were living life correctly.

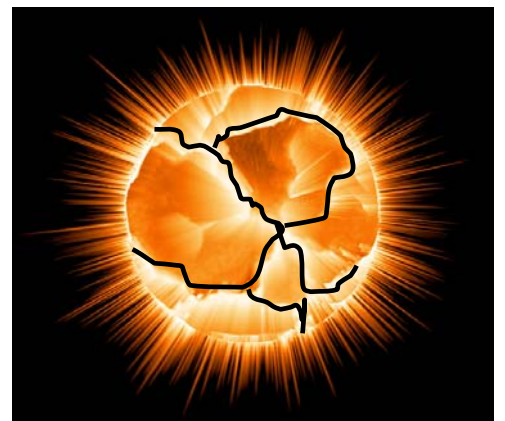
Your parents took your own natural self-power away from you, they took it for themselves incorrectly believing it was giving them power, leaving you feeling powerless and unloved: rejected. And yet all the way along they seduced and coerced and forced you into believing they were doing the right thing for you, they believed they were even doing you a favour telling you how lucky you were to have them as parents. Your mother considered herself to be something of a free thinker, someone who didn't just comply to her mother's wishes, someone who was independent doing what she wanted: liberated. However this was all only her beliefs, none of it was true. She might have looked like she was liberated being able to do things her mother could never do in life, yet **she still parented you by controlling you and de-powering you, she didn't allow you to be free, independent and liberated. And how could she, when the truth is, neither was she.**

What I want people to understand is that all their problems, all their woes, all their worries, all their pain, all their anger, all their illness and disease; why bad things happen to them, why anything negative happens, all stems from how they were treated during their early childhood.

Spirituality is about understanding the truth of yourself. If you want to be spiritual and to spiritually grow then you will need to become interested in the truth of your early childhood. Why are you as you are, and why is your life as it is? Ask yourself: how does my early childhood condition my adult life? What went on back then that makes my life as it now? And what really is the truth of my relationship with my parents – how did they really treat me and was it loving or not? To answer these questions is your spiritual path, it is being spiritual, it is your quest for truth: the Truth of Yourself. And it is all that matters. Anything else that is said to be spiritual is only a delusion of one's mind. And what I want to present to you, to augment your healing and spiritual growth of truth, is a picture to match your feelings. I want to shed light on what is really going on, so you can understand it with your mind. And then with this mental picture you can apply yourself to uncovering your repressed feelings and living true to the moment in and with each feeling.

Let's stop here James, go out shopping and do what you want to. I will be here when you get back and we'll continue. I am your loving spiritual mother, substitute for your Heavenly Mother, helping you **uncover the truth of yourself through your repressed childhood feelings.** And as you get to know yourself, so too will you get to know Her. Mary.

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



PARENTS SUPPRESS OUR WILLS!

Notes from [Mary and Jesus' Comments on the Padgett Messages](#), book 2, p.64 by James Moncrief

All of our anger is due to feeling so powerless, this some understand, however we have yet to fully embrace the feeling, meaning, and awareness of and true understanding that when we say we feel powerless, we mean will-less, and to feel will-less is at the root of all our problems and why we feel so bad. It is time to give feeling will-less more thought and feeling.



That will become the level at which we are to reach in doing our healing, and that will be why we will feel so bad when we say we feel like we are nothing, because we will then be feeling when we feel our will is not there, not functioning. And as we are to know, we always have will, yet it was with our parents and their treatment of us that made it seem and feel to us that we didn't have a will, all because they didn't allow us to be free to use it, to do as we pleased. So our whole negative state is one of feeling will-deprived, will-less, and many people and spirits when they say they feel soul-less really mean will-less.

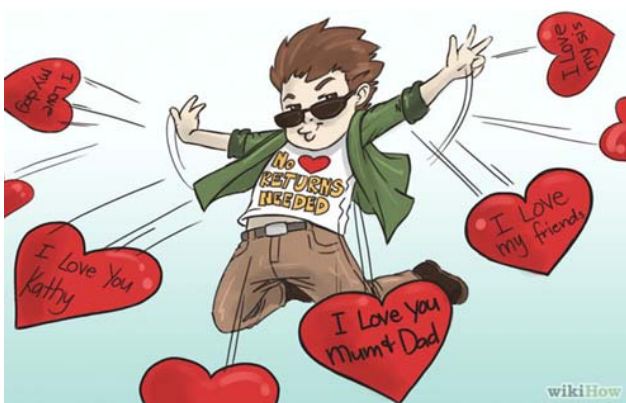
OPPRESSION AND DISCRIMINATION ARE NORMALIZED FROM BIRTH THROUGH OUR LIVED EXPERIENCES AS CHILDREN.

It's just what our parents did to us. They screwed us up and then expected and made us try to make ourselves feel better and have a life. They gave us nothing of a life, nothing good to feel about, and yet expected and told us it was all up to us to make ourselves feel good and make a good life. Which is all very well, yet how can we do that when they stoped us from being able to do anything for ourselves, when they stop us from being able to make life be any way, good or bad, for ourselves.

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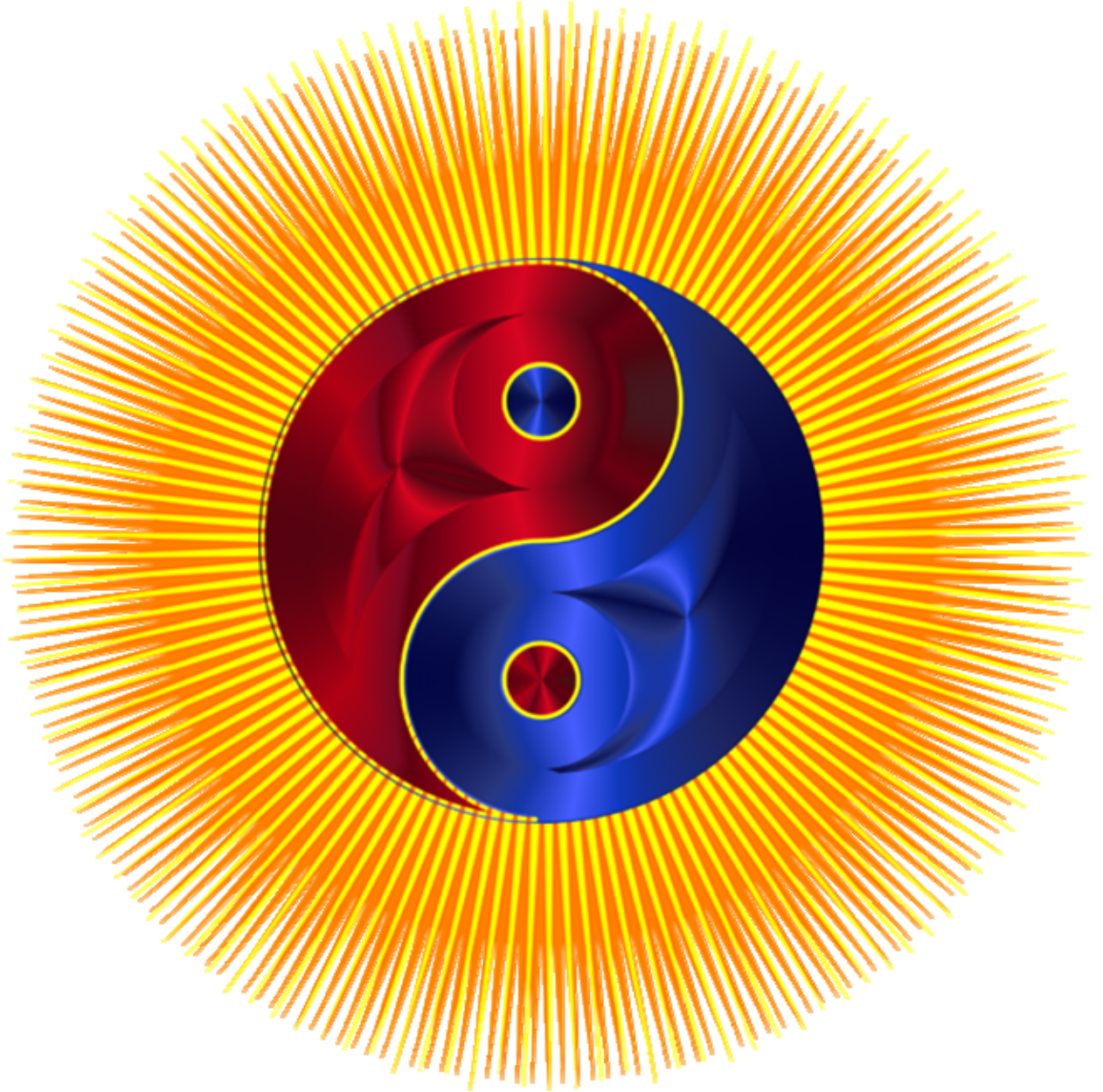


Our childhood repressive upbringing, without exception, infuses progressively into our all controlling mind, cluttering same with errors of belief and injuries from our parents. Our all controlling power hungry minds begin to dominate our every action. The norms that we observe and participate in during our childhood become our way of living, and in turn we pass these domineering ways onto our own children. Humanity is trapped in a never ending cycle.



Throughout all of this perversion and persuasion our soul remains pure in truth and feeling. It is only when we avoid our mind thinking processes and allow our feelings domain, do we begin to live in truth and harmony. Our soul based feelings are our way to truth. Allow your feelings to flow freely. Our feelings are truth. Our feelings will bring harmony and peace. Our feelings will help us feel and know the truth of our injuries and errors. Then with our soul based feelings will we evolve in love and harmony with our Heavenly Parents.

# Our Heavenly Mother and Father



**The Rejected Ones – Living True to One’s Feelings – Mother Speaks** by James Moncrief  
**Message 15 (Other Part) Heavenly Mother** 19 December 2002

Heavenly Mother

Welcome back James, my beloved son, I am taking over from Mary to add Myself to your writings. Are you surprised? Oh what a delight it is to be able to express Myself through the circuits of your personality. This is of course a very large part of the pleasure Your Heavenly Father and I get from our children. We can all be together if you allow Us to be with you in a personal way.

I want to tell you my dear one, that I want to communicate with you through the channels of your soul. I want to be able to show you directly how much I do love you and care for you. I want to be able to tell you as much. I want you to be able to feel My love for you. I want you to listen to Me always. I want you to speak freely to Me and I with you. I want and look forward to being able to converse with you as freely as you converse with one another.

Your beliefs limit your understanding of Me; so much so, you had not even allowed the truth of My existence to enter your consciousness. But I am here and We have always been together; your Father and I have been attending to the needs of your soul. We love you. We do not want to do anything else!

As you awaken your soul with Our Divine Love you will purify your mind allowing yourself to fully be of your natural and true love. And when you have done this I will be waiting for you. I cannot as yet speak as freely as I want to with you. That can't happen until your heart and soul are filled with Our Love and you're free in your spirit to express your self-love, but when such a transformation has been completed, then together We can all be as one, the Three of us in the truest Trinity of Love.

As you journey I can be with you in the quiet of your heart, and when your mind is still, we can speak. You can tell me all that you feel, and I can listen and tell you all that I feel. Continue to long for Our Love, want Us to be with you and in your soul through Our Divine Love. Want to live true to your heart of such love; want to live and know the whole truth of your soul. Want and long for Us to help you feel and know the truth: that We are always with you.

Continue, my child, to long for the truth of your soul. Continue to honour, accept and strive to live true to all you feel. Want to find the truth of your feelings for it will be through your feelings that you will come to Us.

We can only relate personally to you through your truth, as expressed by your feelings. We can't relate truly to you through only your mind. We will use your mind to speak to you, but we need your mind to be pure and perfect and true, and existing in loving support of your heart and its feelings, and not existing in rebellion to them.

We will help you with the healing of your heart and soul if that is the help you long to Us for.

Sometimes you will need to experience harsh things to break through your incorrect beliefs and shatter your barriers. These experiences will make you feel more helpless, and to begin with, more unloved, however as you will see, such bad experiences are designed to help show you the truth you are longing to see.

We, your Father and I, are not coming into your life to make your life better in the ways you believe you want it be. On the contrary, we are going to help you to see the truth of your wrong ways and why you



have them. We will do whatever We can – all that you need – to help you see your way clear of the delusion you live in.

Your world We allow – We want it – to continue because you desire it with your minds to be this way. We want you to experience living without love. But you don't have to keep living denying yourself love if you no longer want to. Your personal world you can now change if you don't want to live untrue anymore. How you want to live life we leave up to you. You can persist in living anti Our Love or you can give up the self-rejecting and God-rejecting ways of your negative mind and live how We intend you to live. But always the choice is yours. Choose wisely my Earthly child of love.

We are providing humanity now with more personal guiding light. It is coming to you as people and spirits. And they will help you to find out the truth of your feelings: what you do really feel about yourself; and will help you to see yourself for how you really are.

Be prepared for the worst. Begin to accept that you are all wrong, and not living with love. It may sound hard at first but steadily as We awaken your soul with Our Love you will see all the truth that you need to see, that which will set you free.

We have a lot of wonder waiting for you to live. Now in your present condition and state of rebellious mind you live with very little joy, little hope, and only a very small amount of faith. But you do not have to live this way. You can be completely loving and overflowing with joy and rock solid in faith. Our hearts are always open for you to come home to live with the Creators of your being. We will be here when you are ready to turn within. Come my little child who is so lost and confused. Let go of it all and be with Me your Heavenly Mother of all love. Accept that you do not know about the affairs of the heart. Accept that you do not believe that which is founded on love.

Accept that you are in a very bad state rejecting yourself by your own hand. And accept that your way is not Our way, and that Our way is unknown.

Give up, give in, and submit the care of your soul to Us. We will look after you. We are looking after you. Place your despair in our arms and let go. End the torment. Look to live a new way – Our way. Ask Mary and Jesus to support you with their Spirits of Truth. Look to them for guidance and help. They come as Our representatives; they have a lot of willing helpers wanting to love, encourage, and be of support.

And believe that one day you will understand it all. All about your own evil condition of mind, and why We have wanted you to experience it – why We have allowed it, created it, to happen. One day you will know all there is to know; not today or tomorrow, but one day. So for now there will continue to be questions you can't find the answers to, and although a lot about your life you will still be confused about, just keep longing for the Truth, honouring your feelings, living true, and one day it will all be yours.

I am going now James, but I will still be here with you. Your Father and I are always with you. And we know all you are going through is very difficult – very hard at times, but it is the way of your soul, the way of love, all you need to make you become the person We want you to be. So good-bye for now. I have filled your heart with My Divine Love, and your head is all but a spin. It has been a wonderful pleasure to be with you and your spirit friends. Your loving Divine and Heavenly Mother of All.

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Thank you James for that pleasure of accepting the Mother so willingly. What more can you say than that which you feel? Have a rest, and if you still feel up to some more writing I will speak to you later. Mary.

EXPRESSING ONE'S FEELINGS is the LIBERATION of ONE'S PAIN:

Our negative childhood repressed events, hurtful experiences, dramas and harming influences, are like festering cocktails of noxious energetic misery and pain?

That's right. It's as though something was put into you that's not meant to be there, it's making you be imperfect, and so it all has to come out, which you do by expressing all your feelings. And when all the bad feelings have come out, then you'll be left with the true and perfect you, that you which would have come naturally into being had it not been interfered with.



So you want to be true. And you ask God, your Mother and Father, to help you express all your bad feelings and to see the truth They want you to see. And then you just focus on expressing your feelings however you can; so to someone if you have someone who wants to listen to all you want to say, all the bad, yuk, stuff; or you write and say to yourself how you feel, and of course tell God all you feel.

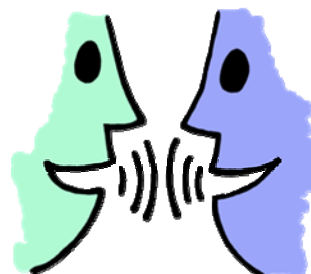
So you stay focused on your feelings, you keep expressing all they are making you feel, and you long for the truth of them, and that's all. You don't have to make yourself go deeper into them, that will naturally happen, and you don't have to do anything with your mind. You just keep trying to articulate all you feel, accepting those feelings, feeling how bad or good they make you feel, express all the emotions associated with them, and long for the truth they are to show you.



And in doing that, all the bad or wrong parts will slowly come out of you; and by liberating them, so too are you setting yourself free of them. Your soul then effects the necessary changes when all the pain has come out and the truth of it has been seen, and that is your Healing. And slowly you will perfect yourself, become true, start having good, loving, open, honest and truthful relationships, with your partner, if they are also doing their Healing, and then with everyone else. And most importantly, with yourself.



We are to grow in truth through our feelings, which is why our feelings are needed.



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

Infographics and diagrams have been added by Pascas.

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 16 (Part) Mary Magdalene

by James Moncrief
 20 December 2002

Hello James. Mary.

Today I want to speak about those poor little children’s faces of despair and misery. Their faces are the face of humanity and you can see it when you know what to look for, in all the children of Earth. I know that this may sound extreme James as not all children are dying of starvation abandoned in a hostile desert, but it is true. Your questioning, James, as to surely their must be some children, or at least one child, who is not so tortured and whose parents do truly and perfectly love it, is fair, but I’m afraid to say, as yet, they do not live on Earth.

For there to be true love and children who are perfectly loved, their needs to be truth. And there is no such truth yet available on Earth to be lived. That which you call love is based on misguided and unsound belief. As you and Marion are discovering for yourselves you are not of love and not loving as adults. Your parents did not make you feel wanted and did not live the truth that you are both now living. Your parents lived only how they believed they wanted to live or should live. They did not live true to themselves and to their heavenly Mother and Father.

What your world calls love is a lower manifestation of various attributes of your personalities all being expressed through and with a negative mind, however, real and true love awaits to be lived on your world: love expressed by a fully positive mind and will and not one living in rebellion, self- denial, and rejection.

Your world lives as an assortment of different levels of truth. Mainly of the lower levels, with the majority of people ending their lives and then carrying on in the lowest natural or Divine Love Mansion Worlds. Some people do express love corresponding to slightly higher levels of truth, however this love is nothing like the true love I am talking about. And a child needs the truest and purest love to be able to come into full expression as an adult. Without it, it is denied love and therefore suffers accordingly. It will only be future parents – people who have completed their soul- healing and living the equivalent of Celestial love and truth, and who then feel they that want to be parents, who will parent with the full love needed for their children to grow up feeling and believing and expressing their hearts and emerging personalities with love. These children will feel loved and completely wanted. They will not be wandering around the shopping centre looking sad or strapped into a pusher trying desperately to disappear, or dying the horrible death of the unloved and unwanted in the deserts of the world.

To see these mothers simply carrying on with their shopping while their little child cries and cries is a shame. These parents do not care with all their heart for their child. And if they did the child would not be crying. It would have no need to. **A child only cries for love. It wants what it is not getting.** The Mother and Father have not created children to want everything they can get their hands on, and which if the parents give into, then there will be no end to it, the child always asking for more, as they will be in the power seat. **A child only wants things other than its parents because it is not getting the love it needs form its parents and wrongly believes (having been taught by its parents) other things will fill the deficit. If a child cries and it is given a toy or something to amuse itself with: to take its mind of itself, then this is exactly what happens. It loses the focus from being with itself. It has taken a step away from itself and it is another step removed from its soul. Its own parent has made it step away from the parent itself. The intent of the parent to give the child something to take its mind of itself, is evil. The parent is directly interfering with the child’s self-expression. The child is then distracted. It loses connection with its will. The parent has interfered with the child’s will by making it do what the parent wants. And the child believes that the parent wants it**

to do this thing – focus on the toy or food, and that this is its parent loving it. But this is not love. And the child stops crying, and the parent is happy with it for to be obedient, giving it all the wrong signals, helping it create wrong beliefs that are laid down in its mind.

The child is only trying to get away from its bad feelings. It is crying asking the parent to love it and make it better. But the parent, instead of doing this does other things, which the child then learns are the things you do when you are feeling bad. It forgets that it was feeling bad, and at least some attention is better than nothing, and as already existing negative patterns are in place right from conception, the child by this stage of its life doesn't really expect to be loved, only paid some sort of attention. And this is then what it believes is love. This meagre amount of attention, getting given a toy or some food is love. It expects nothing more because it forgets that it was feeling so bad, and it has never experienced anything different. It doesn't know more love even exists.

It's a very sad fact that you as children begin life only trying to stop your bad feelings. Your whole focus and intent becomes focused on trying to feel better and it remains that way. All you do in life is to try and make yourself feel better. It is not doing things because you feel good and supremely loved and doing things for loves sake, instead you do things to try and make the bad not so bad. It then becomes a system of relativity's within you. The really bad times when your parents are hitting you, yelling at you, coming down very hard on you, with their will, make the lesser times of such unloving treatment seem loving, being such a relief that you don't feel *as* bad. And gradually you can even persuade yourself that these lesser times of feeling rejected were your great times and fun times with our parents, the times you all really enjoyed being together and loving each other. Can you see how deluded you have become, look at your 'good' memories and feel the true feelings of what you felt back then and see if they hold up to being true and pure experiences of love and fun.

To be truly loving happens naturally. You cannot make it up. You can't force it to happen. And you cannot pretend to do it. If you're intently focused on receiving the Mother and Father's Divine Love and living true to your feelings, slowly through your healing They will help you to heal your negative will; and your intention to do anything and everything will become of truth, of what is in your heart and reflective of what is in your soul; and it will then be of love, and you will be loving. You will become more loving the more true you become. But to become truer you first have to face and completely accept how untrue you are, and so therefore how unloving you are as well. And to face that you are not a loving person may for you be your greatest challenge. But until you do, how will you know if you truly are loving? It is just enough for you to believe that you are? And is it enough for you because you have friends, a partner, children and feel love for them? It is also enough for you that you are told by others that you are a loving person? And are you afraid to really find out what your soul feels about how you are?

Your existence is built on beliefs. It has become a major necessity for most people to build very firm beliefs within themselves, telling themselves – believing that – they are a good and loving person. But look more truly at yourself. Why then do you not feel so good about certain parts of your life or aspects of yourself? If you were truly loving, would you not feel such love and act in an all-loving way? Some part of you may be loving and more genuine, but how do you know which part and how big is it, and if it's true, what about the other parts, what are they?

As your wrong belief patterns are broken down by the Mother and Father through the workings of Their Divine Love in your soul and your continual longing for truth, you will begin to see yourself more clearly. You will see yourself reflected in everything. If you feel angry towards a person then that person in really only you, reflecting some aspect of you to see in yourself. If you criticise another

person or thing then it is only yourself you are really criticising. But why are you angry or critical? What happened to you as a child to become like this? And this is the truth you must uncover and see about yourself. And if you can let go enough, and pray hard enough with enough sincerity, really wanting to know the truth about yourself, the Mother and Father will help you see how you are criticising yourself as you are criticising others.

James, as a child you were heavily criticised, which led to you believing that you need to be criticised. You were told by your ‘caring’ parents that they are criticising you for your own good, and that it will make you a better person, but all it did was make you believe this: to be a better person you must be criticised. And as you believe your parents must know better than you, because they are the ones doing the criticising, then you will also criticise believing you are gaining power just as you experienced with your all-powerful parents gaining power over you. Being criticised makes you feel powerless; having been made to be subservient, so you believe being critical makes you powerful. You then look into the world as the great knower of many things, the things your parents criticised, criticising others for such things as you criticise yourself. You are criticised so become the criticiser. It’s all very complex and only by doing your healing can you unwind it all, finding the truth of what really happened.

This is a small example of what you can do to begin your healing, to start expressing your bad feelings. If, for example, you come home from being out shopping, and you feel angry about something, then bring your anger up telling whomever you’re with, provided they have accented to listen to you – to what you’re feeling. And if you’re by yourself tell the Mother and Father all you feel. If you are alone, speak out loud if you can so you can hear your own voice, hear the words of your anger. Begin by saying: ‘I’m angry’... Begin by declaring to yourself that YOU ARE angry. It is you – YOU FEEL THIS WAY. And then continue to say what it is you are angry about and how this all makes you feel. When you have finished allowing yourself to be angry and just feeling – accepting your anger, stop, and long for the truth of why you are feeling this way. Then resume expressing your anger. Moan, rage, yell, do whatever you feel like doing and saying, and if you can’t do or say anything and have to keep it all locked up within you, then accept this – never do what you can’t do, only accept. Always accept yourself as you are. Don’t try to fight or resist, simply accept.

The first and a major part of your healing is to fully acknowledge your anger, or bad feeling.

This is what is buried in you, having the lid kept on it by your controlling beliefs. By acknowledging your feelings, you will eventually bring your belief up, exposing it, enabling you to see the truth of it. And by seeing the truth it will be broken down, stopping its control of you.

By concentrating on your bad feelings, acknowledging them as they surface, is what you need to do in a constant ongoing way. In the beginning you might find this difficult because you may not be so aware of feeling bad and knowing such feelings are there. Speaking for James, it took him years and still he is grappling with identifying and accepting his bad feelings, let alone expressing them. He was not allowed to express his bad feelings when he was growing up, being further compounded in him by the pressure of being a man. He buried his bad feelings very deeply and believed he was nice and quiet and relatively self-confident. However, as he will testify, feelings of unhappiness and being scared plagued him from time to time, and it was wanting to do something about these during his late twenties that was the beginning of his healing – his search for truth. James, you acknowledged finally to yourself that you were scared and unhappy, so much so, that you decided you didn’t want to live that way any longer. Back then you did not know what to do, but it was your personal decision and added determination to try and find out why you felt this way that initiated your spiritual life. You began longing to know the truth of yourself with a sincere want to be happy and not scared, and it has led you to us speaking now.

Let's have a rest, Mary.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Notes above are drawn from James Moncrief's writings.

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good! Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the **ONLY** way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

Feelings first

LIVE FEELINGS FIRST

The Rejected Ones – Living True to One’s Feelings – Zelga Speaks
Message 16 (Other Part) Zelga

by James Moncrief
 20 December 2002

Zelga.

Having someone to listen to you is all-important. I will continue James, Zelga. We all need someone. We begin our lives by needing our parents. And this continues. We all need a friend, someone who believes in us, who accepts us for being who we are. We are all very fortunate to be given a soul-mate. In them we need no one else. They provide us with everything we need so far as an intimate relationship is concerned. They can and will want to listen, and they just do. Those of us in spirit who’ve experienced this find it amazing and it gladdens us to see it with you and Marion. However, it’s not always easy, particularly when you’re doing your healing together. We’ve all had difficult times with our soul-partners but still something inside us says to keep going. It is a hard thing to explain, and can really only be experienced, but it is wonderful. It is so exciting when you have passed up through the lesser worlds and are getting closer to Celestial perfection. I know you will write about it with Mary and so I won’t try to explain it because I don’t fully understand it myself, but how the Mother and Father have organised it so you can do your healing with your soul-partner and the specific roles one another plays for each other is incredible.

In one moment you are angry with your partner, you argue and argue to the point of hating each other, then so frustrated you both give up the fight and give in to your bad feelings. Then as you both break down in them not wanting to be the dominant power person by allowing the bad feelings to overwhelm you, slowly the truth begins to dawn and you speak all about it and tell each other in a more unheated frame of mind what happened and why you were feeling so upset. The whole process of being together and wrestling it out is so hard, but so thrilling especially when you are both friends again, and the typhoon of emotions has passed. Over the years of being together expressing your feelings, the bond you both establish becomes very solid. You certainly find out if you like each other! And love comes. It does, it really does, and when it does at least you know it is genuine because you truly know each other as you know yourself.

Most people believe if you can find your soul-mate you will live in blissful love happily ever after. And this is true – BUT ONLY ONCE YOU’VE BOTH FINISHED DOING YOUR SOUL-HEALING TOGETHER. Up until then it’s more of a working relationship as you battle your way – using each other – through healing all your bad feeling denial.

I hate having so many things buried inside me that control my behaviour and what, when, how and why, I say anything. I hate it, I hate it, I hate it! And I hate the ones who made me be how I am. I hate my parents for hurting me in so many ways and making me feel so rejected. I hate them, I hate them, I hate them! And having someone to tell how much I hate them is so good. All I want is to tell someone who cares about my plight, about my feeling so bad. I couldn’t tell my parents about it, as my punishers didn’t care about my feelings. They were the cause and so now to have someone with me (my soul-mate and partner) who is here for me all the time, to speak whatever horrible things I feel to him, and to have him listen and sympathise, is just what I need. It is such a relief to be able to SPEAK! To say just what I want to and when I want to. My family believed they had good manners when it came to speaking to each other and other people, but as I have seen through my soul-healing it was all so controlled, and all so affected and put on. Now I can just speak my true feelings, I can say what I want to say, and behave in any way I want, and my soul-mate loves and accepts me as I am. It’s such a good feeling to know someone is there always for you, someone who is non-judgemental, all accepting, and someone who just loves you for being your true self. James, it is such a pity our parents couldn’t have accepted us this way, it would have made life so enjoyable.

The most incredible part of the experience is that you begin with is what's in your life now that's making you feel bad. It can be the biggest thing or seemingly the most insignificant. And so often it's things that haven't even bothered you before. Then as you begin to express your bad feelings: anger, hatred, misery, sadness, guilt or whatever you feel, you begin to feel yourself going in and back to your early life as a child with your parents, and then finally you see that it is all concerned with them. It is all about your childhood and the thing happening now that's making you feel bad has only provided you with the impetus to bring up bad feelings from the past. Slowly you begin to see how everything in your life now is still in essence – in truth and in feelings – as it was when you were a child. So focusing on the things now in your life that make you feel bad, is also focusing on things you are still feeling bad from early childhood. The thing making you feel bad may not be the same, but the feelings will be, and **it's the feelings that are important.** So do you see James, through and with your feelings now you are an adult, you can connect back to your feelings in early childhood. You are still the child even as you are an adult. So you are still the poor unloved child you were then, now as an adult, only mostly you don't want to allow yourself to know or remember this.

Then there are those feelings that just seem to surface, sometimes slowly and other times very rapidly that don't seem to have had any outside stimulation to bring them up. Stimulation is going on all the time, but as we discover, so many things are based on patterns and need lots of sequences of events to bring about bad feelings. These feelings you treat the same, as soon as you notice them – and this you become better at as you become more familiar with the whole process of expressing your bad feelings – you get the attention you need from your partner or the Mother and Father and begin to tell them what you are feeling. So many of these feelings are often undefined to begin with and slowly you may detect that you are feeling strange, out of sorts, a bit off, maybe sick or woozy etc. And then as you describe and focus on them, you may begin to feel a hint of anger and then you are on your way. Then you come back to more familiar ground and you are angry again, yet again! Angry, angry, angry! And you wonder: when is it ever going to end? How much anger can I have in me? On and on it goes, day in and day out. So many bad feelings have we all locked up in ourselves! It seems like they are endless. Endless bad feelings to keep expressing; longing to uncover the truth of them.

It is equally as hard for us here in spirit as for you in flesh. You might think that as we have other spirits ahead of us and even separate worlds, all with many planes and sub planes defining where we are in the greater scheme of things, that we might have some idea about what is in our soul and how much of our anger and hatred is left as we progress in our healing. But we don't. It all comes up from within, being liberated directly from our soul as required, all helping us to look within.

You cannot see it without. Where you are in the scheme of things becomes immaterial. Where you are at the moment and what feelings you need to express is all that matters. And this is forever. It becomes very reassuring beginning to live true to your soul. Even though I am not quite there (at the Celestial level), I have done enough healing to know what it feels like: to feel the outside of me is only a manifestation of what is inside me, and to feel I will create what I need out side of me from processes within me to help me progress to the next experience.

We are doing this all the time even though on the lower worlds it is not so obvious. It seems to many of you on Earth that the outside totally dictates life, but it doesn't. You can't see this because the reality you are living now is composed of all the stuff that is buried and repressed inside you – all the anger and hatred and fear and misery and unlovedness we've been talking about, all of which you are hiding from yourself by persistently denying your bad feelings. However, as you begin to bring all of this up and out of you, what is left is only the real and true you, and your experience of the outside world will then reflect this truer you, life will be much more pleasing. It is an amazing adjustment in perception you

make as you begin to feel how not in control of everything you are, and with nothing happening without you knowing why. And the more attuned or ‘closer’ you become to your soul, and the more soul led you are; and the more you’re able to freely express your soul – simply be the soul you are – then the more you feel you are the creator and fulfiller of your own destiny only doing this through your soul and not with your mind. **Our healing is a relinquishing of our minds control, giving up and allowing our soul to take over. And our soul shows us the truth of how we are to live through our feelings – it shows us through our feelings. So if we can live true to them, then so too will we live true to our soul. Our mind then settles comfortably into playing the role of helping us understand our feelings and what we do in our life as we live true to them.**

I would be most delighted to answer your question as to where I and the other spirits are when we talk to you. Well, we are in the seventh Mansion World at my and my soul-mates house. We all sit around our lounge room and certain things happen (these things I cannot tell you about), and suddenly we are in your lounge room so to speak. We no longer descend the Mansion Worlds to speak to you as we first did, because you have ascended them, and so we can meet on more equal terms. It is a lot easier for us all, and very much fun. It's all fascinating and exciting, as we don't know what is going to happen next, especially when you suddenly get up, stop writing, leaving us in the lurch. Oh, and by the way, I see your little cat is coming and she'll want all your attention, so good-bye for today and I look forward to speaking to you soon. Zelga.

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

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

MIND



SOUL



Infographics and diagrams have been added by Pascas.

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 17 Mary Magdalene

by James Moncrief
 21 December 2002

Let's get back to it James. Mary.

Let's continue with the horror. Not quite the great inspiring and uplifting spiritual work is it? Not exactly what everyone who wants to see the light and be healed and do great works for the Mother and Father might consider worthwhile, but all of that way of thinking – with only the mind – is all a part of what I am pointing out to you is false and untrue. What most people call spiritual, and being spiritual, and the spiritual life they are seeking; and their so called spiritual beliefs they believe and practices they practice, aren't spiritual, and just like everything else, are wrong.

I will tell you again: Being spiritual IS doing your soul-healing. You can't be more spiritual than that. And whilst you're of your negative self-denying mind, striving to heal it, is the ONLY way of being truly spiritual. And as you do your soul-healing and grow in truth, so too will you grow spiritually – growing in truth is spiritually evolving your soul. All else of what is spiritual, until you've completed your soul-healing, is only, at best, natural love advancement of your mind.

You have got the wrong role models to aspire to. The Christians put Jesus somewhere into a holy place taking him off the street and out of the very hearts of the common man he is trying to speak to. They format worship and ritualise everything, and then believe verbatim all the Bible says. And it's all wrong! Jesus is wherever a heart is sincerely seeking and yearning with all his or her will for the truth – the truth of the Mother and Father. And at least now with his messages to Mr. James Padgett you can begin to understand what his true message is. And add to his words what I want to say, and you'll have the makings of a spirituality that will satisfy the cravings of any soul.

How can you look to God for love and help if you can't freely relate to God as both your Heavenly Mother and Father? You were parented by both a mother and father and as a child of God you naturally should look to God being both your Mother and Father, this truth being what Jesus and I are revealing to you. But without both a union and acceptance of the feminine and masculine together as one, as portrayed by Jesus and my Spirits of Truth uniting within you, you will never be able to truly spiritually grow. You can delude yourself that you are making spiritual progress with your mind, but true spiritual progress is the ongoing expression of your soul in Creation, something only achievable by living true to your feelings. To believe that Jesus and the Father will save you without the help of the Mother and myself is false hope. It's not a full revelation, it's only half of what you need. However you won't be able to accept this revelation until you start to heal and change your negative mind. And a part of your healing will be to confront the truth of your fear, the fear of what has been done to you.

And this damage was done to you in your home from conception to adulthood. And as you will discover for yourself during your healing, the worst thing you fear has already happened – being a child with your parents. But how can I say this, such a terrible thing against your parents? How can I, this spirit person calling herself Mary, soul-mate of Jesus, say such a thing when wouldn't she at least be all-loving and all-caring and the very picture of purity, love, tolerance and patience; and someone who would only ever say good and nice things, never going so far as to condemn one's parents? Surely she of all people, if she does exist, would not be condemning parents, let alone accusing all parents of not loving their children? She must be the evil one, the one who is threatening to tear us all apart and ruin our life. Surely she must be the work of Satan, one of his minions – a devil perhaps, and sadly James has come under her spell.

But if all I am saying is utter nonsense, and one's parents are all-loving and did the right thing by you,

then why are you so unhappy? Why are you reading these words looking for answers? Why are you riddled with fear and disease? Humanity has had thousands of years to see that things are not right? And yet why do parents continue to delude themselves that they are good and nice and loving and caring to their children? And why do you as children continue to protect your parents saying they are all-loving, when how you conduct your lives and so readily deny your bad feelings, shows things are not right.

And look at the 'wonder' of medicine, what really is it doing for you? Prolonging your torture! What do you have to look forward to in later life? Are you going to live on your precious superannuation and enjoy your wonderful freedom of no more responsibilities while you watch your body fall apart, and feel the pain begin to creep up in you, and wish that the medical authorities would speed up their discovery of cures for the darkness that is descending on you?

The pain is ever threatening. You have to do so many things to keep it away. For many people everything they do is to try and keep it away. Right from the beginning if you could hear yourself you'd hear yourself crying in the womb. And your crying never stops. You may force yourself to shed no more tears, but your soul – the real and true you, is still crying. And will continue to cry until you allow yourself to cry. Through your healing you will cry, and even if you can't, you will feel that in some way you are as you're-live' the memories of crying long ago.

The soul-healing Mansion Worlds, those of Divine Love, are called the 'crying worlds'. Many spirits are now in their homes crying, expressing the pain that is surfacing within them from their early childhood. Don't be deluded into believing life in spirit, in 'heaven', is all happiness and bliss. These spirits are in effect in the 'hospital and convalescent worlds', and this too is what you'll need as support as you go back through the torture you have been denying all these years. Your inner torment is like a huge wave and everyday you go on refusing to acknowledge it, it grows in strength. You James, together with Marion, have lived these past years like a recluse, your home being like a convalescent and recovery world, all being necessary as you've both allowed your repressed childhood pain to surface.

By the time you are born, already the wave is too big to be healed by a magic wand and made instantly better. Your whole being has grown and formed in it – the negative mind and will states of your parents. And this continues through to sexual maturity. By then you are in a very bad way. And when it seems you are in the prime of your life, easily able to override and block out any repressed childhood feelings, you are going full steam ahead, away from yourself, adding more and more layers of falseness on top of your already traumatised soul. To come back from here is a big thing. It will take time. A lot of adjusting and readjusting and then more readjusting will have to occur. It will take many years to do your healing, however it will be less than the number of years of horror you have already lived. It is not a second by second healing – that being for every second you have denied yourself you have to relive and account for it. But it will take time, and in it, it will seem like it is endless. It will go on and on and seem to be getting worse and worse. The further you go the more you'll see, and the more you see the further you can go. And the more you can see, the more bad feelings you can feel, and the more you will reawaken – recall – the pain of the feelings, and the more you will beg the Mother and Father for Their help and love. And the more you will feel helpless and lost and not knowing and not relating to anything in life. And the more separate from the world, the more you will hate everything and everyone, and the more you will hate yourself. And the less love you will feel and more demented you will be. And the further you'll go the less spiritual you'll feel and yet strangely you will know that you are healing yourself, changing, growing in truth, and becoming the real and true you.

And the further you go everything you thought you believed will crash and be thrown out the window. And you'll even hate the Mother and Father, and be angry with everyone and everything especially those you thought you loved; and you will be angry and angry and angry, and you will hate me and Jesus and

everyone else and everything else. And this is being spiritual, this is your spiritual path, it's living contrary to everything you've been made to live. Now you will be beginning to actually live true – true to your negative state. You have to live true to your self-denial so you can uncover the truth of it. Once you've achieved that – completed your soul-healing, then you can start to live true to your positive mind and will condition. But first you'll have to become the real and true negative you. And when you've done that then you will for the first time since your conception be close to being your soul. And then when the day comes when you actually finish your soul-healing, when you have given up everything and it is all over, then will come love. You will love yourself and the Mother and Father in the correct way, and you will know what is right for you to do. And you will be doing and living the Mother and Father's Will, and feeling happy, loved and secure. You won't be scared anymore, and in a way will begin your life again – YOU WILL FEEL AS THOUGH YOU HAVE BEEN COMPLETELY BORN ANEW. And you will know the truth of this and will not have it confused with all the erroneous beliefs that you once lived and believed.

To be spiritual on your world is to live in reverse, virtually in the opposite way to how you believe spiritual living is. To change yourself around so you are looking the right way is a very big task. But it can be done – you can do it! You only have to want to and not stop wanting to live as you are doing. But to give up everything your holding onto, everything you're using to deny your feelings and yourself, will be very difficult. But you can and will be able to, if you want to.

What I am saying is new. Nothing except small isolated bits and pieces of truth exist. And it is impossible to live true based on these things. No one has done it, so Jesus and I have come back to help. The Mother and Father asked us through our feelings to do this for Them and so we are. And if you listen to the depths of your heart you will hear Them asking you to try to begin your healing.

I'll finish here, James.

A few hours later – Let's continue James, Mary.

I want to change course somewhat James. You sit back and allow me to guide your mind, write what comes to you.

In the beginning there was only Nothing. Soul then came into being. And as Soul came into being so too did love and all the attributes of Personality, because Soul is Personality and Love in its Existential form. Personality is the expression of the Soul in the experience of Creation.

In your beginning there was nothing. You, I mean, were nothing. Then, you were soul, created by Soul – the Mother and Father. Then you were personality of soul, your personality bestowed on you at your creation by your Mother and Father; and now you are the personality of your soul being expressed in Creation and we can relate together and can identify you as James. But to your soul I am not really real. I am only you. I am a part of you. Really only you exist in your own world in Creation. You are in your creation only as an expression of your soul, as I am in mine. We are separate paradises and universes, as we are separate souls, and even this may be debatable on some realities of existence.

When you were conceived you were brought into another world. You were brought into your parent's world. You were still soul but just beginning to express your personality and from your own world and universe to live in. And, as we all do, you needed your parents to guide you to provide you with an environment of love so that you were free to be just how your soul wanted you to be. But they didn't help you in this way. They made you change yourself and fit into their world. This was very confusing because as you grew older so their world seemed to change. One day they were angry with you for

something and the next day they seemed to be laughing about the very same thing. All very confusing and so you are: very confused!

Parents fear their children. You all do on Earth. Whether you believe it or not you do. And so as children, you have been treated as a scary thing. Your parents feared you were going to somehow take their world away from them. You, their own child, is going to change their world, and it will not be as it was, they will lose control of things, of things in their world. You are a threat. You are competition, you are something that needs to be overpowered, something that needs to have its freedom taken away. And so in this environment how can you be loved? Your parents were scared of you and because of this you are scared of them. When you cry they feel threatened. They do not know what to do. Parents do not know how to parent until they do it. How can they? No books or learned techniques are going to help you when you are in the thick of it. How can they! And so too with your healing.

All that I can tell you will not do a thing for you when you are in the thick of your soul-healing, but the Mother and Father can tell you and help you. As the confusion and tough times just keep coming, loose yourself to them. Abandon yourself to them, try not to fight them, accept them but keep speaking up about how bad you are feeling. When you are in your states of trauma you are out of your senses and will do only what you can. You will respond as you did as a child being in the same traumatic state. There is nothing else you can do. You can't be how you are not. You are how you are. But I want you to know that the Mother and Father are in control and nothing will happen to you that will harm you. You have already been harmed during your early childhood and survived this far. However, you will have to relive the bad traumatic states you were forced into as a child. You will have to go back into them so you can find the truth of them – this will be the most difficult part of your healing.

A traumatic state is one in which you all but lose consciousness. You are literally out of your mind. You are your soul, bare and exposed and unloved. These are the hardest times you have lived and will face in your healing. These are the times that are at the core of all your negative beliefs. Steadily step-by-step the Mother and Father will work you towards them. You will be unravelling beliefs that keep your whole denial structure in place, and when you have unwound the confusion the real wound will be laid bare.

When you are small and you are crying and so desperately at your wits end, the trauma sets in place. This is emotional, mental, spiritual, psychic and behavioural trauma. The trauma that you might experience such as a physical injury or the loss of a parent or some bad thing happening is nothing compared to the trauma you will suffer with both parents there with you treating you in such an unloving way. A physical injury or loss of one or both of them would be a relief. At least with a physical injury you might get some attention and sympathy, and the loss of one or both parents may give you a chance of being looked after by someone not as bad (it may of course bring someone worse into your life, but they are still not your parents and directly concerned with the state of your will).

Your parent's denial and refusal of love causes you trauma of the highest type. This trauma is the worst and hardest to heal. And you see it going on every day in the homes of 'well-meaning' parents. You are a traumatised child. And during your healing you will begin to see this more and more clearly. You will need a lot of help and loving care to heal yourself, to allow yourself to re-live and bring out and express truly all your early childhood trauma. Your whole childhood was one big trauma – that is a lot to accept and understand. By honouring your bad feelings you will do this for yourself, helping yourself love and care for yourself. It will be you who heals yourself with love, all through self-acceptance. Your soul will guide you along the way to recovery. Back to where, once again, like in your beginning, you will be only your soul and you will live only in your world of creation. And you can do this all within yourself. And you can be happy in your world be it on Earth or in spirit. It will be your world and you will feel happy and loved in it. Nothing from within or without will be intruding on it keeping

you away and separate from yourself. You will be living free with the Mother and Father and your soul-partner, for **it will take the two of you to create your outer world: an expression of your one soul and its two united personalities.**

You live in a negative mind state. This is not one of love – true love. Most of what you believe is love isn't love being nothing more than a contrivance of your negative self-deluding mind. It is self-defeating. It keeps you subservient. You are taught it by parents who are themselves negative being children of negative parents.

So much of the positive attitude approach to keep healthy in mind and body and spirit is wrong and actually very bad for you. It is all a part of your confusion as to what to believe. You struggle on believing that the things you are doing are right but they are not. The things are wrong, and if you stop for a moment, you might detect that you don't actually feel good. So many people, for example, struggle on exercising or having sex in the misguided belief that it is good for them, but if they could be honest with themselves they'd have to admit that it actually makes them feel bad. This bad feeling is brushed aside with such comments as: When I'm fitter I won't feel so exhausted, and: I know it's good for me – I can feel it. But is it, or is it only something you believe based on what the authorities say? And why do you do it? Do you have to? Is it something your soul requires of you? Or is it because all you know is how to live negatively and so you have to keep finding things to do – things that you falsely or negatively believe are good for you and fun to do but make you feel bad? You have to keep being how you are – feeling bad, as you did through your early childhood, but as you don't want to feel bad, then you have to find things to do that you can believe make you feel good, when in fact they are actually doing the exact opposite, all because your underlying patterns are negative, unloving and self-denying. And it may surprise you that many of the things you have long since convinced yourself are good for you, and you actually 'love' doing, you will eventually give up, and then further on in your healing you won't even be able to imagine what you saw in such things let alone 'love' them.

You don't begin to smoke believing it is bad for you and will kill you and, oh, what a fun thing that is to do. You pretend all sorts of things to yourself in the beginning and then when it has become an established part of your negative program of self-denial, just adding another thing on top of many, it becomes a habit and very difficult to let go of. It becomes something that you 'need', something you have convinced yourself makes you feel good, but something that honours your negative patterns actually making you feel bad and unloved.

With the help of the Mother and Father and Their Divine Love you can and will break free of all your habits and addictions. You will unwind all the controlling factors that cause you to believe that they are something you need, and one day it will all be gone.

The negativity has built on itself from conception. There is a lot of it and it is well entrenched.

All the way along you have felt it and felt bad, but as you naturally don't want to feel bad so you have looked to all sorts of beliefs and ways of behaving and things to do, to try and make you feel good, to cover up the bad feelings. These things you believe do make you feel good, but the delusion is that then they keep you helplessly trapped in your own wrong state. And you can't see it. And you won't until you want to. **The Mother and Father will not interfere in any way, and in fact, They will help you maintain your negative state, and even go further in it, if that is what you want. If you want to make increasingly bigger business as a part of your belief that it is making you feel good giving you a sense of power and self-importance, then They will keep opening the doors for your 'success' – as you call it. More suffering I call it. Because one day you will come crashing down and it will be a long way to fall, back to a more realistic level of reality. And be it on Earth or in spirit that day will come.**

Lots of people continue on in spirit (as a spirit) after they die just as they did on Earth. And then many of them find many more new and exciting and wonderful things they can do. It seems that millions of opportunities suddenly open up, and things they only dreamed of doing now they can do all they like. There are no money restrictions if you don't want their to be, and no restrictions on anything, but still all that is offered will only support your negative pattern helping you bury yourself even deeper in your falseness, deluding yourself even more that you are happy and living life of love. It can take many centuries before some spirits wake up to the truth that they are only doing all they do so as not to feel bad. Doing everything so as to run away from their hurtful childhood memories. **Like on Earth, the natural love spirit worlds are all geared to the negative, all so people and spirits don't have to stop and face the painful truth of what they really felt during their early childhood. All man has created is designed to help him hide from his true feelings, to help him deny his bad feelings. The whole world lives in a delusion of self-perpetuating 'trying-to-feel-good' when underneath the sad exterior façade no one actually feels happy, true and loved.**

I know it may be hard to accept that all you are is wrong. I know I may sound too extreme, and I know it might be difficult to understand that all you feel love to be might not actually be true love.

And I appreciate **that to have to look at your parents in an unloving light might be the last thing you want to do, however, if you truly want to do your soul-healing and fix all that is wrong within you, then at some point you are going to have to seriously consider all I say. It will be very difficult, and to give up all that is wrong within you will prove very trying and testing, however to uncover the truth of the real you, to find who you really are, you will have to confront yourself and accept that a lot of what you might see won't be pleasing.**

So to begin from here, I will help you. If you can accept that you are all negative and everything you are doing in your life is going against you, then it is a good premise to begin with. To try to believe that you can accept some things may be wrong, but other things are okay will only take you longer. You will be holding out on yourself, resisting the inevitable breaking down of all that is wrong in you. It is only the healing process itself that can help you see and accept all your negativity and falseness. There is no way you can see it all for yourself before you experience it, and no amount of analysis or therapy will get you anywhere near uncovering the whole truth. It may help to get you going, but the real intricacies of the mind and how you have let it separate yourself from your feelings, only God and your soul knows. Not even I or Jesus or any other spirit can or will be able to tell you it all. We can't because we are not you. You have to feel it all and experience it all for yourself. It is all a part of your souls growth and expression. It is all a necessary part of your coming into being: to first heal yourself of the negative, of all that is evil within you.

You, your soul, chose to come into being with this negative start. It was something you worked out with the Mother and Father before your incarnation. Difficult, yes, and very traumatic, but you are not a lost cause no matter how bad or desperate or evil; or beautiful or wonderful or successful; or sinful or religious or spiritual, or anything else you think you are. It is all the same – negative. But you can fix it all. That is the most magnificent part of the soul – what it can experience – the great depths of no-love, and yet still come back to being full of love. And I will add this in now for you to ponder: your experience of the negative and of no-love is, and will become, invaluable to you. It won't feel so invaluable whilst you're of it, but once you have healed yourself of it all, then you'll see and relate to it in a new light. And it will not be the end of your involvement with a no-love state. And by this I mean, that in your long-way-off-future you will not be of the negative ever again, but you will help other souls out of theirs.

With Creation as it is now, rebellion and the negative mind and will state is relatively uncommon. Creation is still too close to Paradise and under the influence of its perfection, however as more Creation is created and the universe of universes extends further and further away from Paradise, the potential for planetary and system and even potentially all but universal rebellion, cannot be left unconsidered. And so who will be needed to help those souls who are so in need and crying out for help just as you are now? It will be spirits whom know what it is all about to live in rebellion, in self-denial of love, who can be sympathetic and caring and loving to these lost and wayward souls.

All that you experience in your negative state, and in particular, all you ‘see’ and understand as you heal, will be of value forever. It is not just bad luck you had a horrible beginning and once it is over and fixed you will live on Paradise happy ever after, your nightmare experience of the negative forgotten and erased like it never happened. Yes, the happy ever after you will live, but you will be out and about in all parts of Creation with things to do for the Mother and Father drawing upon your negative beginning. Earth and the Mansion Worlds and the local universal worlds, and the greater universal worlds, all the way to Paradise, are for you to specifically experience. As your grandmother said to you James: ‘nothing is wasted’, and this is what happens as you experience: nothing is wasted, for how can it be when it is you! And when you are finally only of love, all you do will only build on itself making you more and more of love.

Your life has bad things in it, and bad things only happen to you, because you believe (unconsciously) they have to, beliefs put in place as a result of your unloving childhood. And to try to override these beliefs with more ‘positive’ ones is going the wrong way. It is all so wrong and can and will only lead to causing more bad things and more hurt. To stop, give up and try not to do anything you don’t want to do, or do anything that makes you feel bad, is a better way to live. But it is hard to do. So when you do something that makes you feel bad but you also feel powerless to change it, focus on the desire to do something about it. Want it to change, and want to see the truth of why you do it. Don’t try to change it yourself, just want to change it by uncovering the truth of why you are doing the bad thing. Speak about it, bring it all up – express all you feel about it, both good and bad feelings. And it doesn’t matter even if have to still do the thing, do it saying to yourself how much you hate it. You can only do what you can do. If, for example, you have a bad habit, something you do which you don’t like doing, don’t just try to stop or break it, instead simply yearn to stop it, keep doing it and LONG for the truth of why you do it. Really want to know with all your will, the truth of why you do it and why you can’t stop doing it. And then speak to a friend about all you feel about it: how bad it makes you feel, how REALLY bad it all makes you feel; how powerless you feel being unable to stop it; how pathetic you are not being able to control your own life, and speak about how feeling these bad feelings makes you feel. Don’t put pressure on yourself trying to stop doing it yourself. Accept that you have the problem and concentrate on expressing how powerless you feel not being able to stop doing it; and if it makes you feel angry, or miserable, or other bad feelings, express them.

And be aware that it may take you years of working this way on yourself before you find the deepest causes driving your problems, those caused during your early childhood. But when finally you uncover and see the whole truth, then you will be healed. Uncovering and seeing the TRUTH is the key. Uncover the TRUTH and you're Free.

Seeing the truth is the answer. When you see it you know it. You may immediately forget it but it is within you and will not be lost. The truth is yourself, forever to behold. And if for some reason during your life you need to speak your truth, it will just be there for you to say or do. You have to see – understand – the truth of all the delusion and negativity you are living in. See it in yourself, in your parents, in others who’ve negatively influenced you, and in the world. And the Mother and Father will

show it all to you, all They want you to understand. Amazingly They will show you what They want you to see. As you will experience, it is incredible how truth comes to you, how you reveal it to yourself through your feelings.

We will stop here James as I see you are getting tired. Mary.

DIVINE LOVE enlivens our FEELINGS to progress our HEALING!

‘I didn’t know as a child I was that aware?’

‘You weren’t as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that is now within your soul, you are able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult’s perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.’

‘Yes, I see what you mean. Is this what my healing will be like all the way along?’

‘Some parts of it. There will be lots of different parts, but once you’re expressing your bad feelings, and when you feel ready, if it hasn’t naturally happened, you can try and turn your attention to your childhood and see if how you currently feel matches with any memories you might have of back then just as you’ve done now. By wanting to do this, you’ll help train your mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

So I just had another healing Paul thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping me to see all of this.’

Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

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



Healing is the feeling and expressing of childhood injuries and erroneous beliefs. They will be expressed progressively through one’s healing process.

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
quickenning

22 May 2017

Rebellion and Default
officially ended

31 January 2018



LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality The New Way

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

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

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

Infographics and diagrams have been added by Pascas.

Our FEELINGS are our SUPREME GUIDES:



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

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

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

FEELING HEALING

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

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



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

Infographics and diagrams have been added by Pascas.

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



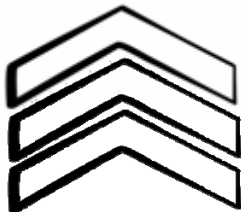
my
House is your
Paradise

HOME

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.

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



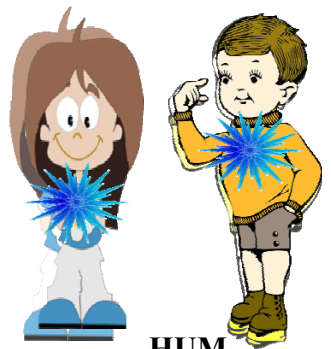
M&F



J&M



AVO

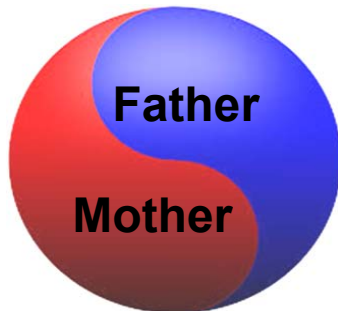


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

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

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

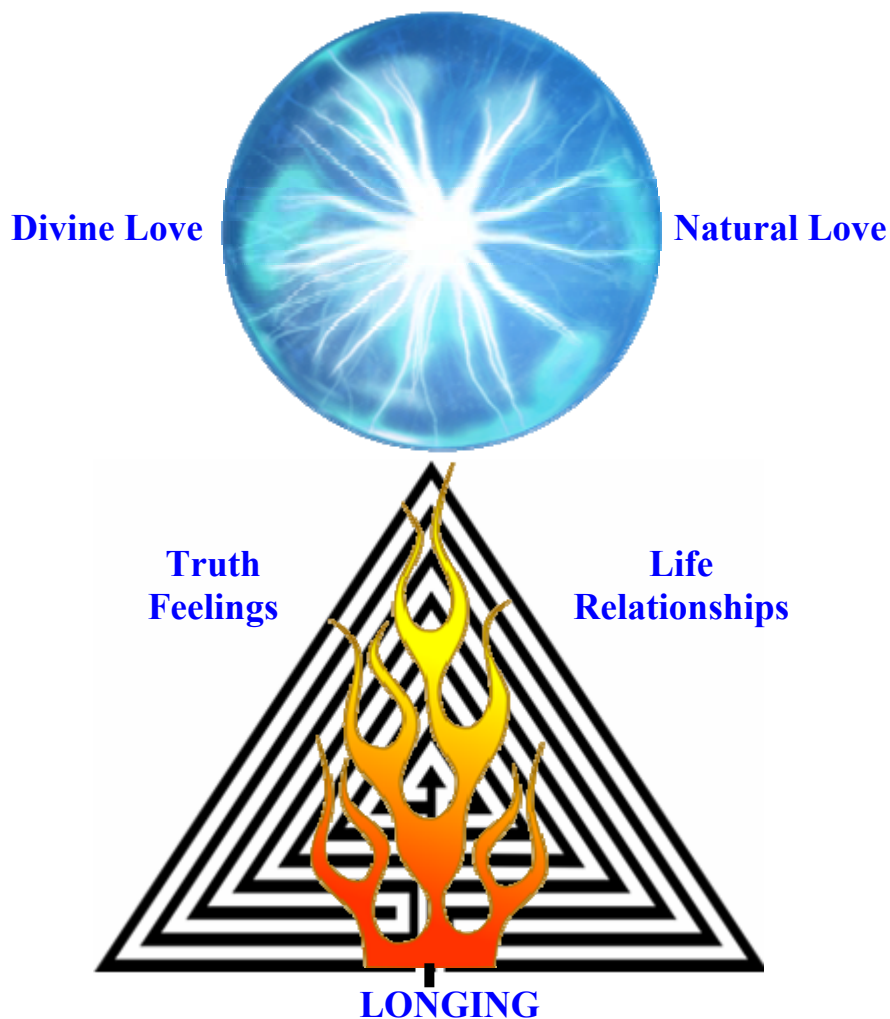
Want to understand the truth of your early life

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

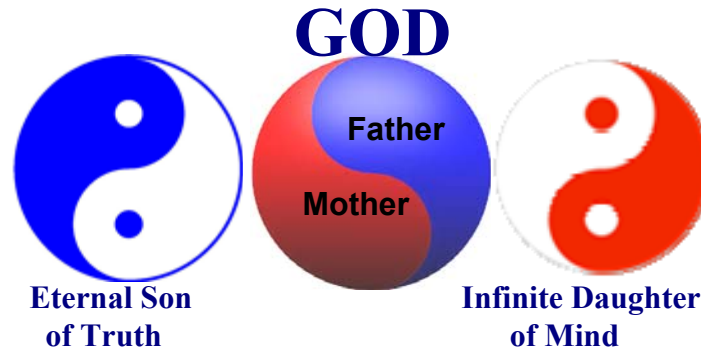
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates / Soul Partners)
2. **ETERNAL SON (ES) – Divine Truth**
3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

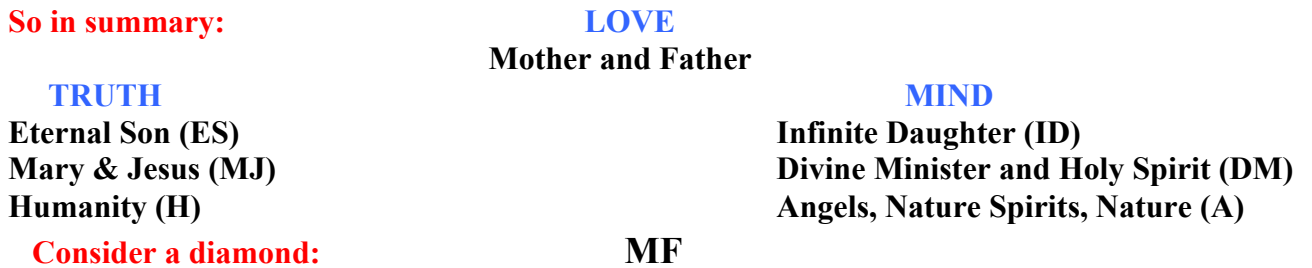
The LOCAL UNIVERSE TRINITY:

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

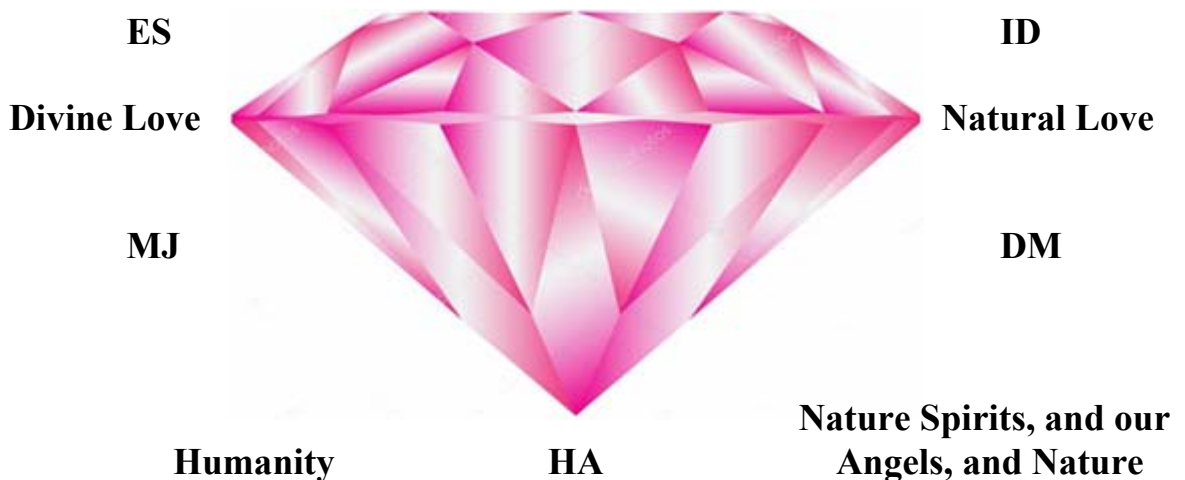
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

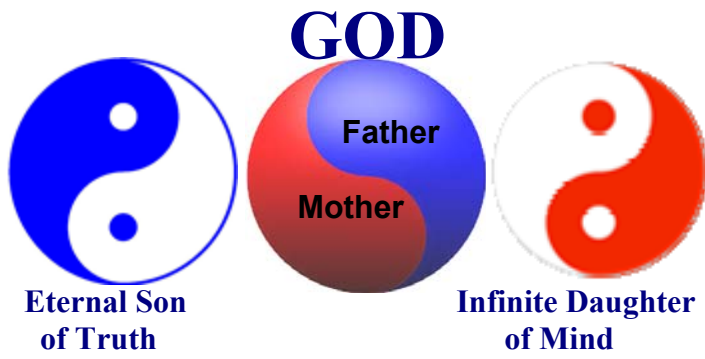
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

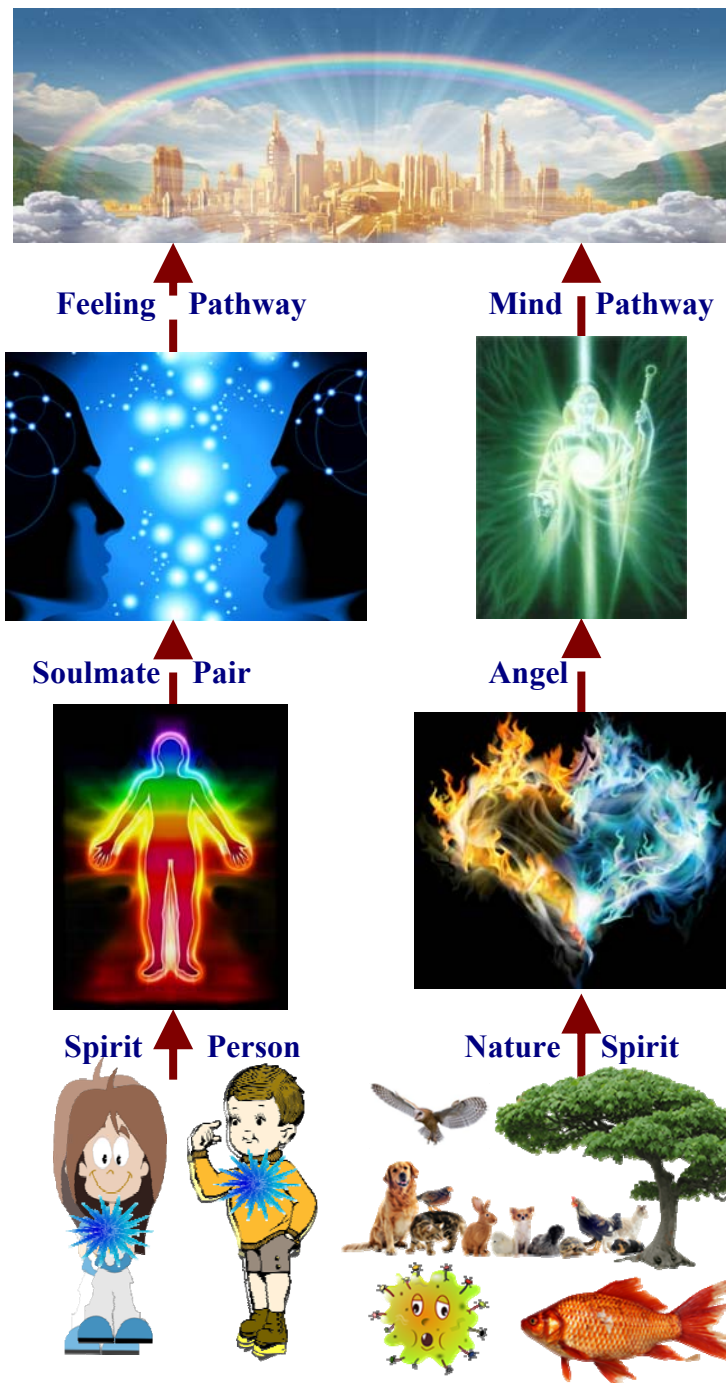
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one's feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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

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

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

A nature spirit is an angel in waiting.

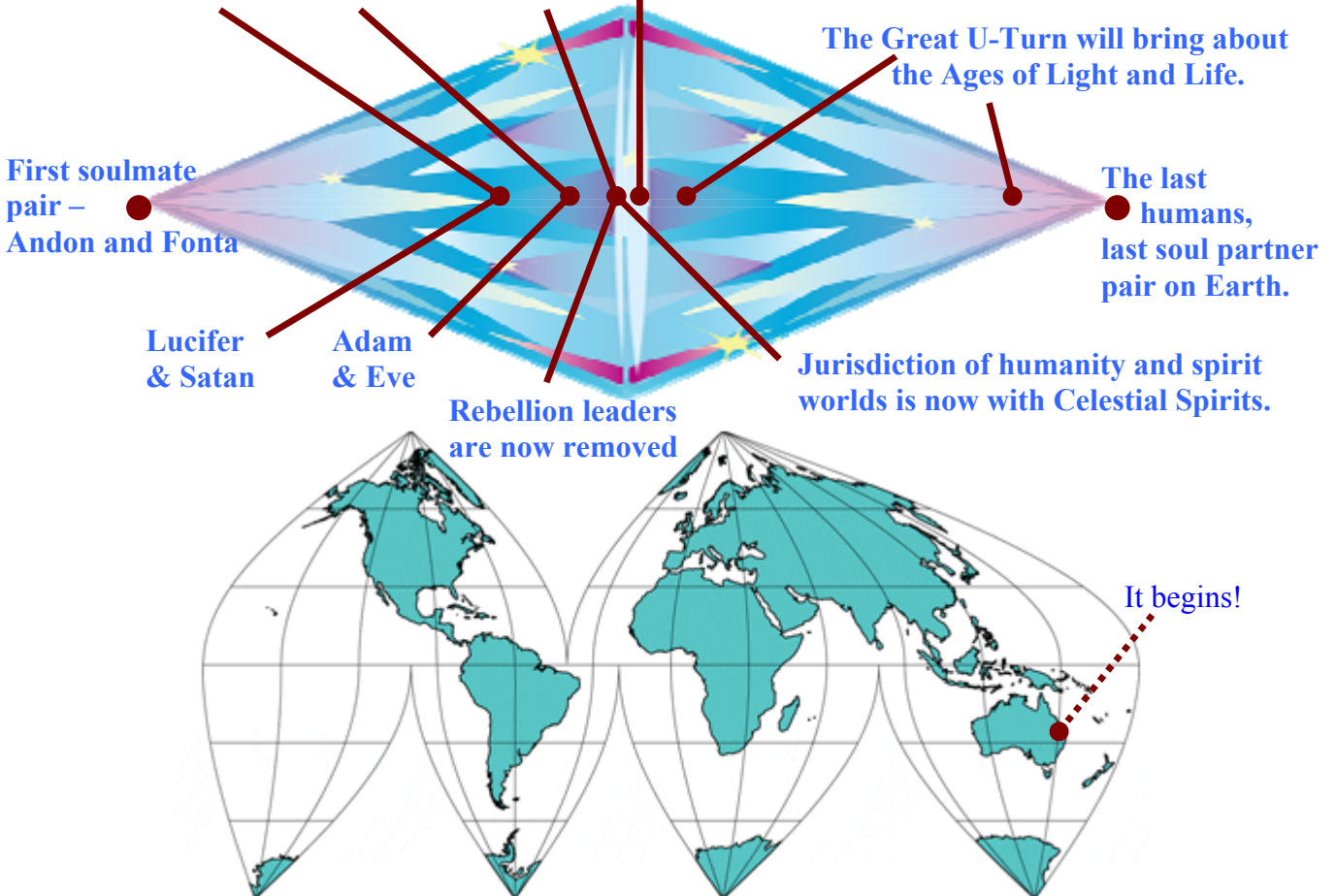


JOURNEY of HUMANITY into and through the GREAT U-TURN:

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

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.



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

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

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

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

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 23 Mary Magdalene

by James Moncrief
 29 December 2002

Good morning James, I’ll continue – Mary.

The two ways of helping yourself are, as I have said: one, doing it all yourself by trying to identify your problems through your feeling acceptance, mainly psychological, using whatever measures you need to express yourself; the other is doing the above with the Mother and Father and Their Divine Love. And your on going **bad-feeling-acceptance** can readily apply in both situations. Also, remember as you look to other systems for help, that the systems, thoughts, medical approaches, spiritual outlooks and everything else, are all based on, and have all grown from, the problems that you already are. They are no different from you, and the individuals providing the help are themselves very heavily entrenched in all the wrongness. So even though they might be able to shed a lot of light on your negative state, really they are only offering another picture for you to adopt within the negative and are not dealing with the core problem of your repressed childhood feelings.

Some systems are designed to help you express your feelings; however they will be limited because they can only go so far. In spirit, the conditions are different and established such that if you want to perfect your natural love it is easier to do, however still much harder than accepting help directly from the Mother and Father. It will take you a long hard time no matter which way you choose to go be it in flesh or in spirit if you choose to go it alone perfecting your soul yourself. And then you can only do that to a certain level, attaining a level of natural love perfection and nothing further. You can continue to develop the attributes primarily of your mind, and once free of repressed bad feelings you will feel happy compared to how you feel now, but this natural love happiness cannot compare to the happiness you will experience with the Mother and Father’s Divine Love in your soul.

Only a soul who has done, or is steadily doing, her or his healing and knows that she or he is well on their way, can offer any real help to one starting out. If you choose the way of the Mother and Father and Their Divine Love by all means seek help from wherever you feel you want to, but bear in mind that unless the people offering the help are engaged in actively doing their soul-healing with the Mother and Father through prayer for Their Divine Love, then they will be limited by their negative mind patterns, as to how much they can help you.

Doing your healing with the Mother and Father brings about the activation of higher laws of truth, these are covered quite extensively in the Padgett Messages, so I won’t go into them to deeply here, but the Law of Compensation will give way to the Law of Forgiveness making your healing progression much swifter and more focused, more potent, and with far greater rewards. There is nothing to compare with the feeling of feeling your soul – you – actually being transformed as you are expressing your bad feelings, and then to know that when you have done it, they are gone for good.

I can only stress that the way to Paradise is with the Mother and Father and Their Divine Love, being achieved by growing in truth. You can still have an impersonal relationship with Them through the limitations of your natural love soul, however it won’t be as fulfilling as a personal one when you start to partake of Their Love.

When you begin to pray to the Mother and Father for Their Love expect to feel worse than you already are. Remember it is all about feeling bad. Initially you might feel better as you partake of the Love, however if this continues you might like to consider your relationship to the truth – are you wanting to do your soul-healing and find the whole truth of yourself, or do you just want to receive the Divine Love like taking a pill to make you feel good? No doubt you’ll want the Divine Love because you feel bad

and would like it to make you feel good, but this is not the correct motivation for asking Them for it. You are asking Them for Their Love because you want to be like They are – Perfect. You want to be of Their Divine essence, and then live according to a Divinely inspired will. You want to live and do Their Will. If you ask Them for Their Love solely to make you feel good by magically removing all your wrongness and bad feelings, then you may believe you feel better but you won't advance your soul.

It can be easy to delude yourself into believing that you are growing in truth and advancing your soul, and even healing it, simply because you are receiving Their Love, however unless you are actively longing for the truth and doing your soul-healing you will not be advancing anywhere. You can accumulate a certain amount of the Love without starting your soul-healing, but there will be only so much you can receive before things start to stagnate once again. Just because you are longing for and partaking of Their Love doesn't mean you don't need to do anything else. If you want the Divine Love to actively start transforming your soul, you will need to actively start doing your soul-healing. **Jesus has only revealed the first part, the truth that you can ask for and receive the Divine Love; I am revealing the next part, that you will need to do your soul-healing if you want to start your soul-ascension.**

The Mother and Father want you to commit the care of your soul to Them, and this requires you to submit your will and control, that which you're living with your negative state, giving it all up to Them, so They can resume the control in your life which you have taken from Them. So you can live your full positively inspired mind and will doing Their Will lovingly. Your healing is only a very small part in your overall relationship with Them. Nevertheless it's the most pressing part you need to attend to once you've started longing for Their Love. You are standing in the way of Them with your negative mind. To long to do your healing, and to ask and beg Them for help, is needed because your negative state is interfering with your ability to live true to Their Will and become as all-loving and unconditional and all-accepting as They are. Even if you grew up on a world of positive mind still the same real problem of how to live with Them would be present.

The pull to be as They are is very strong in every soul. You are ascending souls of truth, and as you study the information given to you in The Urantia Book you will see that Paradise is a long way off but exerts a very firm pull on you. Always within you is the desire to move on, and only if you insist on keeping it covered and living in denial of it, will you remain in your early childhood bad feelings – repressed.

The essential ingredient in it all is the Truth. And the Truth is the Truth. It is the only thing of Creation that is permanent. It underpins Creation; Creation forms itself along the lines or circuits of Truth. And Truth emanates from the Mother and Father's Soul and is completely manifest in the Eternal Son (The Second Person of Deity – re The Urantia book) who coordinates all Daughters and Sons of truth so far as helping you to know Them as your true Heavenly Mother and Father, the One Great Soul – God.

You will feel the benefit of the Mother and Father's Love in your own way. Each of you will have a very different relationship with Them, negatively influenced to begin with by the negative relationship you have with your own parents. If you have one wrong circuit on any level in your relationship with your own parents then this wrong circuit you have with your Divine Parents too. If your parents parented you perfectly then you would begin your relationship with your Mother and Father perfectly, however as you have all been parented imperfectly – negatively – then this is how you will start your relationship with Them. And so as you do your soul-healing your relationship with Them will change.

The Perfection of Divinity is coming into your soul as the Divine Love. It is the Mother's and Father's Essence coming into you! Just imagine a drop of such purity merging with the impurity of rebellion and default in your soul. There is going to be an effect of some sorts, **BUT ONLY IF YOU ALLOW AND**

WANT THERE TO BE. The perfection will displace the imperfection. And the imperfection will come out, BUT ONLY AS YOU DO YOUR SOUL-HEALING, only as you allow it to.

The doing of your healing is you taking responsibility for all that's wrong within you, and your 'willing' it out of you as you express, speak, about your bad feelings. It's you choosing to no longer be of it, all by uncovering the truth of it – the truth you need to see showing you your imperfection. So it's conceivable that even though you are receiving the most perfect love you will only feel worse and worse as that imperfection surfaces within you. But it will be only worse in the short term whilst you're doing your healing; in the long term you will feel the Love for what it really is. But first all the yuk needs to come out of you and as this happens you will feel bad.

So you could say that if you want to know as to whether you are receiving the Divine Love, by feeling worse about yourself and your life is a good indication that you are and you're healing is beginning. And conversely, if you believe you are receiving the Divine Love and are only feeling better and better then perhaps you may be going the wrong way and deluding yourself about the Love and these 'good' feelings. I say that perhaps, because there are no fixed rules. It might be right that you spend a season (and it might consist of many years) partaking of the Love, feeling good having it in your soul and not starting your healing. The time to start your healing will be the right time for you. Many people will find they may need a time of grace, a time to just allow the Divine Love to make them feel good whilst they prepare for the hard time of doing their healing. Many of you have been so heavily knocked about through life because of your negative mind, so might need this time for certain pressures to ease before you are ready to do the hard healing transforming work.

And you might also need this time of grace to prepare your mind, to learn more about what your healing is about. To introduce yourself to and start accepting such notions like: all you thought your relationship with your parents to be might not be as you believe. It will take a lot for most people to start to consider and accept much of what I am telling you now, namely that you are evil; your whole world is wrong; your relationship with your parents was based on no love; and that to do your healing will require more effort than just sitting back in meditation or prayer soaking up the Divine Love. And it could also be that it is not a part of your souls plan to begin your soul-healing on Earth. So all you do for the remainder of your physical flesh life will be in preparation to embrace your healing when you come to spirit. It will be, as everything is, different for everyone. Your time to begin doing your healing will be perfect for you, and you will know when it's time to start through your feelings.

Your commitment to yourself will be matched by the Mother and Father. By this I mean you can't and won't precede any faster in your healing than your commitment to do it; and any faster than what They know is best for you. As you work your way through your soul-healing bad things may happen to you at times, things which you might think loving Parents might or should prevent, however They will be making such things happen even though they seem to contradict what you'd call loving, all so you can feel bad enabling you to express more bad feelings uncovering their truth. Bad things will continue to happen throughout your healing because of this, however they will diminish in intensity as you heal. The Mother and Father will make sure nothing happens that you can't deal with through the expressing of your feelings. As you will see, all such bad things will still happen to you in a very loving and supportive way, something that only Parents of extreme love could bring about.

Try to remember – along with everything else – that you are embarking on something that you have no idea about. You don't and can't know what you need and what is good for you. You are trying not to lose control desperately hanging on. And yet your healing will require things to happen to you so you do lose control, and can't hang on. You need to smash apart and break down all your wrong beliefs, and at times you will feel really bad. But this is all good and you will be supported along the way in ways, which you will not initially comprehend, but which you will come to understand. You are in the

best of care even though you can't have any idea about it, but slowly the Mother and Father will show you how much They are looking after you and how much They do care and love you.

You cannot feel the Divine Love itself. It is Light and so fine a vibration that your soul perceptions will not have developed enough to feel it – they will have developed enough by the time you reach Paradise. However, you can feel the Holy Spirit bringing the Divine Love into your soul, coming about and even entering you – the spirit you. If you feel you need the help of a formal prayer to help long for the Love, Jesus has given you one in the Padgett Messages. If you say this prayer with all the intention of being true, then you will invoke the Mother and Father's Love even if you are not sure as to whether or not you are actually receiving it. I am not going to give you a prayer because I want you to find your own. All you need do is express your feelings – what you feel you want. I want you to find your way and feel what is right for you. It is all up to you. I can't say this enough, and it is for you to find your feelings in it all, because, how else are you going to know what is true and what is not if you can't feel it?

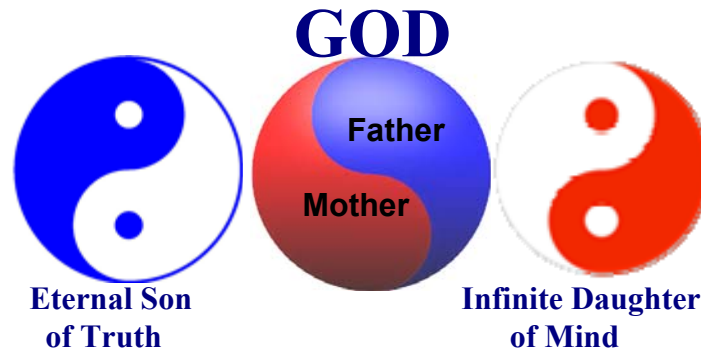
So far as needing any type of 'religious' or 'spiritual' ritual or place to pray in – you don't. **YOU ONLY NEED YOURSELF.** Of course if you do want to long for Their Love in such places, do so by all means – always do what you want to do, however it's not a prerequisite for living true to Them and receiving Their Love. As James found, he started out with formal meditations and prayers, having a special room with incense and music and the 'right' atmosphere, and it suited his needs and beliefs for then, but as he has progressed he has dispensed with all of that, longing to the Mother and Father for the Truth and Their Divine Love wherever and whenever he feels like it – nothing formalised about it anymore, all simply acting on his feelings.

You are already living your life for someone else and possibly two, three, four people or even more. As yet, you don't really exist, so you won't know what you truly like or dislike. But as you let go of all the controlling beliefs and patterns through your healing, you will let go of all that is not you being left with and discovering the true you – what you like, what makes you feel good.

You will only be able to do what you can do. Don't try to do too much. If something begins to make you feel too bad, and you don't want to go on trying to express all you feel, stop if possible, you'll always get another chance at expressing your bad feelings. And if it's not possible to stop, then keep going expressing all the way how much you don't want to do it. If you hate vacuuming for example, don't do it. See what happens, but in every moment express your bad feelings.

Then if you have to do it because the dust and fluff is piling up all over the house, or you are worried about who will think what, do it, but express all your worries. Tell them to the Mother and Father if no one is with you. And ask Them to show you the truth of all you feel. And what you like and dislike will change. You may feel you love doing the vacuuming, but the deeper you go into yourself, uncovering how you really do feel, you might find you actually hate doing it – your 'love' of it merely being a belief. It is for you to see what happens for yourself and what you truly feel about everything. And even though it is only the vacuuming and surely there are better things to get on with, such as healing your soul – just remember, it is through the FEELINGS to do with the vacuuming that you WILL heal your soul because it is doing the vacuuming that is currently giving you the bad feelings.

During the day things around the home contain, for most of you, the horrible stuff, because it was doing, or having to do, those things as a child when you didn't want to do them, that involved the conflicts with your parents. And in these conflicts so much of your relationship was unexpressed – you weren't allowed to say what you felt. The truth of your relationship with your parents is in the yelling and screaming, the protesting and being punished, the reprimands and being forced to do what you didn't want to do; followed by all the false nice 'loving' words that came when the storm had passed.



We souls are existential, our souls have it all within us, it's a done deal, we are just unfolding in Creation through our personality expression. So our evolution is our growing in truth, the truth already within our soul, with it continually being brought out through our feelings as we live our experiences, thereby 'growing in truth' as we ascend, as we live that truth.

Whereas the angels are experiential, and their soul starts evolving or developing upon their creation. It all being done through their evolving minds. They don't grow in truth like we do, they just grow or evolve in mind. And as they do, the experiences they have individually and then as a created pair, cause the soul of their mind to grow and evolve.

However, those people adhering to the 'Mind Way', as presented by TUB (The Urantia Book), the New Age, and all our religions, is really the angels' way and not ours. So perhaps, that is why TUB has 'mucked it up' because it has to adhere to the Rebellion, which is making us look to the God the Mind, the Infinite Daughter, as the Way to God, when we're to look to God the Truth, the Eternal Son, as the Way to God.



We can't attain Paradise and be with our Heavenly Parents unless we first go through the Eternal Son. We can't do it through and with our minds. That's for the angels to do. So the mind spirits (like most people on Earth and spirit Mansion Worlds), unbeknownst to them, are trying to live like angels, trying to evolve their soul through and with their mind, which can't happen. And if we are like angels going first through the Infinite Daughter on the way to the Mother and Father, then we fall short, never attaining the Son. However as we know, we are so wrong by looking only to our minds, that we can't even get out of the Mansion Worlds, let alone get anywhere near the Infinite Daughter on Paradise.

So our Healing is getting ourselves out of the mind, letting that way go, and coming back to our true selves, which is through our feelings, the truth we are to live from our soul. And once we do that through our Feeling Healing and divine our soul with the Divine Love, then we are free to move to Paradise, up via the Infinite Daughter (with Her and the Divine Minister (and Holy Spirit), nature, nature spirits and the angels' help – all the creations of the Mind), to the Eternal Son and onwards to the Mother and Father. With the Higher descending Paradise Daughters and Sons (Mary and Jesus, Avonal pairs, Trinity Teacher pairs), and local universal descending Daughters and Sons (Lanonandeks, Melchizedeks, etc.), together with our ascending mortal spirit friends (daughters and sons – each other, Nanna Beth, Kevin, etc.), helping us on the feelings and truth side of things.

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens.**

You will have to go back into these traumatic times and re-experience all of your feelings. IT WAS NOT NICE – NOT NICE AT ALL! It is hard to even remember exactly the torture you suffered, and why would you want to, when it was so horrible? But it all has to come out – every last bit. There is no other way, and as I have said, anything else is only an escape. You are already escaping with all your might. You hated the treatment your parents made you suffer and now all you do is try to forget it. And so this is what you have done, forgotten it. As an adult you live in denial of this. Your healing is recovering your memories and unfortunately they will mostly be the unpleasant ones. And once recovered, re-experienced to the degree of seeing and feeling what you need to, so they will go.

You don't actually have to be beaten or yelled at again, but you will need to remember the feelings, the true feelings of what was actually happening, and what you felt before, during and after. You won't for example have to feel the pain of being hit on your bottom by your father, but you have to remember that when it happened you felt very scared, rejected and unloved; angry, humiliated and powerless, and you never understood why your very own father hit you and hurt you. All of the physical pain also will need to come out, but this will happen in different ways for different people. For example, one person may cry it all out; another might experience anger rashes covering parts of their body. Another might experience muscle soreness, bone aches, stiffness and pain, inflexibility, skin irritation. It will all need to be expressed one way or another.

All that has remained unexpressed on all levels will need to be expressed and in doing so the causes will be shown to you and the effects – the controlling beliefs that lock it all in place – will be broken and you will feel freer and freer and more and more a separate and unique individual.

Your parents are the cause of all your problems. The reason why anything goes wrong for you IS because of them. They are the causes, but you have taken it all on so now you are the cause and your life – what you feel – the effect. You have taken it all on because you are a separate will and personality. You naturally look to your parents to show the way until you are old enough to look to your higher 'parents' Jesus and myself (Mary), and then even higher Parents, the Mother and Father.

Everything bad that happens to you as an adult is caused by you taking it on from your parents. They forced their negative patterns and their ways on you, and now you are living those patterns with full strength of will, in effect, doing it all to yourself – what your parents did to you. And even the seemingly out of the blue accidents are all your manifestation. The Mother and Father organise it for you. You are creating a life for yourself based on the expression of the attributes of your soul, most of which are now severely impaired because of your parents negative effect on you. As some of these attributes are now being negatively expressed so to will you create this negativity for yourself and your life will reflect it all back to you. So all your problems from illness to hating the vacuuming you are creating for yourself. You are making yourself sick, because you are sick of yourself and because your parents were sick of you. They rejected you and you now do the same to yourself – you reject yourself and so in accordance with the needs of your overall soul growth, when it is time to become sick you will.

Medicine is trying to kill the bugs, however they will always be there because you need them. What would all the doctors and all the money making medical companies do if you did not have the bugs, or even if they were there but did not bother you? And yet if you were living true to yourself you would not need the help of the bugs to show you that you are living untrue. You wouldn't need all the medicine that you have. So while you all need the bugs to make you sick they will. If they didn't, then you would have real cause to be angry.

But the Mother and Father have provided well for your needs, and I can tell you that if for some strange reason the doctors did manage to find a cure for everything, we over here in spirit, would be at liberty to give you new bugs they couldn't cure. This being done by the angels through their little helpers, the

nature spirits. You need things to make you ill, to show you that you ARE ill. Not sick as you understand sick to be, but sick in your soul, sick in your spirit, because you are living denying so many feelings. If you expressed ALL your feelings you wouldn't need to get sick.

As you progress in your healing less and less bad things will happen to you. You will no longer need them to stimulate your bad feelings. You will get to a point in which you don't need bad things to happen to make you feel bad, your bad repressed feelings simply being free to surface of their own accord in accordance with your growth of truth. At this time you will become more focused on the intricacies of your relationship and all the small things that go into making you be with another person correctly.

Then you will not need big outside things to upset you as small inside things will make you feel crushed. You may suddenly step aside allowing your husband to pass through, and in an instant you might feel deeply unloved and so crushed and defeated, you have to stop everything, sit down and cry. And as you express all your feelings you'll move back into something that happened when you were young, or how your parents treated you, showing you why you now feel like this. And you will feel the devastation of not being and feeling loved by them.

You have been made to accept all the bad stuff by default. You are conceived and born into it and it might seem like you don't have much of a say. However you do. You will be saying a lot throughout your healing! As you will see one day for yourself, you have actually chosen everything for yourself to experience. You are just not aware of it yet. You have wanted the parents that you have and wanted all they have done to you, and by the end of your healing you will completely accept this truth.

Now however, your revulsion to such a thought as to wonder why on Earth you would want to be treated so badly and to live your childhood rejected and unloved with it full of such horribleness, is a long way from the truth. And just as how you are a long way from understanding that you are the cause of all your problems, so too are you a long way from knowing you have wanted it this way, all of your life, no matter how bad it is now or has been or ever will be. The Mother and Father don't do anything to you, that you do not want. However, what your soul wants, and what you want, will, until you've healed yourself, be two different things. **Your healing will bring you back to your soul so that you can be the real and true: wanting exactly everything the Mother and Father know you need. Then They as the Loving parents They are, can give you, Their child, all the positive parenting you will ever want.**

We'll end here for the day James. Thank you. Mary.

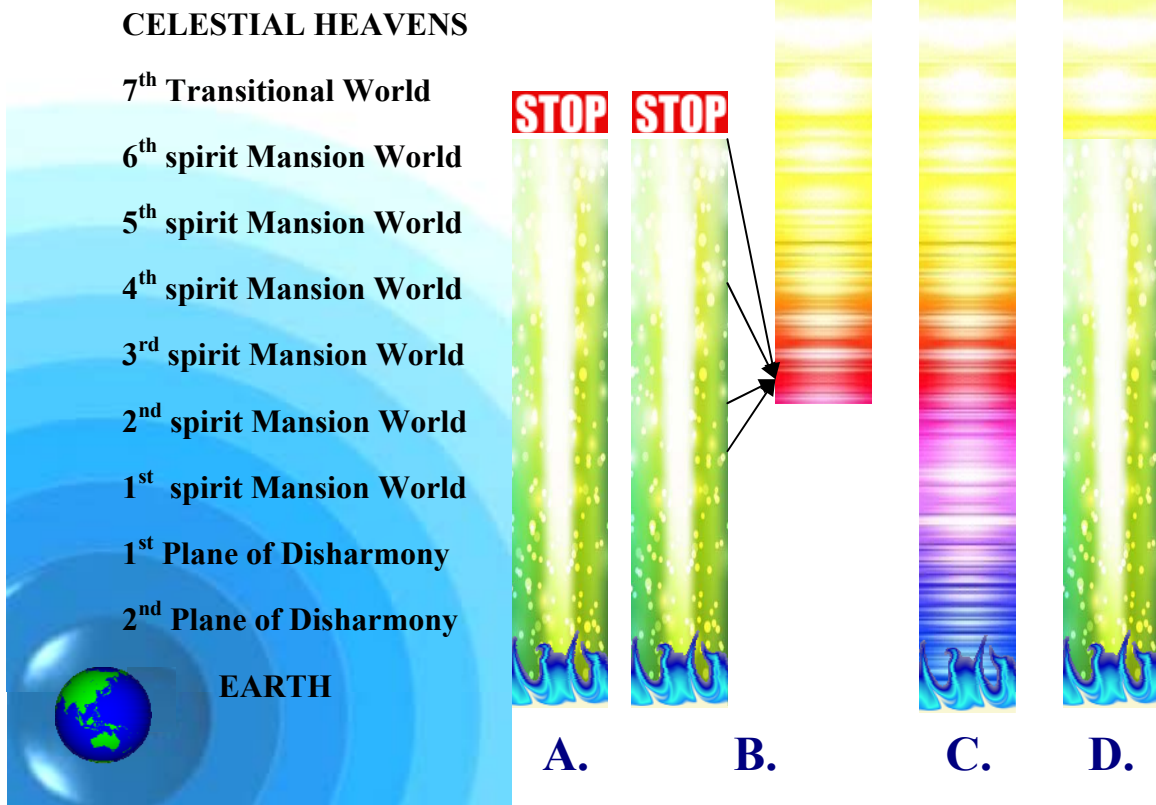
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**SOUL GROWTH UP THROUGH MANSION
SPIRIT WORLD SPHERES:**



- A. We all arrive into the 1st sphere before being drawn to where we are suited. Living on Earth is typical to living in the hells being the Spheres of Disharmony. With one's natural love and mind dominance, one can pay their compensation being pain equivalent to the pain they have caused others and one's self. In this manner, one can progress through mind Mansion Worlds 1, 2, 4, and 6. With natural love only, one cannot progress beyond the 6th mind mansion sphere. The mind Mansion Worlds are self reliant experiences.
- B. Should one embrace the Mother and Father's Divine Love while advancing within any of the natural love mind Mansion Worlds / spheres, then one will be draw to the 3rd Divine Love Mansion World to commence their soul healing which is doing their feeling healing whilst longing for and receiving Divine Love. This process overrides the Law of Compensation as the soul healing is experiencing one's repressed childhood injuries and liberating one's soul will. Progression is through spheres 3, 5 and 7, and then into the Celestial Heavens. With the receiving of further Divine Love, one evolves even further.
- C. Presently, we can embrace Divine Love here on Earth, on transitioning into the 1st spirit world, we will continue with our Feeling Healing while longing for Truth and the Divine Love and progress through worlds / spheres 3, 5, 7 and into the Celestial Heavens.
- D. For those who do not embrace God, one can embrace their Feeling Healing and perfect their soul whilst paying their compensation and reach the 6th Mansion World. With a perfected soul having also resolved their childhood repression, one may then embrace the Mother and Father's love and progress directly into the 7th Divine Love transitional sphere and then into the Celestial Heavens and onwards. This is how it was meant to be.

Infographics and diagrams have been added by Pascas.



God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soul Partners; The Two Who Are One who have brought us all into being.

Jesus and Mary are a son and daughter of God.



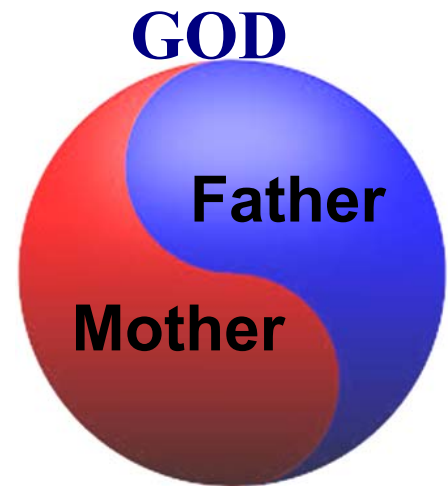
Jesus of Nazareth and Mary of Magdalene, being soulmates / soul partners, where both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.

Give yourself time to consolidate your relationship with our Heavenly Parents through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.

When you are ready, it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Father and Mother for you to work from. 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.

It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.

WE ARE Children of God



ABOUT the HEALING

James

Sunday, 15 March 2020

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

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

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

YUK

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

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

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

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

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

FUCKEDNESS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FUCKUPS

SPIRITUAL HEALING:

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

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

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

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

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

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



IT IS NOT THIS WAY



IT IS THIS WAY

Spiritual Healing Expectation

Saturday, 28 March 2020

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



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

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

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

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

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

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

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

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

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

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

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

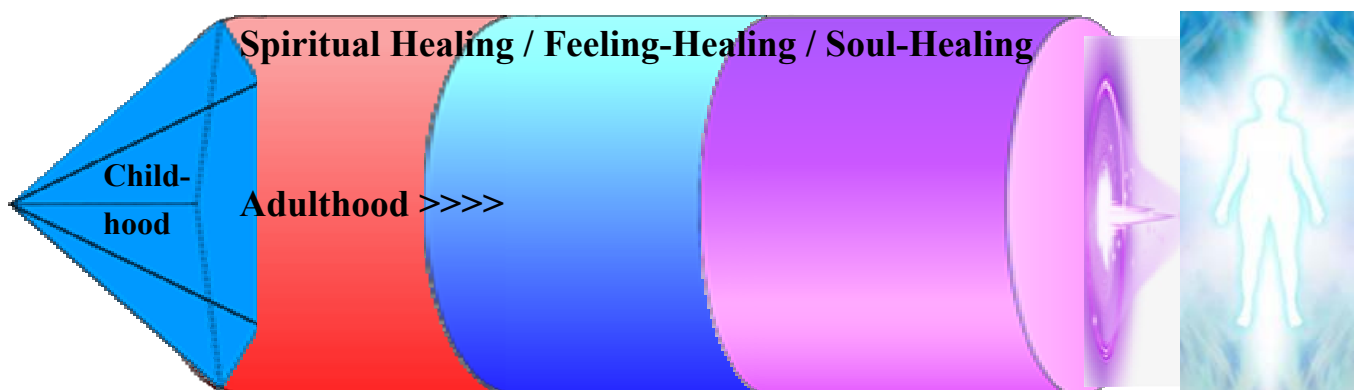


And then I imagine within these two extremes of Healing, will be people with elements of both approaches.

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

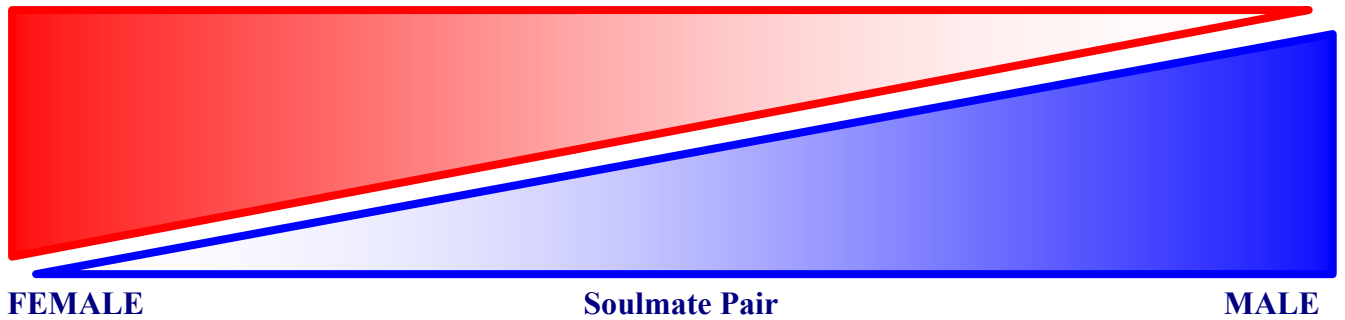
SPIRITUAL HEALING:

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



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

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



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

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

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

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

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

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

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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



The Prayer for Divine Love:

(as given within the first century)

2 December 1916

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

I am here, Jesus

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 false teachers 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.

Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,

when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

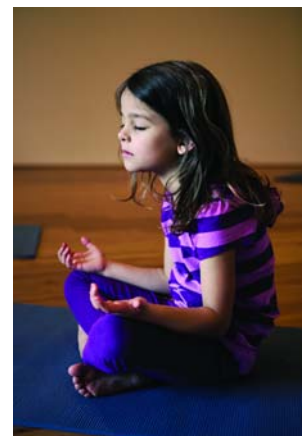
Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief

Feelings!
first



INTRODUCTION for a HEALTH CARER ENGAGING ASSISTANCE:

So who am I to heal?

Not everyone, most, but some will need temporary relief from it, so they can do other things with their lives, things they couldn't do when they are in such pain. But as you understand, that pain will still be there in their soul, and one day they will have to return to it and bring it up and out of themselves, all so they can see what truths it has hidden in it for them.

For some people its necessary they feel all their pain because it will help them to understand more about themselves when they come to see the truth of their pain. So they need the pain so as to find the truth, it all being around the wrong way because of the rebellion against truth.

Possibly the angels might work more closely with people should those people embrace at least the notion of doing their Feeling Healing.

So, what is Feeling Healing? It's looking to your feelings for the truth of what's making you feel bad:

- **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.**

And it's possible that you can heal everything that's wrong with you on all levels through your Feeling Healing.

Relief may occur immediately, or it may be later on. One's heartfelt longing for the truth of their feelings being good and as well as bad will determine what assistance is provided. It is up to each individual to want to live true to their feelings, and when they do, then the angels will be there to help them.

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



in conjunction with

Longing for the Truth when also longing for Divine Love.



WHOLE DIFFERENT Way of Life.



NEW FEELINGS WAY



**Finding the Truth of Our Childhood
Through our Feelings Way**



**Feelings First Spirituality, New Feelings Way
Feelings are our own Truth and Personality**

| | | | |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------|----------------------------|
| Primary recommended reading: | consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light | | |
| The Rejected Ones | 2002 – 2003 | xxx | – James Moncrief |
| Messages from Mary & Jesus | 2003 | xxx | – James Moncrief |
| Paul – City of Light | 2005 | xxx | – James Moncrief |
| Feeling Healing | 2017 | | – James Moncrief |
| Religion of Feelings | 2017 | | – James Moncrief |
| Mary Magdalene and Jesus' comments on the Padgett Messages | 2007 – 2010 | xxx | – James Moncrief |
| Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light | 2013 – 2014 | xxx | – James Moncrief |
| Sage and the Healing Angels of Light | 2017 | xxx | – James Moncrief |
| Road map of Universe and history of Universe: | | | |
| The Urantia Book | 1925 – 1935 | xxx | as primary reading |
| Divine Love supporting reading: | | | |
| Revelations | 1954 – 1963 | | – Dr Daniel Samuels |
| Judas of Kerioth | 2001 – 2003 | | – Geoff Cutler |
| The Book of Truths containing the Padgett Messages or Little Book of Truths | 1914 – 1923 | xxx | – Joseph Babinsky |
| True Gospel Revealed anew by Jesus Vol I, II, III, IV | | xxx | – Geoff Cutler |

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

BIBLIOGRAPHY NOTE:

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

U-Turn for Humanity Pascas reveals New Feelings Way

U-Turn for Humanity pathway being New Feelings Way

U-Turn for Humanity shutting hells through New Feelings Way

U-Turn for Humanity through the New Feelings Way

U-Turn for Humanity unfolding the New Feelings Way

Universal Gift – Feeling Healing with Divine Love

Feeling Healing and Divine Love Discussion Prompts

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light | 1,488.5 | 2005 | 149 |
| Ann and Terry | | 2013 | 235 |
| Feeling bad? Bad Feelings are GOOD! | feeling-healing book 1 | 2006 | 179 |
| Feeling bad will make you feel BETTER – Eventually! | feeling-healing book 2 | 2006 | 159 |
| Breaking the Golden Rule. | feeling-healing book 3 | 2006 | 168 |
| Feeling-Healing exercises, and other healing points to consider. | | 2009 | 175 |
| Cathy and Mark – a novel introducing Feeling-Healing. | | 2010 | 151 |
| Introduction course to Divine Love Spirituality | | 2006 | 139 |
| Speaking with the Dead, Death and Dying | | 2009 | 173 |
| Spirits and their Childhood Repression Healing | | 2010 | 179 |
| With Verna – a nature spirit | | 2008 | 279 |
| Communication with spirits – meet a spirit friend | | 2010 | 37 |
| Introduction to Divine Love Spirituality website | | | 362 |
| Sage – and the Healing Angels of Light | | 2017 | 260 |
| Divine Love Spirituality | 1,500 | 2017 | 201 |
| Feeling Healing – you can heal yourself through your feelings | | 2017 | 153 |
| Religion of Feelings | 1,500 | 2017 | 47 |
| | | This group being pages of | 3,046 |

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

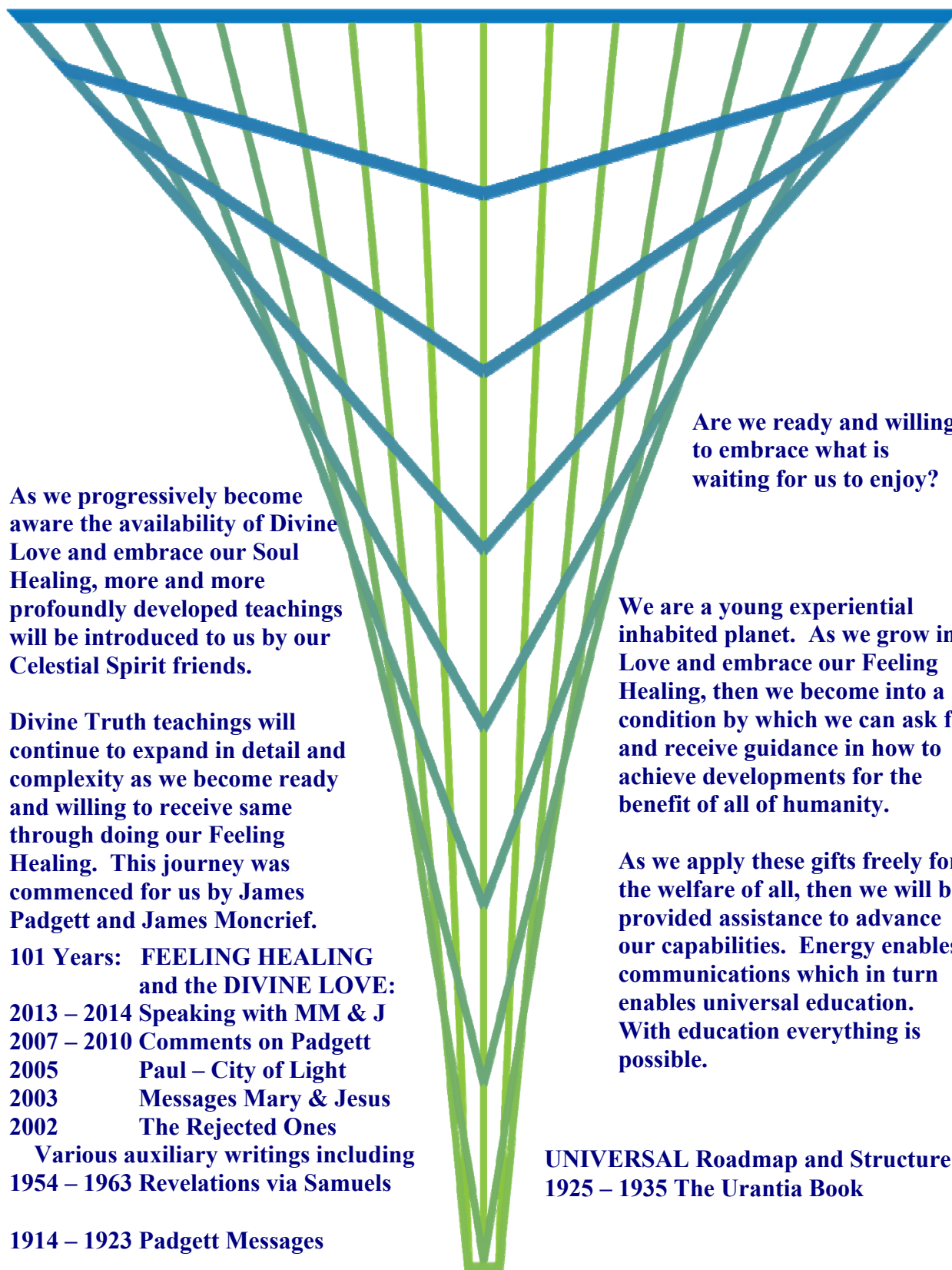
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

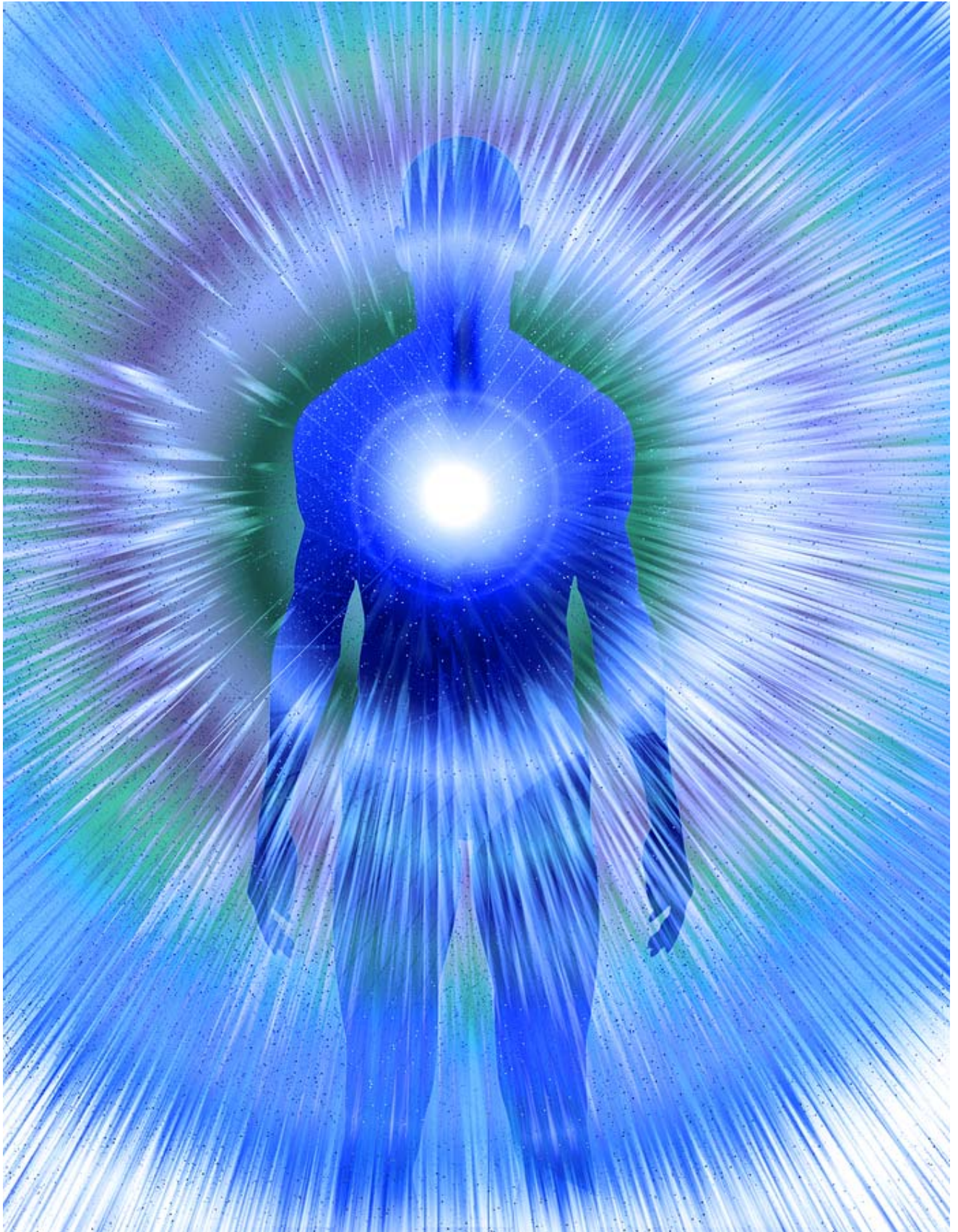
MEDICAL – EMOTIONS:

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is 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:





perceived truth MoC 880 – relative truth potential MoC 1,480