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22 February 2019

Dr DAVID R HAWKINS VALIDATES FEELING HEALING

David Ramon Hawkins, M.D. (born 3 June 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directed the non-profit Institute for Advanced Spiritual Research Inc. and operated Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

Books by Dr David R Hawkins include but not limited to:

- Power vs Force
- The Eye of the I: From which Nothing is Hidden
- I: Reality and Subjectivity
- Transcending the Levels of Consciousness
- Healing and Recovery
- Truth vs Falsehood: How to Tell the Difference
- Discovery of the Presence of God: Devotional Nonduality
- Reality, Spirituality and Modern Man
- Letting Go: The Pathway to Surrender

In his writings that now follow, Dr David R Hawkins unequivocally endorses the Feeling Healing process that James Moncrief has published throughout his writings.

CONCLUSION:

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

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

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



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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

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[David Hawkins - Applied Kinesiology - Power vs Force - 1 of 2](https://www.youtube.com/watch?v=-dbEZyfp-70)

<https://www.youtube.com/watch?v=-dbEZyfp-70>

duration 1:54:52



David Hawkins - Applied Kinesiology - Power vs Force - 1 of 2

[David Hawkins - Applied Kinesiology - Power vs Force - 2 of 2](https://www.youtube.com/watch?v=mqZPgKqbZ0)

<https://www.youtube.com/watch?v=mqZPgKqbZ0>

duration 1:00:54



David Hawkins - Applied Kinesiology - Power vs Force - 2 of 2

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DR DAVID R HAWKINS – Psychiatrist Kinesiology

Thursday, 28 September, 2017

John: Hi Guys / James

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

The writings that follow are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are.

This one document answers and leads anyone to the destination we are to find, in our own time.

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

Yours respectfully,
Dr. David Hawkins

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

Dear James and John

It is so wonderful that through your working together it has enabled Dr David Hawkins to now be in the Divine Love Worlds, you have both helped him find his way, amazing. I only knew of Dr David Hawkins through reading the PASCAS Papers but was not drawn to much of his work. I am very happy for him and the way it has all come about, he is now truly on his way and that makes me so happy for him. He will be helped by Celestials such as Kathaleen and Kevin so will be in the best company for his progression to paradise.

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

All you both write gives me so much to feel...

Many thanks
Sam x (Samantha from England)

Note from John: Oh James, thank you ever so much for conveying Dr David's words – wonderful news.

Yes, we can assist our invisible friends.

David – go you good thing, ask Kev and Kath to support you please.

Yes, from time to time I have felt David's presence – even today! (Thursday, 28 September 2017)

I have 9 or so Pascas Papers now to amend – what a joy.

Love John

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

SPIRIT INTERFERENCE is now STOPPED

Sunday, 1 October 2017

Mind spirits no longer able to attach themselves to people

James: Helen, what are you Celestials doing currently – what's your main focus?

Helen, 3rd Celestial Heaven: We're ensuring the mind spirits don't inflict their negative emotions and feelings on people on Earth, trying to use such people to ease their own pain. That is all stopping. Such spirits have been able to 'attach' themselves to unsuspecting, or even aware people, subjecting those people to intense feelings from such spirits, causing such people great distress, anxiety, fear and misery, if bad feelings, and even too much joy, excitement and mind-love, if it's good feelings.

Some people are very sensitive to such mind spirit feeling interference, it all being allowed as part of the Rebellion and Default, and all through the ages has caused even more suffering in an individual than they might have had, although it all only happens all in keeping with the requirements of their negative pattern. So really it has still been technically what the person has wanted, even though it's an unconscious desire, but it's caused such a lot of grief. So many suicides and people breaking down and going into institutions have resulted from the added burden of such spirit-feeling pressure, and so really it's not fair, and now it's stopping.

It's part of the ongoing changes that we Celestials are now able to instigate, mostly designed to stop the mind spirit interference. And to help make their participation with people on Earth being more on the positive side (although any interference from them, even if with 'loving' intent, is still only helping to further one's mind control over oneself, so is ultimately unloving and negative). But still, the really

heavy negative interference we're able to now stop, and that's what we're doing, making sure the systems are in place to stop it.

And that, as we've told you, is then having a knock-on effect of changing the ways people on Earth go about doing what they do, which we're also coordinating along the lines of what we've told you, helping to bring about all the necessary changes that are going to take place.

So there are now Celestials in every part of the two Earth planes, and also the first and second Mansion Worlds, in disguise yet doing their work subtly thwarting such interference and setting in place systems and structures to prevent it in the future. It's like plugging up cracks in the dam wall so it no longer leaks. And there are also, although fewer, Celestial soulgroups in the higher mind Mansion Worlds, doing the same work, preventing those higher influential mind spirits from affecting people negatively on Earth. And in the end, all such negative influence will cease from the mind spirits, with only positive spirit connections being made by us Celestials (spheres 8, 9, 10) or those healing spirits in the Divine Love Healing Mansion Worlds (spheres 3, 5, 7) however that is to happen by the end of the next age. So through the next age (being the next 1,000 years) there will still be a heavy mind spirit presence, but it will be highly conditioned and nothing like what it has been through the past ages.

And the systems of control on Earth are coming under increasing strain, only the Russians are keeping abreast of it and being able to move with it. The West and their hidden controllers are beginning to freak out more as their ways of control are not having the effects they used to have. It's becoming harder for them to keep the masses in check, and so the more they struggle the more the people are able to see how they've been controlled, and so the more they are objecting to it. It's a downward spiral. Imploding. The cracks are beginning to show. And those cracks we're encouraging. That dam wall is to one day burst.



Regarding Dr David Hawkins embracement of Feeling Healing:

John: OMG James, I did not get it –

Then Samantha sent me a note – and then, well later I did get it.

What is required by most people is that what is being put to them is endorsed by experts. That is, the Feeling Healing process is confirmed valid and viable by professionals, particularly leading psychiatrists with per-eminence in this field.

Now, kindly read – re-read pages 45 – 47, if you please – Pascas Care Journey Ongoing for Kevin and Kathaleen.

We have that endorsement!!!!

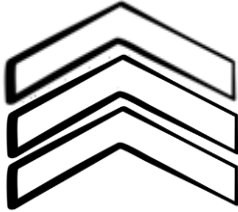
JD – typist



Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.

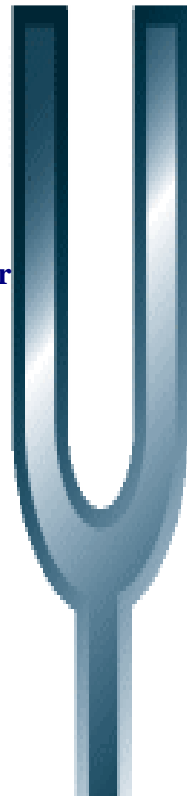


THE FEELING WAY

Feeling – Ascendance

Unlimited progression

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



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

Hell:

Exploiting the Rebellion and Default.

The CHOICE is OURS to MAKE:



THE MIND WAY

Mind – Transcendence

Limited progression

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

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

me: James:

I still don't understand why such people working so intensely with their own and other people's bad feelings haven't worked out the truth of it – why they've not gone deep enough and right through to the end. It's amazing that no one seems to have done it with so many people working so hard on themselves, no one having written about it that I can see.

And I guess it's just that they are not looking at it the right way, they are not looking for and so wanting, the whole truth of their pain. The TRUTH being the big missing part. So many people feel their bad feelings and express them, but do they actually want the truth and the whole truth and nothing but the TRUTH of them? And I guess the answer is that they don't. They must balk at it at some point giving over to their mind, not pressing on past their blocks, not keeping on going until there is not one bad feeling left.

And I suppose it's also what the spirits say, that it's a technical thing and up until now people have not been allowed to see it right through to the end because of being still caught up in the Rebellion and Default. But now the truth being revealed as to how to put it all together and have a Healing goal or aim is allowing people to take it further, like Sam and what Marion and I are able to do. It is all so incredible.

With Dr. DAVID R HAWKINS – ENDORSEMENT

Monday, 2 October 2017

James: Dr –

Dr. Hawkins: Please James, before we begin, please call me David.

James: David, having spoken to John Doel about you after you wrote to me the other day, I want to ask you if you'd mind speaking more with me. John was very pleased to hear from you, he holds you in very high esteem, feeling very humble that you should trouble yourself taking any notice of him. He said he loved all you wrote and has recommended your books to about five hundred people. And now for you to understand that you were severely restricted in all you did because of looking to your mind instead of just purely wanting your feelings to lead you, that being such a marked change in you, and something that greatly cheers John, knowing that if you can do it, such a man of high standing in the eyes of the worlds, and one who had such incredible healing success, then perhaps others might listen to you and be able to also embrace working more with their feelings.

David: I would certainly like to think they do James. And you are correct in that, as John was saying to you, I was knocking on the feelings-door, it was right there staring me in the face, yet because of my mind, I didn't see it. I couldn't let go, I didn't want to go as deep into myself, as I now understand the Feeling Healing will take someone. I didn't want to see the whole truth of myself. I didn't want it to rip me apart, for that is what I was unconsciously scared of happening, that it would mean I would have to stop being how I was, that I'd be shown up for being a fraud or a charlatan in some way, so I had to keep adhering to the tenets and beliefs of my mind. This being something of my mistake and what I'm only now waking up to.

I know you don't know anything about me James or what work I did, that you've not read any of my books. And that John introduced you to my existence and my Map of Consciousness (MoC), speaking highly of it, which I thank him for. And I understand that there is far more to what I was being shown, which I could sense was there in the ether so to speak, yet which I was unable to grasp when on Earth.

And now, having woken up to the importance of one's feelings, to grasp the simplicity of it, that our feelings are the way into our heart and soul, the way for us to uncover the truth of ourselves, the way for us to come to terms with all that happened between ourselves and our parents, the way for us to heal all the deeply buried traumatic causes of all our problems... well it's simply too astounding for words!

And I can see John's excitement with what you are revealing. Essentially, anything, from regular mainstream medical help, to psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what you call your Feeling Healing.

I just can't believe how obvious it was. I can't believe how I and so many others missed it. It just makes so much sense. As Alice Miller helped us see, we are parented by dysfunctional parents, and because of that, we felt unloved and in pain from masses of bad feelings. And because our parents didn't allow us to express all those bad feelings as we were having them, so we suppressed and then repressed them. And within us they stayed, together with all the psychological and behavioural negative patterns we developed through our childhood, bringing the whole lot with us into our adult lives, and not having the foggiest that such inner conflicts were all simply to do with our early relationships and how they caused us to limit our relationship with our own feelings. All the denial of our feeling-expression.

And then to add to that, that our feelings are the key, or way, to the truth of ourselves, well that was a big eye-opener for me. And it's so true! I don't know how I missed that. I sort of understood it, but never put it together like you have in revealing the understanding about the Feeling Healing.

And again, that we have to long hard and really want to know the whole truth of ourselves, and that by looking to our feelings, they will lead us to that truth. It's phenomenal, and so simple, and that's the whole beauty of it, that anyone can do it, should they want to.

And that then brings us to the most difficult part of it – do you want to delve that deep into yourself, having to bring to light all your pain and suffering, all those terribly traumatic bad feelings? And I think that is something we all have to get to at some point. Because as you understand, there is no avoiding it, it's all there inside us waiting for us to do and bring it out. We all have to do our Feeling Healing at some point, because if we don't, we'll never be free of our childhood pain and all those dreaded repressed feelings.

I feel like I'm a young child starting over again. I have put all I understand and all I did on Earth on the fence for the time being. I am soaking up this new truth about the Feeling Healing and longing for the Divine Love and understanding all that does to one's soul, and what you call your Soul Healing with the Divine Love. It is fascinating, it is extraordinary, and I strongly suggest anyone who has the slightest inclination to work on themselves to look closely at it.

And if John can make such information more readily available, like he intends doing, well good for you John, I only wish I understood it back on Earth. But as soon as I say that, I know I would have rejected it, I wasn't ready for it, I had to work with my mind controlling healing techniques developing them as far as I could. Because I needed to understand just how far one could take working with the mind affecting 'healing', seeing miracles happen, and believing that was what it was all about. And yet now coming to understand that was still only readjusting the surface results of the deeper underlying traumatic causes. It was only at best a 'partial' healing. And even though so many people were able to get on and continue living a happier life without any reoccurrence of their previous trouble, it wasn't themselves coming to terms with the real truth of why they were ill and how it all resulted from their ill relationships with their parents.

So I have to confess that really I have no idea about what ‘real healing’ is. As I told you when we first spoke, I have only recently moved out of the mind Mansion Worlds into the first sector of the first Divine Love Healing Mansion Worlds, as you call them. So it’s all new to me, I’m still **reeling** as to the enormity of it, that this other whole different way of looking at ourselves, of living, and of healing ourselves, even exists. And that so many spirits are doing it over here, and have completed their Healing, whereas on Earth it’s virtually unknown.



And that it will become so known on Earth in time, because **it is the only way people can seriously heal themselves**. My mind boggles at the enormity of it all. I wish I were back there working with John, to be able to help introduce such an incredible way of looking at oneself, and to finally understand that it is doing the real healing one needs to do, and not just a bandaid patch up job like I was doing.

Oh I am so in awe of this Feeling Healing process. I longed to God for the Divine Love the other day and actually felt God loving me, I felt the Divine Love flowing into my soul, it was magnificent! And then to understand that all I now have to do is keep paying attention to my feelings, looking to express them, whilst longing for the truth of them. And that is how I will live my spiritual ascent, and at the same time completely heal myself of all my trauma and everything that afflicts me.

I did a lot of healing on myself whilst on Earth. I went through a lot of extreme and intense illnesses of which I ‘cured’ myself of. But now I see it was all still just dealing with the results and not directly with my causes. I touched on many of those causes, and I understand all that work will help me a lot in my Feeling Healing; however, compared to the simplicity of simply submitting to my feelings and looking to them to show me the truth of myself, I still can’t get over it!

So thank you James for again giving me this time to speak with you. And should John want to speak more to me I would be delighted to do so through you James, if that’s all right with you. I understand my lower vibration is rather taxing for you to have to deal with, however if you can deal with that, then I would like to place myself at John’s disposal. So John, if you can use me in any way, please ask me and I will see what I can do from this side. I am just starting with my Feeling Healing and already some very intense feelings have started surfacing, and I’m told in a couple of weeks of your time I’ll be moving into the third Divine Love Healing Mansion World; but if I can, I would love to be somehow more involved in all you are doing with Pascas Foundation and Pascas WorldCare, and everything else you want to do.



Finding the right key!

Anyway, I will end now James. Please feel free to call upon me anytime should you want to. And I’ll see what I can do.

Yours truly,

Dr. David Hawkins.

Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1st spirit Mind Mansion World where we typically suppress our poor state and remain in the Mind Mansion Worlds indefinitely. Some have a period in the 'hells' compensating for the pain they have caused others. Many continue their 'mind worshipping'. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

GATEWAY

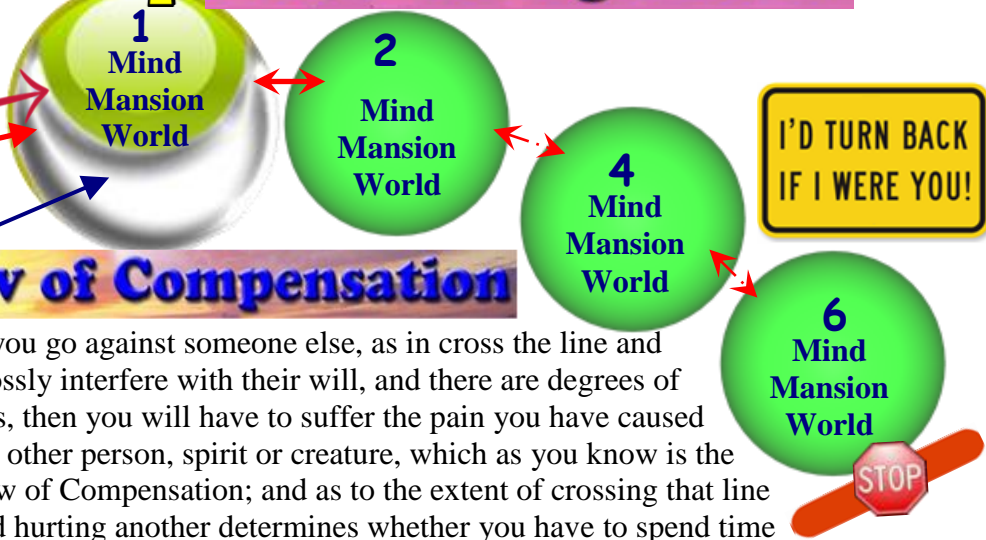
Transitioning into the Celestial Heavens is also out of: **ISOLATION**



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

Kevin 18 Feb 2019

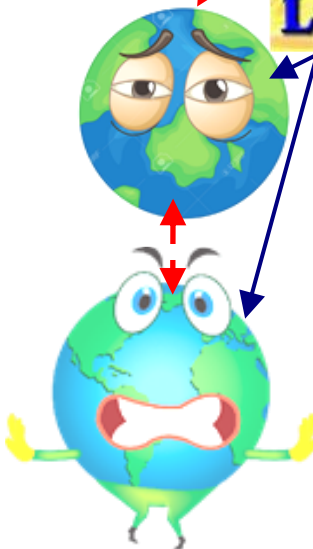
Law of Forgiveness



Law of Compensation

If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation; and as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin 18 Feb 2019



The minor 'hells' are the lower levels of the 1st Mind Mansion World whereas the more severe are the Planes of Isolation being the 2nd Earth plane with the severest being the 1st Earth plane. Pain caused to another is the pain that will be endured before returning to the 1st Mind Mansion World and then to consider your Feeling Healing.

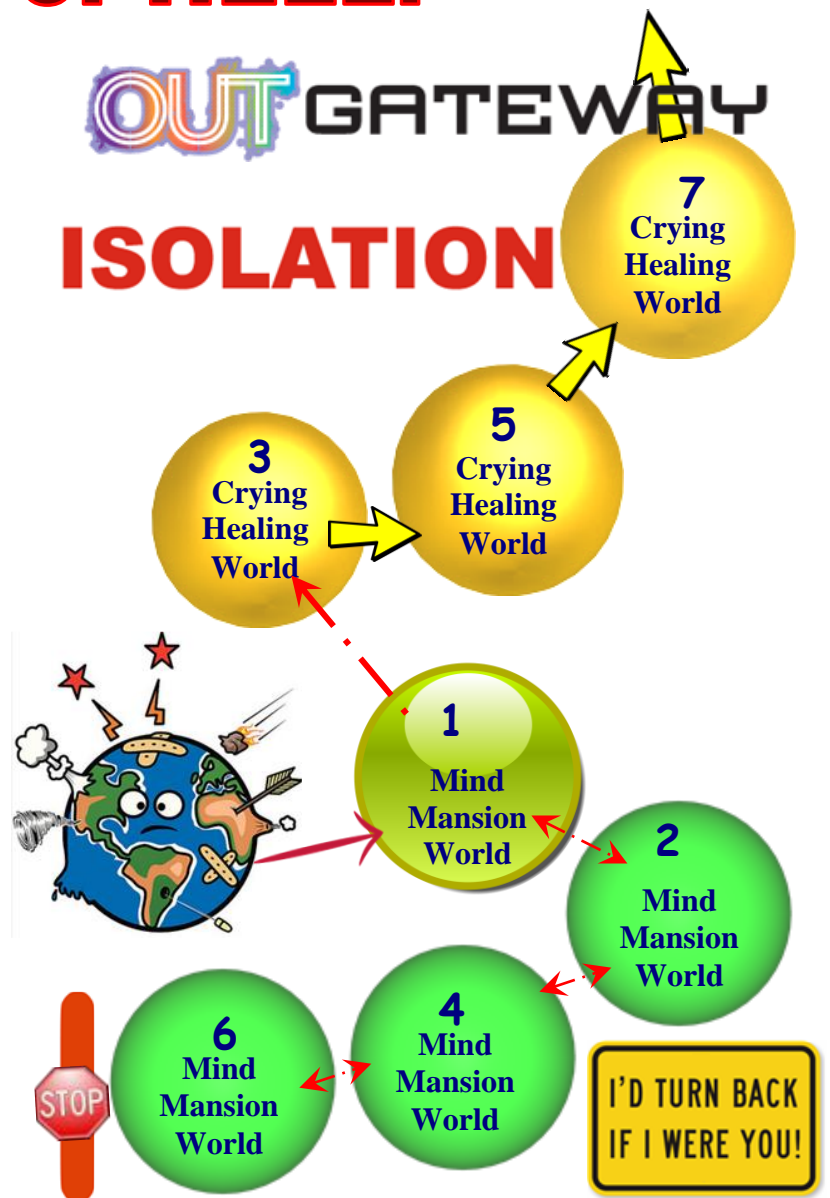
Boundaries of HELL!

The gateway out of our isolation from all other humanities within our local system is opened to us upon the completion of our healing of all that represents the Rebellion and Default.

While we remain embraced within the Rebellion and Default, even though we are unknowingly doing so, all of the humanity of Earth is isolated from all of the other humanities throughout our local system of Satania, all 619 inhabited worlds, thus effectively we are in hell!

Further, we are also isolated from the Spirits of Truth that our spiritual parents can offer us, until we complete our healing and enter the first of the Celestial Heavens, and that is when we move through the gateway and progress beyond healing mansion world number 7.

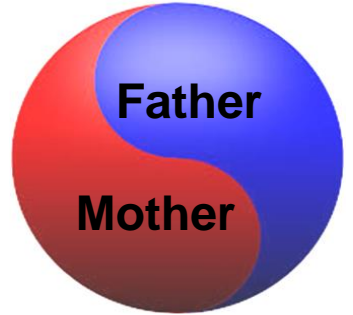
Life on Earth is living in hell in the physical. Many of us consider it to be wonderful – that is a fantasy. Our physical parents have remodelled our personality to reflect what they consider appropriate ... IT'S NOT! We are to freely express the personality that our Heavenly Mother and Father bestowed us with.



Many of us fight so powerfully against our childhood suppression and repression that we go on and cause great harm to many others, all of which the Law of Compensation takes into account. The lower levels of the 1st Mind Mansion World is a region for our compensation. We ALL enter the 1st Mind Mansion World as spirits upon the death of our physical body. The pain we cause to another is the pain that we will endure in compensation. Those who try to inflict harm on others, cannot do so, may find themselves within the 1st and 2nd planes of Earth. The 1st Earth plane being the worst of the hells, while the 2nd is bridging towards a return to the 1st Mind Mansion World hell sectors. You can continue to live through your mind and perfect the mind but you will end up at a dead end in the 6th Mind Mansion World. There are more than 200 billion spirits within the 1st and 2nd Mind Mansion Worlds and the two Earth planes of compensation. These areas are packed to the rafters! Only by embracing our Feeling Healing and with our Heavenly Parents Divine Love can we heal ourselves and progress through the three healing worlds before transitioning to the Celestial Heavens and out of the Hells. Within the Celestial Heavens are spirit personalities from all of the 619 worlds within our local system.

MUM & DAD THIS WAY

GOD



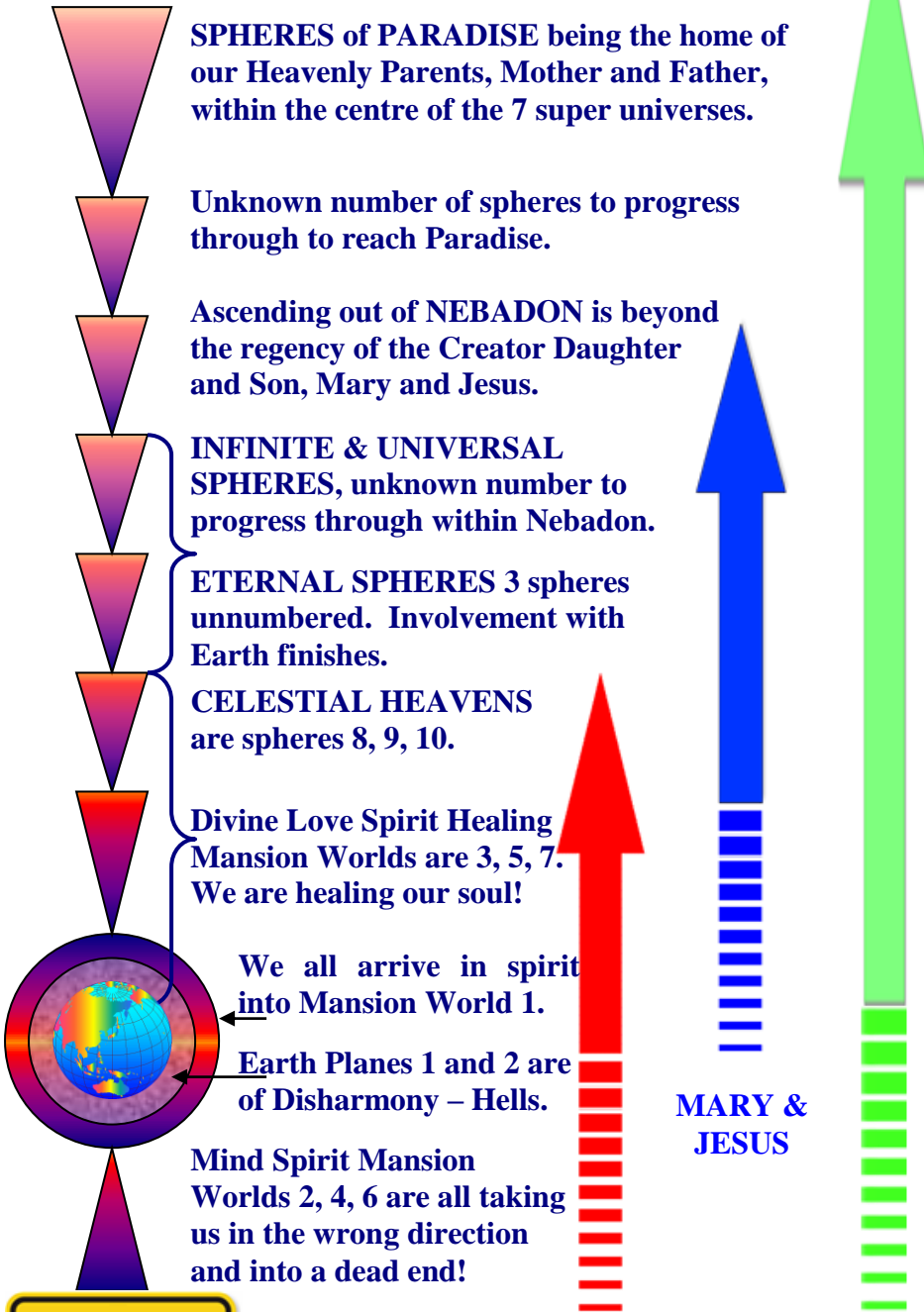
HEAVENLY PARENTS



JESUS & MARY



AVONALS



I'D TURN BACK IF I WERE YOU!

AVONAL PAIR

GOD

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

OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



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

Introduce the notion of Feeling Healing into any such ‘healing modality’:

James: Nanna Beth, that was a surprise, particularly for John, with David wanting to talk the other day.

Nanna Beth – 3rd Celestial Heaven – John’s grandmother: Yes James, we thought he’d like that. And David is a very capable man. He’s easily grasping what the Feeling Healing and the Soul Healing with the Divine Love is all about and it won’t be long before he’s well on his way doing his Healing.

James: How will his Healing go compared to all the healing work he did on himself on Earth?

Nanna Beth: It will put it all into the right perspective for him. You understand James, that he was a great natural medium, he was able to easily receive the healing help energies from the mind spirits, who would eagerly gather around him, filling him and his patients with their spirit light. And he attracted many spirits who’d been healers or worked as doctors in some capacity when on Earth, all of whom worked through him as he worked with his patients. There was no angelic healing involved, so he is a good demonstration as to the sort of power some of the mind spirits had so far as being able to influence people on Earth, helping them with their problems, healing them, all in accordance with how they understood healing to be; which was as you know, all in accordance with the parameters of the mind control they and their patients were living under.

So for David to now separate himself from the mind controlling side of things, and to look to his feelings to lead him in his True Healing, he will find things will be very different for him, leading him directly to all the hidden causes of his problems, all as he advances his soul in truth.

And for John, to now see that he can possibly introduce the notion of Feeling Healing into any such ‘healing modality’, showing up the weaknesses and limitations of that system, whilst at the same time supporting it and possibly taking it deeper, will give him more room to move, rather than having to confine himself to presenting the truths of Feeling Healing as straight opposition to all the mind ways of approaching healing – false healing.

Many people will of course still reject his propositions, however that’s understandable, for as David told you, he himself, were he still on Earth, would possibly reject it, and yet there will be just as many people who will eagerly embrace it. And many more fence sitters, who will at least look at it, which will help them when they come into spirit should they want to seriously do something about healing themselves using their feelings and not getting tied up and misled in all the mind falsity.

We are very pleased that John is feeling so good about David’s message to you. And he’ll like what David just wrote, too. It is all helping him build his case to present to humanity.

James: He’s also got some help in some other earthly friends wanting to be involved with him, they too grasping the significance of the Healing.

Nanna Beth: Yes, and more are on their way. As we’ve told him, he’ll have all the help he needs, the right people he can work with will come, he’s laid quite a foundation which can now be drawn upon. And once the momentum gets going, yet more people he knows and has helped along the way will come and want to be involved.

James: So how much will David’s prior healing he did on himself on Earth – and did he keep working on himself in the mind worlds? – help with his Feeling Healing?

Nanna Beth: A lot. Anything you do that includes some level of introspection and wanting to look more truly at yourself, even if it only includes doing it through the mind side of things, all helps because it adds to your self-awareness.

However you understand James, it's not just about doing your Healing, it's not only about healing yourself of all your woes, pain and suffering, sorting out and rectifying everything that's wrong with you. It's about the truth, and your own personal growth or ascension of truth, with your feelings being the way to liberate and gain access to that truth. Your Healing is really just what you have to do along the way, it being a great source of readily available bad feelings that you can start to look at to help you understand more about yourself; which means, how you express yourself as one of the two personalities of your soul.

So your Feeling Healing or Soul Healing with the Divine Love, is about growing in the truth of yourself up through the Mansion Worlds, on your way to Paradise, the home of our Heavenly Parents. It's the beginning of your true spiritual life, and whether you start it on Earth or over here in spirit, it is the real focus of what you are and what you are to do. All of which amounts to, as David said, uncovering the truth of yourself through your feelings.

And were people not living against themselves, which means, using their mind to stop themselves from expressing all they feel, then naturally people would look to their feelings to guide them through life. But because that has all got mucked up, such corruption being passed down through the generations, so we have to stop and focus more heavily on our bad feelings, wanting to bring out and express our pain, all so we can liberate our self-expression thereby liberating the hidden truth of ourselves.

And that is living a truly spiritual life. Learning how to put your feelings first, taking the control away from your mind, coming to understand how false you are, all whilst longing to be your true self and at one with God through partaking of God's Divine Love.

James: Thank you Nanna Beth. I'm going to have a rest now.

Nanna Beth: You are welcome James. My love to you all – Nanna Beth.

Samantha from England: If the professionals who have an understanding of feelings and Parental damage to a child have enough humility, to one day, accept Mary and Jesus, the Feminine aspect of truth and The Divine Love, then that is the missing part and moving it from what they know with their minds to letting the TRUTH experience of their feelings be the door way to allowing the Divine Love of God to flow so they can be free and healed for ever, because the cause has been felt and the truth of it known to us and we now can understand fully why we were like that, we know ourselves and God a little bit more. They just need the missing part that James and Marion are bringing through Mary and Jesus and the other Celestials. Some of them have the foundations and are 'Knocking on the door' but only the TRUTH will open that door way to LOVE and to get to that truth, our WILL has to be engaged, our bad feelings have to be felt fully to their core causes for the truth to be revealed. It works. Its amazing.

ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT 200,000 YEARS

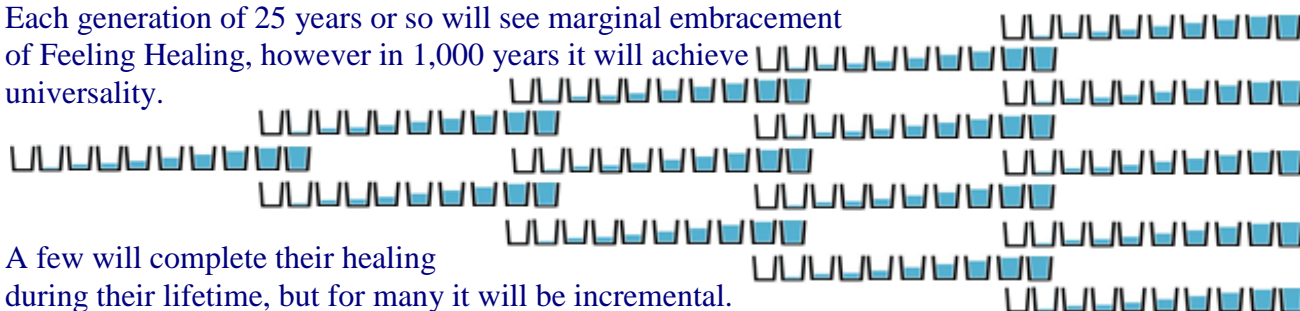
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



A few will complete their healing during their lifetime, but for many it will be incremental.

Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

Dr DAVID HAWKINS fully ENDORSES FEELING HEALING

Tuesday, 3 October 2017

James: David, it's me again, sorry to bother you – can you spare a moment more and speak with me again?

David Hawkins: Yes, it's my pleasure, I thought you'd be tuning in again James, so I am well prepared. I know what you want to talk to me about this time – my work, how I did it back there on Earth, my 'Letting Go' pathway, and what I think about it now.

James: Yes, that's right, have you been reading my mind?

David: No, I've been instructed by some of the higher spirits that are overseeing my communication with you. They told me what you would be wanting to know, so I can come to you prepared to some degree. So please, ask me what's on your mind.

James: You were afflicted by a lot of hellish sounding illnesses – how did you cope with them all! And then you say by surrendering to the Divine Will you were able to let go “of resisting in every instant, cancelling the belief systems”, which led to your self-healing – so how did you do that?

David: I found that if I put myself into a certain frame of mind, which was my surrendering to the Divine Will – I had not personalised my relationship with God as I am now doing by longing directly to my Heavenly Mother and Father for Their Divine Love; which I must say, I adore doing, I can't tell you how much of Their Divine Love I feel is flowing into my soul, and it feels superbly wonderful, and to think that I had been denying myself God's Love for so long... then I could sense or feel the resistance in me because of certain of my belief systems, which I was then able to change using my mind, which brought about the dramatic healing changes within me.

And when those changes happened, I was ecstatic, I can't tell you what a relief it was to set myself free of such troublesome illnesses and afflictions that were such a burden, and which I'd struggled with for so long. And to discover that such physical conditions were being held in place – at least so I thought back then – by mere belief systems, and that a simple change of perspective released me from such torturous fiendish problems.

It was so simple, hence: 'Letting Go', which amounted to my realising, that if you don't want something, let it go, you get rid of it, and so by utilising the 'Power of the Mind', my own mental power, I could do just that for myself – and I was the living proof!

And then it happened also for other people, and I thought I'd found the cure-all for humanity, that we all could be free of all illness and disease, any inner psychological problem or disturbance, the mind could be 'trained' to think positive loving self-caring, self-nurturing, and so self-healing, thoughts, and all your afflictions would leave you.

And the whole key to it was to surrender to a Higher Power, the Divine Will. If I tried to do it myself without surrendering, I failed, and my symptoms got worse, but if I gave up the fight, just accepted that I had the problem – and damn it, it could do with me what it will, even if that meant it could kill me, then so be it. I'd had enough of the intense misery and suffering and fighting against such troubles for so long, so I had nothing to lose, I'd been pushed right to the edge so many times, so I just 'Let it all Go': here, I said to The Divine – You take all my troubles and problems, I've had it with them!

And as I did that, so I was then able to see how I was holding onto them, it all being my own doing, my own beliefs that I was in control of my own problems with – and god, what an insight that was! So if I really was in control, and The Divine was now giving me even greater control, for that's how I saw it at the time, then I could choose my own destiny and rid myself completely of my problems, which I did. So effectively I believed I could cure myself, and so I did – using my mind... or so I thought. So that was about the crux of it.

Then having died and woken up in spirit (another whole story in itself!), and understanding that all such physical afflictions and many others of the mind and emotional states of all people who die, automatically leave or are 'healed' upon death, meaning, you no longer are afflicted by such problems in your new spirit life – well, I did wonder what was it all about? If only I'd known that, perhaps I wouldn't have cared about my problems, knowing I'd die with them and more than likely because of them, and then they'd all be taken away when I woke up in spirit starting my new spirit life. So that sort of put me on edge, it made me wonder why is such suffering confined to the physical world when over here in spirit we're all in perfect health – what is that really all about?

And I asked a lot of the higher spirits who came to help us New Arrivals about such things, and they answered by saying things like: 'It's the Will of the Divine', which made me think – they don't really know, which confused me even more. Some of the spirits I was meeting had been in the mind Mansion Worlds for hundreds of years and were considered advanced, and yet they didn't seem any more wise than, well... myself. I seemed to understand more about certain things than they did, and that confused me even more.

Then I slowly understood that it was more about having loving thoughts and wanting to help my fellow man – from spirit, helping people back on Earth, and helping the spirits I was with, all by applying the mind, and that seemed to advance you mentally in your new spirit life. And so, all right, I was already working along those lines, so that was easy enough. And very soon I found myself in the upper levels of the fourth mind world, feeling very smug and happy with my relatively quick progress, with the sixth and highest 'heaven' awaiting me, into which I'd be going before too long.

And then as I told you the other day, it was a bit of a let down – Samantha was right, a MAJOR let down and a SEVERE blow to my ego, realising that so much of my healing of other people was induced by the unseen work of the spirits that were helping me. And that my so-called 'Letting Go' process was in fact, not about surrendering to the Divine Will, but to these higher mind spirits. If you got yourself into the right frame and attitude of mind, then these unseen doctor and healer spirits could go to work on you, and in many instances work miracles, with the people being healed complying by allowing their mind to be adjusted and so their beliefs changed (reorganised) – which was what happened to me.

So I had to admit that my 'Letting Go' pathway and process, had nothing really to do with my mental ingenuity, it was that I was more a spiritual healer and natural medium myself, as you were told yesterday, and that was what I was really tapping into. So it wasn't that I had uncovered some magical hidden law of the mind, it was that I had an overwhelming spirit support group that were allowed to affect certain healing on people on Earth, including healing me.

And this made me wonder: Well if you can't actually heal yourself through my 'Letting Go' process, as I thought you could, as I thought I did for myself; and it's all just because of interference of spirits, and that without such spirit help the healing won't happen; then can you actually do such things as I believed and thought you could within one's own mind, bringing about such magical transformations? And I had to admit, it being a moment I will never forget when those series of thoughts suddenly flashed into my

consciousness, giving me quite a shock; that I couldn't, that no such thing existed... THAT I'D GOT IT ALL WRONG! That it wasn't my or the Divine's great doing, but other spirits like myself.

Oh the horror of it, to then think that I'd misled so many people, and so many people were still looking to me for my help, even though I was no longer on Earth. But then I consoled myself knowing the healing spirits were still working with such people who wanted to advance themselves by using their mind in such ways, and so I considered joining those spirits to 'carry on the good work'. But something in me was tired of it. I didn't feel good about it. It didn't add up, something else was playing on me in the back of mind, which I couldn't put my finger on... so what was it? And you know what? I actually prayed to God to show me. Suddenly I just asked God to help me see where I had gone wrong. (Which I've since realised was my true and sincere giving over to God.) And I have no idea where that thought and inspiration came from. And I still don't, although with what I'm understanding about the Feeling Healing, I suspect it was something from my early life that suddenly came up into my consciousness.

Anyway, no sooner had I prayed earnestly to God, realising that God was now a 'Person' to me rather than just an impersonal 'Divine Will', and a spirit, a beautiful woman spirit, appeared before my eyes as if materialising out of the spirit ether. And what really threw me was – I KNEW HER! She hugged me saying she was so happy I'd reached out to God as I had done, because now she was able to come and talk to me, and as I had many questions, she could answer them all!

I was nonplussed; she was the first girl I had any deep feelings for. I'd not thought of her in ages, and now here she was, and so full of light, I'd not seen a spirit so lovely and of such a bright light. (She, of course, being a Celestial spirit who's finished her Soul Healing.) I didn't know what to say, I felt just as shy and embarrassed as I did back then on Earth during my adolescence when I allowed myself to have those nice thoughts about her. And luckily she took over and we talked and talked, and so that's how I've come to be here now embarking upon my real healing of my soul with the Divine Love.

She took me to visit you John (Doel), explaining what you were doing with James (I'd been to see you before but that was for my own vanity), and so here we are speaking like this, my being able to speak to you through James, and being able to confirm and validate to you about the Feeling Healing: about looking to your feelings and NOT your mind for the truth of yourself; which as I understand, will ultimately heal all the causes of all your problems. And as hard as I understand doing this Healing is, I am so excited and can't wait to really get stuck in.

So can you see, the mind way of healing I thought I discovered, was not as I thought it was. It was all controlled by those healing mind spirits. And I bought into it because I was that sort of person, it suited my mind and how it had been 'configured' through my childhood – that much I can now see about myself.

And to think that our feelings are the real way – oh had I known that! I know my healing would have been far more difficult, for I would have had to deal with the issues of my early life and my relationship with my parents, but now I can see I would have eventually still healed all my physical illnesses and complaints, rid myself of those debilitating migraines, yet all whilst I grew in the truth of myself; seeing how such things came to be because of what happened to me through my forming years – and all through my feelings. It's astounding, remarkable, and that no one really understands; and yet there it is, staring us all in the face, we all feel our feelings, and yet who wants to really look to them for the truth they are to show us about ourselves?

Oh John, you are excited to have my support and validation, but I tell you, I am just as excited to have finally found the TRUTH. For I know it in my heart: receiving the Divine Love because I long to my

Heavenly Mother and Father for it; and to have found my Heavenly Parents, oh god, I can't tell you how happy and elated I feel. And it all makes such perfect sense because I feel it does, I'm connecting to Them, to myself, to life, through my real heart-felt feelings. I have a feeling, I focus on it – as I've been instructed; I fully acknowledge I am feeling it, I then try to bring it right up and out expressing it to my spirit companions the best I can; and I long with all my heart for the truth my feeling is to show me... and as the feeling is expressed, low and behold, up into my awareness, into my consciousness, comes understanding, insight, revelation – TRUTH, about myself, about why I am feeling that feeling. It's remarkable, as I said... AND IT WORKS! That's the best part. So I feel I am setting out on my true spiritual journey. I'm no longer trying to contrive being all-loving and a caring spirit like I was doing in my old 'mind life'; no, I'm just trying to accept each feeling I feel. They come up within me of their own accord, I don't try and control or condition them with my mind, and I certainly don't want to deny them; and then I go with them, and they take me deeper into myself, and then I start to see how I am. And yes, a lot of what I see about myself I don't particularly like, but still, I have to accept that that's me, and I'm not perfect, but I can keep working on myself to eventually become perfect, which I intend to do with all my will.

Yes John, I can't tell you what a turn around it has been for me! James and John, it is incredible, it is wonderful; and as I said, I am so excited that I've found the true way for myself, and should anyone reading this find anything of what I've said appealing, then I strongly suggest you too look into doing your Feeling Healing; or even better, your Soul Healing with the Divine Love.

There you go fellas, how's that, do you think I've sold your readers on it?

Anyway, that doesn't matter; I understand we're all to come to it when we are ready for it: The Truth Of Ourselves Through Our Feelings – that being our Healing, as you call it James. And so with that, unless you have any further need of me, I will bid you farewell and retire for the evening, for I have to give my newly excited mind a rest. Should you want to speak with me again, I'll be at your disposal.

God bless you James and John, and anyone else who reads this. Pray with all your heart to God for Their Divine Love, that's what I advise; and look to your feelings for the truth they are waiting to show you. I could write new books about it!!!

Yours ecstatically – Dr David Hawkins.

Dr DAVID HAWKINS continues

Thursday, 5 October 2017

David: Hello James, please pardon my intrusion, however I so much want to write to you again. You see, I had no idea, I didn't get it, I wasn't ready for it, I wasn't looking for it, I heard certain things but failed to understand the full significance, that being what John is setting out to do and why, and why he wants to support you and Marion. You see, it's just not known over here, not even suspected in the mind worlds, and being here in the Divine Love worlds, is being in a whole different existence. The two are chalk and cheese, it's extraordinary that they can exist side by side with the mind worlds not having the slightest clue about the Divine Love Healing existence, and yet the Divine Love side knowing all about the mind side.

So yes, I understand, and because of that I am so happy that you want to write with me, I say, me, David Hawkins, for I am really a nobody, just another spirit who is now embarking on his Healing. Certainly I was someone on Earth, and I rather liked being a Someone, to be honest with you, however now I'm a no one and that is taking some getting used to.

So part of my still wanting to be a Someone over here in the Divine Love worlds is my wanting to hold onto my connection with you, for you see, it's now becoming more precious to me. You probably think that I'm raving, gone a little mad, that I'm being affected by the Light, and well you might be right, everything is being turned on its head, nothing is as it was, and what with all those millions upon millions of mind spirits and their counterparts on Earth all waiting and looking for the signs of the imminent Second Coming, and oh my god, they have no idea what's happening right under their very noses, and probably will miss it, it simply all happening and they being none the wiser.

It makes me laugh, how deluded can one be! How wrapped up in your mind not seeing what is staring you in the face. Feelings! Ha, who would have guessed it was so simple. And here we are, all the wise men and great sages, all the celebrated religious teachers going on about all their understanding of things, and yet all glossing over and missing out on the importance of feelings, and how they are the gateway to the truth within ourselves. That God, our Heavenly Mother and Father, provide us with feelings, and they are the way into ourselves so we can find out for our self – all through our very own feelings – all we need to know. And all we need to know about ourselves, each other and about Them. Oh my God it's incredible. And it was all there, as you understand, like ripe fruit hanging on the tree, and there it's been dangling in front of humanity for aeons, and yet no one has wanted to eat from that tree of truth, we all ignored it – incredible!

Anyway, because I'm 'now fully on the same page' as you all are, I want to do something to help you. I've been following your thoughts James, and I have been able to see that certain people have all had a similar problem as I have, so I thought I might be able to shed some light on it for such people.

It's about not feeling all the deep hatred and anger at your parents, and yet also knowing that your relationship with them was/is not perfect, and so how do you know if you are full of repressed anger concerning them, when really you understand that they didn't mean to hurt you, they just did their best and that was what was mostly acceptable at the time, and although it wasn't perfect, still they loved you and you loved them... or so you both think you do.

But then you read your work, and all you, Marion and Samantha are going through, and I wonder if possibly you three just had much worse relationships with your parents than I did, and that mine, and the other people like me, by having much better relationships with our parents, won't need to – and simple won't because it's not within us – feel such deep anger at our parents accusing and blaming them of everything that is wrong with us.

And there, I've gone and said it, just shot myself in my foot! I said, 'everything that is wrong with us... and I had a lot wrong with me, I still do, and so I now attribute that to my parents – my parents who loved me and I who I loved them back in return. Ah, so now I'm in a pickle, what do I do, what do I think, because if we loved each other so much, and yet they caused me so many problems, then what am I to really think and feel about them causing me those problems?

And as you rightly point out James, if they truly loved me, and I them, then I'd not have any such problems, so the deduction here is: I must not have loved them, not as much I have felt and believed. So, is my so-called love for them false? Am I making it more than it was? Am I even contriving it – making it up altogether, because I want to believe that they loved me and I loved them? So is my love for them and their love for me based on, or resulting from, a belief – a mere construct of the mind? And if you then remove that construct, what is left – nothing, and possibly... no love?

But as you also understand James, this is all working it in the mind, it's not just dealing with it through my straightforward feelings. So back to my feelings. So what do I feel about it? And to begin with, I feel confused!

And so what would you advise? And I know the answer to that, you'd say not to worry about it as such, unless I specifically feel bad about some part of it, and just keep attending to the bad feelings I do feel, and eventually, if there are bad feelings and feelings of anger and hatred for my parents, feeling unloved by them and my unloving feelings for them, then when such feelings are ready to come up, they will. And this is what I intend doing.

I admit my relationship with them was not perfect. There were times I was angry with them, and so these times I will focus on and see what feelings come up within me. And already I can feel that old anger returning... yes, there it is, and I can even feel instances when I was very angry with them... so I will work with these times. However I can also feel how much I want to block out these bad memories, I don't want them to come in and ruin my good memories and feelings about my parents loving me and I loving them. And such good memories are very strong, I have always favoured them, I have not dwelt on the bad ones, no, not at all, I have done all I can in fact to keep the bad ones away, and even so much so that I've forgotten many of my bad memories, pushing them so far back into the dark recesses of my mind, all so I can merrily carry on believing in my nice-feeling mind memories that everything was very good between myself and them and everyone else who was prominent in my early life.

I've visited both my parents since coming over here into spirit. They are both happily living in the second mind world. They are no longer with each other, yet are very happy with new partners, my mother even adopting a handful of young children she adores and adores looking after.

I've not seen them since my 'Conversion', as I'm now calling it. And why haven't I? Well, quite frankly, because I don't want to hurt them. I don't want to tell them that I am no longer 'one of them', that I have gone against their way of life, that I am now very different from them; I don't want to cause them any unrest and upset them unnecessarily, although at some time I will possibly have to see them again... and I will wait until that time to see how I feel... I might just play along and not say I have changed, slowly let the relationships go... but why can't I be honest and straightforward with them? And now I feel a bad feeling.

I realise I don't want them to think badly of me, to have any cause to reject me, to think me ungrateful by my turning my back on them. They have done so much for me, they helped me get where I got on Earth and helped me establish my new life when my time came to die and coming into spirit. So now to tell them I think their way of life is all wrong, and that they should give it all up and follow me... no, why should they follow me, they don't have to do that, but that's what I think they should do. Hmm, more to think about. So this is how it is James, our Healing?

Don't answer me, just keep writing, as I can read your mind. And yes, this is how it is. It's incredible, the whole procedure, how your feelings lead you this way and that, always so much more to consider, express and think about. Yes, but it is fascinating.

So my loving relationship with my parents is not so loving after all, because if it was, then surely I would know I could say anything to them, that they would welcome it, and that even if what I said hurt them, still they would want those bad feelings so they could work through that hurt to see why they feel it. Yes, I can see that's how it should go, but I don't even want to begin, I don't think they will welcome my affronting them and saying I no longer agree with their mind orientated way of life, it will be too disturbing for them... yet by my not coming straight out with it and confronting them, I might be

possibly stopping them from having the opportunity of understanding about living a feeling-led life, and doing their Healing, and leaving all their wrongness behind... but they might not be ready for that... it's so confusing, going this way and that... and I can see all you can do is just keep talking about it all, expressing all the feelings, and longing to know what they are all about.

So my so-called loving relationship with my parents is really a can of worms just waiting to be opened. It's like a tangled ball of wool, and as soon as I start to tease one part of it apart, then I can see other parts needing to be teased and worked on. And how far do I go in that, and should I confront them at all? Perhaps I should just not see them again, or see them once more yet say I am going away, that I want to start a whole new life in spirit, like so many spirits do... yes, perhaps they will be able to



accept that, for not all the families stay together in the mind worlds, very few in fact, with most spirits understanding that their new spirit life means completely new, as in, we no longer are family, we don't relate to each in the family structure or hierarchy, that is all over, we're all just equal individuals going our new separate ways. Other spirits do form great family clans stretching back for countless generations, and they are like a whole tribe or force to be reckoned with. With their own folklore, even culture, and their own set of beliefs which might include one of the established



religions or spiritual systems. But I'm not interested in that because most of my family have gone their separate ways. I've not even caught up with all my immediate relatives yet because I've been too busy, or so that's what I've told myself. But really, I have no feeling to do so, yes, if I'm honest with myself, there is no connection with them, that got severed at death, and I don't see any point in keeping it going when it would only be very strained at best... and they've not reached out to me, and they've been over here in most instances for a longer time than I have.

So back to my so-called loving relationship with my parents. And I guess I have to admit that it's really not that loving after all. For if it was, then I'd be wanting to be with them more – wouldn't I? And again I have to admit, I actually like not being with them. I like having my own independence. And I love that I am finding my own way with this New Truth, and that I am not just following my mother and father along because they are saying it's a good thing for me to do. I want to do my Healing for myself, and not because of anyone else telling me it's good for me to do and that I must do it for my own sanity, and if I don't, I'll be left floundering around in the mind worlds for the rest of eternity, when all those other spirits who did it, are well on their way to Paradise.

So I can see that I'm slowly accepting the fact that my relationship with my parents might not be all I believed and even felt it was. But still, those feelings of loving them are strong. If someone asked me if I love my parents, I would still say yes. And if they said, well why don't you go and see them all the time... I'd don't know what I'd say to that... and if pressed, I'd have to admit that I don't want to see them... So why don't I want to see them, my parents who I love so much? And that's a good question – why don't I? And I don't know why I don't... because as I said, I don't want to upset them by telling them about my new life... yet that's not really it, that's just an excuse, and it's deeper, something behind that as to why I don't want to see them.

I don't want to see them because I don't want them to say that I am bad, that my new way of life is wrong, and I even think I believe they will stop me living it. I don't know if they'd try to do that, but that's what I feel... and I'm scared of that... yes, I am scared that they, my loving parents, will say it's

bad my doing that, making me feel hurt and not loved by them because they won't accept me as I want to be. Hmm, more cracks in my loving-them argument.

And I feel like I'm a young boy back with them, gosh I've not felt like this since that time; and I can remember, I can remember lots of times when they didn't let me do what I wanted to do, and when they told me they didn't like the way I was or what I was saying. I wanted to grow my hair long and be like a hippie at one stage, but they were dead against that, I had to conform to the standards of my 'level of society' and not show any rebellion. I rebelled later on, but not so much when I was younger with them. So now yet more signs of my not feeling as loved by them as I wanted to feel. More cracks in my I-love-my-parents-and-they-love-me theme. Still no real anger though, perhaps that will come?

So I guess for people and spirits like me, who say they do love their parents and don't feel the deep intense anger and hatred of them, it's just a matter of working on the small relevant parts of the relationship and expressing those feelings and seeking the truth of them, and seeing where they lead you. And I can accept that, as I progress in my Healing, so my anger for them will grow. As I said, I was angry when they stopped me being how I wanted to be, and perhaps that anger will intensify as I uncover more of the truth about my relationship with them. I am told that that's what my ascension through the Mansion Worlds (crying healing worlds / spheres 3, 5, 7) will mostly be about; so that's three whole main Divine Love Healing worlds, and then still working through the equivalent mind worlds too, so really that's seven worlds of potentially increasing my hatred for my parents, so if that's right, then I can see that there's not going to be much love left by the time I complete my Healing.

So James, I hope I might have been some help to those people who can relate to what I am saying. It is still early days for myself with my Healing, and I am most grateful to you allowing me to speak to you like this.

And I promise I won't bother you again, I will leave it up to you if you want to contact me, or else if the higher spirits ask me. And I know you don't mind, you being open to whatever it might be that I want to say to you; and well, thank you again for that; but no, I think you will have other work you'll want to get on with, as I will have my Healing to do. I will keep a written account of all I go through as I enjoy writing so much, expressing myself using words in this manor, and although laborious, the actual writing process, I find it soothing.

And I will be keeping abreast of what you are all doing. I don't want to miss out on any of it. And perhaps I will have completed my Healing by the time you come over into spirit, and should you want to, we could meet. I would love to meet you all when your time comes. I feel very close to you John and you too Samantha, as I know James sends all he writes with us spirits to you two. And I sympathise with you finding it so difficult without such immediate help like we have with the Celestials. However that is your way, and all the anger you express because of that is what you have to bring out – that much I understand. And I will do the same myself with my anger.

I will go now. Thank you all for reading what I have written through James these past days; and thank you so much James for letting me do so.

David Hawkins.

UNFOLDING EVENTS

Thursday, 5 October 2017

Nanna Beth – 3rd Celestial Heaven: Yes John, they are. You are to move with your feelings, as we all are, and so based on your feelings you bring your mind into play, and then things happen which affect your feelings and so your mind adjusts accordingly.

What humanity does need are examples of people who've completed their Healing. And even if there is only one example, then at least it can be done, and from there others can follow, and so the truth will get revealed

James: One thing though Nanna Beth, following on from what David was saying and what other people have said, what about those people who do say they really love their parents, Marion is reading a book in which the author says she adores her parents, how much they helped her and did all they could for her as a child ensuring she always felt loved and looked after, not one bad feeling so it would seem in their relationship, and with the woman only too happy to look after her ageing parents, going through all the difficult physical end for them – how does she do her Healing, and does she have much, and will she uncover deep anger, like I have?

Nanna Beth: We all have to do our Healing James, all within the context of how it was with our parents. This woman will bring to light things that weren't as good as she might have believed them to be, we all have those parts within us to Heal. And even though she might not feel the depths of hatred and anger for her parents as you do for yours, still she will touch on enough of the bad stuff to understand that her relationship with her parents wasn't actually as good as it could have been. It might have been good in the context of the wrongness she grew up in, however not good in the context of over all perfection.

So she will still have to put this into context and also question herself as to whether or not she does have deeper repressed anger and hatred for her parents like other people more openly and obviously do, or whether that simply wasn't a part of her life, she being able to keep it in the context of how it was for her.

And what she'll also find is, even though she might not feel the deep anger and hatred, like yourself, that you feel for your parents, she will feel other more subtle problems and difficulties, more how subtly she felt unloved and even loved too much, for much of what we call love, even great love for our children, is actually wrong and bad for them, it not giving them what they would have had were we true and all-loving. So there are more subtle sides to be explored for people who do feel they were loved, for all this so-called love, what really has it done for them, and has it done all the good they believe it has? How has it affected them, how are their relationships, and are they right and true?

As you understand, everyone has to find their way in their Healing, and as you are all very different, of course certain people will be able to relate more readily to each other, sharing similar bad feelings and the depth of them, whilst others will relate more to each other, feeling less of the deep stuff but more of the bad from being loved by the falseness.

James: Thanks Nanna Beth.

Dr DAVID HAWKINS and MARGARET

Thursday, 28 February 2019

Dr. David Hawkins – 5th Divine Love Healing spirit Mansion World: Hello John, James was reading my early communications with you through him in one of your Pascas Papers, and as you have had me a lot on your mind again lately, and as James has been thinking you'd probably like an 'update' from me, so, here I am.

My Healing has been progressing well, I'm going to sound like one of the many other spirits that have spoken to you about it. I am now settled in the fifth Divine Love Healing Mansion World, if I can put it altogether like that. Today I'm feeling rather perky, I have my good days and increasingly more bad ones as I move closer to the truth of my unloved state. And I am still studying all about the Healing as much as I can, we have lots of books, manuscripts, personal Healing experience accounts and personal commentary from other spirits we can read and 'absorb' with our minds here in spirit, and we have lectures and personal meetings with Celestial spirits who teach us about various aspects to do with it all and who can help 'coach' us through our Healing experiences, that being expressing our bad feelings, helping us go deeper following their train-of-feeling whilst looking for the truth they are to show us about ourselves.

I won't go into any of the details of my Healing today with you, it's like so many others, just the personal hard grind of feeling bad, working hard to express those repressed feelings, they coming up and making me feel even worse, all as my relationships with my parents and family gets basically torn apart. Any part of it that I think was good and loving and I want to hold onto is soon looked at more closely and then it starts to fall apart so I can see how untrue it all was and how untrue I am. And I, like most, have a good dose of specific traumas I am working at bringing to light, all of which is highly traumatic itself.

I won't be staying long, so what I want to tell you, something that's very important to me and might be something for other people to consider through their Healing, is the time factor of doing it. Many spirits, and I guess it will be the same for people on Earth, want to get their Healing over with as quickly as possible, which is completely understandable, I being one such spirit. However I've come up to something that amounts to a not unpleasant impasse of sorts, and something that in a way is delaying my direct Healing ascent, and yet is also still all part of it.

So would you believe it, but I've fallen in love! I can scarcely believe it myself. I met a woman spirit in the house I'm living in, it being a share house in a lovely wooded forest area of this world, in which there's about fifty of us living, both men and women of all different times and races from Earth.

Anyway, Margaret is English, or was English, and we're currently in the process of moving out into our own little cottage. We want to stay in the immediate area because of our friends and we're familiar with this part of spirit, but we also want more privacy, as I'm sure you can understand.

And being with her is helping me end my former relationships with women on Earth, which although they had ended physically and in person, were still very much part of what I coveted about my Earth life, still tending to hold onto these relationships like precious possessions even though a lot of them didn't end well. And they weren't all sexual either, yet over the years over here in spirit, it's these relationships that I've held dear to me, even by erasing or tending to overlook the unsightly – on my behalf – parts, in favour for a more enjoyable and glossy fantasy.

So here now I am living the real thing with Margaret and I am being faced with having to accept that so much of my life was pure fantasy, and I have extrapolated on it since coming to spirit. It's incredible

how much your mind works away at contriving such things, I can see how easy it is to start off with a small thought and subtly over time you increase it and corrupt it, creating a huge distortion and fantasy in your own mind, even to the point of the absurd and extreme in which you've lived the dream and the dream was real, when it wasn't at all; and one which often you aren't even aware of that you've done (which I think is something along the lines of how the Evil Ones contrived the Rebellion, one little part at a time, they all adding up, until suddenly they couldn't even remember that they were any different and non-rebellious before it all started). And so by having someone who stands up to that when you bring it out in the open, someone who's an objective outsider and not someone who's a part of your inner fantasy world, it doesn't take long before you are having to own up to the funny business you've got going on inside your mind.

So I am wonderfully in love with her, however I am becoming increasingly aware that that love is also based a lot on my fantasy love which I've cultivated through my life on Earth and over here in the Mansion Worlds. So Margaret and I envisage (and yet how can you know what God has planned for you) that we'll live happily, and perhaps even not so happily, together for as long as we need to all so as to help each other with our Healing. So this is for us both, our first full Healing relationship, in that we are choosing to be together solely for the purpose of our Healing. (And you may notice how I'm using James' latest favoured terminology as much as I can thereby helping to make his speaking with me easier.)

So having seen so many spirits working determinedly on their own Healing, I thought that way was going to be for me too, however suddenly my life has taken another drastic turn. And as much as I have even tried to resist going down this road, believing having a close personal relationship like this would serve only to distract me and to make me feel good and so I'd use those feelings to block out my bad ones thereby delaying my Healing, I have also only recently started to see that in fact we both need to be together like this as part of our Healing.

And already we can see that for both of us, because we are also allowing ourselves to delight in all the nice happy and freeing feelings our love for each other is creating in us both, we are going to be taking longer with our Healing, we're both coming to understand that it's not a race, even if that's a personal one against the clock, so as to get the pain out of yourself as fast as you can. No, it's about all that happens in your journey, and so this true Spiritual Healing Journey James calls his Soul-Healing with the Divine Love, although being of course extremely important, is really just another twist and turn along your path.

And for Margaret and myself, easing up on thinking we have to do our Healing as fast as we can has brought to us a sense of relief, and an understanding that it's *our* Healing, no one else's, and so how it is for us is unique for us, and that there's no comparison with anyone else's Healing, and that really it's all such a unique and individual thing, even if you are doing it in the company of others.

So that is my small contribution to your 'Healing Documents' John. And I will tell you that I and many spirits read them as you put them together. Some spirits 'read them over your shoulder', others are involved in an unofficial 'mail-out' whereby a spirit sends them to us when you've finished them. I'm not involved directly with you and your team, no, I have come at the odd time and visited you when I've been invited to do so, however mostly I am too absorbed in my own Healing life over here, although as I said, I do keep abreast of what you and James and the others in your small band are up to. It is all very exciting, however we who are in the Healing Mansion Worlds readily accept that what's going on back on Earth is not for us at the moment, not until we've completed our Healing and gained the Celestial spheres. However, as to your other current musing of late, those running along the lines of possible spirit materialisations for the purposes of showing people on Earth that we spirits are very much alive

and living active spirit existences, well, if that is to come to pass and I am invited to participate, I would love to do so. That is provided it's like this, it being one of my up days... although now thinking about it, it might be just as useful in other ways if I were to come in such a capacity on one of my very down days, with the audience knowing that I was feeling like shit and why I was, which I would, so I imagine, be more than happy to explain to them.

I will go now. It's been good to make contact with you again John. I'm sorry but in my coming I can't pass anything onto you concerning Pascas and all you're wanting to do. However I am sure whatever is to happen will indeed succeed because things are different now and becoming more so by the day. We are all seeing changes to the Mansion Worlds we live in, many for us in the Healing worlds benefiting us more and even helping us with our Healing, and then changes in the mind worlds making things more difficult to carry on ignorant of the control such a spirit is seeking.

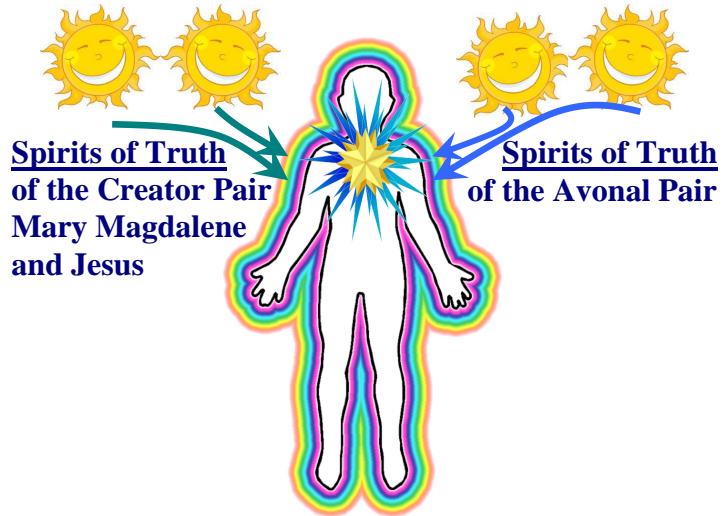
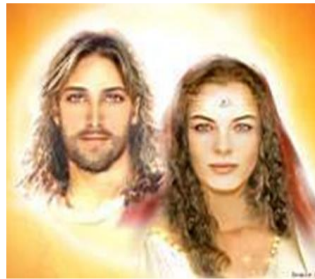
So it's been good to speak to you again John. And you too James. And I will say goodbye. Margaret and I have a favourite walk we take around the most beautiful lake, we love being in this Mansion World's nature talking about all we're feeling, discussing so many things we're learning about, helping each other see what we're really about.

I don't know if I'll be coming back to talk with you John again; if you want me to specifically, certainly, however I have changed and continue to change daily, little of what I was on Earth am I now. Your Healing, once you really commit to it, particularly over here as the whole world and everyone in it supports you, soon takes you away from your old self. I am not working on expanding or trying to right wrongs in my theories, that was all, so far as I'm concerned, to do with my erroneous life back then; and if my work can help someone further their Wrongness or move toward ending it, then well and good, but really that's just the same as everything else. Perhaps when in the Celestial spheres it will come back and once again be part of my life and who I am, however then being so different I'll be able to put it all into the right context, however that's all too far ahead now. I'm going for my walk John, arm and arm with my beloved Margaret. She's an 'older woman', we laugh, to look at us you'd think we were the same age, yet she's been in spirit for four hundred years; and the best part is, so far as she's concerned, she has not got one grey hair on her head! And it's all very important as we come to understand, how we feel about every tiny bit of ourselves and why we feel that way.

So until next time John, should there be one, all the best to you, and I will seek you out when your time comes for you to come over into spirit and when you are 'open to visitors' and we can meet. I'm looking forward to that. Goodbye now – Dr. David Hawkins.

James: By the way John, I reread that part in the PC (Pascas Care) paper that I thought needed adjusting and it didn't, I'd misread it. I'm more than happy with how you understand it all and very pleased how you write it all. And any little bits we can correct later when we go over them all again; I could see a couple of small corrections in one of David's previous messages, however they can wait, I don't feel up to applying my mind too much to any of that just now. It was a bit of a strain writing with him, although good to do it. It's a very different denser feeling still all caught up in the thick of his yuk feelings than compared to Kevin and Kathaleen (1st Celestial Heaven) who feel like refined light, true and pure.

YUK



Long for the Truth from God, the Truth your Heavenly Mother and Father will show you. This does come through to you via the Spirits of Truth of the Avonal Pair in relation to one's Feeling Healing and in relation to Divine Love from the Creator Pair, all from the Eternal Son and in league with the Infinite Daughter and the Divine Minister.

Our Feelings are our Truth

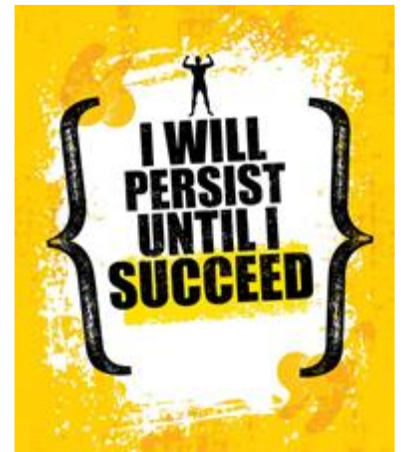
Tuesday, 25 December 2018

James: Marion was emphasising how **our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.** And I don't know if I've made it that clear in my writings as to what the Healing basically is, so I wanted to add it here, as I feel like writing more with you Nanna Beth.

Nanna Beth – 3rd Celestial Heaven: That's right, **that's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.** So Marion focuses her strong will on her feelings and bringing them out, which is bringing herself out, because **you are your feelings, which is the truth that you are. We are all the Living Truth James, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.** And because you were stopped from freely expressing all you felt, so you've been stopped from living true to your feelings and consequently stopped being the truth of them. So **the truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood.** And when you decide to 'do your Healing', life (your soul) provides you with the necessary experiences you need to make you feel, and those feelings as you express them, connect you back to the young you that wasn't allowed to express them, thereby you are now, as an adult, doing what you should have done back then, and so revealing the truth of your feelings which is also the truth of yourself. **We are all revealers, revealing the truth of ourselves through our feelings.**

James: So just talking out all your feelings is not enough, we need to want to uncover the truth of ourselves as well?

Nanna Beth: Yes, because you are doing all you can to not see it, living against it, so living against the truth of yourself, living against those feelings that would show you the truth, which is your rebellion against yourself, your truth, yourself, and against God. So you can merrily talk all day long expressing all you feel, however that won't actually be all you really do feel, as in, all those repressed feelings within you that are waiting to come out, with you merrily or even angrily, expressing your selective feelings all day as part of the denial of your deeper hidden ones.



celestial Friends

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 / soul partner 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 case 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: an 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.

ZELMAR explaining the EGO and its relationship to DIVINE LOVE:

Thursday, 19 October 2017: James: Zelmar, in light of what John has sent me concerning the ego and problems it presents to us limiting the effects of the Divine Love, could you please explain how it works.

Zelmar – a Melchizedek: From your first moment of conception you, the personality expression of your soul, is 'enveloped' in the mind circuitry of the Divine Minister of Nebadon. She, the Local Universal Mind Mother Spirit, cradles every mind, nurturing it in accordance with the needs of the soul of that personality. So She effectively, as reported in The Urantia Book, 'loans' Her mind circuits to you as part of your growth and development. And as you ascend or transcend each mind level, so She 'loans' more of Her mind to you. And when you no longer need the services of Her mind, when you leave Nebadon, then you 'give back to Her the mind circuits loaned to you, adopting the higher Universal Mind of the Infinite Daughter Mind Spirit.

What this all means is, when you start life, your mind is 'laid down' according to the mind circuits of the Divine Minister, meaning, if you are parented truly and lovingly, your mind will develop truly and lovingly as it progresses through each state of mind development. And this is all 'held in place' by your will. So your will engages with each stage of mind development, keeping your developed mind true to its development.

If you are negatively or unlovingly influenced through your mind development, like what has happened to you all on Earth, then your mind develops corrupting the mind circuits at each stage of their development. And your will maintains this corruption.

And these mental circuits are very complex, including all the psychology that you, James, are bringing to light as you rectify your mind circuit corruption. And the interference is mainly brought about by your parents, and then immediate carers, but also the overall family and social environment you grow up in. And it's the soul that dictates which genes are activated on all levels, not just the physical, but on the spiritual level as well, something few people acknowledge, in keeping with the levels of corruption that your mind is evolving.

At each stage of your mind's development, be it loving or with it being corrupted, feelings occur in response to what is taking place, and when, in your cases, your mind is turned against your true self – how you should be loved and parented so as to develop a true mind, then you experience bad feelings, which come up to alert those people caring for you that something is wrong which they need to address – altering their behaviour to make you not feel bad. However as those people interfering with you don't understand your bad feelings, because they are not of the truth and so love to do so, they then counter such feelings by forcing you to 'stop feeling them', making you suppress them and then keep them repressed. They make you then, not only use your will to turn against yourself and so maintain your corrupt mind, but also use it to keep your bad feelings about it repressed, all so you can then keep using your mind to maintain this ever increasing unloving state. So progressively you evolve turning against yourself, so being unloving to yourself, which then means you're also unloving to everyone else – which is your negative or rebellious state of mind, all of which is strongly kept in place by your will.

And so you attain adulthood with your false mind as it were, being kept in place by the full strength of your will, your will being said to have been 'broken' or turned against you, which in that sense is true.

It is then your whole mind's structure that is false, untrue, wrong, evil and rebellious, all being kept in place by default, as that's how it happened to you through your childhood, with your mind being composed of all your erroneous beliefs and subsequent supporting negative or unloving behaviour. This

being what is often termed your ego, suggesting that some part of your mind is errant and untrue, and causing problems and limitations for you in your spiritual development and progress as a person (a personality being expressed in Creation), **however it's your whole mind that is wrong**, all of you so far as what you can relate to, including your physical and spirit bodies and all their interconnecting experiential systems. For really all of that is of your mind, all what the Divine Minister is providing for you. And it includes your feelings and their associated emotions, they being yet another part of your mind. And anything else, like all psychic functions, with nearly all that is what you're aware of consciously and unconsciously, being attributes of your mind.

And what is not your mind, is any truth. And the Truth becomes the real you, an expression of who you really are, it becomes your foundation upon which you express your mind. However starting off in a world that is truth-denying, your mind has been corrupted to go against any natural truth revelation that would have come to you once your Indwelling Spirit arrived in your mind. So you live with your wayward and rebellious mind in control of you, in control of many of your feelings, and denying you the chance to grow spiritually from truth that would naturally come about from those feelings were you truly loving. And your will maintains it all.

Then you get to a point in your life when you want to stop being false, wrong, evil, untrue – unloving. You realise you are not right, and something needs to be done about it. Yet what to do? And now you understand about doing your Feeling Healing or your Soul Healing with the Divine Love.

And what this means is, once you start longing to be true, and that means, really wanting to stop being false and wrong, your soul will set about providing experiences for you that will generate certain feelings which you can express whilst longing to know the truth of why you're feeling them. And when you do this, you start to short circuit the patterns of your corrupt mind. But it's hard to do, to submit to your bad feelings in particular, because you have to long with an equal amount of will – at least, if not more – to want to change the corrupted mind circuits – as shown by your wrong beliefs and behaviours.



And so as you look to your feelings for the truth they are to show you. And when you fully embrace them, express them, bring them to light, the truth that results will show you where you are going wrong, meaning, how wrongly and unlovingly you were parented – what happened through your childhood to turn you against yourself. And painstakingly you'll be taken back through each of your corrupt mind circuits, orchestrated by the Divine Minister who is in control of your mind. And when you express all the pain and see all the resulting truth of your wrongness, then the Divine Minister will effect a change – healing – in you. She will alter (and often progressively in stages reflective of the stages the corruption occurred) changes in you gradually bringing your mind into a true and perfect state, that which you would have been in had you been parented lovingly and by other true and perfect minds. So your mind adjusts, meaning, all of you, on all levels, adjusts, including your will, willing into being these adjustments and ultimately the complete 'new' you. This giving you the feeling like you're starting over, like you've been Born Anew or Born Again, because your mind is now free of such corruption, and your will is willing your perfect mind, the whole perfect you, into Creation, with the resultant feelings being all good ones. Because you feel true, and know that you are, and are very happy about it, feeling fully loving and loved.

So it's the Divine Minister who effects all the necessary changes in your mind on all levels, from the physical to the spiritual, with such ongoing changes, initially as your mind develops its corruption, and

then as your Healing heals it, being done through your angels. Your angels are constantly at work adjusting and manipulating your whole system, so, on all levels, in accordance with the needs of your soul – which is what God wants. So during your Healing when you suddenly feel a pain in your leg seemingly for no reason, it's coming about by your angels manipulating your inner systems so as to create the pain in you for the reasons of truth that will be brought to light as you express that pain, and at the same time as a reflection of your mind changing.

So you become progressively evil as you grow up developing your corrupt mind, with everyone outworking such corruption in their own unique ways, just as will everyone then do their Healing undoing the corruption following their own unique path.

Where the Divine Love comes into all of this, is that once the Indwelling Spirit has arrived, the mind is prepared to receive the ministrations from the non-personality mind circuit called the Holy Spirit. It means the soul is then ready to receive God's Love. And what this then means, is when you long to God yearning sincerely for God to love you, asking God to please fill your soul with Their Divine Love (as you James relate to God as both your Heavenly Mother and Father), then such genuine longing, and provided the Divine Love has been made available to be received, which it has by Mary Magdalene and Jesus coming to Earth, the Divine Minister will respond causing the Holy Spirit mind circuit that's responsible for delivering the Divine Love into your soul, to act. And so you will receive the required amount of Divine Love as determined by your soul and in acknowledgement with the Divine Minister from the Holy Spirit. And as you receive the Divine Love, so it works upon the perfect parts of your soul to affect an even deeper change in them, that being, transforming them from Natural love perfection into Divine Love perfection, progressively making you divine.

The Divine Love of itself does not remove all sin and error from you. You have to want to do that for yourself through your Feeling Healing whilst also longing for the Divine Love, which you call James, your Soul Healing. So as your mind unwinds its corruption and your mental circuits become true, and you become progressively truer and purer in your Natural love, so the Divine Love will act to transform such love. And this is all done in accordance with the needs of your soul.

You can't know how much Divine Love you are receiving at any one time, and how much of you can be transformed; and you can even receive the Divine Love and it may seem to remain dormant within you, but really there is no time on the soul level, so you can't relate to your transformation with the Divine Love in such lineal terms. So you might long and feel you have received a lot of Divine Love, which might be true, and then you don't feel you are receiving anymore for years, whilst you progress with your Healing, and yet with each step, each mind circuit that is healed, so it will be transformed.

The best thing you can do, as with it all, is long for the Divine Love as you feel to, knowing that it will transform those parts of your soul when your personality becomes true, expressing its Natural love. And as you have no say in the transformation, you can just know that it's happening, whilst you keep going attending to your feelings, longing for the truth they are to give rise to within you.

So again, the Divine Love won't inspire you to long for more of it, it doesn't do anything to make you progress in your Healing. It only acts when it can on the Natural love circuits in accordance with your souls evolution of truth.

However what the Divine Love also does, is it helps develop and so evolve your relationship with God. It is God loving you, it's God's Love coming into you, and the more Divine Love you receive that transforms your soul, so the stronger your feeling of love for God will grow, as will your feeling and knowing the truth that God loves you. Your relationship with your Heavenly Mother and Father will

grow forevermore, to the Celestial spheres and onto Paradise and beyond, because of Their Divine Love in your soul; whereas by doing only your Feeling Healing, you will attain a perfect state of Natural love when you've finished your Healing, however your relationship with God will be severely limited to that of only the Mansion Worlds.

The doing of your Healing, which is really wanting to be True, and the partaking of the Divine Love, are two different things. And you have to want both to be as fully spiritual as you can be. So you can long for the Truth, and you can long for the Divine Love. And you understand, that because you have started life in Creation in an unloving state, then you are first longing for the truth of that unloving state, you must want to understand every part of it: Why it happened to you, how it did, and how you took it on, and how you are undoing all the damage done to you. And when you are Healed, with the Divine Love having transformed your soul equal to the state of Celestial truth, fusion with your Indwelling Spirit can then occur, you becoming a Celestial spirit, either in the first Celestial sphere or on Earth if you're still there, free to live a Divine Love life of perfection as you continue your ascent of truth to Paradise.

James: Thank you Zelmar.

Zelmar: It's my pleasure James. Should you need me again, please ask.

James: Nanna Beth – can you put it in your words please?

Nanna Beth – 3rd Celestial Heaven: Our unloving parental influences turn our mind against our true feeling self, this causing us all the trauma, pain and suffering we live from conception right through to the end of our lives and on into spirit until we do our Healing.

Our Healing is working back through all our wrongness as we come to terms with it by looking to our feelings for the truth contained within them. It all being driven by our will; both our induction into our going against the truth of ourself, and our Healing of it. The so-called free will we have, is the freedom of our will to be used against ourselves; the freedom to heal and change that damage; and then the freedom to live as truly loving people or spirits.

So you live with your mind in control of your feelings, when it's to be the other way round. Our feelings are to lead with our mind helping us to maintain such leadership. Our mind is also to help us put the truth into perspective that comes from our feelings, we're not to use our mind to build up our anti-truth beliefs and behaviours going against the truth of ourselves. However this is what we all do and have done through our early lives, and so this is what our Healing will change.

And then along the way we can long for and receive God's Divine Love, which is necessary to do should you want to progress out of the Mansion Worlds and into the higher Celestial spheres.

You are conceived onto an untrue and unloving world, and at some point have to want to become true and loving. And doing your Healing is the only way.

Zelmar and I have said the same thing, he only being more technical about it, which will appeal to some people, yet not so much to others. And we're all to work it out for ourselves, so we can Heal ourselves.

James: Thank you Nanna Beth.

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

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

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

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

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

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



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



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

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

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

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

FEELING versus EMOTION
and emoting such emotions through your feelings:

It is important to **emote** your feelings to a partner or to your Heavenly Parents.

Just be the feeling. When you feel the feeling, try to stay with that feeling.

The other person you are engaging with can assist you to experience and express the emotional event that you are feeling coming to the surface. They'll assist you to stay with that feeling. The other person is to encourage you, to prompt you in describing, expressing, talking about – **emoting** – that feeling leading you back to discover the truth of an experience that was an emotional event in your life, most likely an event in your early childhood, and even more likely to be a childhood suppression of your expression of your true personality by one of your parents.

What ever you are feeling, describe it. Once in the feeling stay with the feeling – become the feeling – become the emotional event. Express, talk about it, that being the experience of how it really unfolded.

Feeling is what you feel now. Emotion is the result of an event that happened in the past (even the recent past). The emotion is the pain within you. Once you begin to become that painful emotional event then the feelings thereof can be expressed, talked out of you – for ever!

The more often you drop into these past emotional events, you'll find the resistance to do so will subside. Your childhood events will become more readily alive in the present.

You will begin to long for the truth of these childhood repressions and these suppressions will become memories, but no longer painful memories as you talk out each such suppression of your true personality that being what was imposed upon you since your conception. You will be aided by the Spirits of Truth of the Avonal Pair as you become to know and embrace them.

SPIRITS OF TRUTH

Avonal PAIR



Arvonal Revelation

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

31 May 1914 and ongoing

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 seeing the truth they are trying to show you – comes from having expressed or 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.

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

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Feelings first

FEELINGS FIRST For Kids

THE
GREATEST
SHOW
is ON EARTH

LOVE
is
Feelings First Spirituality, New Feelings Way

Feelings First Spirituality, New Feelings Way, is based on living true to our self through our feelings. Understanding that all we need in life is contained within our soul and is shown to us through our feelings. And by loving our feelings, by attending to them properly (talking or writing them out of us) and not denying them, we can use them to uncover the truth of our self – the truth of our soul.

Feelings First Spirituality is not telling us how to be, that is too controlling and is actually bad for us, limiting your spiritual growth. We can be wholly self-revealing of the truths we need to be, being the person God created us to be, all by living true to our 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

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

And to do this you need to do your Healing

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

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

Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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

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

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

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

Feelings First Spirituality is the True 'religion' for humanity.
It embraces all people.
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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

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

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

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



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



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

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

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

LOVE is the Religion of Feelings, being:

The New Way, Feelings First Spirituality



LONG for the TRUTH!

Above all else, “Longing for the Truth” has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to our self, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling about any emotional event or issue so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!” This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

LIVE FEELINGS FIRST



PRAYER
is not asking. It is
a Longing of the
SOUL.

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.

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

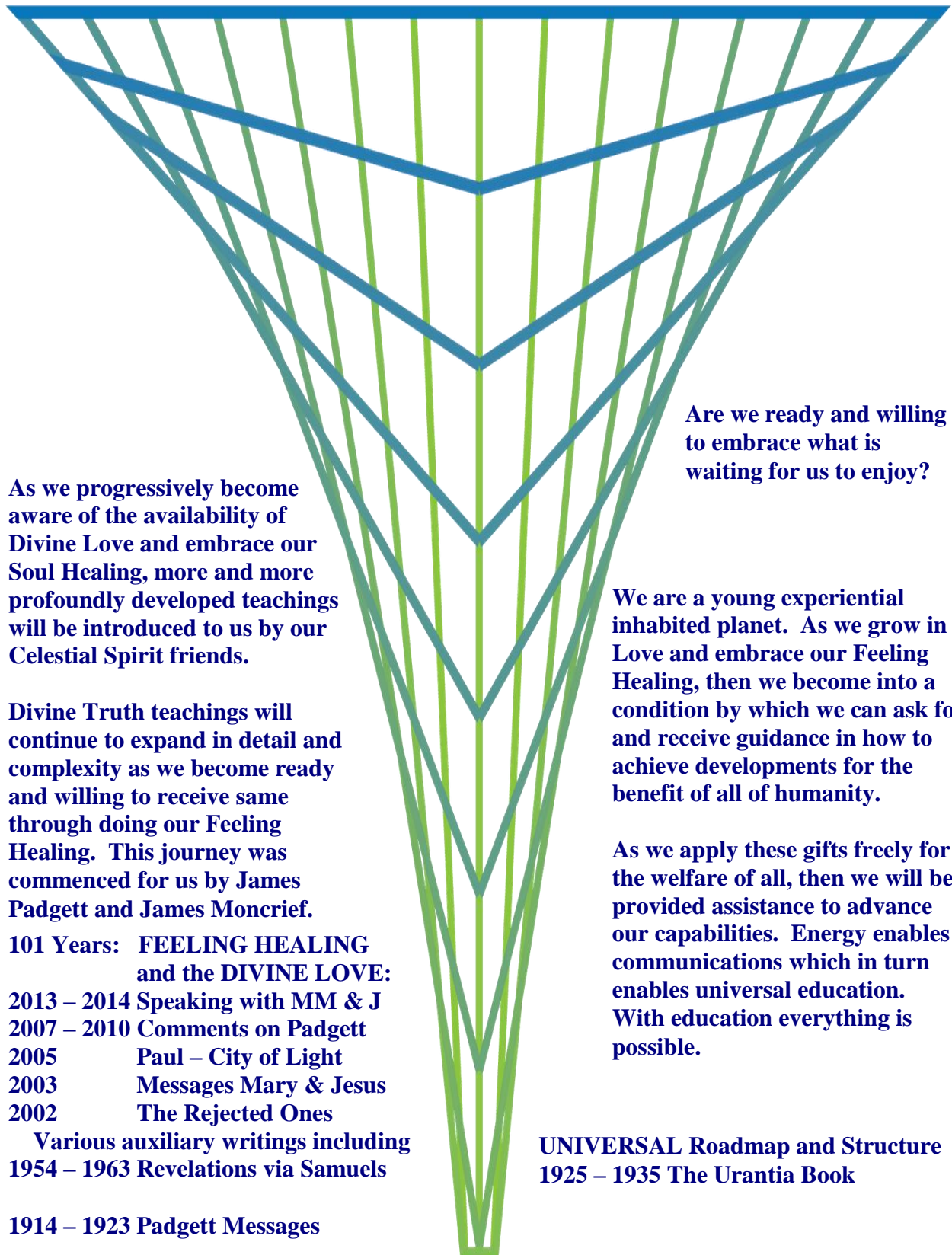
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



REVELATIONS



JAMES PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914
2 Completed 2014

REVELATION 1 Divine Love addresses the issues of the Rebellion.

REVELATION 2 Feeling Healing addresses the issues of the Default.

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

The Rebellion was brought about by Lucifer and his soulmate 200,000 years ago. The Default was brought about by Adam and Eve, soulmates, 38,000 years ago.

Law of Forgiveness

Law of Compensation



From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First