

# PASCAS CARE

## *A Secret Cause of Cancer*



**Etheric body / spirit body and Physical Body**

*“Peace And Spirit Creating Alternative Solutions”*

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

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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.

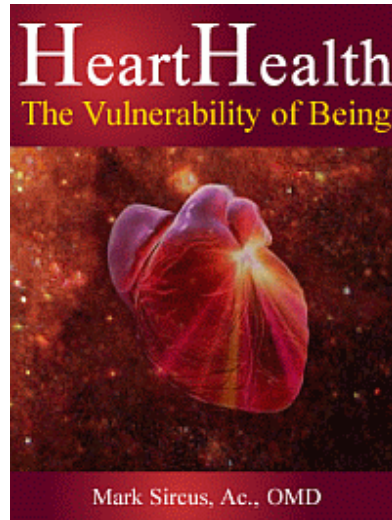
Living Feelings First, *John.*

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



# A Secret Cause of Cancer and most of all illness

**Loss of Heart**



**Coherence**

One of the great challenges in medicine is to understand the complexity of causes that lead to cancer. There is a great secret to life, health and disease, one that is little known, understood or talked about except in vague ways. This secret explains largely why one person gets sick and another does not under the influence of the same causes. Our bodies have a core, a central point, just like the solar system does. Without the sun at the heart of our system, the planets would just fly off because without a coherent centre systems just don't work.

*The heart is a vast electromagnetic generator and the frequencies that are radiated out by the heart change dramatically depending on what emotional state a person is in.*

Most western-trained minds immediately think of the pump, that miracle muscle and yes, that is partly what is meant when the word heart is used. Much can be said about the physical heart and its central place and electrical magnetic influence on the body. However, beyond the physical is something even more important and crucial to health and happiness and a life lived without disease.

There are many things to eventually understand about this mysterious organ we call the heart. Many things beyond the physical manifestations of that pump organ that beats 110,000 times a day and puts out a strong electromagnetic field.

Deep within is our pure being that has incarnated into this body. This being is ultra-sensitive and has been picking up subtle impressions from the environment through the heart centre of pure feeling even before we emerged from our mother's womb. The central issue of the heart is that our beings are highly attuned to love and when it faces a lack of it, (which it usually does), the heart being suffers and begins to close itself off from that suffering.

This being has its centre in the cardiac area of the body and the more closed it is, the weaker and more vulnerable a person or child becomes to illness and disease. Even without external causes, without being poisoned by vaccines and pesticides, herbicides, chemical preservatives and fast foods, without invasions from hordes of bacteria and viruses and polluted drinking water, a human being without an open heart is already ill.

In *HeartHealth*, **the heart is defined as the vulnerability of being**, and through a careful study of life we can see that this is the principle quality of existence that most people avoid like the plague. Christ himself said that we must be born again and what he was referring to was a return to vulnerability, a return to the pure feeling that is so natural to infants and young children.

Disease can show us how invulnerable we have become, how walled off we are from the world and our own inner reality. One of the great secrets of life has to do with the power of the heart and what a return to its vulnerability can offer a person sick and dying of disease.

People are emotionally fragile when sick, and being told you have cancer or AIDS can completely shatter a person's emotional world. Daniel Goleman explains in his book, *Emotional Intelligence*, that this is due to the fact that normally **“our mental well-being is based in part on the illusion of invulnerability.”** An understanding of vulnerability teaches us that a return to the vulnerable space is necessary and healthy. Vulnerability is the capacity or susceptibility to being hurt. It is not a weakness but **a capacity to feel**. For most people the feeling of being exposed to emotional hurt, or exposed to being taken advantage of / abused relates to feelings of vulnerability.

*The healthy human heart needs warmth,  
is warmth and can give warmth to others.  
The deeper we dive into the heart and open  
to its super intelligent ways the more balanced, coherent,  
and healthy our bodies, minds, and emotions become.*

It is no mystery and many studies have shown that when people feel loved or give love they:

- live longer, feel happier, have better health, do better financially.
- have better cardiovascular health, are less prone to depression, have better balance between the sympathetic and parasympathetic nervous systems.
- have reduced muscle tension; this alleviates pressures on the spinal column with fewer tendencies to spinal maladjustments.
- have reduced mental disease, and increased mental clarity and objectivity.

*I am not aware of any other factor in medicine, not diet,  
not smoking, not exercise, not stress, not genetics, not drugs,  
not surgery, that has a greater impact on our quality of life,  
incidence of illness and premature death from all causes.*

Dr. Dean Ornish

*Love and Survival: The Scientific Basis  
for the Healing Power of Intimacy*



## The Healing Light of Coherence

Light produced by lasers is coherent light. Light from light bulbs or the sun, however, is incoherent. Coherence is one of the most important concepts in optics and physics. A light field is called *coherent* when there is a **fixed phase relationship between the electric field values** at different locations or at different times. That means lots of complicated mathematics that go way over our heads, but that does not mean we can ignore this level of reality that has a lot to do, not only with medicine but also with how we think, feel and emote.

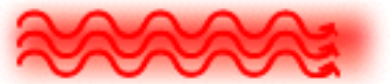
### ● Incoherent light



It is also common to call certain processes or techniques coherent or incoherent. In that case, “coherent” essentially means phase-sensitive. *Partial coherence* means that there is some (although not perfect) correlation between phase values.

According to a leading researcher of biophotons, German biophysicist Fritz-Albert Popp, **light is constantly being absorbed and remitted by DNA molecules within each cell's nucleus. These biophotons create a dynamic, coherent web of light.**

### ● Coherent light



Popp studied healthy individuals and found an exquisite coherence at the quantum level when he looked on the photon level. Popp then tested cancer patients and found something else. In every instance, these patients had **lost their natural periodic rhythms as well as their coherence**. The lines of internal communication were scrambled. They had lost their connection with the world. In effect, their light was going out.

Dr. Popp said that, “Disease occurs when this communication is broken, when the cells can no longer speak the same language. **Giving light has a resonance effect, bringing the cells into the same language again and healing the body.**”

### Our Own Hearts Light Up Our Brains and the Life of Our Cells

Some people believe that the heart’s field acts as a carrier wave for information that provides a global synchronizing signal for the entire body. As pulsing waves of energy radiate out from the heart, they interact with our other organs and all the cells within them. The electromagnetic field of the heart is about 60 times greater in amplitude than what we find from the brain. The magnetic component is supposed to be thousands of times stronger than the brain’s magnetic field and can be detected several feet away from the body by sensitive instruments.



The heart produces a significant electromagnetic field with each contraction due to the coordinated depolarization of myocytes producing a current flow. Unlike the electrocardiogram, the magnetic field

is not limited to volume conduction and extends outside the body. The therapeutic potential for interaction of this cardioelectromagnetic field both within and outside the body is largely unexplored.

Coherent light fields or coherent beating of our own heart can send energy that directly influences our immune strength as well as neurological function. When we cannot find our own internal coherence, due to disease and emotional upset, we can rely on medical techniques to buttress the cells and their function.

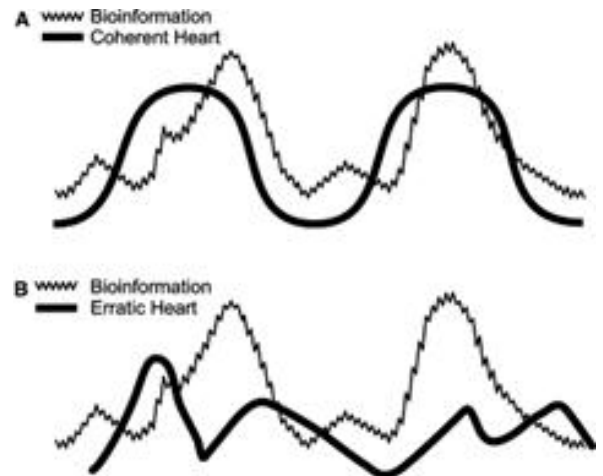
In this figure (A) coherent cardiac heart rate variability and contraction provides a uniform functional reference signal for interpreting the magnitude and frequency information of other non-cardiac bioinformation signals. (B) The same non-cardiac bioinformation signals lose definition without the stability of the underlying cardiac energy pattern.

#### Sharing Far Infrared Love



A number of years ago this beautiful photograph made its way around the Internet. These two little babies were twins, born within minutes of one another. One was thriving, the other was dying. The doctors had tried everything they knew to do and yet the one baby was failing. With all medical science exhausted, they put the ailing twin in with its sibling and the infant made an almost immediate turnaround and full recovery. The power of love and intimacy is exceptionally important and this is explained by one of the most basic of all attributes of the heart. The heart just wants to love and be loved and touch is one of our greatest biological needs. Clearly the sick sibling received the warming comfort on the physical world of touch and heat, meaning far-infrared radiation which all of our bodies give out.

Dr. Norman Shealy and Dr. Caroline Myss both clearly believe that love of others and being loved are key factors in improving the immune system, adding to life expectancy and creating overall happiness. What does love have to do with stress free living? “Everything!” says Dr. Brenda Schaeffer.



*Unconditional love is your immune  
system's most powerful stimulant.*

*Dr. Bernie Siegel*

Love is something we feel when we are close and feeling one with another being. M. Scot Peck defined love as the willingness to go out on a limb, to truly involve oneself and struggle at an emotional level with another in a relationship for the purpose of shared growth.

Dr. Clancy D. McKenzie of Capital University says, “**Enhancing the love energy of the patient is an effective way to increase the healing process.** This holds true for both psychological and physical healing: enhancement of love energy should be a part of every physical remedy, because it is a vital ingredient to healing.”

*Why is it that there is always some lucky soul who doesn't get sick when the  
flu is going around the office? Or why, when chicken pox is sending all  
the kids home from school, are there a few who remain untouched?*

*Dr. Carrie Angus*

Though most physicians are still sceptical that emotions matter clinically in medicine, we can see how **people who experience long term depression and anxiety, long periods of sadness and pessimism, incessant hostility and aggression, have much higher incidences of heart disease.** This is what the “broken heart” syndrome is all about.

*Over the last 30 years increasing evidence has been found for  
the existence of complex links between the immune system,  
the central nervous system and the endocrine system on  
the one hand, and psychological phenomena...on the other.*

*Van Gent, et al. [1]*

Peter Kaufman, acting chief of the Behavioural Medicine Branch of the National Heart, Lung, and Blood Institute,[2] said that the increased turbulence of repeated flare-ups of anger “can cause micro tears in the vessel, where plaque develops. If your heart rate is faster and blood pressure is higher because you’re habitually angry, then over thirty years that may lead to a faster build-up of plaque, and so lead to coronary artery disease.”

**Modern science has correlated physical heart function and health with the flow of positive feelings and emotions, with a positive optimistic outlook on life.** There is a real "smoothing affect" that is biologically associated with favourable biochemical, hormonal, and nervous system changes in the body that come from people who are more centred in their hearts or feeling centres. Autonomic nervous system balance is related to coherent heart rhythms that are directly connected to emotional self-management. Being out of the heart is dangerous to our health because it creates disturbances in the heart rhythms, which are essential to total health balance.

### **Good Doctors Give Their Hearts**

*Some patients, though conscious that their condition is  
perilous, recover their health simply through  
their contentment with the goodness of the physician.*

*Hippocrates 460-400 B. C.*

It is not a mystery that human growth occurs most favourably in meetings when individuals express themselves vulnerably and authentically. The authenticity of open, honest and sincere relationships, that are vulnerable in nature, is a necessary and real prerequisite to successful healing relationships. Cold clinical relationships only create more pathology and confusion in patients and have nothing to do with healing the source of people's problems.

There are many ways to calm someone, many healing and medical treatments that can reduce stress, reduce sensory overload, slow the heart and help a person centre. **The most beautiful forms of touch possible are actually healing techniques.** The most well-known association to touch is healing. Even the Bible makes reference to the "laying on of hands" to heal the sick. Touch can be a communication of love and is a most powerful way to communicate empathy, friendship, approval, affirmation and love to another.

Even physicians (long shot for psychiatrists and psychologists) can touch their patients with their hands and hearts. I tend to touch people with my words and the heart space that is often contained in the spaces between my words. But if I have a way of touching many beings from a distance with warmth and coherent healing light energy it's in the form of far infrared (FIR) that one can lie down and sleep on.

### **Conclusion**

A simple but powerful movement into the heart centre of feelings can result in:

- Change in heart rhythm and heartbeat.
- Balancing of sympathetic and parasympathetic nervous systems.
- Reduced muscle tension.
- Alleviate pressure on the spinal column.
- Increased mental clarity and objectivity.
- Help balance the endocrine system.
- Reduced mental disease.
- Increased intuitive levels of perception by making us more receptive to sensitive feelings.
- Decreased the rate of aging process. (Keep us feeling young)
- Reduced arterial collection of cholesterol.
- Reduced Blood pressure.
- Anti-depressive effect.
- Improved overall energy levels.
- Deepens levels of internal perception and self-understanding.
- Increased overall human intelligence.
- Renewed self-confidence.
- Increased happiness.
- Leads a person into the centre where self-love and understanding of others is more easily found.
- Increased harmony in social relationships. (saves marriages)

*There is nothing like a healed, healthy, happy and loving heart.*

The Heart's Intuitive Intelligence: A path to personal, social and global coherence



[http://www.youtube.com/watch?v=QdneZ4fIIHE&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=QdneZ4fIIHE&feature=youtube_gdata_player)

This video is a beautiful presentation of what I have been talking about in this essay and it is from the HeartMath Institute, which teaches, “The heart generates a continuous series of electromagnetic pulses in which the time interval between each beat varies in a dynamic and complex manner. The heart’s ever-present rhythmic field has a powerful influence on processes throughout the body. We have demonstrated, for example, that brain rhythms naturally synchronize to the heart’s rhythmic activity, and also that during sustained feelings of love or appreciation, the blood pressure and respiratory rhythms, among other oscillatory systems, entrain to the heart’s rhythm.”

## **Dr. Mark Sircus, Ac., OMD, DM (P)**

Director International Medical Veritas Association  
Doctor of Oriental and Pastoral Medicine



**LACK of SELF- LOVE:**

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

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

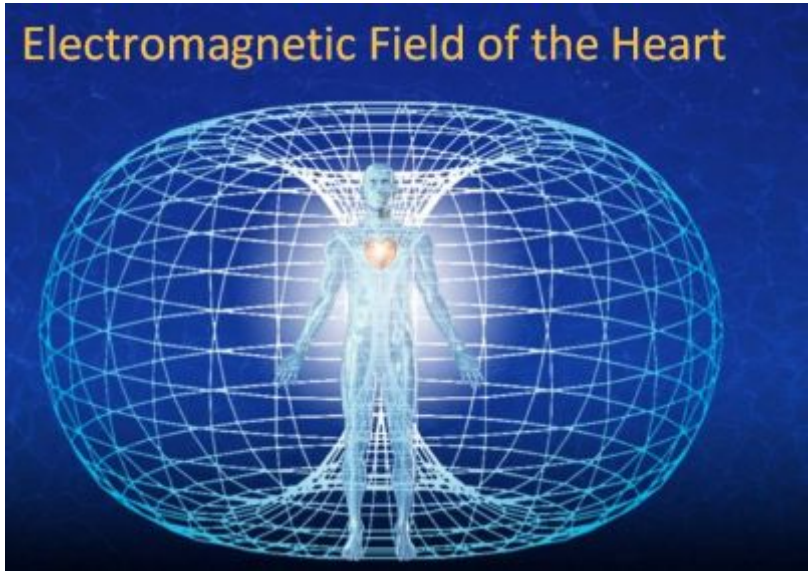


Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions.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

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

**I**   
**ME**





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



**POWER vs FORCE:**      **Video tape 1996**      **DVD at 1hr 41min**      **Dr David R Hawkins**

### **How does disease happen?**

You have the prevailing level of consciousness (soul condition). That level of consciousness means that you will be firing of thoughts relative to your consciousness. Those thoughts if they are negative things, any time that you hold such a thought in mind that makes you go weak with kinesiology (muscle testing), what happens is that you are blowing the immune system. You are blowing a whole acupuncture meridian, you are disturbing the energy of the organ energised by that acupuncture meridian. So you hold a negative thought in mind, that energy in the mental body affects the energy around the physical body, such body is called the etheric body to which the acupuncture system flows. That suddenly alters in a pathological direction the physiology of the physical body organ.

Consequently, the way people die and get themselves of the planet is by holding negative belief systems and thoughts.

I (Dr David Hawkins) have seen people recover from every ailment by going back up the other way, by cancelling negative thoughts, by elevating their level of consciousness (soul condition), by holding loving thoughts instead of negative thoughts.

I, myself, did the same thing. I got rid of everything. I used to you think of athletes foot, I used to think that you caught that in showers, and of course then I did, and dandruff you got at the barber. I had ulcers and diverticulitis, and migraine headaches. I even had a pilonidal cyst (skin infection near tailbone) that is something that is actually surgical. All things wrong with the gastrointestinal. I was so allergic, when I was a kid, to the belief that with poison ivy that I literally landed in hospital for two weeks with it.

All of those things have disappeared spontaneously and gone away. So that one can cure one's self there are all kinds of diseases that have refused the negative belief system. You have to say that it does not apply to me. I realise that everybody out there believes that. In doing that, for instance, when I went and dug up a whole plant of poison ivy and played with on some TV program, I was fine. At one time that would have put me in the hospital.

So that is probably the value in following something like the Course of Miracles, because it is such a common one and an easy one to do, that is, the Work Book in the Course of Miracles, because when you get up to about Lesson 97 (from lesson 76) you will find that people are no longer subject to going weak with supposedly negative stimuli. Almost every body will go weak with fluorescent lights, pesticides, and all those kind of things. But as your own consciousness (soul condition) reaches a certain level, the realisation that you are the source of all these belief systems in you is the reason for all these issues.

We know from holistic health and alternative (complementary) medicine, it concerns itself with the physical body but it says that around the physical body there are energy fields. Acupuncture for one thing is a method for influencing those fields. That around the physical body there is the etheric body (which holds the template for the physical body). And around the etheric body is the emotional body, and around the emotional body is the mental body.



So, consequently, when people are interested in doing healing when there is something wrong with the physical body, there must be of necessity, there must be something wrong with the etheric body (also referred to as the spirit body). So the way forward is to try and correct the energies at the level of the etheric (spirit) body. The etheric (spirit) body is like a blue print in absolute detail down to the molecular and sub-molecular of the physical body which is formed with the etheric body.

If I could move your ears up on your etheric blue print, your spirit body, in the etheric realm (spirit world), as time goes on, your physical ears would rise up on your head to occupy that related space. Holistic health practices are about influencing energy fields. Therefore each thing you would see would be of a greater power. Throughout and beyond the physical body is the etheric body. The etheric (spirit body and template for the physical) body has more power than the physical body. Beyond the etheric body is the emotional body which is going through and beyond the etheric body. The chakra system resides in the etheric body, not the emotional body.

Beyond the emotional body is what is called the mental body. Beyond that are the higher spiritual bodies.

How the disease process proceeds, if I hold a negative thought in mind I create a change in the emotional body, which in turn can cause a change in the etheric body, which in turn causes a change in the physical body.

So now you see the whole purpose of spiritual healing and physiotherapeutic therapies and all.

If I hold in mind in the mental body which is more powerful than any of the bodies below it, this will influence how I feel. And how I feel is going to influence my etheric body, and my etheric body is going to manifest this as a disease in my physical body. With acupuncture you can directly measure the consequences of these negative thoughts on the acupuncture system. Each acupuncture meridian goes to a specific body organ system. So what I hold in mind and my emotions about that, they are going to obviously influence my physical body.

All of these issues can be tested by kinesiology muscle testing.



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

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

Consciousness Calibrations Worldwide	
Consciousness Level	Population Percentage
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
<b>World wide average</b>	<b>212</b>

<u>Characteristics of first Spheres:</u>	MoC
Truth is always told:	Sphere 3 651 – 780
Desires are followed:	Sphere 2 500 – 650
Actions are fear based:	Sphere 1 1 – 499

**Humanity, overall, calibrates on the Map of Consciousness (soul condition) at around 212.**

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

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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
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Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

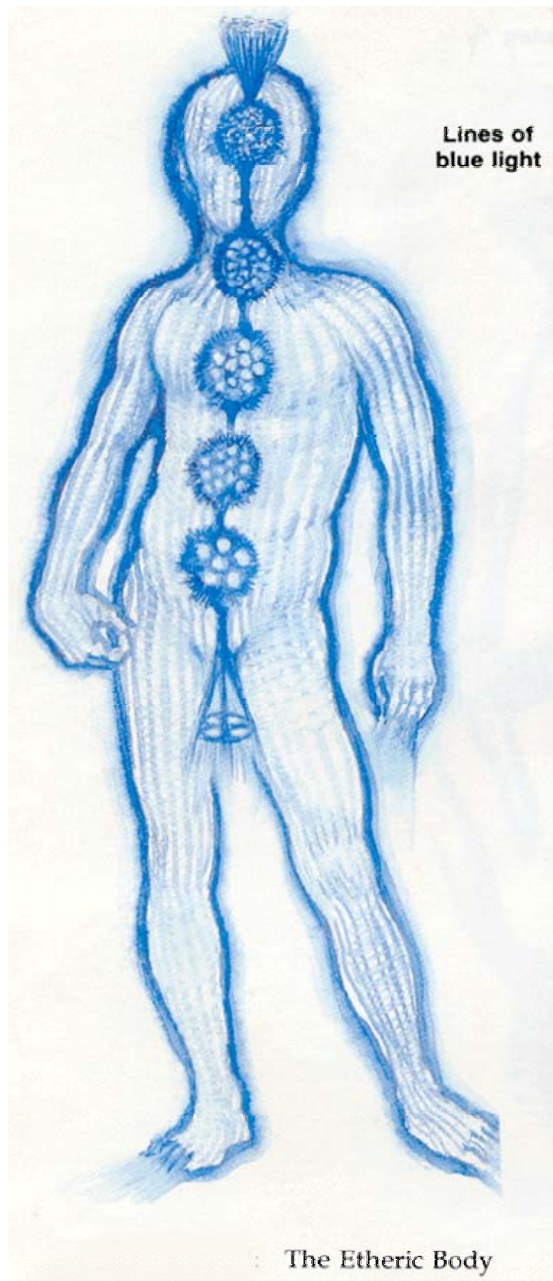
Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition.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

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

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

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

Judas – August 19<sup>th</sup>, 2001



All forms of energy give off colours. The spirit body gives off an aura, or a group of colours. If the spirit body is in a poor condition, it will not give off a strong aura, or its aura will be damaged in some way, there will be holes in it. A person who can see an aura will see these different shapes and colours inside the spirit form.

That is not the spirit body itself. The spirit body has organs, it is like your body, it is in a different dimensional space. Sometimes you will notice your spirit body operating. The spirit body has a heart – your spirit body's heart beats at a high rate.

Spirit Body incorporates all the subtle bodies, including the etheric body, emotional body, mental body, astral body and the causal body, all being various layers of the Spirit Body.

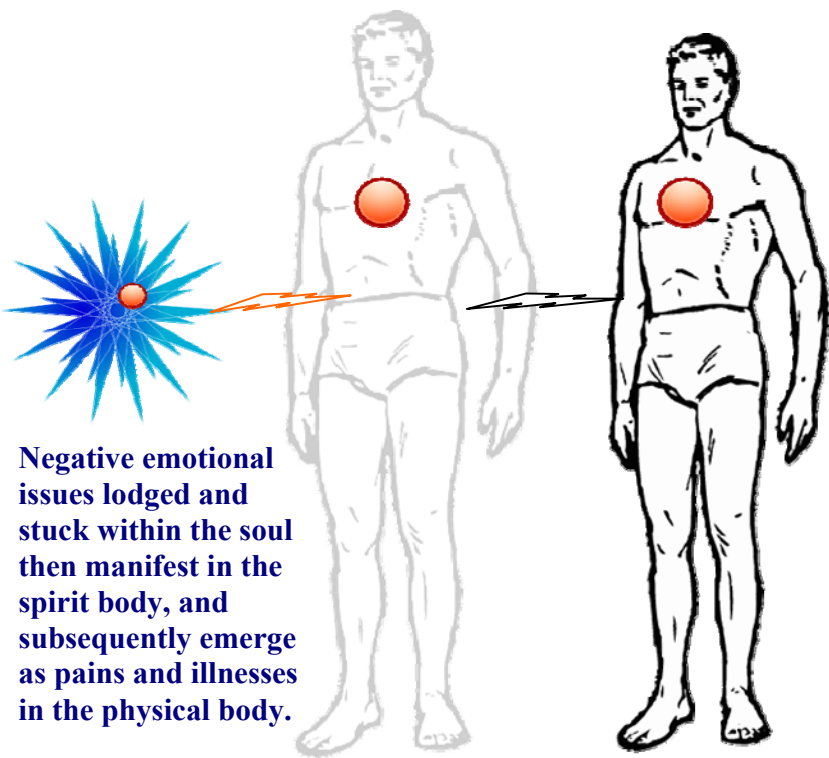
Your Soul, being your real self, resides within your Spirit Body but is not of your Spirit Body.

Receiving Divine Love is the pure and simple process of the transformation of the soul; it is gradual, bit by bit, increment by increment. We are happy and content and satisfied with what is given and been received, yet we hunger and yearn for more of the transforming Love of God. Receiving Divine Love is a beautiful experience that does not scare us away, but continually invites us to higher and deeper depths.

With love, Joseph

from the physical world: 31 July 2012

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



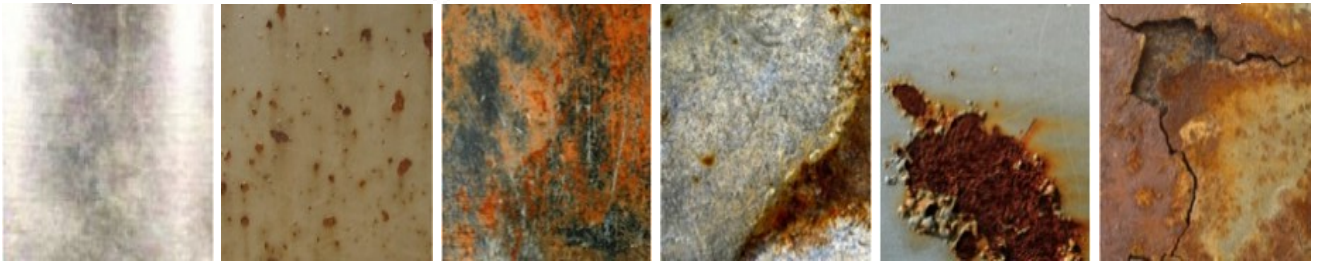
Negative emotional issues lodged and stuck within the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.

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

SOUL SPIRIT BODY MATERIAL BODY  
 PERSONALITY



# stages of life



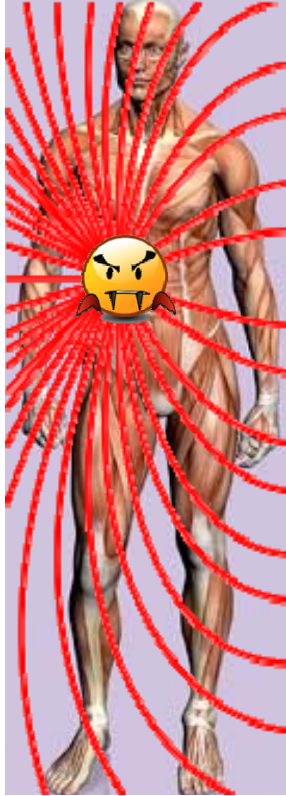
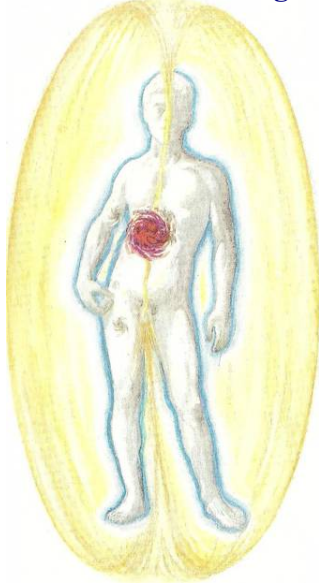
The corrosive nature of human created emotions, those calibrating below 200 on the Map of Consciousness, impedes the flow of life loving energies around and throughout our bodies. These energy flow blockages slowly but surely bring about impediments to our physical well being.

**CHAKRAS and MERIDIANS:**

**Energy for our bodies is drawn in through our chakras and then distributed around our etheric / spirit body via the meridian lines. Negative emotions that become lodged around our being can block the flow of energy thus starving our bodies of loving energy where it is required. In the physical body, pain emerges in that area. Over time that dull pain can manifest into an illness unless the blockage is removed.**



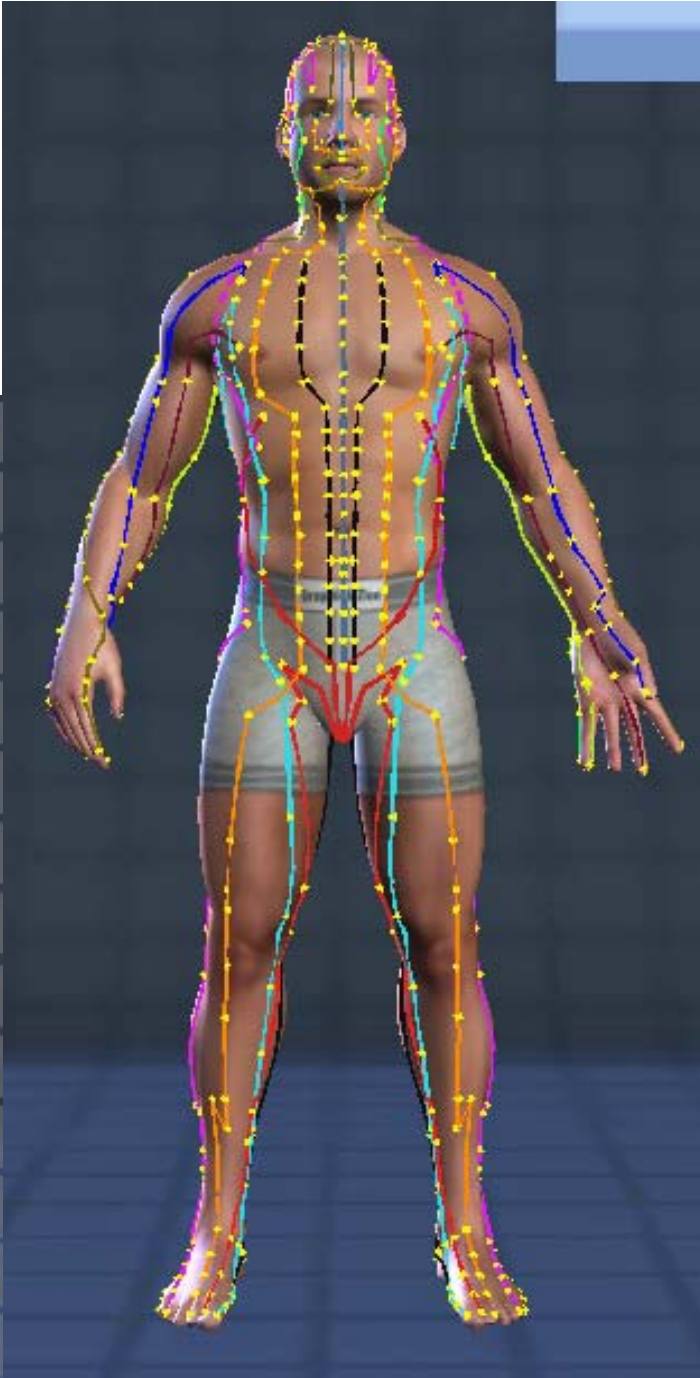
**Etheric Body and Spirit Body are one and the same.**



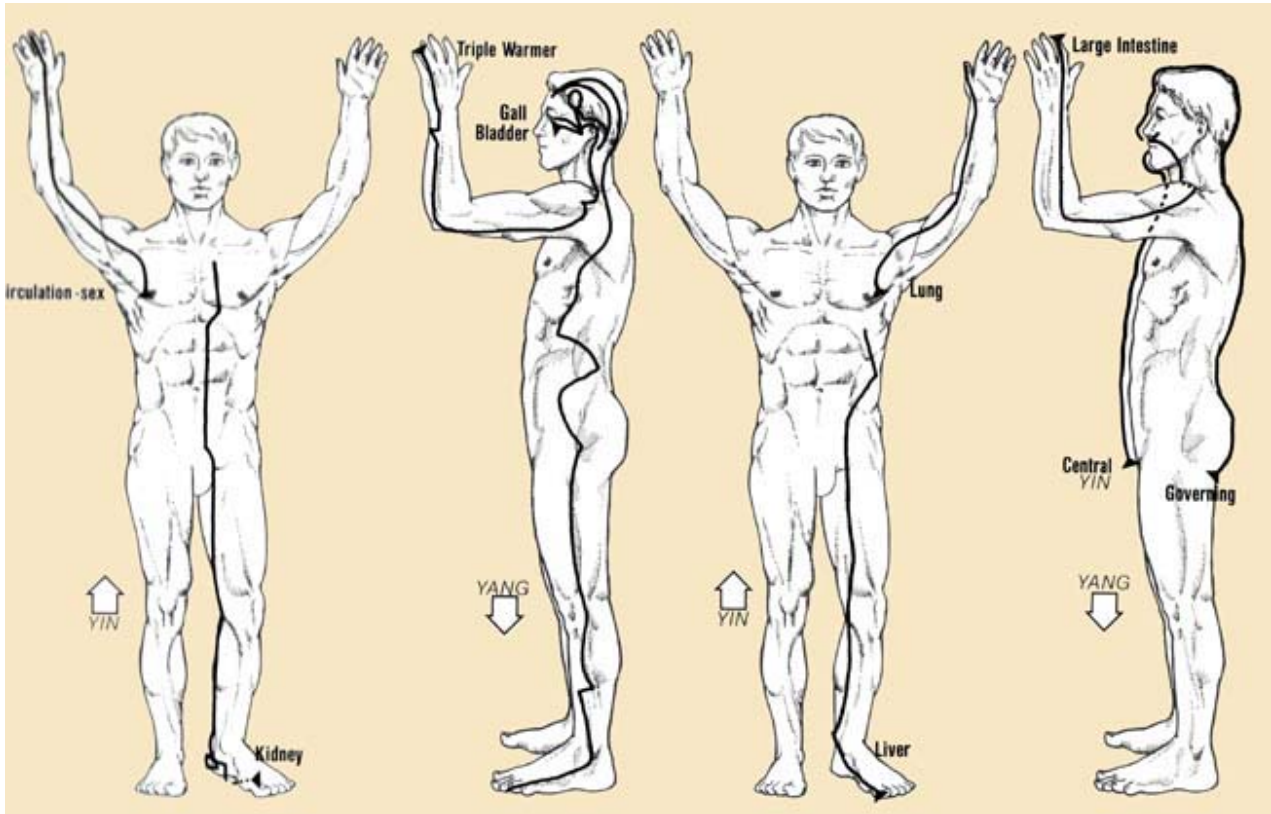
**The MERIDIANS:**

**Have a negative emotion lodge its disruptive slowly vibrating energy field in the region of a meridian then you will have a physical health issue with the physical organ that is fed by that meridian even though that meridian is within your spirit body.**

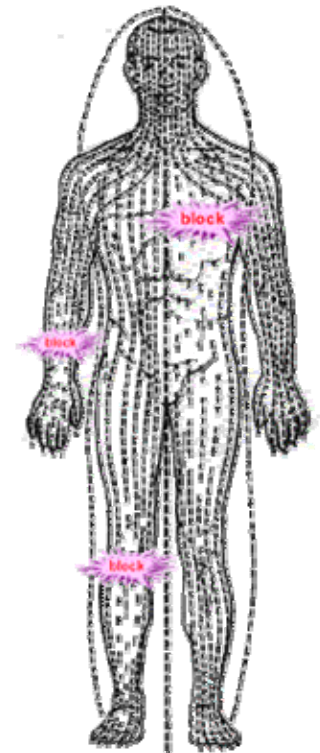
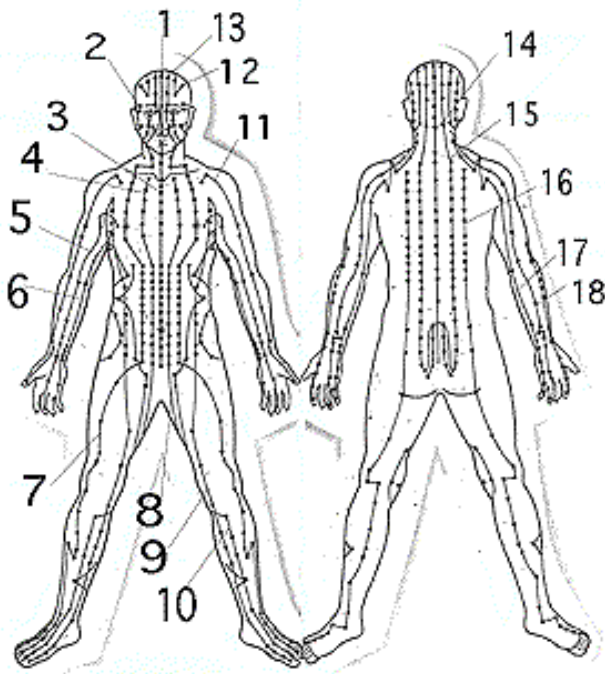
Blue	Lung
Olive	Large Intestine
Orange	Stomach
Cyan	Spleen
Yellow	Heart
Green	Small Intestine
Dark Olive	Bladder
Black	Kidney
Dark Red	Pericardium
Purple	Triple Burner
Pink	Gall Bladder
Red	Liver
Light Blue	Governing Vessel (Du Mai)
Dark Blue	Conception Vessel (Ren Mai)

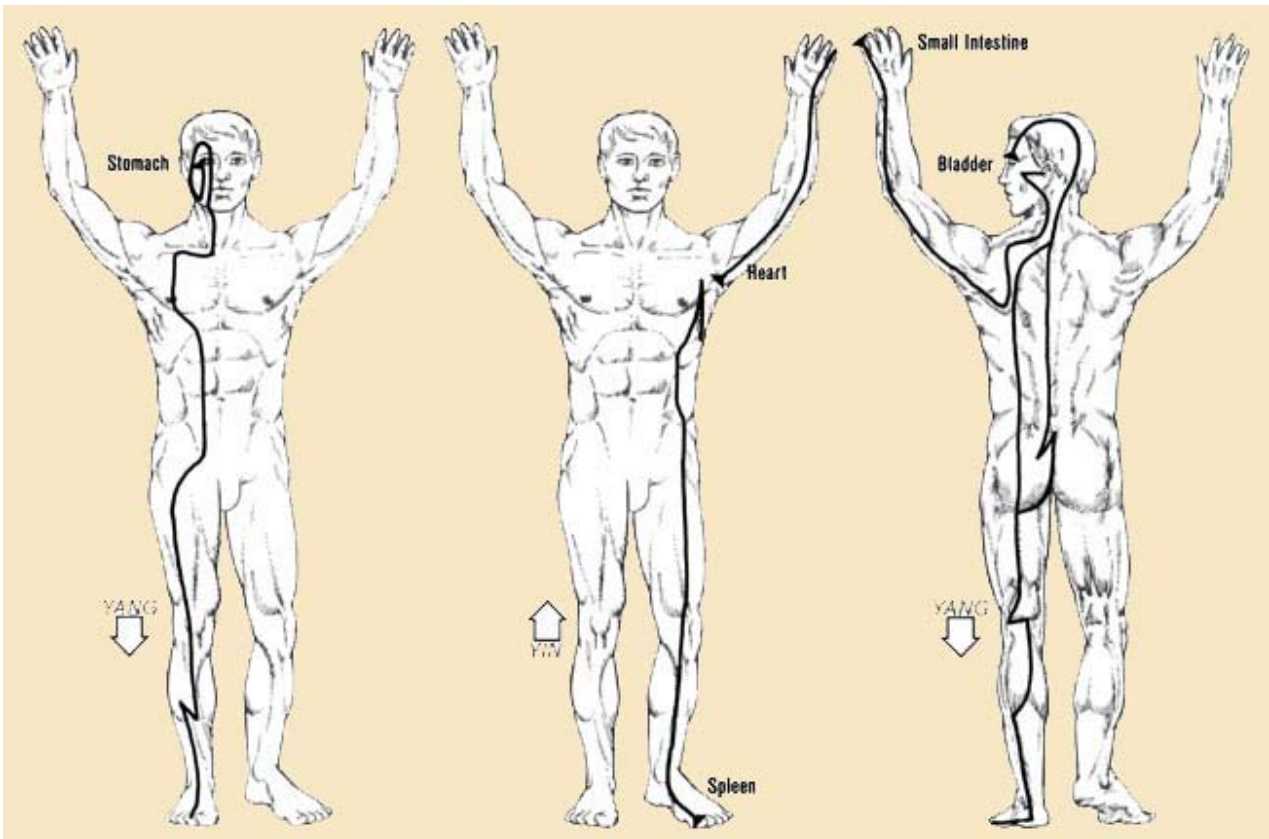




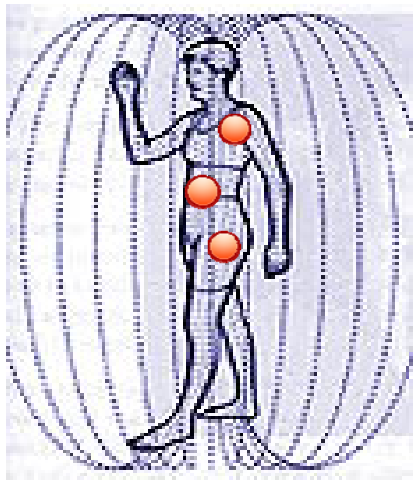
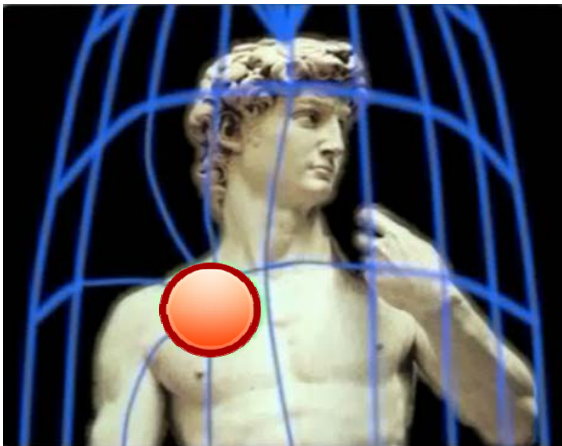


1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner line)
16. Bladder (outer line)
17. Small Intestine
18. San Jiao





An emotional error or injury will form as a stuck or frozen energy ball vibrating at a low level but relative to a particular organ of the physical body. Though it might be an emotion related to say the heart organ, it may become lodged within the soul, then consequently emerge in the spirit / etheric body template along the meridian related to the heart, such meridian reaching from your toes through to your fingers and/or top of your head. This energy blockage causes a constriction of healthy energy movement through your spirit body which is the template for your physical body, this subsequently results in discomfort, then pain, then illness within your physical body. The removal of this emotional injury returns all the bodies back to health.



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

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

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

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

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

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

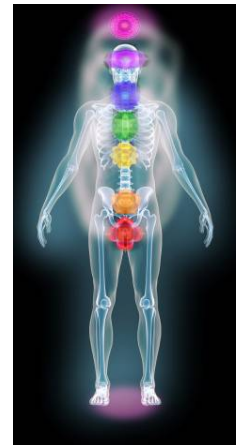
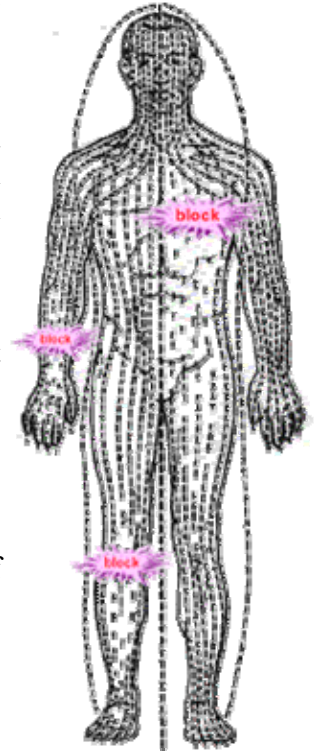
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One’s soul is connected by cords of light with one’s spirit body. One’s soul is the home of one’s personality, natural intelligence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

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

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

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

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

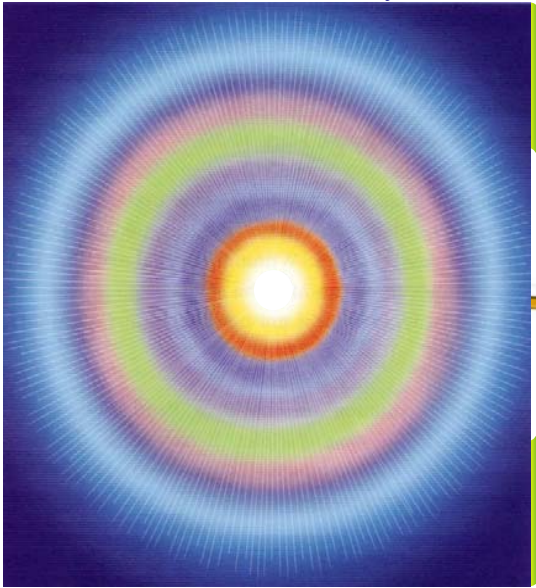




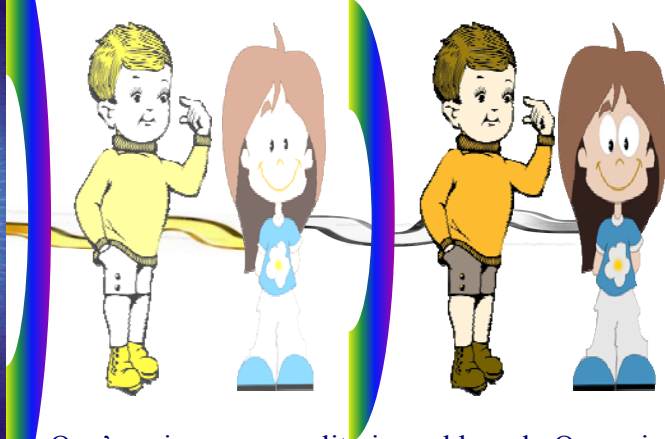
**DIMENSIONS of ONE'S EXISTENCE:**

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

SOUL exists existentially



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



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

**P E R S O N A L I T Y**



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

### EMOTIONS THAT are NOT LIFE ENHANCING:

Emotions are things. The vibrational rates of negative emotions are low. Such negative emotion frequencies are not life enhancing. They emerge from an event, typically during early childhood and are absorbed from the child's environment. From the moment of conception and through to around the age of seven, the child absorbs the emotions of its parents and those in close proximity making up its environment.

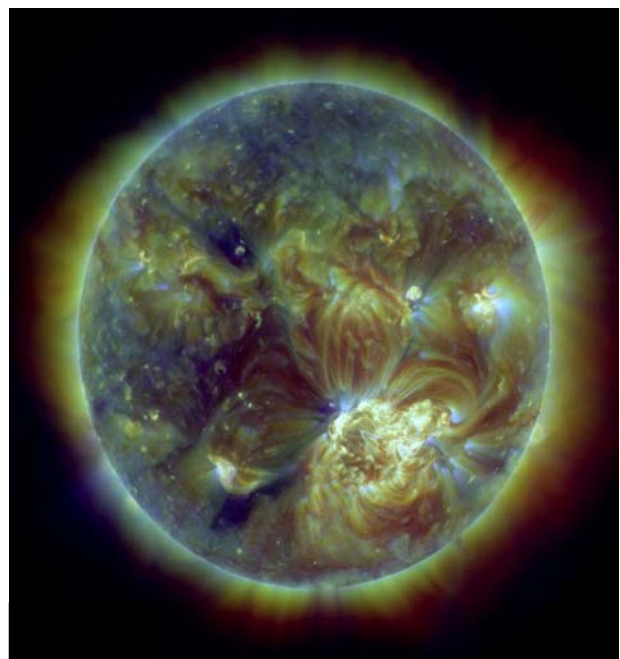
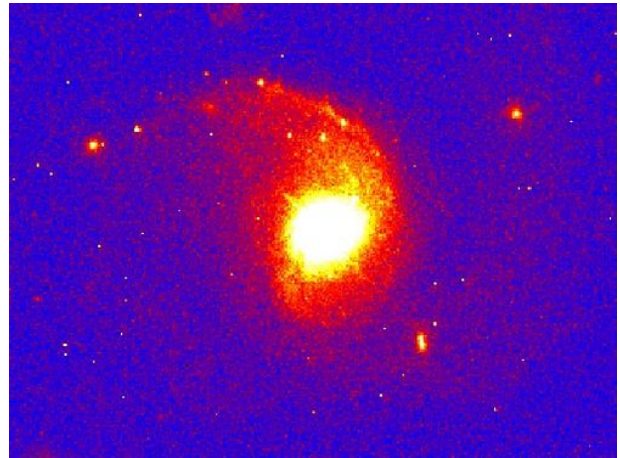
The child, at the point of conception being the moment of individualisation, is naturally endowed with life enhancing emotions which are essentially all loving.

Negative emotions that do not naturally flow through the person or child are attracted to organs within the body that has a relative frequency (magnetic and gravitational field) to which it lodges. This lodging could be anywhere along the meridian lines that run the full length of the body but are related specifically to a particular organ.

Should such an emotion be allowed to fester, it will attract matching energy in a way that the top diagram suggests. This negative emotion commences to appear in one's soul and then in the spirit body which holds the template for the physical body. Medical intuitives often can see the growing negative emotion within the spirit body.

Then this negative emotion crystallises and emerges in the physical body, firstly as a dull pain, then develops into an illness. The middle diagram is suggestive of such a clustering emotional issue.

The world is enveloped by humanities negativities to such an extent that it is difficult for loving spirits from the upper spirit world spheres and Celestial Heavens to penetrate to assist us when we do open ourselves towards such help. We need to be in a loving state of the 2<sup>nd</sup> sphere or higher to achieve connection with such spirits, 95% of humanity is within the 1<sup>st</sup> sphere state.



### **PSYCHOLOGICAL FUNCTION of the SEVEN MAJOR CHAKRAS:**

As a human being matures and the chakras develop, each represents the psychological patterns evolving in the individual's life. Most of us react to unpleasant experiences by blocking our feeling and stopping a great deal of our natural energy flow. This affects the development and maturation of the chakras, resulting in inhibition of a fully balanced psychological function.

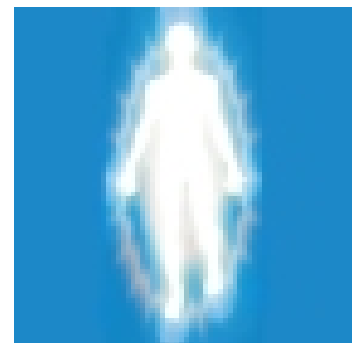
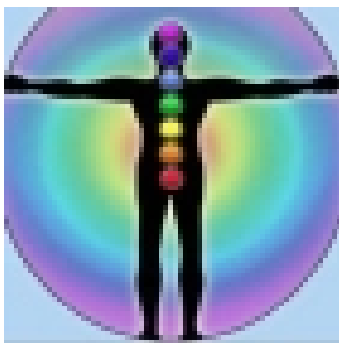
For example, if a child is rejected many times when he tries to give love to another, he will probably stop trying to give love. In order to do this, he will probably try to stop the inner feelings of love that he is responding to with action. In order to do this, he will have to stop the energy flow through the heart chakra. When the energy flow through the heart chakra is stopped or slowed down, the development of the heart chakra is affected. Eventually, a physical problem will very likely result.

This same process works for all chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. The chakras become "blocked", clogged with stagnated energy, spin irregularly, or backwards (counter clockwise) and even, in the case of disease, become severely distorted or torn.

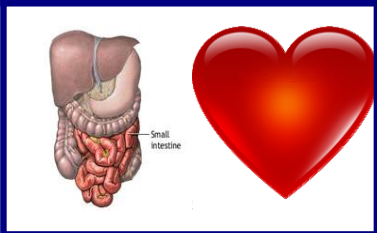
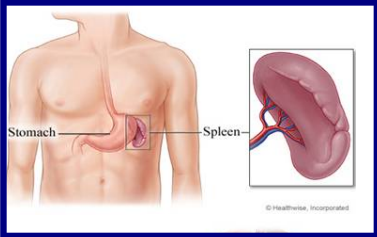
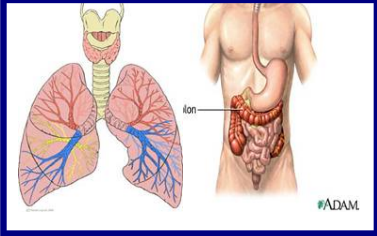
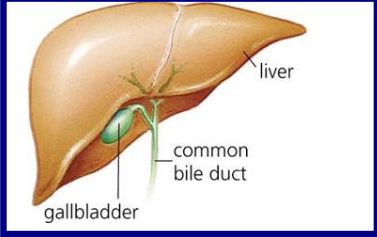
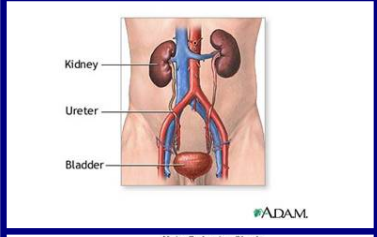
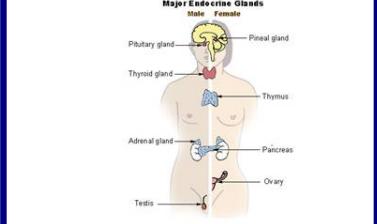
When the chakras are functioning normally, each will be "open", spinning clockwise to metabolise the particular energies needed from the universal field. A clockwise spin draws energy from the UEF (universal energy field) into the chakra, very much like the right-hand rule in electromagnetism, which states that a changing magnetic field around a wire will induce a current in that wire. Grasping the wire with the right hand, point fingers in the direction of the positive magnetic pole. The thumb will automatically point in the direction of the induced current. The same rules hold true for chakras, in such a way that the fingers curl clockwise around the outer edge of the chakra, your thumb points toward the body and in the direction of the "current". Thus we label the chakra "open" to incoming energies. On the contrary, if you curl the fingers of your right hand counter clockwise around a chakra, the thumb will point outward, in the direction of current flow. When the chakra spins counter clockwise, the current is flowing outward from the body, thus interfering with metabolism. In other words, the energies that are needed and that we experience as psychological reality are not flowing into the chakra when it is spinning counter clockwise. We thus label the chakra as "closed" to incoming energies.

Since each chakra is related to a specific psychological function, what we project through each chakra will be within the general area that each chakra functions and will be very personal to each of us because each person's life experience is unique. Thus, by measuring the state of the chakras we can determine one's overall long-term and current life issues.

Human beings are infinitely beautiful and complex wonders.

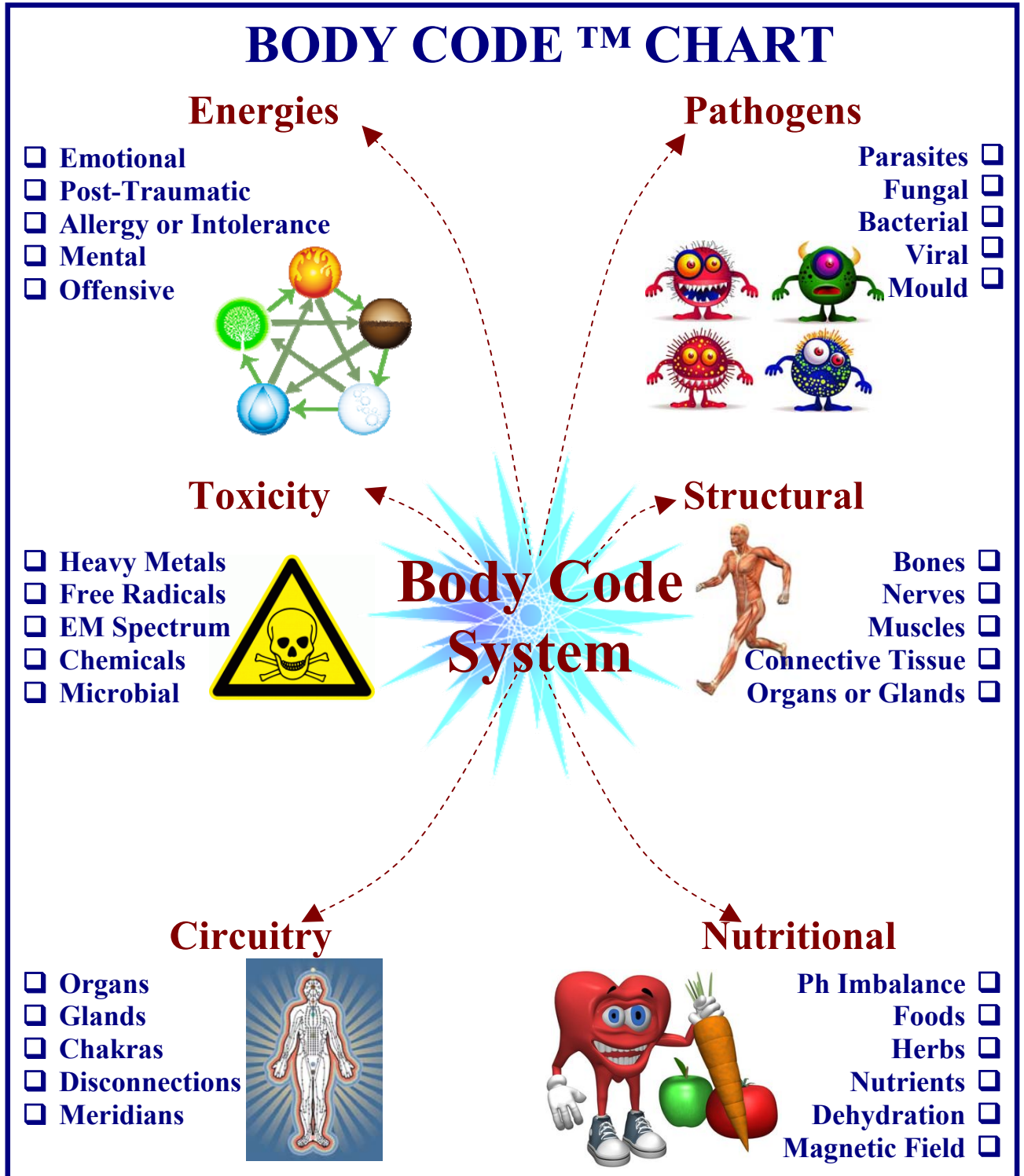




Organs	<b>EMOTION CODE™ CHART</b>	
	Column A	Column B
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry Failure Helplessness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

**EMOTIONS affect SPECIFIC ORGANS:**

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.





### **OBSERVATIONS of AURUS in THERAPY SESSIONS:**

The aura is really the “missing link” between biology and physical medicine and psychotherapy. It’s the “place” where all the emotions, thoughts, memories and behaviour patterns we discuss so endlessly in therapy are located. They’re not just suspended somewhere in our imaginations, but they are located in time and space. Thoughts and emotions move between people in time and space through the human energy field, and learning about it is the way to get a handle on this activity. Let’s look at some of the fluid energy flows of auras as people move through their daily lives:

Every thought, feeling, and experience a person has affects and changes his aura. Some effect always remains.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual malfunction. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

### **The CAUSE of ILLNESS:**

From the perspective of a healer, illness is the result of imbalance. Imbalance is a result of forgetting who you are. Forgetting who you are creates thoughts and actions that lead to an unhealthy lifestyle and eventually to illness. The illness itself is a signal that you are imbalanced because you have forgotten who you are. It is a direct message to you that tells you not only how you are in imbalance but also shows you the steps that will take you back to the real self and health. This information is very specific if you know how to secure access to it.

Illness can thus be understood as a lesson you have given yourself to help you remember who you are. Immediately you will think of all kinds of exceptions to this statement. But most of them will limit you to a perception of reality that only includes this particular lifetime and only life in the physical body. The above statements can only be understood in a whole and healthy way if you already accept yourself as existing beyond the physical dimensions of time and space. The statements can only be felt as loving, if they also include you as a part of the whole, and therefore the whole. They are based upon the idea that individuation and wholeness are the same. That is, a priori the whole is made up of the individual parts, and individual parts are therefore not only part of the whole, but like a hologram are in fact the whole.

Healing became first an extension of the therapy and then the central core of all therapy because it reaches all the dimensions of the soul and body far beyond that which the therapy was able to do.

Humanity carries with it terrible pain, loneliness and deep longing to be free. The work of the healer is a work of love. The healer reaches into these painful areas of the soul and gently reawakens hope. She/he gently reawakens the ancient memory of who the soul is. She/he touches the spark of God in each cell of the boy and gently reminds it that it is already God and, already being God, it inexorably flows with the Universal Will towards health and wholeness.

**SUBTLE BODIES:**

Energy follows thought, energy also follows whatever laws you think apply. Scientifically, the way the energy flows, contracts, or expands is the primary force within a cell. Various cultures have tried to express the energy contained in and around the body with language referring to this energy as chakras, meridians and auras with interesting parallelisms; each have the same components including colour, number, sound and sensation. One of the several different types of energy in the human body is subtle energy, which is the natural pulsation between full expansion and contraction. To have life in any form energy must be able to swing between these expansions and contractions. This energy in and around your body, whether defined by science or culture is the subtle force in your life that can assist you in creation or destruction.

Since the work of Einstein, physics has taught that matter is simply another form of energy. Through physics you learn that the molecules that once were thought solid are actually a compilation of particles, which are simply energetic vibrations. This means that your body is a bundle of vibrating energies and less solid than it appears to be.

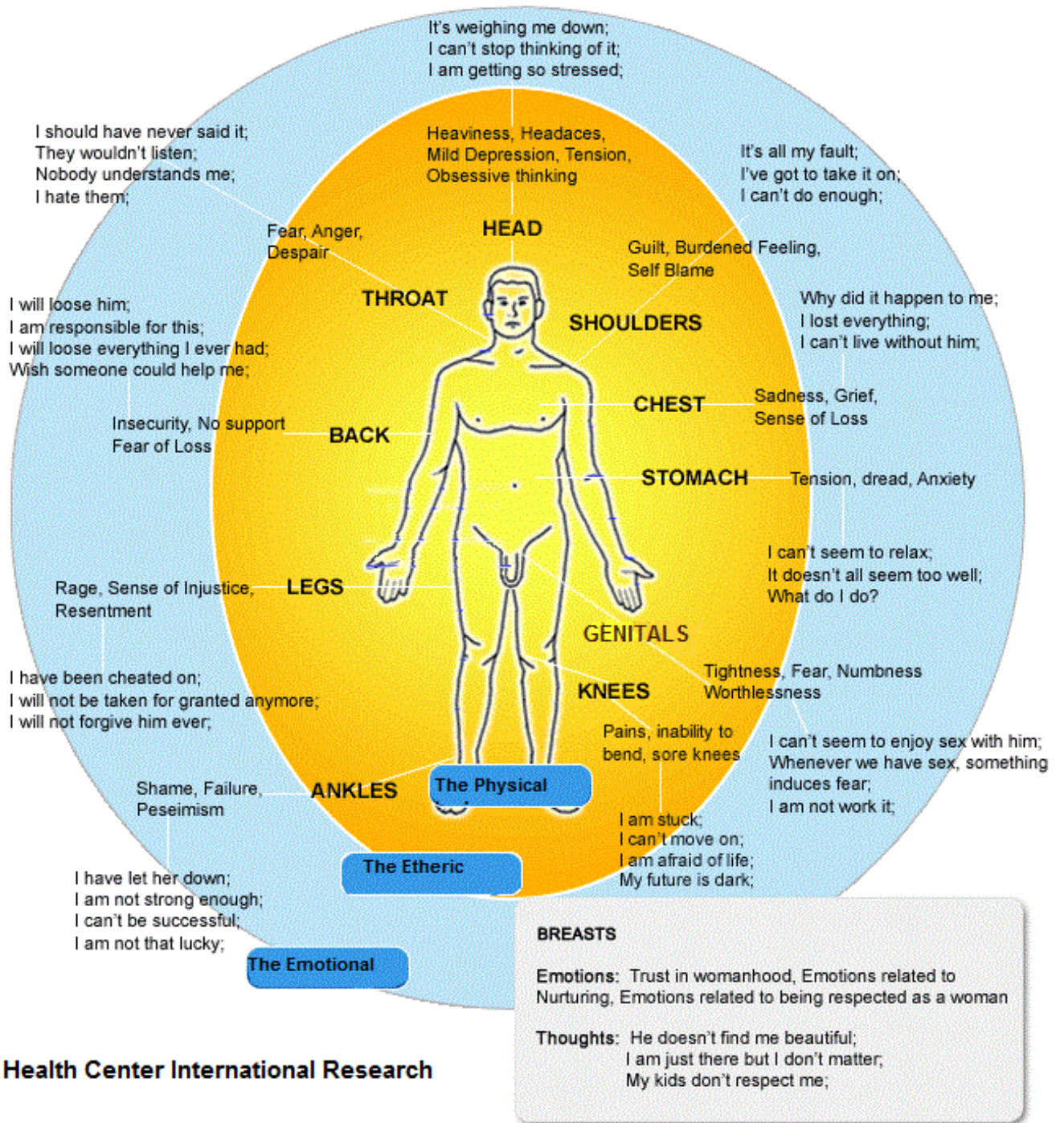
Much of what the mystics have taught about the make up of the energy patterns around your physical body is also being validated by discoveries from science. Humans have subtle bodies made up of energy patterns around the physical body. The physical and subtle bodies interact and changes in the energy of one field will affect the other (as above, so below). Dis-ease starts in the subtle bodies when a thought or emotional pattern triggers an energetic reaction. With time, persistent patterns contract the energy within the subtle bodies, creating blocks in your energy systems. If you cannot let go of the energy blocks, these blocks will affect the flow and function of your physical body leading to manifestation of dis-ease.

**ETHERIC**

**PASCAS  
HEALTH**



**PASCAS  
PERS**

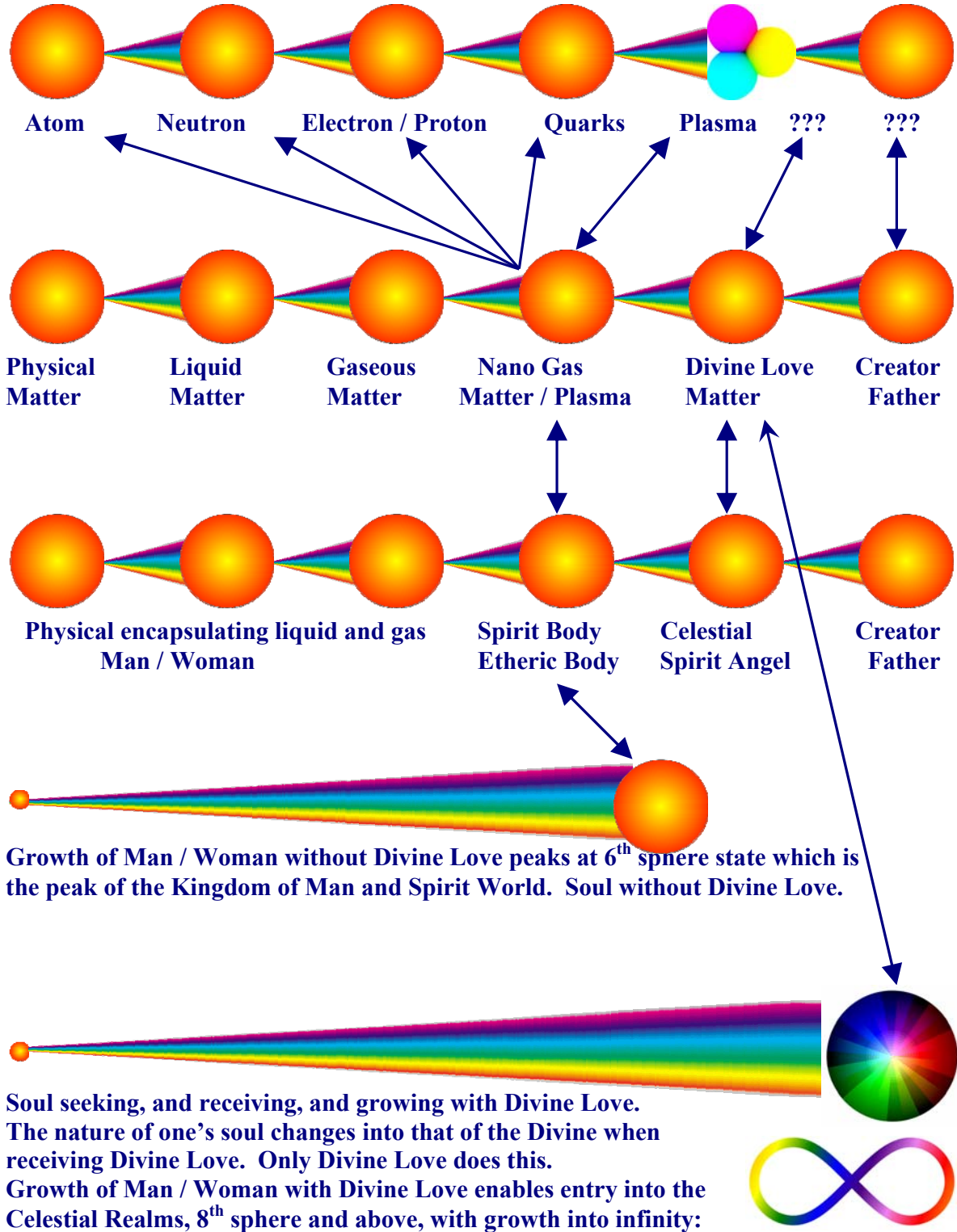


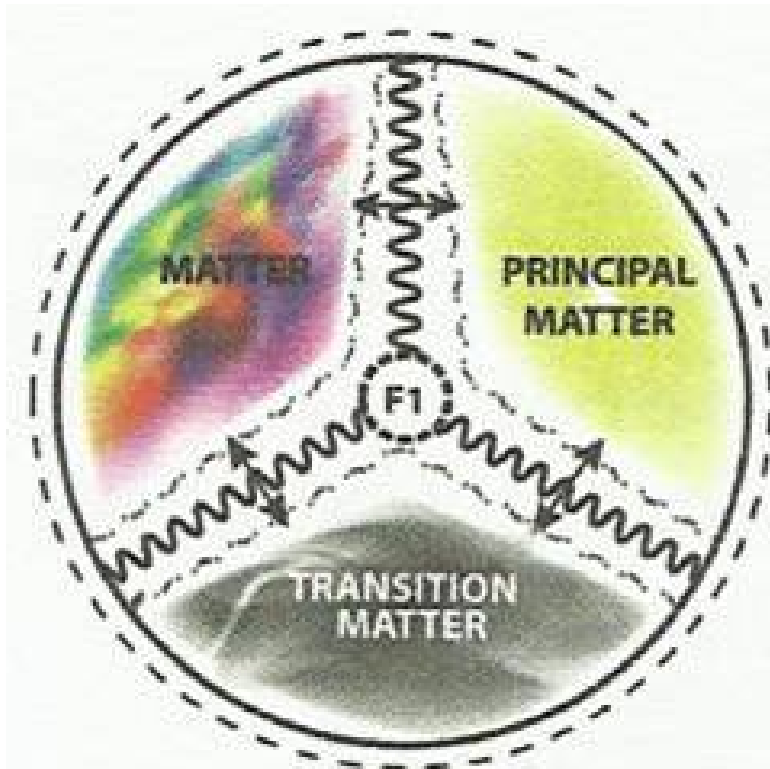
Health Center International Research



**STAGES of MATTER:**

**Matter becomes finer and finer and more incredible within each phase:**





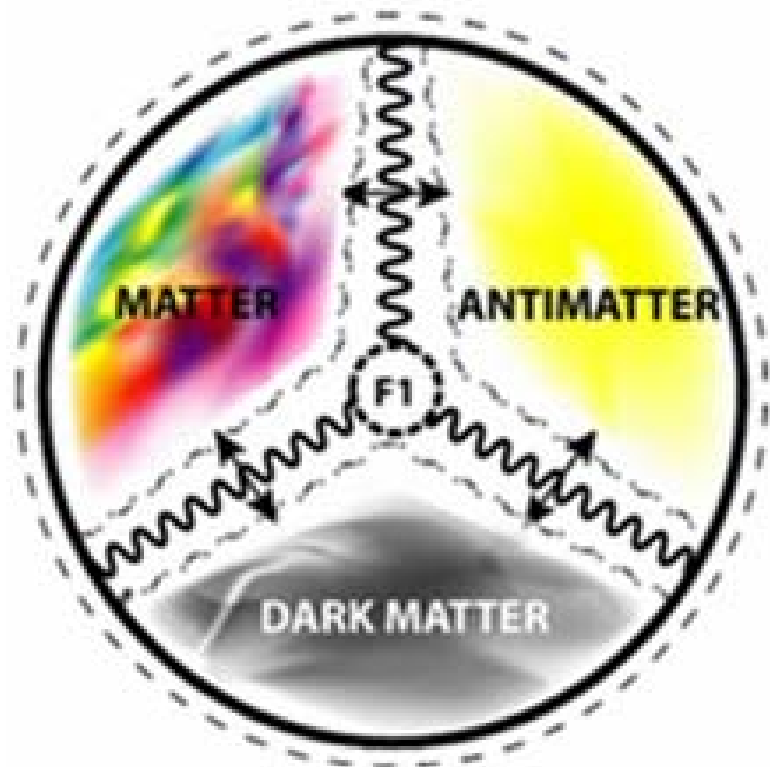
**PLASMA:**

The three aspects of plasma present themselves in an ever variable degree of concentration and variation.

Matter plasma creates the physical.

Principal matter, antimatter is the energy aspect and the predominant energy of everything that exists.

Dark matter, transition matter restricts light, though transparent, a result is darkness and lack of energy.



Plasma, in its complete form, is the building block of all that is, however, there appears that there are even finer and even more incredible substances.

A plasma element may be dominated by its Matter aspect, thus being seen as physical matter.

Or it may be dominated by its Principal Matter / Antimatter aspect thus conveying an abundance of energy and love.

Or it may be dominated by its Transition Matter / Dark Matter aspect thus conveying darkness and a lack of love.

**SUBTLE BODY:**

<http://vibrofrequencytherapy.webs.com/thesubtlebody.htm>

The subtle body is an energy field which has a structure, which influences and gives life to the physical body. This body has several interconnected layers,

**The physical body**, is the manifestation of our consciousness and fears sickness, aging and death;

**The etheric body**, the template of and interface with the physical body, where sensation is perceived;

**The emotional body**, which relates to the individual's emotional state;

**The mental body**, which contains the thinking patterns;

**The astral body**, is the bridge for unconditional love;

**The causal body**, level of higher intuition;

**The soul.**

According to the parapsychologist Donald Watson, 'only when the finer (i.e. subtle) bodies are round the physical body and joined to it (in gear) is the physical body conscious (centred).

When they separate from the body (step out of the body), consciousness also withdraws.

This gives us a possible model for splitting: major distortions and divisions can literally occur on and between any level(s) – sensation, feeling, thinking, or intuition – creating a variety of kinds of mind-body split.

The relationship between the layers is understood as a 'step-down' process, going from the finest, lightest, highest vibration to the final slow density the physical body.

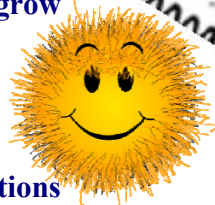
According to Schwartz-Salant, **Jung** makes a clear statement that 'the subtle body refers to that part of the unconscious that becomes more and more identical with the functioning of the human body, growing darker and darker and ending in the utter darkness of matter'.

Another way of putting it is that our unconscious thoughts and feelings exist in the subtle body and the less access we have to them at the higher levels, the greater likelihood that they will be crystallised as physical structure and physical symptoms. In becoming denser, the patterns are pressing up against the limits of our conscious mind.

This somatising process is a step towards embodiment, and away from the more continuous dissections of the layers of the subtle body, and thus a move towards wholeness.

**PLASMA and YOUR WELLBEING:**

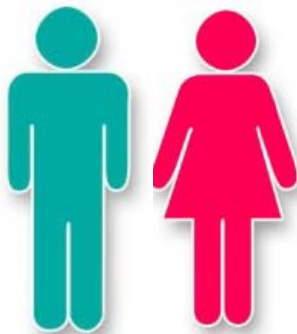
Loving emotions attract principal matter / anti-matter to your soul as you grow in love.



Loving emotions enhance your life's experiences.

Your soul blossoms and your spirit state is one of beauty.

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



This way or that way?



Matter aspect of plasma is the energy that you recognise as your physical body. The energy lines of your bodies are enhanced with loving emotions. Negative emotions impede the flow of energy through your bodies and this brings about difficulties and illness. Love is the greatest energy that you can bring to your soul, spirit body, and physical body.

Attracting Antimatter Plasma results in a far healthier and loving life than by from attracting Dark Matter Plasma.

Unloving emotions cause the soul to loose radiance and to contract in size. Your spirit state experiences are devoid of happiness.

Unloving, negative emotions retard the growth of your soul and your life experiences are generally difficult in all aspects of your living.



Encrusted Soul



A soul's condition is never frozen. No matter what condition one's soul is in, from there it can grow in love. From the poorest state it can grown to



Spirit Body



There are seven major chakras which are the focal points (the point of intersection between planes) for drawing in and transmuting energy from the subtle bodies into a utilisable form. A chakra is a vortex, ‘a significant gathering of organised life-energy’, and a gateway between dimensions. Clare Harvey, a complementary therapist comments that ‘the chakras may be regarded as transformers, simultaneously receiving, assimilating and transmitting energy. They are capable of gathering and holding various types of energy, and can also alter their vibrations so this energy can be used for different purposes’.

### The SEVEN BODIES:

P.104 A Life of Miracles by Almine

1. **Physical Body:** The physical body is the anchoring point for your Higher Self to explore the mystery of your being within physicality. It is highly susceptible to programming transmitted through touch for several minutes after birth. It holds the memories of this and other lives.
2. **Etheric or Astral Body:** **The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point.** This body is linear and is located an inch (2.5 centimetres) out from the physical body.
3. **Emotional Body:** It is the auric field. Past trauma is held in the first three bodies (the physical, astral, and emotional bodies), therefore, as we overcome our past and balance our sub-personalities, this body becomes clearer. This body is a flowing field that extends about fourteen inches (35 centimetres) out from the physical body.
4. **Mental Body:** As we balance the three minds, including the left and right brains, the mental body ceases to block access to the higher bodies. This body is linear and is located about fourteen inches (35 centimetres) out from the physical body.
5. **Universal Intent Body:** When able to access this body, we begin living in eternal time, which aligns us with the intent of the Infinite. This body is a flowing field that extends about nineteen inches (48 centimetres) out from the physical body.
6. **Universal Awareness Body:** The information within this body contains the specifics regarding the blueprint for this physical lifetime. When access to this body is achieved, we start seeing from a cosmic perspective. We begin to see the innocence and value of our life as it mirrors to the Infinite either that which it is, or that which it is not. We see that there is no guilt so all judgement effortlessly dissolves. This body is linear and is located about nineteen inches (48 centimetres) out from the physical body.
7. **Spirit Body:** It is trillions of little fibres of light radiating out in all directions from the life force centre (located behind the bellybutton). Every living creature within the cosmos has a band of awareness among these light fibres within our spirit body. That is why we are literally the cosmos. This is the body shamans use to be able to shapeshift into other forms; plus they use this body to access parallel realities. They move a point of illumination called the assemblage point. It is located an arm’s length behind the heart, and a little bit to the right. This body is a linear field radiating out from the centre to an arm’s length from the physical body.

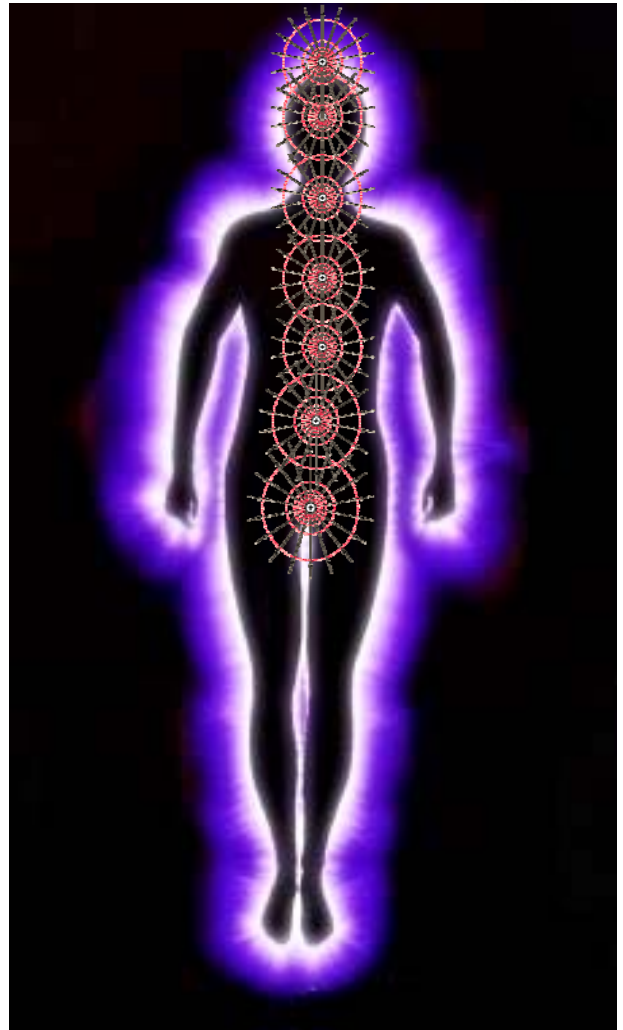
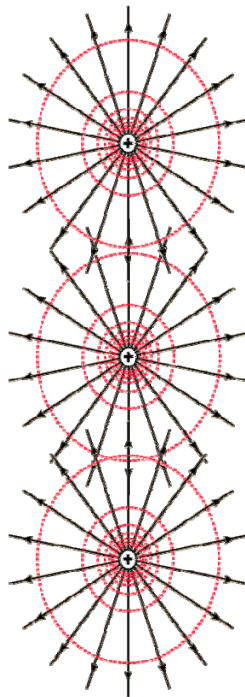
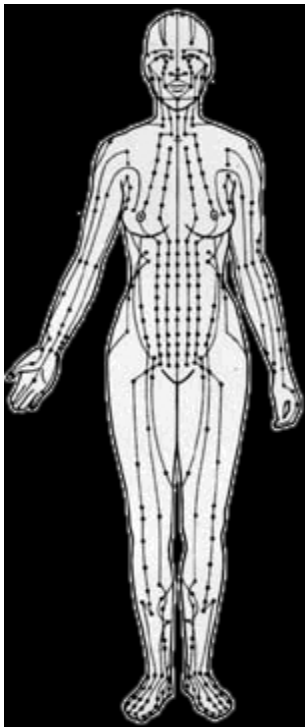
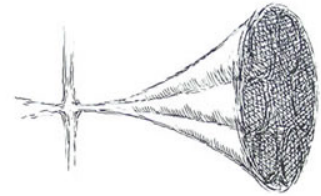


**MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.**

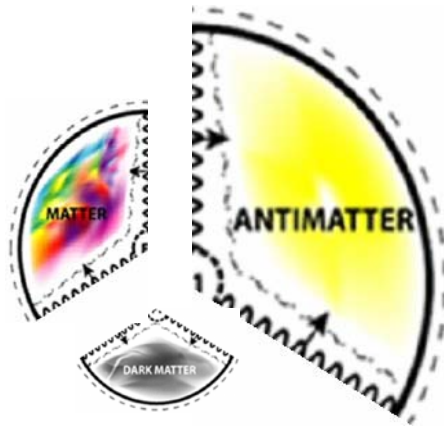
Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

Etheric or Astral Body: The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body.

Each chakra point, major or minor, has a swirling vortex that draws in energy to feed the spirit body and subsequently the physical body.

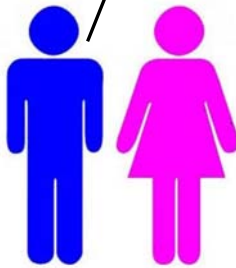


LIFE OPTIONS:



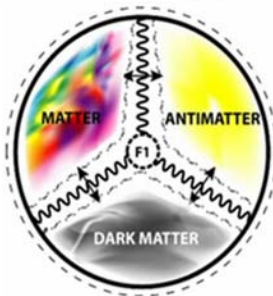
Soul

Your soul blossoms and your physical life and spirit state are ones of beauty.



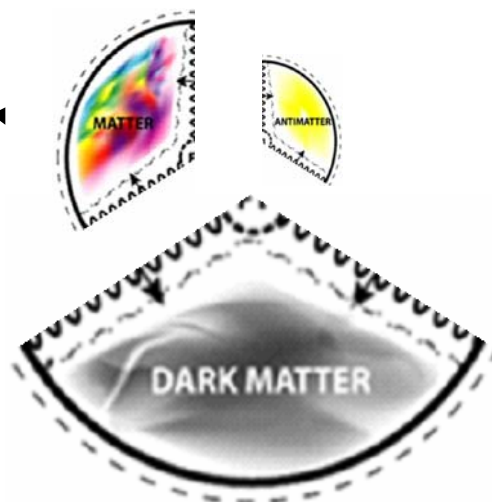
The building blocks of our physical / material body consist of plasma which is an endless array of the three fundamental aspects of plasma, called matters. Matters consist of matter, antimatter or principal matter, and dark matter or transitional matter.

As we allow negative or man made emotions dominate our soul, that is, emotions that calibration 200 or less, we are retarding our essence. The quality of our life and health is degraded. Dark matter restricts the flow of light and our ambience is suppressed.



As we grow in love and embrace emotions of love, antimatter or principal matter dominates our soul and essence. Our physical health is generally excellent and our quality of life exudes with pleasure and joy. Light floods our being and our ambience is one of brightness.

Encrustment of the soul is inhibited by the presence of love; error cannot prevail. Dark matter / emotions are dissolved by the Love.



Encrusted Soul  
Soul condition being in a very poor state.



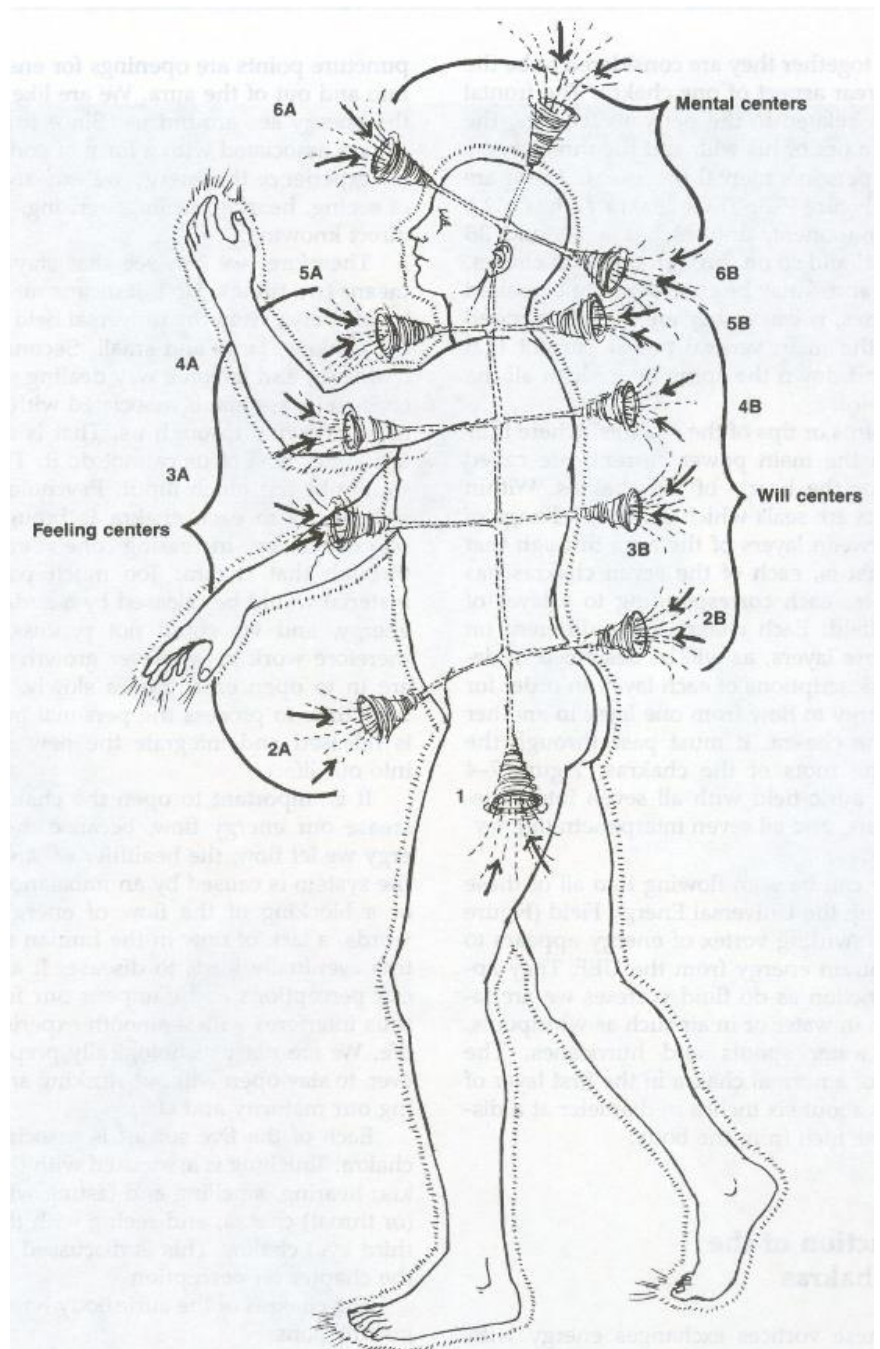
The chakra is a vortical energy form created by two streams of energy weaving together:

One of these, flowing in the spinal cord, is thrown out from the centre and flows towards the periphery in a widening spiral; this represents the *motor stream*. The second stream, impinging on the surface of the etheric body, spirals inward, narrowing as it goes; this is the receptive or *sensory stream*. These two spirals flow parallel to one another, but in opposite directions, and may be compared to interlocking screw threads, in that one may be said to run in the grooves of the other. They give an impression of spinning, like the fluid in the vortex of a whirlpool. (Payne and Bendit, quoted in Boadella, 1987, 210)

According to Payne and Bendit, it is important that these two streams are co-ordinated with one another. If the motor or outgoing field is weak, the person is vulnerable to psychic invasion, or shock. An individual with a depleted or unstable energy field is easily overwhelmed by another person's psychic energy.

This model of the chakras can help us understand how we take in information about our clients (and vice versa), and process it as sensations, feelings, fantasies, images and ultimately as intervention and interpretation. The energy which is processed

through a chakra is then distributed through the body or discharged from it. Perhaps information that we block out – because it threatens to overwhelm us in some way – can hang around in our subtle bodies, potentially accumulating to the point where we become exhausted or ill.



The Seven Major Chakras, Front and Back Views  
(Diagnostic View)

Jung actually developed the idea that the subtle body is the medium through which projections are transmitted, but – probably because it was considered a bit esoteric – this has not been taken up by Jungians or others until recently.

Jung considered Kundalini energy or MISTERY SINDROME (according with Le Fanu *Journal of The Royal Society of Medicine*) an interaction of the subtle body along chakra energy centres and nadis channels. Western awareness of the idea of kundalini was strengthened by the Theosophical Society and the interest of Carl G. Jung ("Jung's seminar on kundalini yoga, presented to the Psychological Club in Zurich in 1932, has been widely regarded as a milestone in the psychological understanding of Eastern thought. Jung presented Kundalini yoga with a model for the development of higher consciousness, and he interpreted its symbols in terms of the process of individuation").

In *The Plural Psyche*, Andrew Samuels has explored the concept of countertransference in relation to the idea of a 'mundus imaginalis', an imaginal world, a third order of reality between subjective and objective. (1989: 143-74) This reflects the journey being made in some fields of psychotherapy – in what Samuels calls 'the countertransference revolution' – from a largely objectifying attitude towards the client, to an approach which values ever more highly the subjective body, or somatic countertransference. (1993: 24) In this case the 'object' becomes the therapist's body sensations, feelings, images and fantasies, which, through appropriate processing can become information. This equation is: subjective + objective = awareness. Awareness suggests interest, reflection, and some degree of openness. If I have a sensation or feeling in my body which I am observing, I can neither be totally detached (because it's in me), nor totally merged (because I am looking at it).

This understanding has a parallel in the conclusions of quantum physicists that an individual cannot observe an event / object without altering it. The observer is a participant.

The therapist is always embroiled in the client's dynamic and needs to be in order to get an 'in-sight'.

By taking the position of therapist you are implicitly agreeing to subject yourself to the distorting effect of the client's particular energy field in order to understand it (this does not preclude the client's attempts to do the same for the therapist, nor the fact that therapists have plenty of 'distortions' of their own).

In a chapter which surveys various definitions of and attitudes to counter-transference, Andrew Samuel's makes an interesting division into 'reflective' and 'embodied' counter-transference.

What he calls 'reflective' counter-transference is evoked when the therapist, observing his/her own feelings, is aware that they somehow reflect the client's unconscious feelings. 'Embodied' counter-transference, on the other hand, is when the therapist seems to be experiencing the client's unconscious objects – the therapist embodies 'an entity, theme, or person of long-standing intrapsychic inner-world nature' (1989: 151).

The first seems to have more to do with identification – the therapist becomes 'one' with the client on some level – and the second is a form of opposition – the therapist becomes 'two' with the client, taking on a role that goes beyond the immediate relationship between client and therapist.



Samuel's discussion of counter-transference draws on the ideas of the French philosopher, Henry Corbin. Corbin's 'mundus imaginalis' 'refers to a precise order or level of reality, located somewhere between primary sense impressions and more developed cognition. [It has] a central mediating function'. (Samuels 1989: 162-3) Corbin refers to 'the organ of visionary knowledge'. (164). In terms of psychotherapy, writes Samuels, 'that organ is [the therapist's] counter-transference'.

This fits well with the emphasis on somatic resonance in body psychotherapy. Body psychotherapists learn to deliberately cultivate access to primary sense impressions, which form the basis of energetic perception.

The physical senses connect us to a primary process, they give us a touchstone for 'making sense', and they provide a channel through which we can be impressed upon / affected by our clients. At the same time we want to hold onto and utilise effectively our 'more developed cognition'.

'Imaginalis' refers to both image and ability to create forms in the mind. These words originate from the Latin, *imitari*, to imitate. We could then say that counter-transference is a form of *involuntary imitation*, which, in order to be understood, has to be translated from one system to another; from an energetic vibration into a more concrete form such as a visual or sensory image, or some recognisable pattern or relationship.

Information can be transported between persons via any of the subtle body layers and at different levels of force and velocity, and these differences account for the varieties of experience and definition of counter-transference.

The model of consciousness I am using is of two fields of vibrating energy which operate in ways best described in the language of physics or music. The fields have layers of different frequencies – they may harmonise or be dissonant in different places across the spectrum.

Where two wave forms of similar frequency 'lock into phase' with each other, there is what might be described variously as sympathetic vibration, resonance, or rhythm entrainment. This has the effect of amplifying the pattern. In other words, when therapist and client are 'tuned in' and conscious / centred they are like to become more aware of a pattern. Schwartz-Salant comments that the subtle body 'may be projected and imaginably perceived as operating between people. Furthermore the intermediate subtle body realm can be a conjoined body, made up of the individual subtle bodies of two people. (25)

This gives a new dimension to the term 'merging' which has been used in psychoanalytic literature to describe the client's regression to a state characteristic of infancy.

In projective identification, there is a more dramatic and violent energetic interaction: the client's subtle body may literally eject an idea / object / feeling into the therapist's subtle body with considerable force. In this case, the amount of energy created by the bringing together of two parts is so great as to threaten to fragment the client's ego / body.

It is like a bomb about to go off which has to be hurled into a potentially stronger container. The therapist might with various degrees of success be able to contain the explosion, or they might be swept up in a self-preservative counter action which involves throwing back the bombshell.

Schwartz-Salant emphasises that the active, imaginal experience of the subtle bodies coming together can create a powerful feeling of being pulled together in fusion, and then pulled apart towards separation. He argues that this is why work with the subtle body is healing for clients who have suffered critical failures around separation, allowing them to work through these splits.

Having explored the relevance of the subtle body for an understanding of counter-transference, I want to look in more detail at the chakras. In all subtle body traditions, the chakras are seen as relating to specific psychological themes (grounding, sexuality, power, etc), and physiological functions, for example each chakra is linked with a specific sense, gland, and nerve plexus. (Myss) In addition each chakra is associated with a particular type of psychic perceptual functioning.

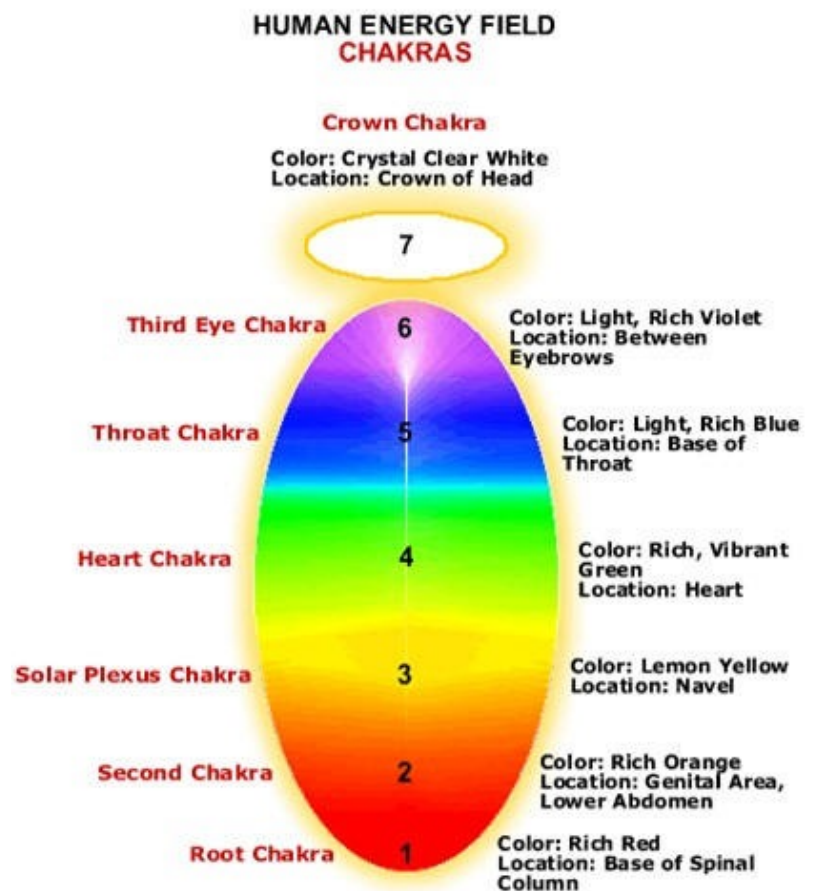
The root chakra, for example, gives us information on sensation. We may become aware of a holding in a client's legs through feeling how our own legs are tensing, while it is through the solar plexus that strong emotion strikes us. The heart is associated with compassion and emotional balance. The sixth chakra or third eye is clairvoyant, giving us what may be experienced as a direct insight.

It is the fifth chakra, the throat, that I want to explore in more depth here because it is of prime importance with regard to communication in the therapeutic setting. It is predominantly through this chakra that we process the information that is coming to us via any of the chakras or directly through the throat chakra into recognisable and communicable patterns.

The fifth chakra is the realm of consciousness that controls, creates, transmits and receives communications.

These communications – or patterns of energy – are symbolised for storage and use in the brain, whether in the form of words or images.

The throat chakra's inner state relates to the synthesis of ideas into symbols, thus drawing limits and decreasing the level of abstraction. (It is one thing to 'pick up' energy, it is quite another to be able to describe coherently what you have picked up.) It includes the capacity to create meaning from information.

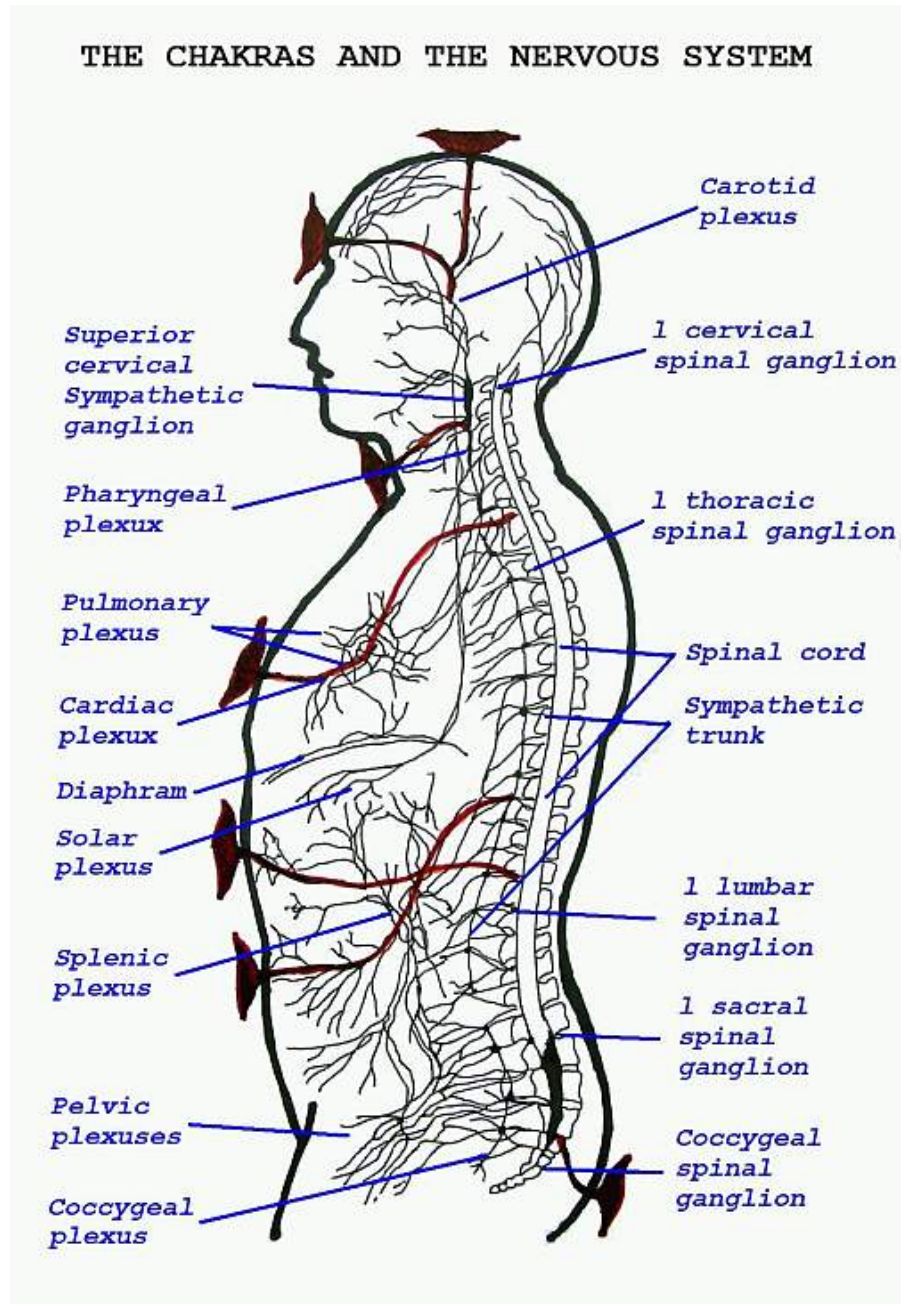


This is important – for it is in ascribing meaning that we move from merely 'vibrating with' to giving the information a context, and a more explicit relationship to the here and now interaction. Jung comments that the throat chakra is the place where we learn to own our projections.

This underscores its relevance for therapy, where other traditions – such as healing, meditation, or yoga – might emphasise the importance of the heart chakra, or the third eye.

Sound (vibration) is the element of the fifth chakra, both expressive sound and articulate speech. When expressed in language, the information is released from the therapist's body and may find its home in a new way in the client.

Thoughts voiced with feeling – by client or therapist – create vegetative movements which cleanse and re-balance, the throat chakra is strongly associated with and activated through the hands.



This connection supports my own experience that work with the hands – for example, massage – can heighten the ability to synthesise information from many different levels, creating powerful images that succinctly encapsulate the client's energetic state.

The hands also act as intelligent reflectors, giving back the client his/her vibration combined with the vibration of the therapist's perception and intention.

**Thinking Through the Body**

I have focussed on the fifth chakra because it plays a significant role in mediating between the conscious and unconscious, between self and other. Of course all chakras are equally important and work in concert. An open root chakra keeps us grounded and in touch with the matter-of-fact reality of individual bodies, two separate people.

The seventh chakra consciousness, on the other hand, is about non-separation, everything as connected. The heart chakra is the balance point, but it is through the throat chakra that understanding can be defined and focussed. 'What is' can be symbolised and therefore known.

The therapist's ability to utilise their fifth chakra helps maintain a necessary level of separateness while remaining connected. It also challenges the notion that energetic perception is only conceivable in terms of the archaic, primitive, regressive or symbiotic.

Even with ideas as esoteric as the subtle body, it is possible to be rigorous as a therapist, both in terms of challenging as well as supporting the client, and in terms of appropriate reflection on one's therapeutic work.

The therapist's perceptions are always pushed through the mesh of their own consciousness, so that whatever blind spots, unresolved issues and points of tension are in their subtle bodies will affect the process.

Clients have an uncanny ability to use their own subtle body perceptions to hook onto, penetrate or overwhelm parts or all of the therapist's subtle body.

Most therapies that work with the subtle body focus on the healing process in an individual, with the facilitation of another. Psychotherapeutic work with the subtle body, however, explores the subtle body as it emerges in the relationship between client and therapist, as an aspect of transference and counter-transference.

When the two subtle bodies are interacting, it is felt as 'a change in the quality of space between them', a more energised, heightened state.

(Schwartz-Salant, 21) [v] Such is the quality of the change in atmosphere, that a sense of peeling away layers of history can be evoked.

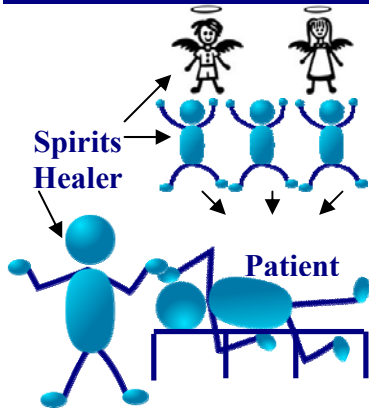
The Jungian Roger Woolger, for example, explicitly uses subtle body work to work with other people's past life and personal trauma. (Spirit people impress upon us their own life experience.)

My own experience is most often of the face of my client changing as though masks are being pulled off one by one to reveal older, deeper identities. The faces seem to present very powerful aspects of the individual that may have been repressed and distorted through fear. (Some people can see the spirit body's reflection of their own soul condition.)

They may embody fantasy figures such as a witch or a pirate. The therapist needs the capacity to tolerate these delicate states, precisely because they hold the unconscious feelings from which the client has split off.



**SPIRITUAL HEALERS & HEALING:**

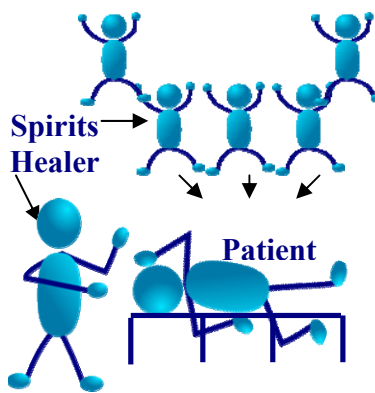


Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher) and is open and receiving Divine Love will be able to attract Divine Love spirits from 5<sup>th</sup> and 7<sup>th</sup> sphere, and also Celestial Angels (8<sup>th</sup> +++ ) who have healing capabilities.

Patient, should he/she be open and receiving Divine Love, will be cured – permanently. When God is involved this way, wonderful and complete recoveries frequently occur.



God is fully involved, faith is high with all parties.

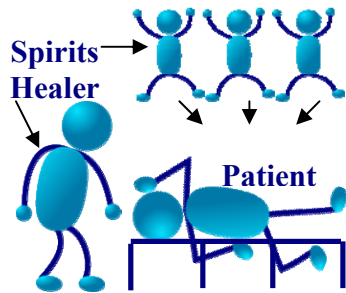


Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher) and is open and receiving Divine Love will be able to attract Divine Love spirits from 5<sup>th</sup> and 7<sup>th</sup> sphere who have healing capabilities. Patient not being open to Love.

Patient will have relief from health issue. Unless he recognises the underlying cause, the core emotional error, which created the illness, and releases it, then a similar issue may reoccur.



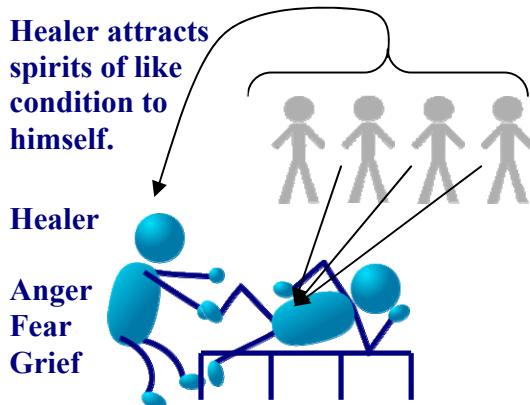
God is welcome and partially involved.



Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher – over 500 on MoC) will be able to attract natural love spirits from 4<sup>th</sup> and 6<sup>th</sup> spheres who have healing capabilities.

Patient will probably have relief from health issue. Unless he recognises and releases the underlying cause, the core emotional error, that created the illness and releases it, then a similar issue most likely will reoccur.

God not involved. Spirits and people self reliant.



Healer whose soul condition is in the Earth plane state (MoC under 500) will typical attract spirits who have no healing capabilities. Should the patient also be in the Earth plane state (1<sup>st</sup> sphere condition) and have no faith in the practice then healing probability is negligible.

God not involved. All parties self reliant. Patient has no faith.

The client's intense anxiety is part of a process of embodiment, and the therapist's task is to remain embodied as the heat is turned up.

Schwartz-Salant argues that 'such subtle body encounters strengthen psychic structure and build a firmer mind-body unity, one which is less afflicted by splitting and projective identification'.

At key moments in this process it is as if the subtle bodies are linked in a dance: a dance between two subtle bodies which may be imaged as nurturing, grotesque, comical, erotic, barbaric, playful, sombre, scintillating...Love

### Description

A subtle body is one of a series of psycho-spiritual constituents of living beings. Each subtle body corresponds to a subtle plane of existence, in a hierarchy or great chain of being that culminates in the physical form.

It is known in different spiritual traditions; "the most sacred body" (*wujud al-aqdas*) and "supracelestial body" (*jism asli haqiqi*) in Sufism, "the diamond body" in Taoism and Vajrayana, "the light body" or "rainbow body" in Tibetan Buddhism, "the body of bliss" in Kriya Yoga, and "the immortal body" (*soma athanaton*) in Hermeticism. The various attributes of the subtle body are described in terms secret symbolism: Tantra features references to the sun and moon as well as various Indian rivers and deities, while Taoist alchemy speaks of cauldrons and cinnabar fields.



**A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.**

Sometimes the Spiritual Masters can see the subtle bodies as an aura or as a pictures in the astral body. The practice of astral projection, as described in various literature, is supposed to involve the separation of the subtle body from the physical. The theosophical movement was important in spreading such ideas throughout the West in the late 19th century. The existence of subtle bodies is confirmed by part of scientific community.

The Yogic, Tantric and other systems of India, the Buddhist psychology of Tibet, as well as Chinese (Taoist alchemy) and Japanese (Shingon) esoterism are examples of doctrines that describe a subtle physiology having a number of focal points (chakras, acupuncture points) connected by a series of channels (nadis, Acupuncture meridians) that convey life-force (prana, vayu, ch'i, ki, lung).



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10

9 MOC Peak

8 1250

7 1080

6 1000

5 920

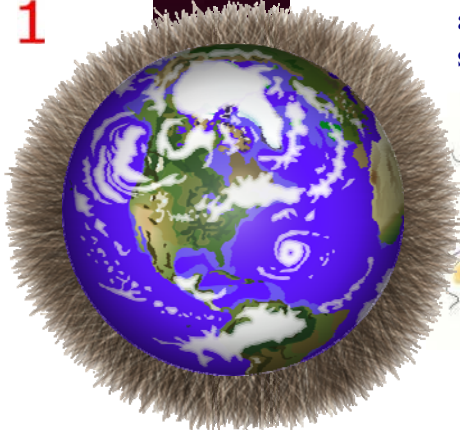
4 840

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500

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**SPIRITUAL HEALING CONDITIONS:**

Only when the healer is at one with God (8<sup>th</sup> sphere soul condition) can he, directly with God, heal a person, who has faith.

Practical ultimate conditions for healing: Healer on Earth is engaged in Feeling Healing and seeking and receiving Divine Love and is in a 2<sup>nd</sup> sphere soul condition.

Person seeking healing is also seeking and receiving Divine Love, if only to a limited degree.

Healer will be sent Divine Love angels from the Celestial Realms (8<sup>th</sup> sphere and higher) and they will act as conduit for our Mother and Father. All parties involved have faith and desire to connect with our Heavenly Parents. Healing will be rapid and permanent.

Healer who is above 1<sup>st</sup> sphere soul condition can and does attract natural love spirits from 4<sup>th</sup> and 6<sup>th</sup> sphere to assist with relieving illness.

If healer is asking for and receiving Divine Love then he will attract assistance from 5<sup>th</sup> and 7<sup>th</sup> sphere spirits to assist with healing, bringing relief for the patient.

Should the patient have faith in the process and is endeavouring to grow in love then healings are possible.

Healer, in this condition, is able to break through the cloud of negative emotion enveloping Earth.

Healer in 1<sup>st</sup> sphere soul condition cannot develop rapport and assistance from spirits who are above 1<sup>st</sup> sphere. He attracts 1<sup>st</sup> sphere spirits who masquerade as healing spirits. No healing.

These invisible channels and points are understood to determine the characteristics of the visible physical form. By understanding and mastering the subtlest levels of reality one gains mastery over the physical realm. Through practice of various breathing and visualisation exercises one is able to manipulate and direct the flow of vital force, to achieve superhuman (e.g. in martial arts) or miraculous powers ("siddhis") and attain higher states of consciousness, immortality, or liberation.

The subtle body (*Sukshma sarira* or *Sukshma sharira*) in Vedantic philosophy is composed of five Kosas or "sheaths". The subtle body is the vehicle of consciousness with which one passes from life to life. (We do not reincarnate.) The **Liṅga Śarīra** is the vehicle of consciousness in later Samkhya, Vedanta, and Yoga, and is propelled by past-life tendencies, or *bhavas*. Linga can be translated as "characteristic mark" or "impermanence" and the term Sarira as "form" or "mold". *Karana* or "instrument" is a synonymous term.

In the Classical Samkhya system of Isvarakrsna (ca. 4th century CE), the *Liṅga* is the characteristic mark of the transmigrating entity. It consists of twenty-five tattvas from eternal consciousness down to the five organs of sense, five of activity (*buddindriya* or *jñānendriya*, and *karmendriya* respectively) and the five subtle elements that are the objects of sense (*tanmatras*)

**The Samkhyakarika says:**

*"The subtle body (linga), previously arisen, unconfined, constant, inclusive of the great one (mahat) etc, through the subtle elements, not having enjoyment, transmigrates, (because of) being endowed with bhavas ("conditions" or "dispositions").*

*As a picture (does) not (exist) without a support, or as a shadow (does) not (exist) without a post and so forth; so too the instrument (linga or karana) does not exist without that which is specific (i e. a subtle body). "*

The idea was adopted by Vedanta and Yoga philosophy, and from there, in the 19th century, the terminology was adopted by the Theosophy of Madame Blavatsky. Subtility-The State Of Being Subtile To Will

The spiritual teacher Meher Baba stated that the subtle body "is the vehicle of desires and vital forces," one of those forces being "energy." He held that the subtle body is one of three bodies with which the soul must cease to identify in order to realize God: "At the end of the Path, however, the soul frees itself from all sanskaras and desires connected with the gross, subtle and mental worlds; and it becomes possible for it to free itself from the illusion of being finite, which came into existence owing to its identification with the gross, subtle and mental bodies. At this stage the soul completely transcends the phenomenal world and becomes Self-conscious and Self-realised."

Each "body" has its own aura and set of chakras, and corresponds to a particular plane of existence.

**The different layers / bodies**



**The Physical body**, is the most tangible manifestation of our consciousness. Its function is to be here and now, to be conscious of what we do: walking when walking, eating when eating, etc. We all know the fears of the physical body – sickness, aging and death.

**The Etheric body**, is a thin invisible layer, approx. 2cm thick, around the physical body. This is where the energy is reflected when it flows through meridians and chakras. The etheric body or double acts as a template for the physical body and appears as an energy matrix. It is described in Chinese medicine as meridians that transmit chi (ki) through the body. Consciousness is expressed in terms of sensations like physical pleasure or pain.

Many of our dreams can be found in the etheric body. With the aid of mantras, symbols, essence etc. one can affect the function of this part of the aura. Connected to the Root chakra.

**The Emotional body.** The emotional body is egg shaped and contains the other 2. This body reflects the feelings and emotions we have. Emotions like happiness, hope, love, anger, sorrow, hate are all found here. The emotional body is also connected to our past which can cause problems. The body is laced with wishes and desires from the past and this can cause tensions. It is important to learn how to handle different emotions during a day, the risk is otherwise that they become suppressed and stored in the emotional body and can later be the cause of blockages and disturbances leading to medical problems. Connected to the Navel chakra.

**The Mental body's** function is to teach us self knowledge. The mental body as it's name implies reflects the conscious mind, logic, intellect and active thinking. We shape our reality with our minds. Our mind is the constructor, the builder. It reflects our ability through which we develop our learning and personality. Mental health or mental illness is reflected in this level. Connected to the Solar Plexus Chakra.

**The Astral body.** Unconditional love. Connected to the Heart chakra. The astral aura is the bridge between the physical world and the spiritual realm.

**The Causal body (Ketheric Template)** is the last body. The energies in this body spins with a very high frequency. This is where the soul communicates with the conscious mind via the subconscious mind in the mental body. Consciousness is expressed in higher concepts of knowing or belief systems. This is where the initial creative impulse begins; not just linear knowing, but integrated knowing. Connected to the Crown chakra.

**The Soul**



**The HUMAN SOUL – Pathway Home:**

P.196 by Joseph Babinsky

**What is the soul?**

It is not the intellect and it is not the mind. The soul may be identified with its qualities of emotions, feelings, aspirations, longings, passions and many other similar things. When the individual soul begins to open, she will experience feelings and emotions as never before in all her existence. And when she recognises and realises what is happening, and chooses to continue to allow her soul-feelings to be felt (meaning that she does not suppress her feelings and emotions), and seeks and asks her Heavenly Mother-Father to fill her soul with Divine Love, a wonderful experience will begin to envelope and enter her innermost being.

Divine Love is a real spiritual substance that comes from God in response to the soul which desires to know the truth about its origin, purpose and destiny. Divine Love comes from outside self and feeds the hungry soul. When the desires and passions of the soul are engaged through the process of the inflowing of Divine Love, there is actually no limit as to what may take place in the outer manifestations of the soul's newfound energies. The soul that was buried by the concerns, appetites and energies of the physical body now awakens to its true identity. When the human begins to feel its authentic and real self (which is its soul), this real self bursts with freedom. Where the human willingly follows the scent of Divine Love, a new leadership and path develops in its life. A key difference is that the soul on the Divine Love path expresses God-reliance, whereas the soul on the natural love path expresses self-reliance. Knowing the truth about itself (its origin and destiny) is the truth that sets the soul free.

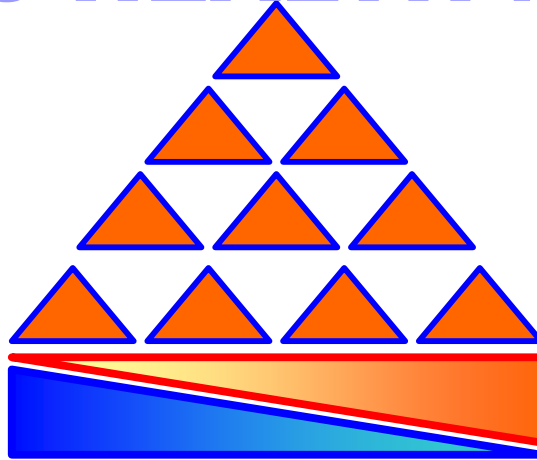
A vision may come to the person whose soul – now God-reliant and infused with the flow of the Divine Love – becomes the leading energy in her life. The soul on the Divine Love path is the life of the spirit body and of the physical body too where it has been given the freedom to *be* so. On this path it now becomes possible to envision herself as a true child of the Heavenly Mother-Father, fully cared for and provided for. Her soul may now soar to Heaven's Gate so that she may say with complete trust: *Thy will be done on Earth as in Heaven*. This inner soul-vision will unfold and continue to unfold in greater and deeper degrees, until she begins to experience in the outer (the physical realm) what she has already felt to be true in the spirit realm.

**A Vision**

*For this was my soul created in pristine condition;  
This I become in truth.  
Divine Love is the gift which enables it to be so.  
As in Heaven – so on Earth;  
It is done:  
The Heaven-born child,  
At-one with God.*



# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

**PROFESSIONAL MEDICAL TEAMS**

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

**COMPLEMENTARY THERAPY FIELDS**

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI  
Pathology  
Streamer – Case Manager**

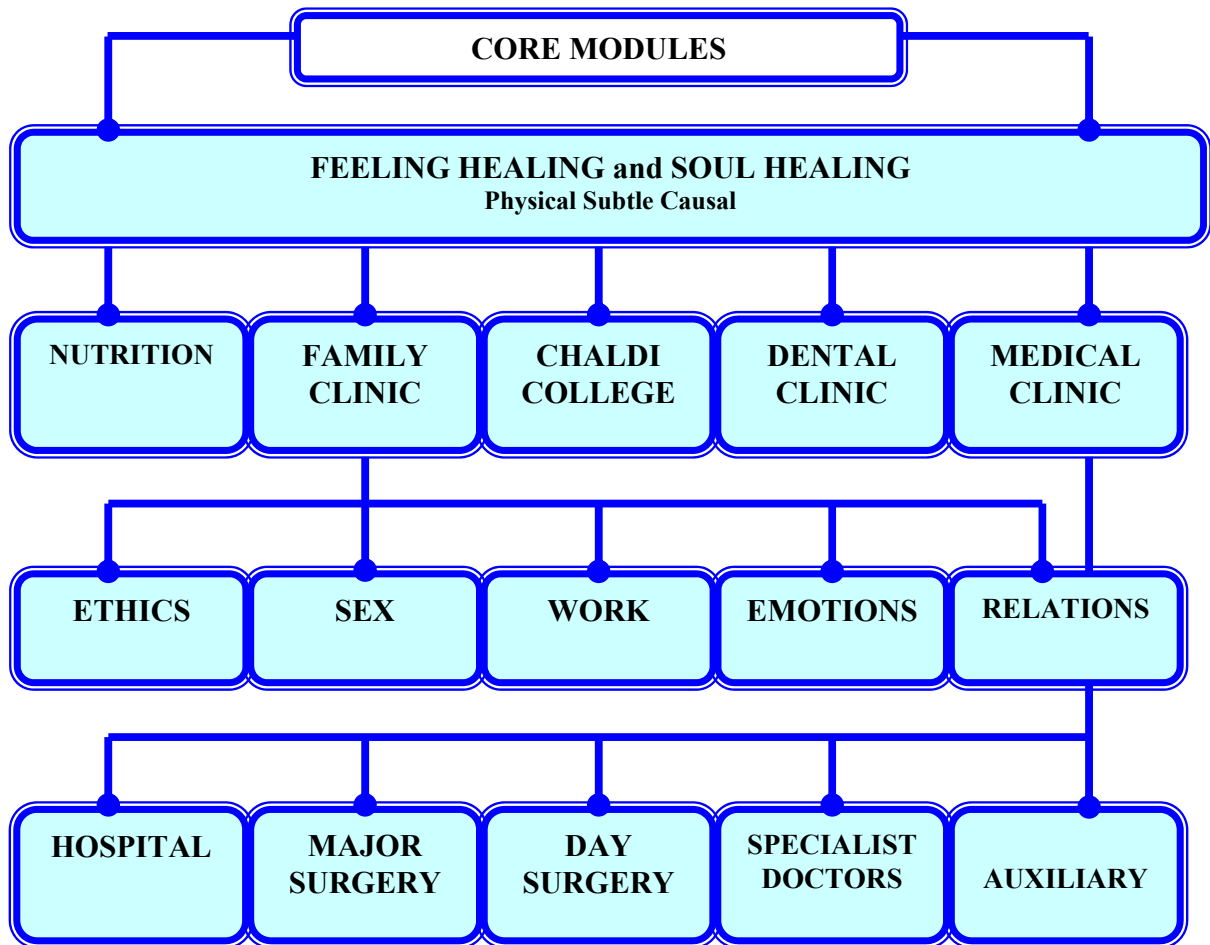


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First





**EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

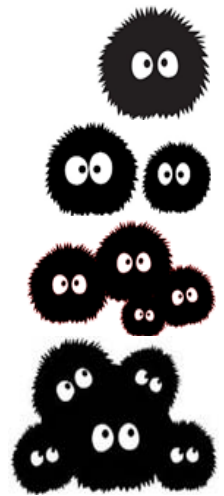
A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.



The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

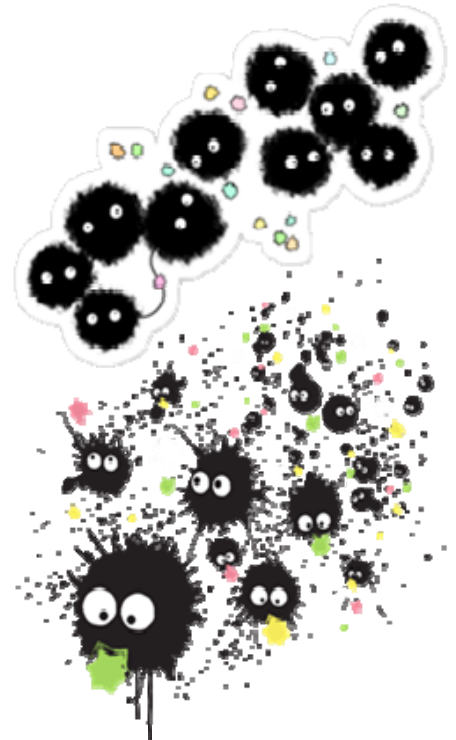
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.



The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



## OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018



Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

We are to uncover the truth of our untruth through the healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



**Spirit Mansion World 3 equivalent on Earth:** 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.

**Spirit Mansion World 5 equivalent on Earth:** 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.

**Spirit Mansion World 7 equivalent on Earth:** 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.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



**Accept, express and long for the truth of your feelings.**

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

### BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING  
ABOUT PAIN.  
IT DEMANDS TO BE  
FELT.





# What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



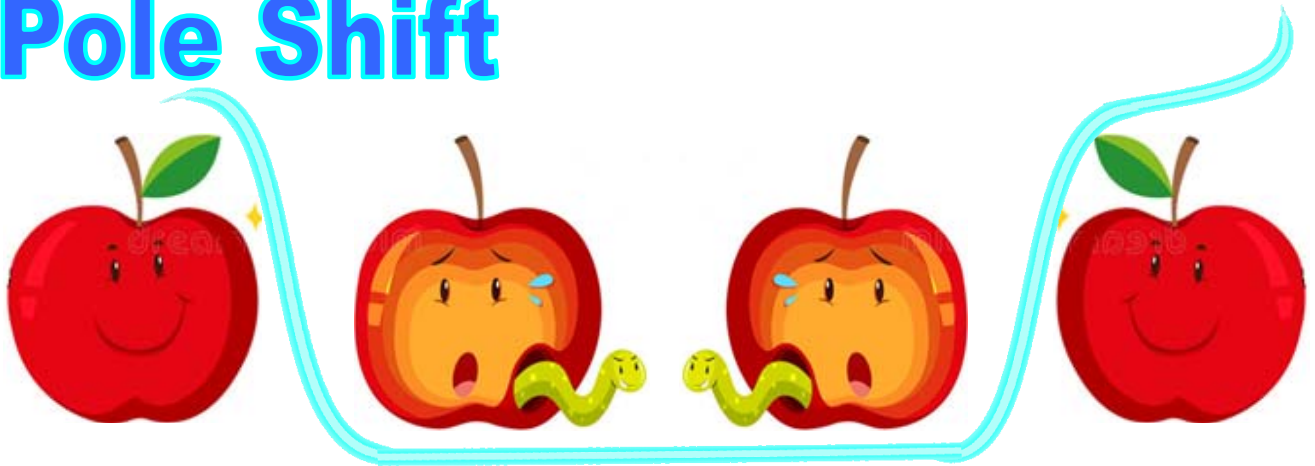
Hitting and humiliating a child

**CHILDHOOD TRAUMA**





# Pole Shift



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

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

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

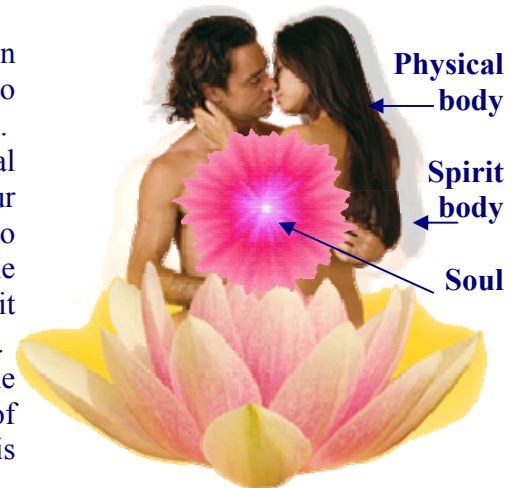
**We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful,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

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



### The REAL YOU is the SOUL:

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



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

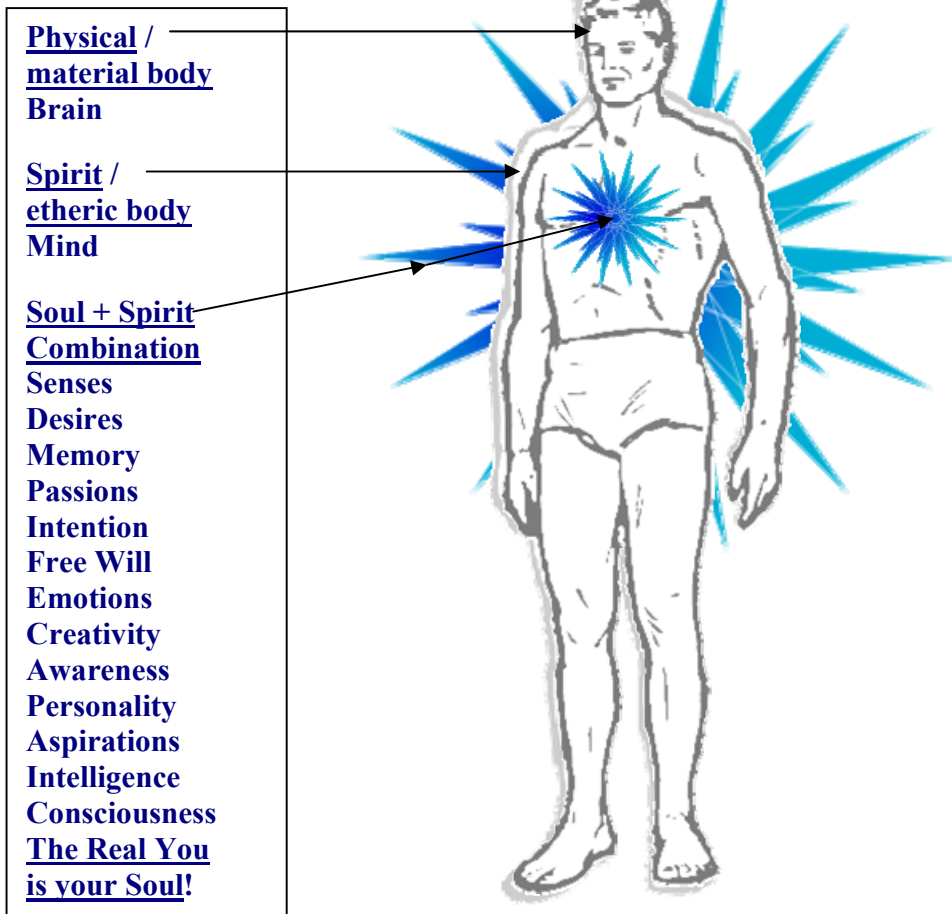


**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

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

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

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

ASPECTS of LIFE:

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

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

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

**At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

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



# 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 embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



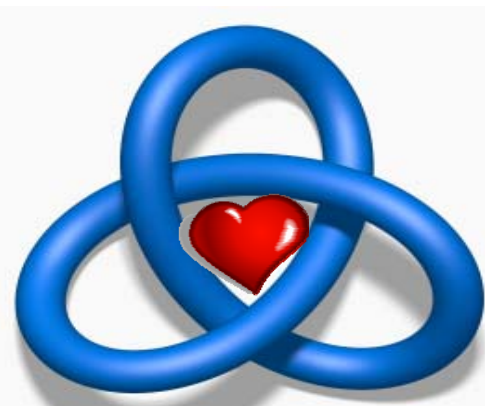
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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.**

# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

## 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.



## 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.

**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.**

# 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



## **FEELING HEALING and SOUL HEALING:**

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

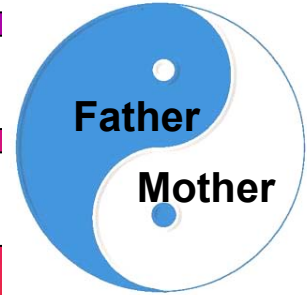
By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



**SPHERES in the SPIRITUAL REALMS.**

**Spheres – Celestial Heaven, Eternal Spheres, then Spheres of Paradise:**  
The realm of the Angels is the Celestial Heavens spheres 8 to infinity.

**Spheres to infinity:** Soulmate bonding can be achieved in most of the spheres. (Celestial Spheres are not numbered per se.)



**Eighth Sphere:** All emotional baggage of your entire history has been dealt with – born again. This is the point of new birth, being born again. Celestial Heavens 8-22 true immortality.

**Seventh Sphere:** The gateway cycle, perception of sacramental nature of all things. Disappearance of the material mind and the absolute ascendancy of the soul's mind has been achieved. Divine path.

**Six Sphere:** Cycle of light / love, love / light or unity. A purely intellectual area, increasing one's knowledge, while living life in absolute harmony with God's laws of spirituality. Natural path peak.

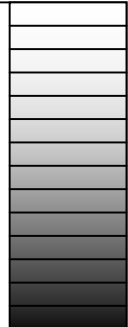
**Fifth Sphere:** Cycle of light or wisdom. All their earthly bonds are gone. We are in one of those soul spheres, which offer great opportunities for obtaining the Love of God.

**Fourth Sphere:** Work of 'atonement' as guides and spiritual healers now excel. As humanity's helpers, their work is a means for self-realization.

**Third Sphere:** Truth always told. An area where spirits progress in their awareness. In each sphere, there are many planes. Changing pathways requires dropping back to a lower path, then proceed.

**Second Sphere:** The sphere of decision which is much more spiritual but which was hidden and outside the range of their perceptions. Spirits can now choose the path they wish to follow – desires.

**First Sphere:** Cycle of awareness. There are vibrational love barriers between each of the spheres. Highest level of the Earth planes is the point of transition from materiality to the spiritual 2<sup>nd</sup> sphere. Summerland is the highest part of the Earth planes, but it is still a very material region. Children live in Summerland in great numbers, having died prematurely. Twilight zone, the most populated area in the spirit world, and starting point for most. Various hells descending progressively into greater degrees of darkness. All souls can be assisted out of these hells no matter what level they fall. At the deepest levels, the soul finds it extremely difficult to hold itself together. The hells are not fiery physical places. Actions are fear based.



**The 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup> spirit spheres provide principally for mental and moral advancement, whereas, the 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> soul spheres provide for progress in Feeling Healing and obtaining Divine Love.**

**NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:**

**After the HAND OVER!**

**Divine Love progress is to infinity**

Peak of 7<sup>th</sup> sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation utilising Dr David Hawkins' 'Map of Consciousness' table:

**Natural Love peak is 1,000 on MoC**

Natural Love  
6<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 840 – 1,000

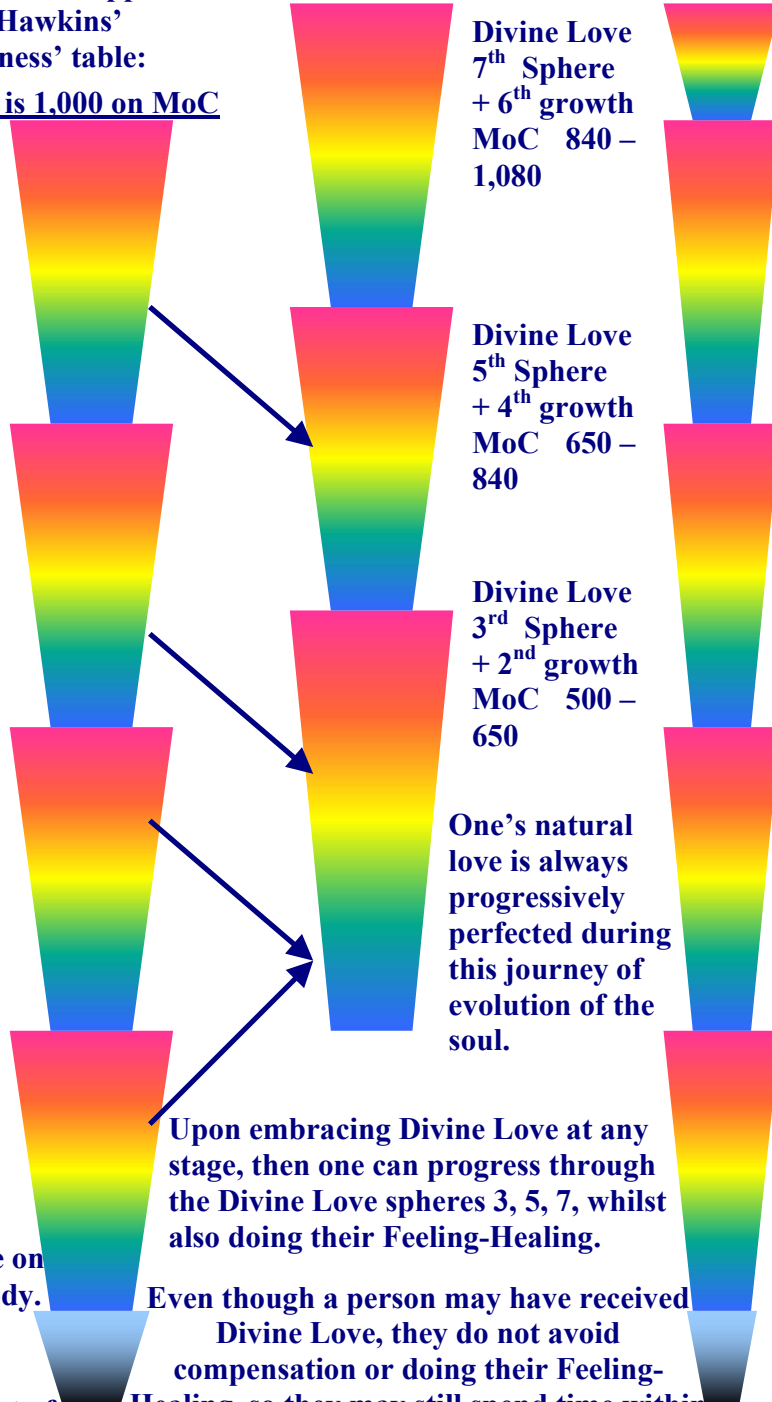
Natural Love  
4<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 650 – 840

Natural Love  
2<sup>nd</sup> Sphere  
Mansion / Minds  
Worlds with  
Feeling Healing  
MoC 500 – 650

Natural Love  
1<sup>st</sup> Sphere  
  
MoC 200 – 500

We all enter the 1<sup>st</sup> natural love sphere on the death of our body.

HELL planes:  
MoC 1 – 200  
Hells being a sub-set of 2 Spheres of Disharmony.



Divine Love  
7<sup>th</sup> Sphere  
+ 6<sup>th</sup> growth  
MoC 840 – 1,080

Divine Love  
5<sup>th</sup> Sphere  
+ 4<sup>th</sup> growth  
MoC 650 – 840

Divine Love  
3<sup>rd</sup> Sphere  
+ 2<sup>nd</sup> growth  
MoC 500 – 650

One's natural love is always progressively perfected during this journey of evolution of the soul.

Upon embracing Divine Love at any stage, then one can progress through the Divine Love spheres 3, 5, 7, whilst also doing their Feeling-Healing.

Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

Natural Love sectors for those doing their Feeling-Healing, without the Love, are within the Natural Love Mansion Worlds:

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6<sup>th</sup> Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 5<sup>th</sup> Divine Love Sphere.

Then they may prepare to enter the Celestial Heaven Spheres from there.

This pathway is when the Divine Love is unavailable before perfecting one's soul.

**GOD's Divine Love is always available to you, should you ask for it:**

**“Our soul is a container and if it is full of error that it must be willing to empty before it can receive something new. Revelation is to shed light on the errors and the hidden agendas to demolish the castle of pain, renovating the space in readiness for the transformation of Divine Love. We won't grow in love until we are willing to surrender our pride and be the emotional being God created.”**

This misunderstanding noted above is common.

The misunderstanding arises from a limited understanding of unconditional love (God's love). This leads us into focussing on our errors and seeking love as a result or consequence of elimination of errors.

The very nature of love is nurture. Love cannot exist without the effect of nurturing. This is what Motherhood is all about. This is why love is so powerful and must always be the primary objective; not removal of error. To focus on error does not produce the joyful experience one should feel as we move towards a greater understanding of love. Always the focus should be on love, because in truth there is nothing else.

As we focus on love, (with humility) our errors start to stand out so obviously and they become easier to remove. The whole process becomes joyful.

To take it a step further, once we focus on love, we may start to understand that in reality we have a somewhat limited 'free will'. The increased love we experience more and more reveals the errors to us and we have no option but to see and remove them. However, in truth we are only love, which has been sullied by the illusion of error. When we start with the premise that we are truly just love, we can only approach the unloving aspects (illusions) from the viewpoint of love. The approach many suggest is to give the error reality, which it hasn't, and then try to proceed to love from a starting point of error. This cannot be a suitable foundation to try to grow from. It is in truth, absolutely no foundation what so ever.

Encourage friends who may be interested to try this experiment: Before dropping off to sleep in your comfortable bed, lie prostrate facing the ceiling and ask for the love of God – God's Divine Love to flow into you. The most common response has been that they were overwhelmed with the feeling of warm, fulfilling joy that filled their being.

(2018.1) <sup>188:5.2</sup> **Divine Love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from.** Jesus brought a new method of living to Urantia (Earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. **True love does not compromise nor condone hate; it destroys it.** (The Urantia Book – TUB)

(2018.2) <sup>188:5.3</sup> **The beauty of Divine Love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.** (The Urantia Book)



## More About God's Love

Gods Love is unlimited in nature, and is abundant, and to it there is no end. This is perhaps one of the most incredible facts about our Father. Not only does He have this Love to such an extent that there is enough for every single soul created in His image, but, in addition, there is enough of this Love to fill each soul thirsting for this Love forever, and still He has more to give, in ever increasing amounts. This is a part of the wonder of the Greatest Being.

## Souls Transformed

His Love is the only thing that can totally transform us into His Essence, and give immortality. As mentioned in the Padgett Messages (Book of Truths by Joseph Babinsky), our soul when first created was only created with the potentiality of the Divine, and, in its natural state, it does not contain anything Divine.

Without His Love, we are only an image only of Him, and will only ever be an image, and are not in atonement with Him. His Love literally transforms us into a new being, and therefore once we have received His Love to the extent required, we experience the New Birth, the complete transformation of the person we were originally created as, a transformation from the soul eventually perfect in natural love, to the soul containing the Essence of the Divine. Not only do we exist in complete happiness, but His Love is now at the very core of our being. It is now impossible for a possessor of His Love to this extent to perform any action that is in discord with His Love.

### The Soul:

### P. 4 Judas of Kerioth edited by Geoff Cutler

August 19<sup>th</sup>, 2001

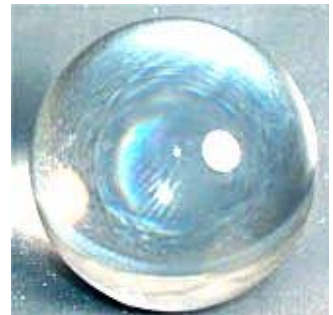
The opening of the soul is not a passive attitude; it is something active, where you have to put your will and your efforts. You like comparisons so much, as many people do, because they facilitate an easy way to explain things that otherwise would be very difficult to render in words.

Well then, imagine the soul like a ball of glass, completely transparent, "open" to the passing of light. Its transparent surface allows the "Light" of Divine Love to enter, even more, it allows a total communication with wonderful world of Divinity. It also allows the light glowing inside, this flame stimulated by Divine Love, to shine forth, visible for everybody, manifesting its presence.

This is the pristine state of the soul, this total transparency, its entire surface like an interface to Divinity. Upon the soul's incarnation, it receives the great gift of not only perceiving the Divinity that surrounds it, but of incorporating it, owning it, and then emitting the light that forms through the reaction of "fermentation", caused by the incorporation of Divinity.

Unfortunately, with incarnation also come encrustments that cover the smooth surface, making it opaque, not transparent, that does not allow the entrance of light. But always,

Your soul:



Clear to being muddied



even in the worst of cases, there is a small crack through which the soul may know that something more exists out there, something irradiating warmth, light, happiness, something that is worth yearning for, worth trying to obtain.

Incarnation and the formation of the spiritual body and its abilities, however, also implies the formation of the material mind which, fostered by the kind of education we receive, finally asserts itself, squashing and suffocating the soul and its innate longings.

The opening up of the soul is something active – once it is open, and once a small portion of Divine Love has entered, it is not enough to rest satisfied with the achievement. No, it is the permanent work of keeping open this divine interface, of entering in a continuous communication with Divinity, communication that is necessarily reflected in the person's attitude and daily living. If we allow this portion of Divine Love that has entered us to become inactive, that is to say, if we don't contribute in any way to stimulate the "fermentation of the batch of dough", the surface of the soul will turn opaque, and the Divine Light cannot penetrate, as well, the feeble light inside us cannot shine forth, it will be invisible to the world, as if it did not exist.

**We call this part of Divinity, which is intended for the human souls, the Divine Love.** We also say that it is not an abstract feeling, but rather that it is God's Own Substance. And so it is. **This Substance has many characteristics, and the most prominent is that of unconditional Love, the Love the Heavenly Father has for us. But there are other characteristics in It, which Its name doesn't reveal immediately, because it is a name that we have chosen from the human vocabulary, an insufficient vocabulary born of the mind that doesn't know how to describe with accuracy the world of our soul, even worse, it does not know how to describe the Great Soul of God.**

Divine Love evokes attributes to health, that is to say, perfect balance, harmony, wisdom, knowledge, and much more. It is not human wisdom, but God's true wisdom. The inflowing of Divine Love, therefore, increases these attributes in us.

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

You know that the presence of bacteria or virus does not mean necessarily that the body falls ill. And knowing this, why did you state the contrary?

But, yes, it is correct to observe that a person perfected in their natural love, not having obtained any portion of Divinity, will always be subject to the natural laws with all their consequences. But imagine a perfect world, perfect in the natural love... Yes, you can visualize that humanity's combined efforts to combat illness will achieve wonderful goals. You can understand that no longer would there be hunger or poverty, nor would there be corruption due to the aspiration for profit at another's expense, and that this perfection, outside the scope of the Divine, can also leave very little space for disease. **But it is true that people without the benefit of Divine Love would lack the protective shield, which the**

**intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace.**

The **opening up of the soul bears other benefits. It allows communication from soul to soul**, the only communication form that we use in the Celestial Heavens, the only valid communication of which the human soul may make good use to be in contact with God, and finally, **it is the form that we use to communicate with mortals.**

This explains why mediums who don't strive to develop their souls in the Divine Love will never enter into contact with us, because we speak on a different "wavelength". The medium without soul development forcibly tunes in to inferior frequencies and he or she will only receive information from spirits who communicate along the same frequency. It is not a communication from soul to soul, it is a communication from mind to mind, and here I refer to the material mind.

In soul development we arrive at some point to when the soul definitely takes control, and the material mind, with its seat in the spiritual body, disappears. When this happens, the soul has obtained the capacity to enter the 7<sup>th</sup> Sphere, and as long as the material mind exists, the soul could not live in that sphere, since it would be completely wanting of communication.

The 7<sup>th</sup> Sphere, then is the place of the soul's total opening up, with all its consequences – for example, there is no need for languages because all our feelings, our thoughts, are transmitted in form of information packages, directly from soul to soul, and the contents of our soul lies open for all other souls to see. You could call it the absolute "information society", with free access to everything, where nothing is hidden from anybody. This abundance of information, these galaxies of positive experiences and feelings, are only one of the factors for our happiness.

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

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raises one's quality of life and also of all those around such person who is seeking and receiving this love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.

- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8<sup>th</sup> sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.

### **Our Father is Never Wrathful**

When we make decisions and choices that result in our being led away from our Father, our Father does not punish us, and does not become angry with us. Our Father does not want to destroy us when we are weak and sinful, and He smiles upon our weaknesses just as a knowing parent would, seeing us make our mistakes, and waiting for us to come to acknowledge them and change the course of our lives so that we become happier.

He is always willing and wanting us to ask for His help, and He wants us to realize our sin, or our feelings and emotions that are in error, and take responsibility for them. But He does not become resentful and punish us when we do not do so, since He also knows our weakness, and the extent we do not understand Truth. To Him, punishing us would be like attempting to punish Himself, and that He never does, nor does He ever have need to, since all the things He created are Perfect, and that includes the exalted of His Creation, humankind. We are being perfectly led, within the Beauty of the Laws of Love by which He and all of His Creation lives, and so there is never any need for punishment.

The more enlightened we become as His Children, the more we come to see that we are the creator of our own life experience, and so we will come to avoid behaviour that results in our soul feeling unhappiness. Of course, when we are insensitive to our own soul, we have a lot of difficulty understanding what brings pleasure to our soul and makes us happy, and so we often make decisions and choices in ignorance, and these choices may lead us away from happiness and truth.

But, as our Father knows, since He Created us and the Universe in a way that can only eventually lead us towards happiness, punishment is unnecessary, since breaking Laws of Love results in its own torment, pain and suffering, and there is no need to add to this suffering by adding punishment to the outcome.

*"We pray thus with all the earnestness and sincere longings of our souls, and, trusting in Thy Love, give Thee all the glory and honour and love that our finite souls can give. "*



**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 Soulmates; The Two Who Are One who have brought us all into being.**

**Jesus and Mary are a son and daughter of God.**



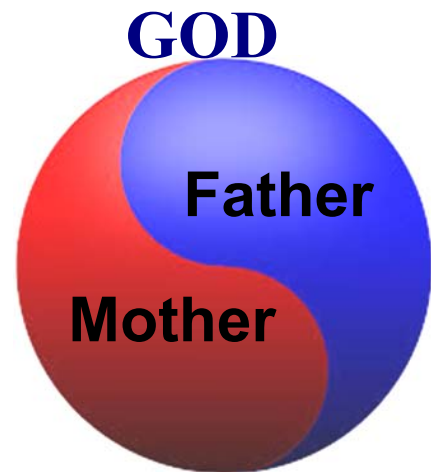
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive 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 the Mother and Father 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 Mother and Father 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**





## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

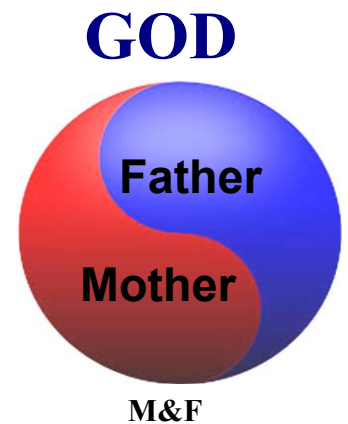
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**J&M**



**AVO**

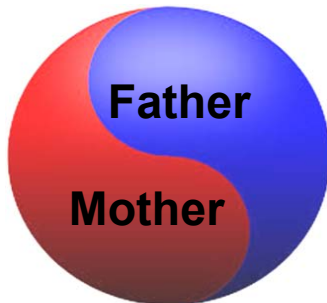


**HUM**

**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.

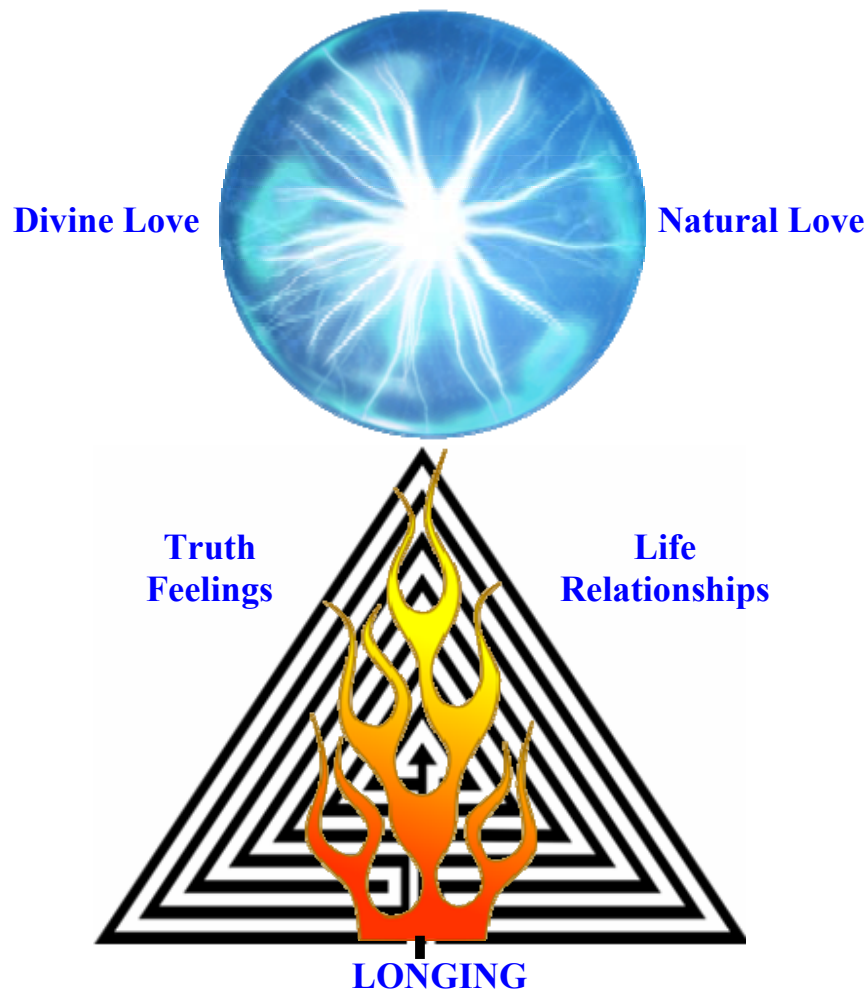
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

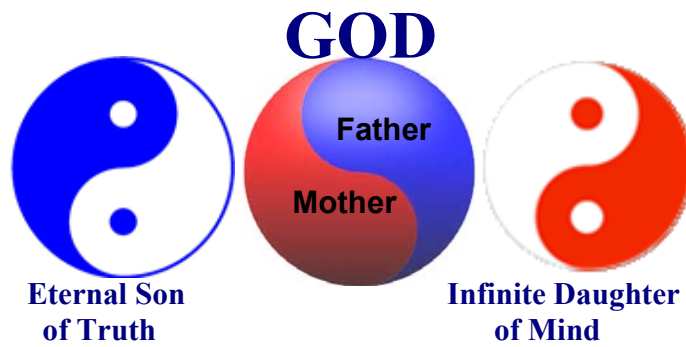
## HOW TO GET TO PARADISE:

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)
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.

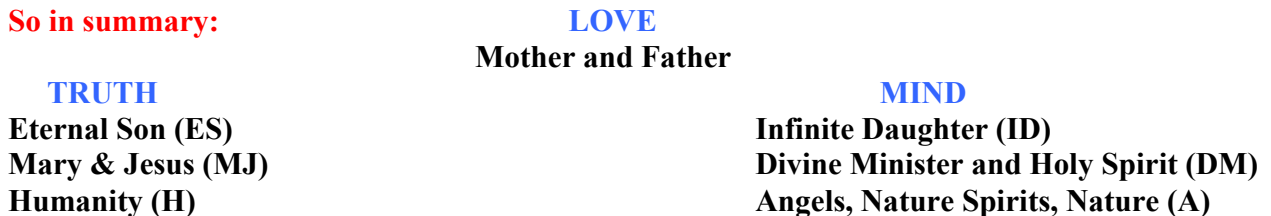
The LOCAL UNIVERSE TRINITY:

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

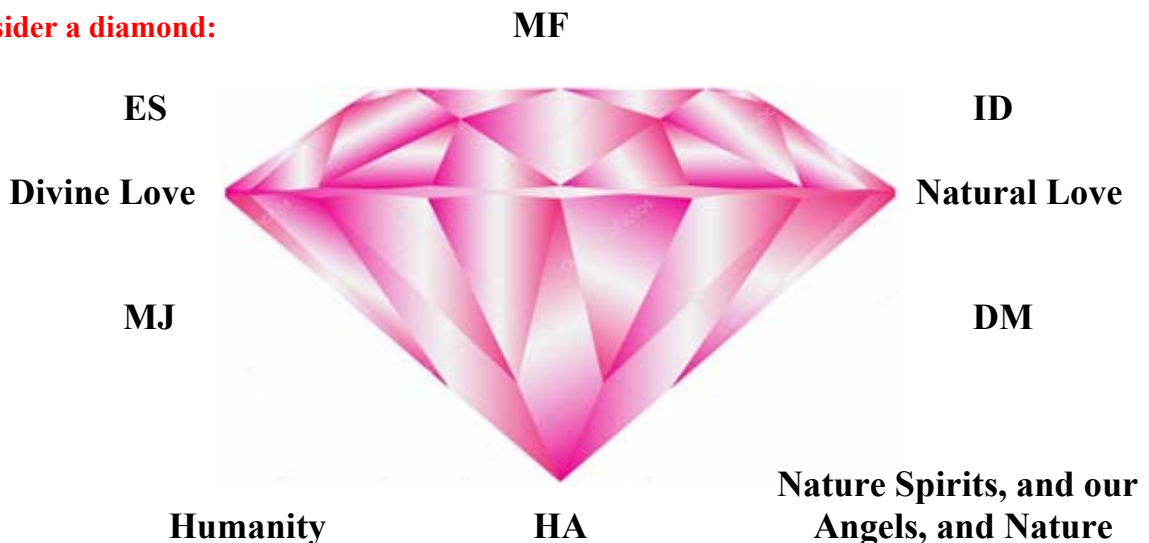
PLANETS that engage in REBELLION:

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

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

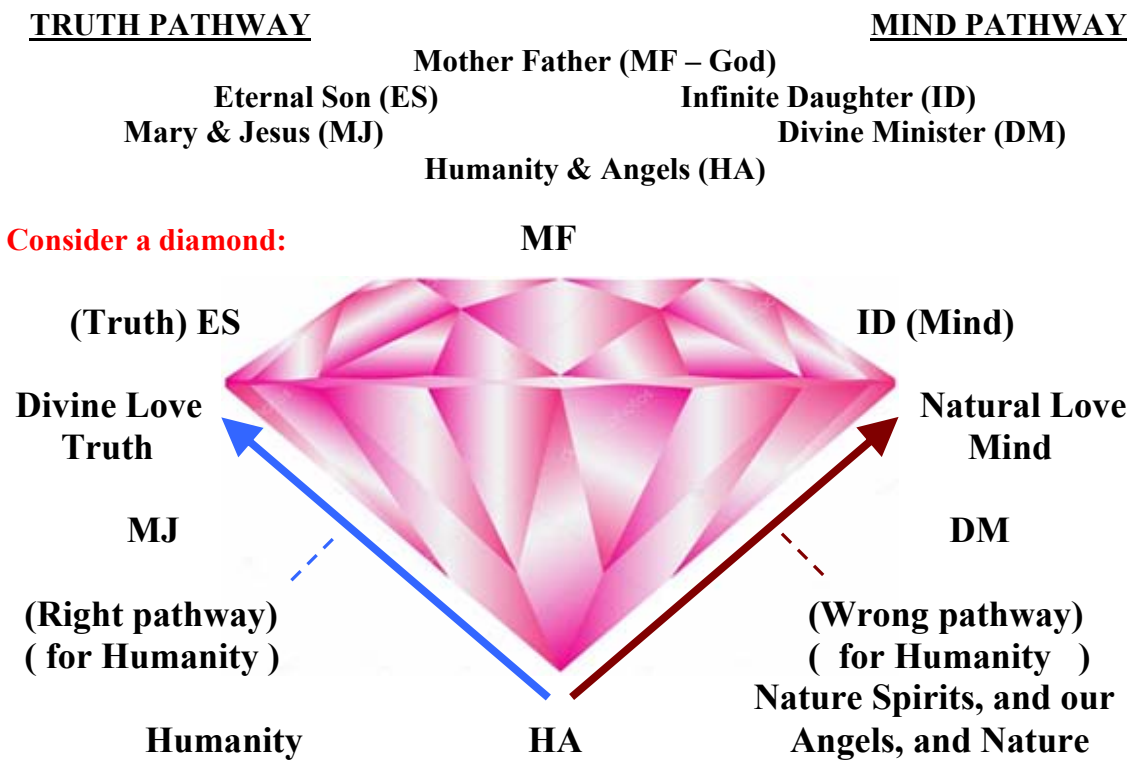
As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

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

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

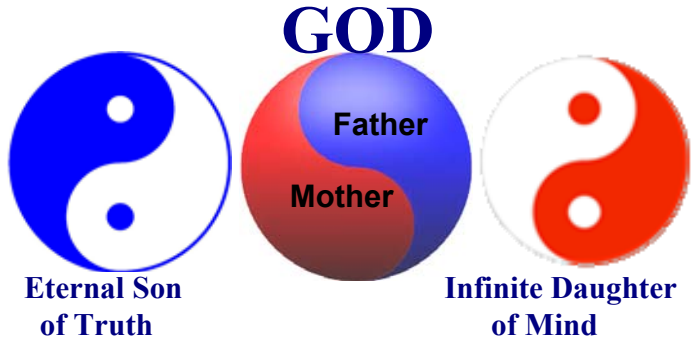


Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



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

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



**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.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

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



Spirit Person

Nature Spirit

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.

**Divine Love Flowing:**

P.21 by Joseph Babinsky book published in 2006

“How does Jesus teach that people receive Divine Love?”

“It is so simple it is almost too good to be true,” Sam answered (Joseph’s friend). “Jesus teaches (via the Padgett Messages) that all a person need do is begin to long for it in his soul or in his heart. Though prayers are suggested, words are not important. Preachers and priests or mediums of any kind are not required. They are unnecessary. This is an individual thing between God and each person. It is the Spirit of God Who brings the Divine Love. The Spirit is active everywhere and with everyone. His (Holy Spirit) influence is constantly present. I have a feeling that many receive the inflowing of Divine Love and do not even know it. It is tied in with a deep longing within the soul of a man or woman. It is not an intellectual thing; it does not involve joining this or that church. Rights words and right thoughts and dogma are non-essential. In fact, thoughts and beliefs often get in the way of the inflowing of Love.”

“Is this the same as human love?” I asked Sam.

“No, Joseph,” he answered. “Human or natural love is ours just by virtue of our birth into this physical existence. Divine Love is completely different. Human love is natural; it does not need to be acquired. Divine Love must be acquired; the individual must seek and ask for It. But, as I already said, this asking may merely be the silent and earnest longing of an individual’s heart.”

Divine Love is ... for this Love is indeed the very substance and essence of the Father. Divine Love is about identifying and making real the joining of your soul with the heart-soul of the Father.





LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**

Angels actually do not have wings.



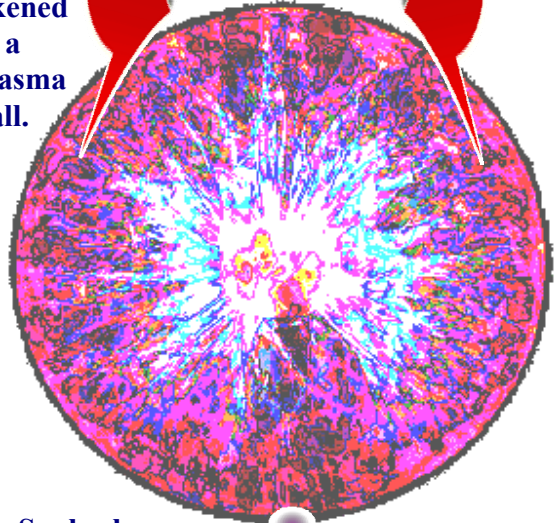
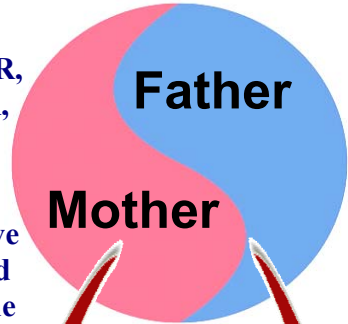
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



**CREATOR,  
MOTHER,  
FATHER,  
GOD.**

Divine Love is delivered through the Holy Spirit, should you ask for Their Love.

Your soul can be likened to a plasma ball.



Soul releases errors and negative emotions via one's Feeling Healing with Divine Love.



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.

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



**PRAYER for DIVINE LOVE: library download pages at [www.pascashealth.com](http://www.pascashealth.com)**

**Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.** Should you click on the audio files, you will also be able to download the audio file onto your computer.

**Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)**

<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>

**The Voice of Divine Love (Medical – Spiritual References)**

<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>





**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

**Soul spheres  
are not  
numbered.**

**Soul spheres  
are to:**



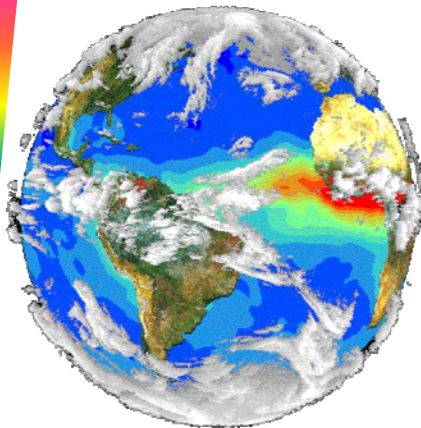
**The New Birth = Become at one with God: sphere 8**

**Spirit body  
spheres are  
1 – 7**

**Peak Sphere =**



**NATURAL  
LOVE  
SPHERES**



**DIVINE  
LOVE  
SPHERES**

**Earth sphere is for  
the physical body.**

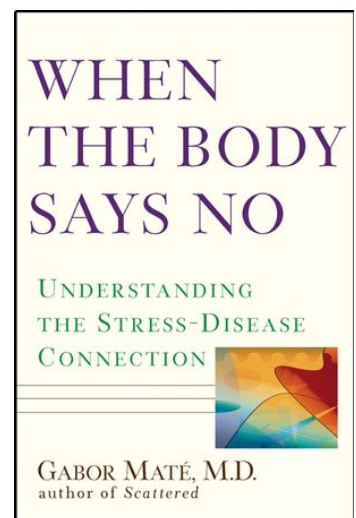
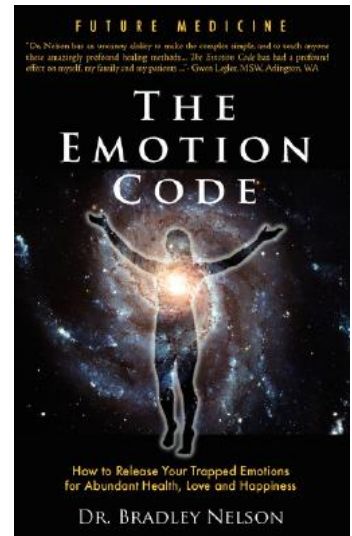
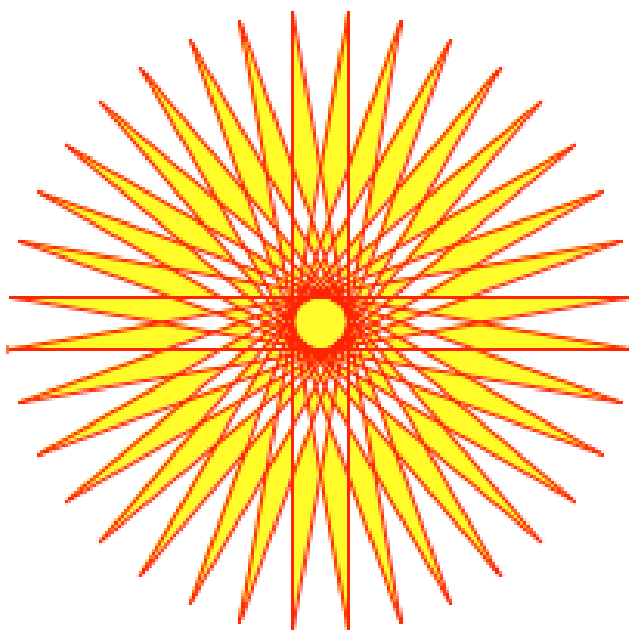
**REFERENCES and BOOKS:**

The Emotion Code – Dr Bradley Nelson

Followed by Dr Bradley Nelson’s talks:

- The Body Code – Circuitry
- The Body Code – Energies Imbalances
- The Body Code – Nutritional Imbalances
- The Body Code – Pathogens
- The Body Code – Structural Imbalances
- The Body Code – Toxicity

- Healing & Recovery – Dr David R Hawkins
- Power vs Force – Dr David R Hawkins
- Truth vs Falsehood – Dr David R Hawkins
- The Healing Code – Dr Alex Loyd
- Deadly Emotions – Dr Don Colbert
- When the Body Says No – Dr Gabor Mate
- The Universal Order of Creation of Matters – Mehran Keshe
- The Origin of the Universe – Mehran Keshe
- The Structure of the Light – Mehran Keshe
- The Secret Language of Your Body – Inna Segal
- The Body is the Barometer of the Soul – Annette Noontil
- Home Coming – John Bradshaw
- Tantric Love – Feeling vs Emotion – Diana Richardson
- Cure by Crying – Thomas A Stone



**Documents in this Series:**<http://www.pascashealth.com/index.php/library.html>

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2. Pascas Care – Treatment Session
3. Pascas Care – Abortion & Miscarriage
4. Pascas Care – Allopathy + 3 Halves Vol II
5. Pascas Care – Cure by Crying
6. Pascas Care – Emotion Code
7. Pascas Care – Feeling vs Emotion
8. Pascas Care – Healing Code
9. Pascas Care – Negative Emotions Generate Illness
10. Pascas Care – When the Body Says No
11. Pascas Care – When the Body Says No – Emotions
12. Pascas Care – Heal Your Own Pain
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21. Pascas Care – Healing & Recovery Vol IX Loosing Weight
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23. Pascas Care – Hierarchy of Health Care
24. Pascas Care – Accessing and Clearing Emotions
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26. Pascas Care – Cancer of the Breast and Emotions
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35. Pascas Care – Meaning of Life
36. Pascas Care – Mental Health
37. Pascas Care – Plasma People
38. Pascas Care – Real You
39. Pascas Care – Spheres 1 – 7
40. Pascas Care – Total Recall
41. Gift from God
42. Gift from God – Divine Love
43. Gift from God – Greatest Thing in All the Universe

and much more!

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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



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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

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

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love;

DL denotes Divine Love – living with the Love.

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

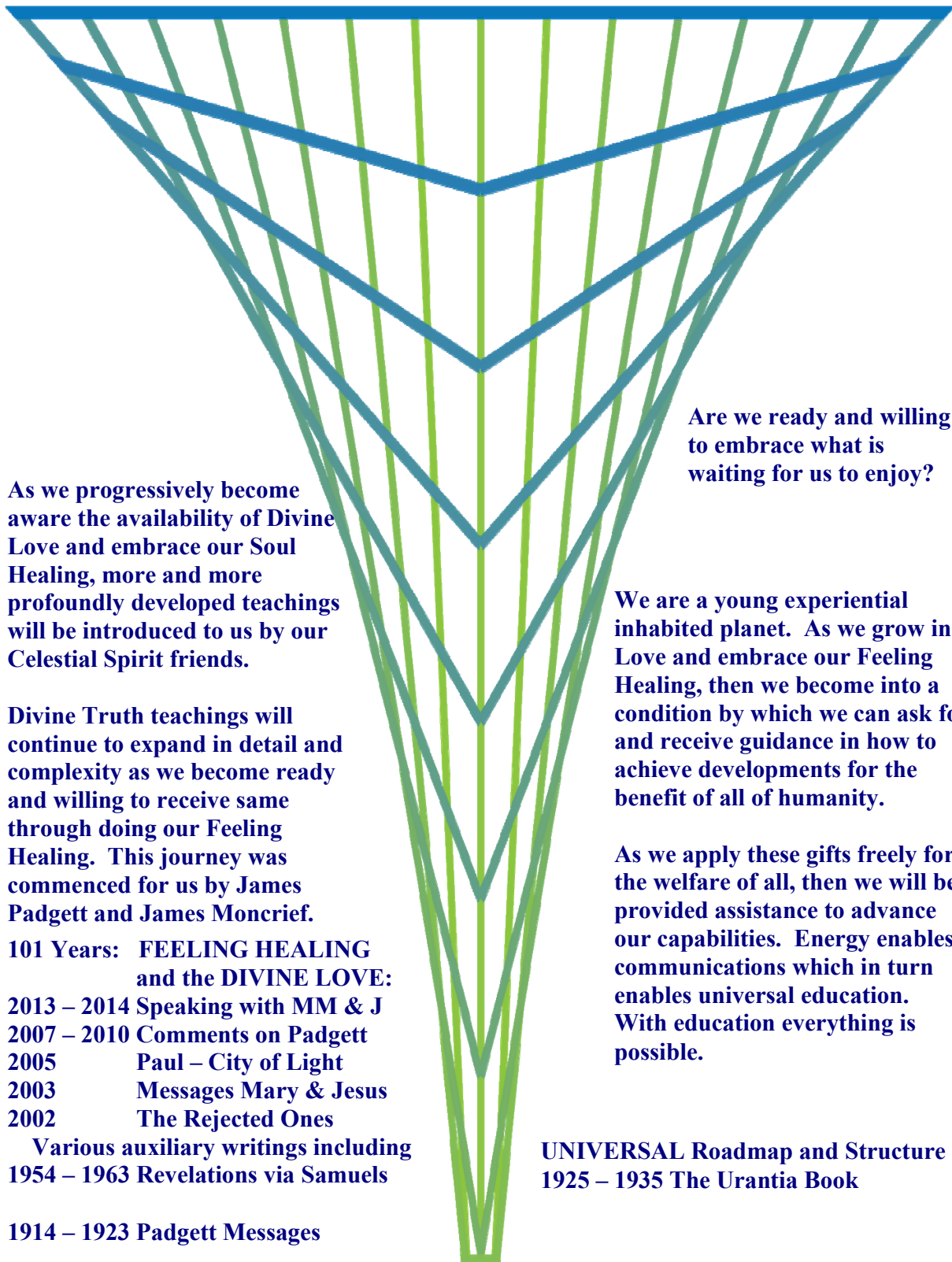
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



**Prayer for Divine Love: (extract)**

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



"Please, sir, I want some more."

Or maybe:

"Please, ***Mother and Father***, I want some more."

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