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FEELINGS FIRST in ALL WE DO

Our feelings are our true selves, our feelings are our true expression of our personality. Our truth is to be found in our soul based feelings. We are completely self contained, we only need to look inside – to our feelings – to find the truth. Through our feelings we are to long for the truth of what we feel, both good and bad, at all times. Our longing for truth will set us free. Yes, it will often be painful.

Our feelings will lead us as to what we are about, what we are to do and how we are to function. It is then that our mind will assist us to implement what our feelings are leading us to engage in. Not the other way round. It is feelings first and then our mind is to follow.

All through the era of the Rebellion and Default, humanity has been led to believe that our minds can become invincible, are the driving force of our spiritual growth, and are to provide the way to love and happiness – WRONG! Our minds shut down our feelings. Our minds are addicted to control. Further, our minds cannot determine what is of truth from that which is false.

The male is heavily mind orientated whereas the female is much closer to her feelings. If the female had been allowed to freely express her feelings then the error of mind dominance would have been set aside aeons ago. However, the male has subjected the female to a subservient role that is often closely aligned to slavery. This is a gross error and a crime against women. Women and men are equal. Through their feelings, women will lead humanity out of its imprisonment and enslavement to the mind.

This is the beginning of the Great U-Turn.

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

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



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

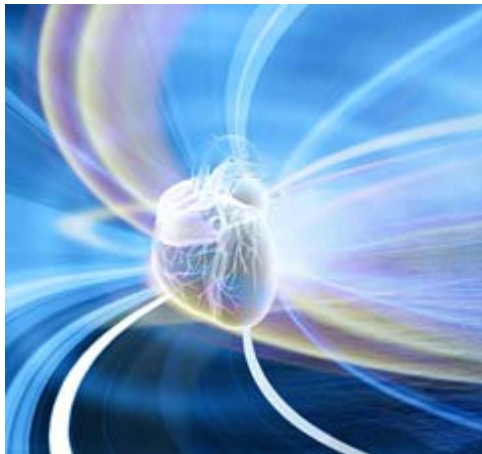
MIND IMPRISONMENT or FEELING LIBERATED?



Our parents unknowingly indoctrinated us into believing our minds were all powerful, that the way to experience life is to be mind dominated and to put our feelings aside, well, actually obliterate them with suppression. This is how we also mould our children into being our 'little me's', only to be taking them away from being their true selves.



Through our suppressive, misguided, incapable minds, we live. With these same minds we suppress our children's true personalities. In this endeavour we are all evil. We are preventing our children from being the personality that they all are. That personality having been given to them, by their true Parents, being that incredible soul, Mother and Father. Like our children, we are to fully and truly express our God given personality through our soul based feelings. It is through our feelings that we are to live. We are to engage with our feelings, and it is through our mind that we are to express our feelings. Not the other way round!



Engaging with our heart felt feelings is so liberating. It is also so much an easier way of life. Mind control is tiresome, let alone erroneous and corrupt.

By engaging with one's feelings and allowing them to be expressed is ever so more powerful than our clumsy mechanical mind – come brain!



Allow your true self to be liberated. Allow your feelings to flow and shine. Allow your life to flow with the beauty and truth of one's soul based all loving and perfect feelings. Allow yourself to simply engage with the will that our Heavenly Parents have given each of us, and be the true personality that we are all to express and be.

We can achieve this through the retraining of our mind. This is achieved through engaging with one's Feeling Healing process. It is not easy, in fact it is extremely difficult. Our mind is to be sub-servient to our feelings. We are not to continue how generations upon generations have lived and suffered for the past 200,000 years.

Embrace the freedom and liberation.



FEELINGS FIRST in all we DO!

All right, I will ask: God, what do You want me to do?

“We want you to do what you feel you want to do, always look to your feelings Our child – that is what we want you to do.”

GOD SPOKE TO ME! Is it true, can God speak to us? I’ve never spoken with God before.

It’s true; and what They said: do you understand what They meant, about going with your feelings in all that you do?

No, not really.

It means that you can’t work things out with your mind, so all you can do is always what you feel to do. When you may see someone in difficulty – any kind of difficulty – you didn’t think about what you should do, you just act, your feelings may make you want to quickly rush over to him or her and help him or her. So that’s what you do, and then you see how God is going to look after you. Because if God doesn’t want you to help everyone all the time, then you won’t be able to do it, your angels won’t do it, as they never go against what God wants, even if you ask and beg them to.

So as you go about and you do what you feel you want to do, and if you want to help someone, feeling from your heart that you really do, so you will find you just can’t help yourself, it will naturally happen; but if you find your mind starting to say, oh, I should help them but really I don’t want to, then that’s where you stop because that’s not letting your feelings guide you, that is when your mind wants to start taking over, which is taking over from God. God guides us through those true heartfelt feelings we have, and not through our mind like so many believe is how it happens. Your feelings are saying no, and so you will have to be strong and say no, sorry, God is not wanting or allowing me to help you. I am very sorry, I can’t help every problem you have, and you will have to take it up with God if you have a problem with that.

Adapted from Zarina written by James Moncrief

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

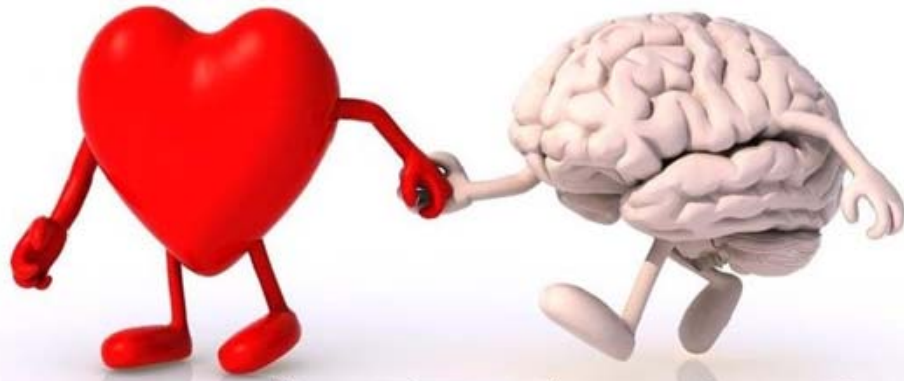


For 200,000 years, our control addicted minds have held our personalities hostage, at gun point! Our mind cannot discern truth, yet all of our guidance and education is dictating to us that through our mind we can achieve wonders. Well, look around! Wars, disease and gross misery prevail and that is after 200,000 years of boloney!



We have been given a crack in the armour of the mind. Our heartfelt feelings are our soul based truths. Our connection with our Heavenly Mother and Father is through our heartfelt feelings. Our way home is by our feelings, so let us all begin the journey.





Sometimes Your Mind Needs More Time
To Accept What The Heart Already Knows

Heart logic and mind logic are often
two very different things.



It has to feel right and make sense to
move forward with ease.

If it doesn't feel right, but it seems to
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

Feelings *first*

LIVE FEELINGS FIRST

FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!

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

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

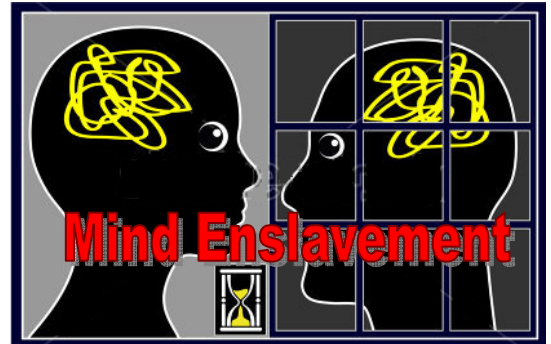
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2018, we have been provided with the way to liberate our true personality.

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

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

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

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



Feelings First
Feeling Free



SUPERKIDS

Natural self Expression through Feelings

Self Empowering
Self Revealing
Self Loving



Samantha <http://dlsr.freeforums.net/thread/32/sharing-healing-experience-xx?page=4> 15May 2018
 I was just listening to a scientist talk about a new cure for the common cold and he was talking about the process of how a virus infects our cells and it caught my attention to being exactly the same as how our Parents infect us, I found it amazing, its just the same as what I have been healing when I get a cold, the infection of my parents and also me being an infection to them.

He said "Virus's grab onto our cells, penetrate them and infect them so that they can replicate themselves and build their structure within that cell so they consume the cell and take it over and then move on to the next cell." Shit and wow that is just what our parents do to us, they are the virus and we are the cell being consumed by our parents and taking over us completely then when their work is done on us they move on to the next child, their infection being well and truly in us and we cant get rid of the virus that is our parents until we heal ourselves and our parents out of us.

HOW A VIRUS INFECTS US

1. A virus particle attaches to a host cell. (Our conception and beginning of our damage with our parents who are the Virus and we are the host cell.)
2. The particle releases its genetic instructions into the host cell. (Our parents pouring their denied and repressed feelings into us as children at conception, all of their genetic injuries poured into us as children, we are infected and the work on us begins, there is no escape for any child, all will be infected by the host virus.)
3. The injected genetic material recruits the host cell's enzymes. (Our parents genetic injuries take us over and we start living them as if they are true. We are now living our parents' untruth as if it is true, we believe it all.)
4. The enzymes make parts for more new virus particles. (We live and create our lives based upon this untruth and make new parts of us which are our children so we can carry on the infection in them and continue the virus into the future generations.)
5. The new particles assemble the parts into new viruses. (We make sure our genetic virus is passed on to our children, a new little virus we have created to carry on our work, infection.)
6. The new particles break free from the host cell. (We can only break free once we begin our soul Feeling Healing, once we accept, express and find the truth of our feelings, other than that we are living our lives in a constant state of untruth pretending we are well and okay when truly the virus never leaves us until we become aware of our healing and begin it.)

When I have done my feeling healing, when I have a virus of cold I have expressed my feelings and they have amounted to this. Me being infected by my parents, my will being taken by them and me being controlled and completely powerless to their infection of me, that infection is in me and has been from conception and has been the basis of everything I have done just like the common cold or virus and the way it grabs hold of us and replicates itself in our cells against our will. I don't want this cold or virus, it is pushing itself on me against my will, it is taking me over completely and beating me into submission of its will until I can't move or do anything I want to do.

I am amazed yet again how wonderful it all is when we do our healing, that everything is put in place for us to know the truth, this information that I caught whilst I was writing this morning, has proved that yet again. The common cold or a virus is telling us the truth of how it was for us as children, everything is doing that for us if we are aware of it. It's so amazing to me.

The LOVE that surpasses all:

Adapted from Zarina written by James Moncrief

Keep following your feelings Ahlia, do as you feel to do. And you can begin to introduce Nanna to God by seeing if she can long to Them for their Divine Love.

Yes, that's a good idea – shall we do that now? Will you do it for us Zar (Zarina)?

No, you can do it, you've done it with just the two of us, so you can now do it with Nanna.

Yes, alright, I'll see if I can. Nanna, sit down, this is a prayer to God that Zar showed me to do, I will now show you. It's to ask God for Their love, Their love being called the Divine Love because God is Divine, which means, God is perfect – as you know.

And before we begin, for us, God is BOTH our Father and Mother, Two separate Persons who we can speak to, together or separately, depending on how you feel at the time. Is that all right with you?

Yes, it is new to me; but you say God is also our Mother in Heaven?

Yes, so we have two Parents in Heaven, just like we have two parents on Earth.

Oh my god, you have just taught me the most marvellous thing, that I can pray to Mother God as well as Father God!

Yes. So would you like to do it now?

Yes, oh yes, I would very much.

Good. So how you do it is very easy, you don't use your mind to start with, you just close your eyes and let yourself reach out to your Mother and Father and you long with all your desire for Them to love you, and to put Their Divine Love into your heart. See if you can do that, just long to God for Their Divine Love... and now you can speak to Them, telling Them how much you want Their Love, and ask Them please go give it to you and long again for it... Want Their Love like you want a cool drink on a hot day, you are thirsty for Their Love, you really want it, you want nothing else, and only Their Divine Love will make you happy – and so that's how you long to Them for it.

Yes, yes, I can feel it! I can feel Them loving me back, oh I love Them so much, and I have done as you say, I have asked Them for Their Love, I asked them to please fill my heart with Your Divine Love, as you said Ahlia; and yes, I feel it coming into me... it feels so nice, so warm, and I feel good; yes, like They are very real, and here They are with us... now, just like this, here in your house... and I feel loved by Them. It makes me want to cry, so good is the nice feeling, I have been a bad girl, I have not loved Them as I should have, but I didn't know to love Them properly, I didn't know you could ask Them to love you, and now I can and I hear Them telling me They do love me, They have always loved me, and They want me to keep asking Them for Their Love whenever I feel I want to ask. Oh it's wonderful, I feel so blessed, I still feel Their Love coming into my heart, I feel all happy and good, oh thank you Ahlia, that is what I want from you, to show me how I can love and serve God.

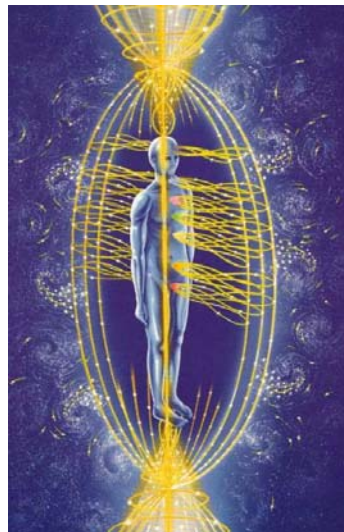
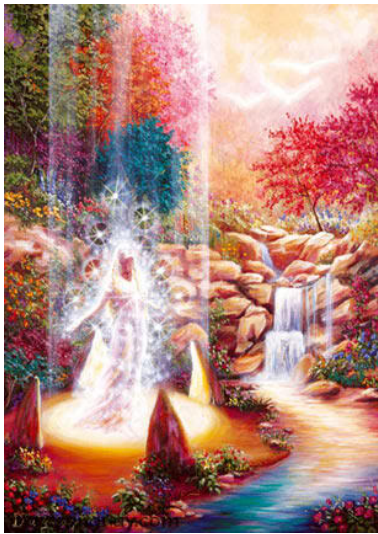
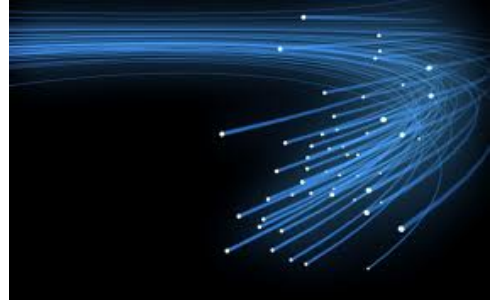
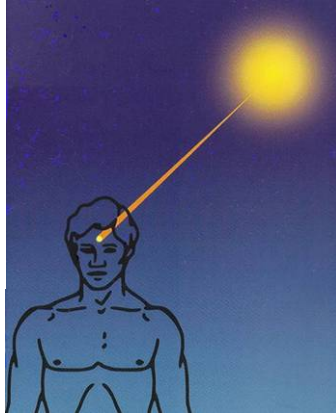


That is enough for one day. I will tell you more tomorrow. Let us all sit a while longer quietly with Them, longing for and receiving Their Divine Love...

CONNECTION with GOD:

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

**Progressive escalation of
Divine Love flowing.**



FEELING HEALING introduction:

Adapted from Zarina written by James Moncrief

How you live with our Heavenly Parents is by simply allowing yourself to feel all your good and bad feelings, and to NOT push any of them away, not stop yourself from feeling them – that's the first part.

You mean if we feel bad, we are to remain feeling bad, and not do anything to stop the bad feeling?

Yes, that's right, you are to do the best you can. It's hard to do it, but I will help you understand how you can.

Now this is the second part, and there are only these two parts: When you feel bad for example, you are to try and speak about or express, to bring out that bad feeling, as much as you can; and whilst you're doing that, you long with all your heart to know the truth of why you're feeling bad. So for example, say someone makes you feel angry, what do you do?

You yell at them, to stop doing what they are doing.

So what if instead of doing that, you just allowed yourself to feel as angry as you can; and then you longed to God, you asked God to help you see why you're angry, what is going on deeper within you that is making you feel angry.

But I know why I am angry, he/she made me angry, and if I don't tell him/her so, he/she will keep doing what he or her are doing to make me angry.

Yes, but what if whilst you were yelling at him/her, you also asked God with all your heart to please show you *really* why you're angry. Do you see, understanding that on the surface you are angry with him/her for what he/she did to you, however there will also be much deeper reasons why you are angry, hidden reasons, reasons that are buried within yourself, and these are what you have to see.



So you are saying that when he/she makes me angry, there are hidden reasons in me why he/she makes me angry too?

Yes. And that if you found those hidden reasons, you might find that what he or she is doing to you no longer makes you angry with him or her.

No, but he/she always makes me angry.

And that's because there are lots of hidden reasons within you that he is triggering off by his/her behaviour.

Ah, that is a very new way to thinking – and could it be so? And what would be these deeper, hidden reasons?

You will find that it will be things that happened to you through your childhood, probably mostly caused by your parents. You see, when we were growing up, and it's the same for us all, our parents treated us in such ways that made us feel bad, so angry, sad, miserable, scared, hurt –

Yes, my parents treated me these ways at times –

And all of those bad feeling times are still locked away inside you from your childhood, and they are what is needed to come out of you. And when they do, then you'll feel better about yourself, about your relationships with other people, and even better about our Heavenly Parents, God. And what I want you to understand is, all these hidden childhood bad feelings that are still buried deep within you, will be stopping you from having the loving special relationship you want to have with God. So until you bring out all that hurt and pain from back then, you won't be able to have a true and good relationship with God. And like we did with Nanna yesterday (introduced Divine Love), you can still long for and receive God's Divine Love, however even with the Divine Love in your heart and soul, you can't have a good, true loving relationship with God because of all that stuff from your childhood will be in the way and stopping you.

But how do we feel all those childhood bad feelings again, we are not children anymore, they were a long time ago –

I know, but that's where our feelings come into it. Like I was saying: he/she makes you feel bad, so you now you can use that anger at him/her to help you go back down into your hidden anger through your childhood, the anger you are feeling at him/her being the same feelings of anger you felt all those years ago with your parents. And that's the most important part I want you to see.

And how does it happen?

It happens all through your feelings. And it happens because you want to understand all about yourself, about why you feel all the feelings you do. So you have to want to know yourself, and know yourself through your feelings. And because you want to do that, God will then help you to get to know yourself all through your feelings. So your feelings that you feel now as adults, will lead you back into the same feelings you felt as a young child, all so you can see what happened to you as a child, what you felt about how your parents treated you, and how all those influences have gone into making you be the adult you are now. So you see how you've come into being since you were first conceived.

Inside my mother, I can see how I was – what I felt?

Yes, all the way through from your first moment of life, all the way through every moment of your childhood, teenage years and to now as an adult. And we've all got to see it all, the whole truth of ourselves, and that's what our true spiritual growth is, at least that's the first part of it. And that's what we call our Healing.

This is very different from what our religion says... And then what happens when we know all of how we are?

You keep getting to know more of yourself – forever, there will always be more of you to get to know, because each day you have more feelings, and so with those feelings you can understand more about how and who you are. And as you understand yourself, so too will you be understanding how God is. So we have to look to ourselves first, finding out through our feelings and not with our mind, how we are, all so we can then know how God is.

Issshhhh, my mind is reeling. And this is what you say is how to be spiritual?

Yes, it's uncovering the truth of yourself and our Heavenly Parents, God, all through your feelings, nothing else.

Ahh, that is not what we've been told.

I know, which was why I said at the beginning to imagine that your mind is empty, that you know nothing, because everything I will teach you will be new and very different to what you already know.

Yes, it already is very different. And this is how you live your life?

I try to, it's difficult, because a lot of time I don't let myself feel as bad as my feelings want me to feel, I stop them, shut them out, but slowly I'm getting better at it.

So this is as you say will take a long time?

Yes, possibly the rest of your lives. But if you want to live this way, you'll understand how it works for yourself and you'll live very different lives; and the best part is, it will be better for your children, you will be better mothers and fathers.

That is nice to hear, I like that. And so too God will be pleased with us?

Yes, very pleased; I will now show you how to ask Them for yourselves if They are pleased with you.

You will!

Yes, you can easily speak with God yourself – we all can.

Really! You mean us women can speak directly with God and not just the Holy man / Rabbi / Priest?

Yes, we all can, and it's very easy. Our Mother and Father want to be able to speak with all Their children.

Easy!

Let's all have a prayer now and I will show you.

Okay, let's; I want to speak to God and see what God will say to me.



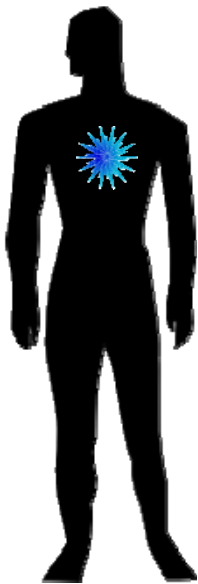
Close your eyes and breath in deep and out slowly, and relax, clear your mind, and what we're going to do is imagine again that we're with our Heavenly Mother and Father, and when you feel ready, long with a feeling of wanting Them to love you, really want Them to give you Their Love, the Divine Love. So with your heart, ask Them to please fill your heart and soul with Their Divine Love... and don't do anything, just sit there wanting God to put Their love in your heart...

Good, now whilst you can feel God loving you, ask either the Father or the Mother or both of Them at the same time, to tell you what They want you to do... So please our Heavenly Mother and Father, what do You want me to do, can You please tell me in words in my mind and can You please speak to me so I can hear and understand you... And then you can ask Them whatever you want, say to Them whatever you want, They are your Parents, the One's who made you, They are your real Parents, the Parents of your soul, so speak to Them like you are Their child...

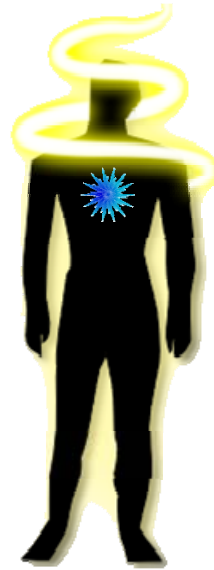
...Now we're going to finish our prayer, so before we do, again, ask them with your heart if They will give you more of Their Divine Love; and ask Them to please make you feel it for the rest of the day, that They are close with you in all that you do... And now let's thank Them with all our heart for Their Love, and for being with us and helping us today... And when you're ready, open your eyes...

Very nice, that was very nice, thank you Zar.

**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



**Divine Love having been
assimilated within one's soul,
now being reflected through the
radiance of the spirit body.**



Did God speak to you?

Yes, She did. My Heavenly Mother spoke to me; yes, she said She loves me and wanted me to keep asking Her for Her Love like you were showing us how to do. I felt so loved, more than I've ever felt, She made me cry a little, I felt very touched.

I too could hear Them both in my mind. I spoke to the Mother and Father. My Mother said I was a good girl, that She had forgiven me more of the bad things I had said and thought about other people; and my Father said he wanted to hug me, and I felt like He was hugging me, I felt very happy.

Yes, and I too spoke to Them. It was easier today to long for Their Love than it was yesterday; as soon as we began I could feel it coming into me, even before I'd asked Them for it; and They both told me how much They loved me... it was very nice, such a close feeling with Them. Is that how it is for you Ahlia?

Yes, like what you've all said, that's how it is for me.

And how do you all feel now?

I feel sad –

Yes, why?

Because I realise that I've not loved Them like this before, and so They have not been able to love me... so I feel sad about that.

So with that sad feeling Ranna, don't push it away, let yourself keep feeling it...

But I feel very bad, very sad... I am going to cry if I feel it anymore.

That's good, cry all you want, we don't mind, you are sad, so you should cry –

Alright, so I will cry, you are all so loving of me... I feel sad that I have not been loved by God for all these years, that I have not felt as good as I do now, even though I feel sad. I feel sad but good sad, does that make any sense; but yes, sad, that I have not known Their Divine Love.

Now ask Them with all your heart to see the truth of why you feel sad, ask Them to show you through your feelings, long for Them to help you understand why you feel sad on deeper levels... and keep talking, keep telling us what you are feeling...

Yes, I have asked Them, and I feel sad still, very sad; I am a crying little girl, I can see myself, and I am with my mother and she is not wanting to pick me up, and I want her to, oh how much I want her to pick me up and love me... but she is not... why is she not, this I don't know; have I been bad, but she is refusing me, and I am reaching out my arms to her and she is getting angry with me and that makes me feel very sad. Yes, this is the reason God is saying to me why I feel so sad, that my mother didn't love me...

Cry as much as you want, and that's perfect, that's very good. And do you see, that's what I mean about how we can use our feelings to help us understand more about ourselves, your feelings now will naturally take you back to those same feelings during your childhood, as you speak them out and want to see the deeper truth they are to show you about yourself... so you now know a little more about why you feel sad, and it's because you didn't feel loved when you were a little girl.



It is true, my heart feels like it is going to break, and I know it is true, my heart speaks the truth, that I can feel... yes, I feel sad, deeply sad, so sad, more sad that I have ever felt, because she will not pick me up and hold me to her and make me feel loved by her. But why won't she love me – that I want to know?

All right, then do the same, long to God to help you see through your feelings why your mother didn't love you...

...Ah I see! Yes, she was very angry with my father and because of that she couldn't love me... and I thought it was something to do with me, that it was my fault, but now I see that it wasn't me, I was not wrong, she had other things going on that I didn't know about... AH but now I feel very angry with her, a terrible raging fury: **WHY DID YOU NOT STILL LOVE ME? WHY DID SHE PUNISH ME**

WHEN I WASN'T THE CAUSE OF HER ANGER... WHY DID SHE TAKE HER ANGER WITH MY FATHER OUT ON ME? Ah, this I will ask her when I see her next.

Yes, very good; so can you feel how your feelings are leading you deeper into yourself, making you question what went on, and that you want to know the answers?

Yes, I see, I have never thought of these things; but as you say Zar, I do want to know. I do, I really do, it is a strong burning desire in me to know.

So you really want to know the truth of yourself, all about how you've become the way you are?

CHILDHOOD TRAUMA



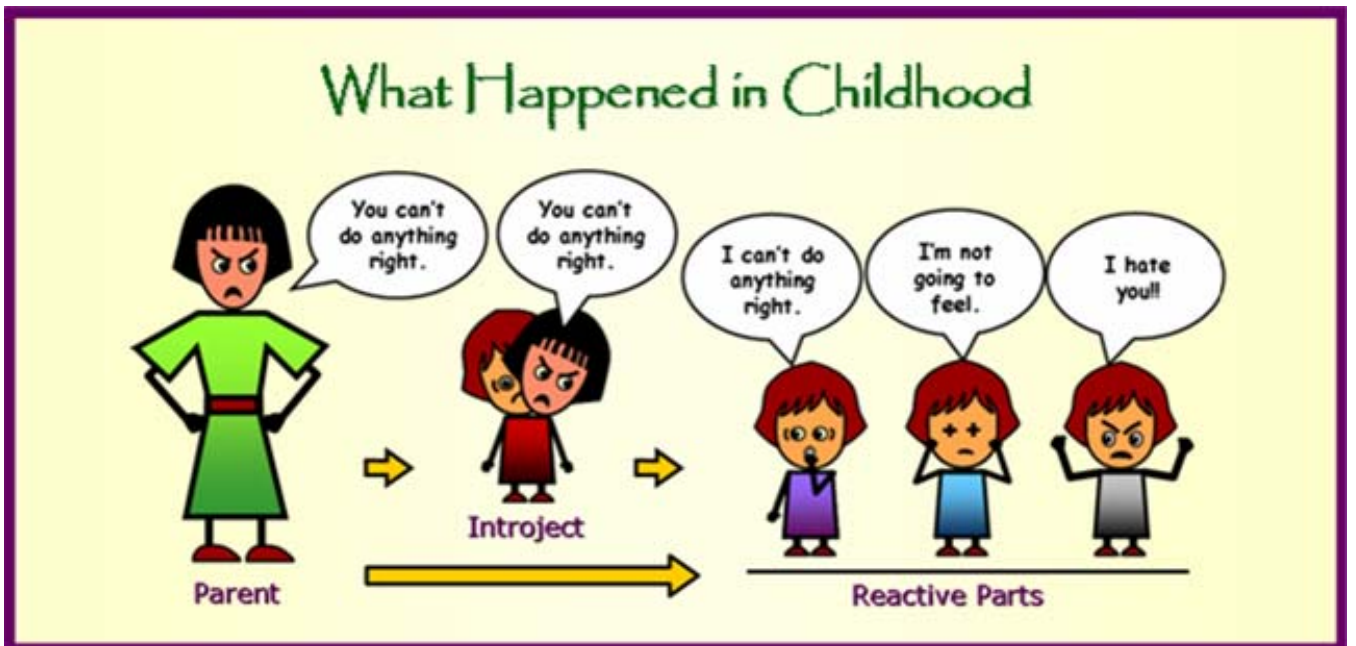
Yes, I do, that is right, all that you say.

We can only take so much bad or good feeling, and if we don't express it along the way – when we're feeling it, then it builds up inside us, and we have to work really hard to keep it blocked out, to stop it interfering with our regular equilibrium; so we just have to ensure that we keep saying what we feel.

Yes, express those feelings, good and bad, whilst longing for the truth of them... Sounds simple enough.

So this is how it will go, that too I can sense, that all the bad things in you, all the wrong ways you were, they just slowly leave you, or suddenly like this, and all when you've seen all the truth of them you need to see, and have expressed out of you all the repressed feelings related to them.

Feelings first



What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

FEELING HEALING continued:

Adapted from Zarina written by James Moncrief

So really how we were as a child we are still in some way, only now as a grown woman or man, but the feelings are all still there; and we can go back and see what they were, how they all came about... and that is helping us get to know ourselves, and so God guides as in the truth They want us to see and know – and live – as we long for the truth behind our feelings.

You don't do anything else other than express and long, express and long – EXPRESS AND LONG – got it! That's all we need to do, can do, as we can't fix it and make it go away. We can only feel the feeling, express the feeling and long for the truth of the feeling. NOTHING ELSE! Because anything else is trying to use our mind to step in and take over, which is what we want to avoid at all cost.

So you have to pin a note to your forehead so you can always see it hanging down in front of your eyes, saying: don't try and solve your feeling-problem, talk it out and long for the truth, as that is all you need to do. And when you've done all you need to do along those lines, as in talk all your bad feelings and emotions out, and once the truth has come to light, then our Mother and Father will set you free of it. They do the setting free, They transform us from the imperfect to the perfect, They do the Healing, not us – GET IT!

We're to act on our feelings spontaneously, so long as we're not hurting anyone else, however it's also good to scrutinise the desire... trying to see if it is really a true feeling that is heart-felt – genuine, and not just one that our mind is contriving: you believe you should or must help the other person, so part of carrying out the good deed of your belief is to ask God to help them, as you can't help them yourself.

We are to work through our childhood repression and suppressed bad feelings

It's changing all of our lives, making us move beyond ourselves, beyond the limits imposed on us by our minds, and that is so liberating, we can feel we're slowly setting ourselves free of the bondage. It is helpful to understand all about the Rebellion and Default we've all been subjected to, so we can understand our feelings and that our Healing is the way to our truth that will set us free of such evilness.

We have the need to open one's mouth and let it all out, all with the feelings and emotions driving it; oh yes, sometimes you may think one will never stop talking! One's whole life will be talk, talk, talk and more talk, which is good, that is what it is all about, talking more than actually doing, the real doing being the talking, the expressing of ourselves; and wonder just how many words will leave my lips throughout my whole life

Feelings, I may tell the women, it's all about your feelings, let your feelings flow, don't hold them back, holding them in will make you sick, bring them all out; and then they understand, and away they go and there is no stopping them. Then I only have to introduce the idea that they can use their feelings to uncover the deeper truth of themselves, and oh the look of surprise and joy when they do. With things that have caused them trouble all their lives, suddenly the meaning of why comes into their mind, the light of truth goes on in their head, you can then see it registering on their faces, in their whole body, and they understand; and they may look at me as if I've done it, and then we can all laugh or cry, and on we go to our next feelings.

Oh if this is how our lives are truly meant to be on this Earth, so what joy we are missing out on, with so much war, anger and hatred, and all because we have been taught that our feelings are bad, that because some of them make us feel bad, we must get rid of them, push them aside, so all we don't feel them.

But we DO feel them! And now to be told that is what is all wrong, that way makes war, unhappiness, separates families: do not go the way of feeling-denial; no, go the way of embracing your feelings, accepting all of them, because the bad ones are not bad; no, they are good in that they are the ones showing us there is something within us that is not right. So listen to them and they will lead us into ourselves, into where things are going wrong, and then we can express them all to help us understand and see what our real problems are. And once we do, then we are free, no more bad feelings; and in their place, the truth, oh the Glorious Truth, that which makes us all feel united, connects us as one, and makes us at one with our Mother and Father.

Oh I just love it all, all of this, talking about it all, feeling it all, going with it all; this is my life now, a Feeling Life, my Feelings First, all our Feelings First – putting our feelings ahead of all else, a life that revolves around feelings, a life that is driven by my feelings and the feelings of others, and all coming together with a united and common goal: to express our feelings so as to see the truth they want us to see about ourselves and each other. What could be better! And this is how it's meant to be, not a no-feeling life, and a life devoid of truth, a life of no love, and life of pretence because we have to pretend we feel love when we don't.

And I want it all, I want to feel every feeling I feel, to feel it as intensely as I can, as intensely as I need to, all so it will tell me and show me all I am to know about it and myself – why I am feeling it.

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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

Avonal 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!

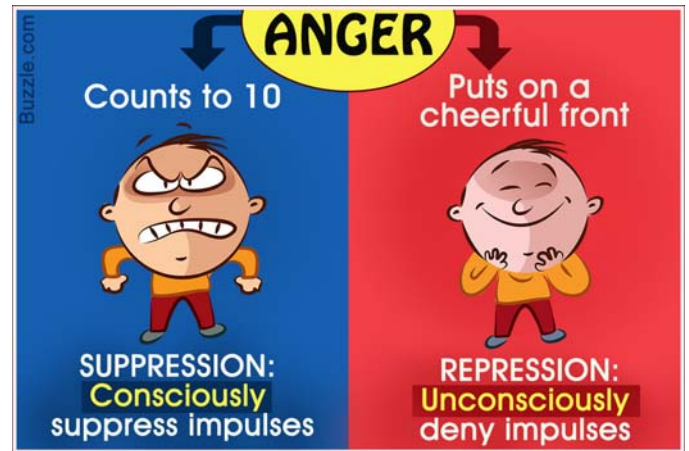
Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feelings of feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And

it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

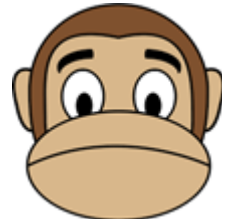
And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



And to spiritually help us, we are to understand:

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime to help us with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind-controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth

they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



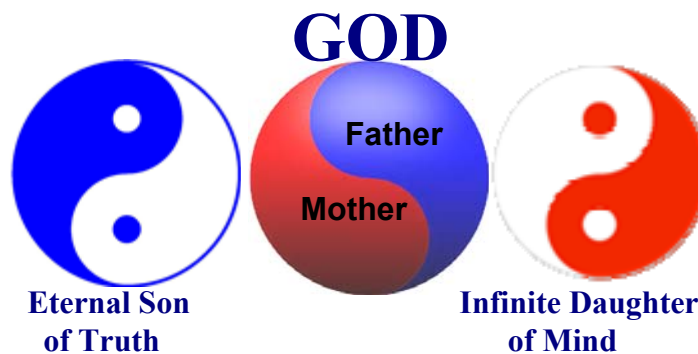
And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

Long for the truth of your feelings.

Long for the Divine Love.

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

**PASCAS
PAPERS**



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

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

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



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

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

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens.**

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

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

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

LOVE is the Religion of Feelings, being:

The New Way, Feelings First Spirituality



my
House is your
Paradise

HOME

WE have SUCCUMBED to our MINDS and IMPRISONED OURSELVES:

Yes, we have been seduced into believing and, consequently, living through our minds. This error has permeated into all aspects of our life. As parents, we have focused upon our children's mind development and this has continued through all levels of education that we have imposed upon them.

**A LIFE
BEHIND BARS**



No level of education has progressed beyond the level of 500, as per Dr David R Hawkins' Map of Consciousness (MoC). 'The transformative energy fields from 500 up are calibratable, nonlinear, self-effulgent, radiant, and beyond verifiable scientific definition.' This is further confirmed in that only a few scientists have calibrated marginally above 500 due to them embracing their feelings. The greatest scientists have typically calibrated only at the level of 499. The mind development hits an iron braced ceiling at 500.

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Opening ourselves up to living Feelings First further requires us to long for the truth of our feelings.

Without looking to our feelings and wanting to uncover the WHOLE truth of them, we can't heal our errors of belief and injuries. It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, and this truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, that have been in play for some 200,000 years, the level of truth has remained very low.

The New Way, living Feelings First, which is now being revealed, will have many people wanting to follow it, looking to their own feelings for their own true power and freedom. As a consequence, they will no longer want to be dictated to by bogus religions or politician's corrupt social and educational systems or deep state hidden controllers or mind spirits or anyone else.

Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it's over, that control is no longer controlling, it's just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.



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MAP OF CONSCIOUSNESS

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



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



REVELATIONS



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



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



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

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

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



Immortality with the Love.

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

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

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.**

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



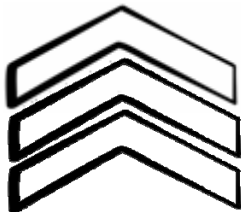
in conjunction with

Longing for the Truth when also longing for Divine Love.

The CHOICE is OURS to MAKE:

Celestial Truth:

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



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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



Hell:
 Exploiting the Rebellion and Default.

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

WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



M&F



J&M



AVO

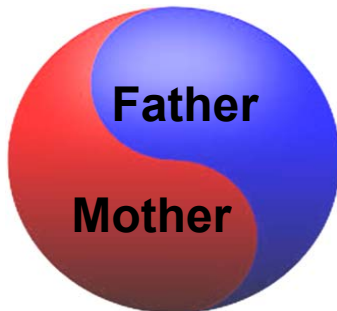


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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



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

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

AVO



HUM

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

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

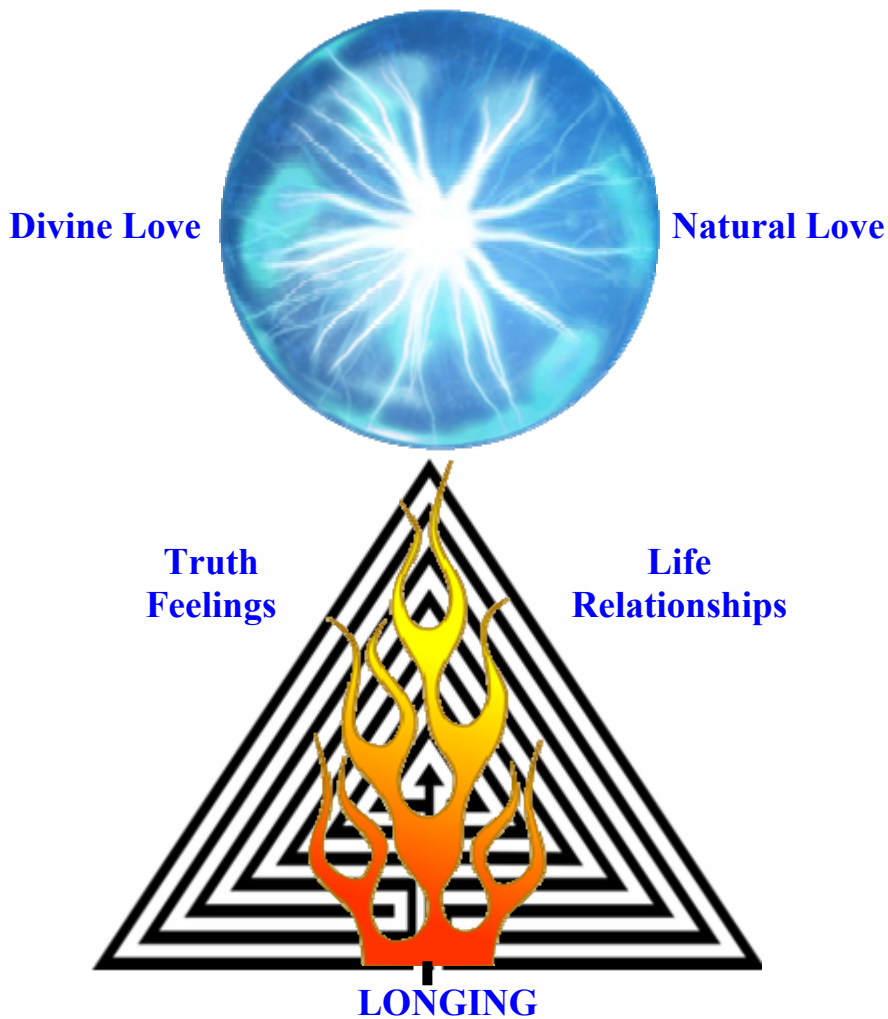
WE ARE Children of God

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

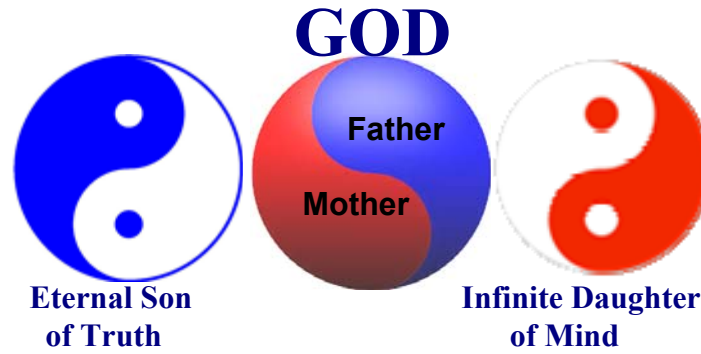
HOW TO GET TO PARADISE:

The Key

- Long for the Divine Love
- Long for the Truth
- Long for the truth of your feelings
- Don't deny any feelings: accept, express and want to know the truth of them
- Know your feelings are the key; your feelings are the Way
- Want to end your falseness and being untrue
- Want to understand the truth of your early life
- Use your surface feelings to move deeper into yourself, bringing up your repressed feelings
- Want and long to know the whole truth of yourself
- Want to do it all with God, your Heavenly Mother and Father – long to Them for help.



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



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
 2. **ETERNAL SON (ES) – Divine Truth**
 3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

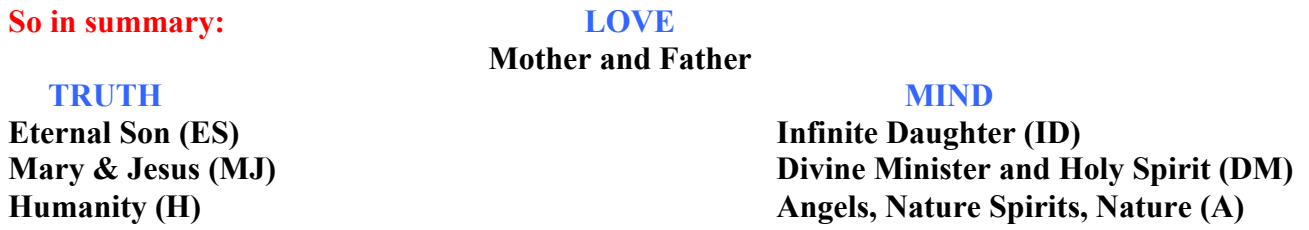
The LOCAL UNIVERSE TRINITY:

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

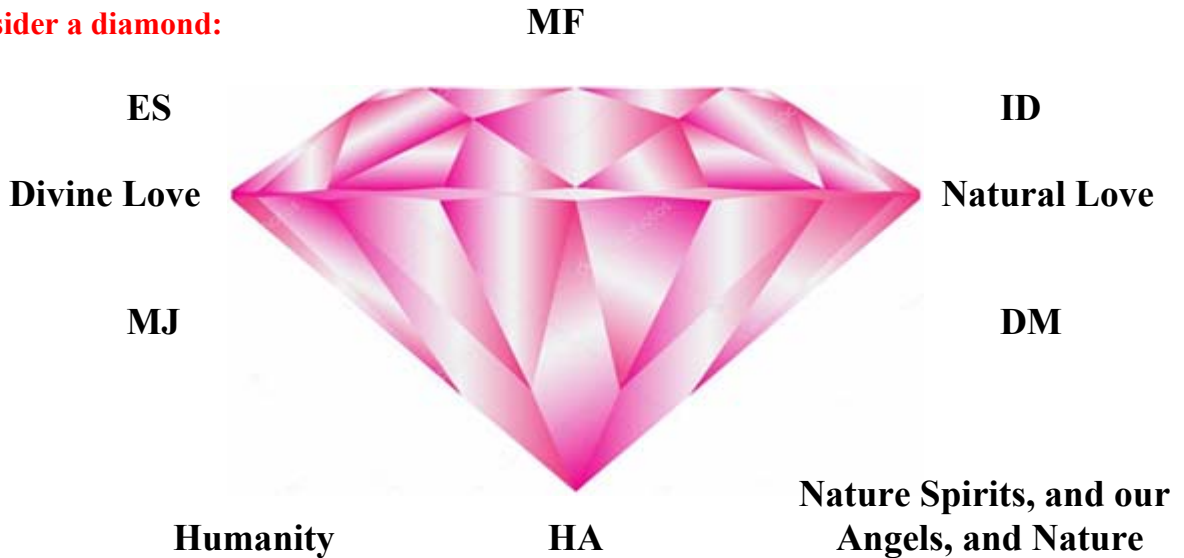
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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.

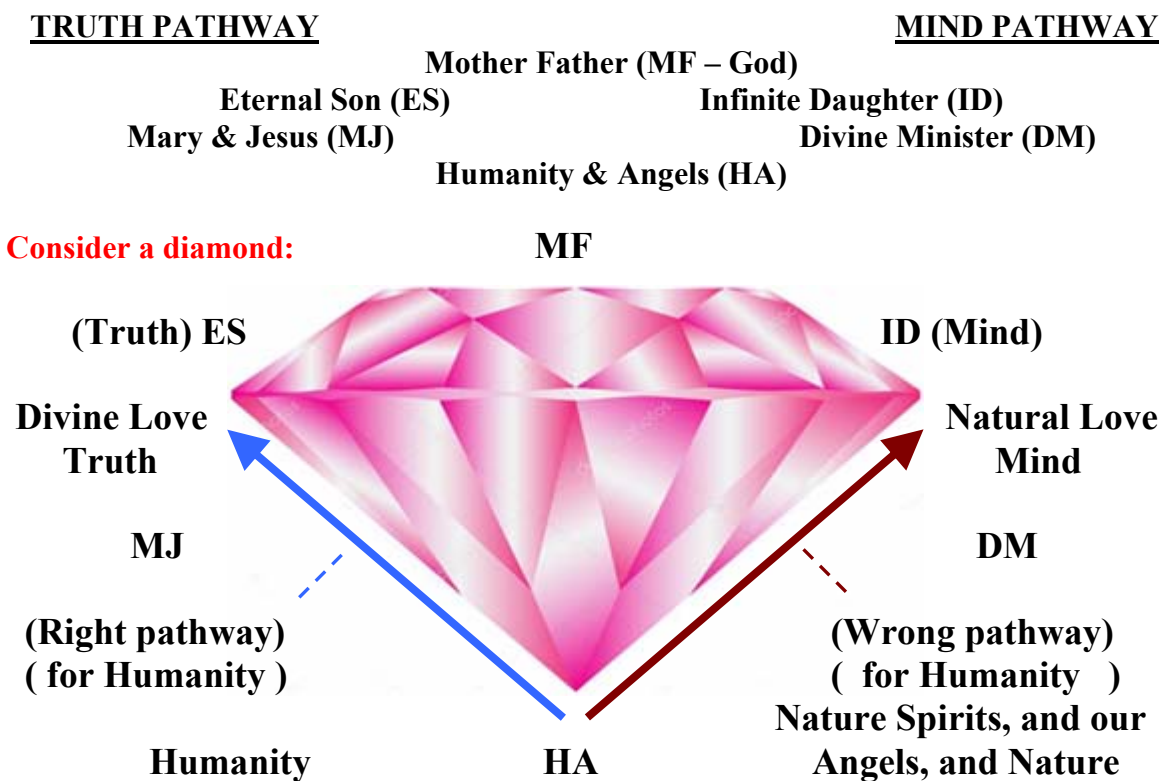
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

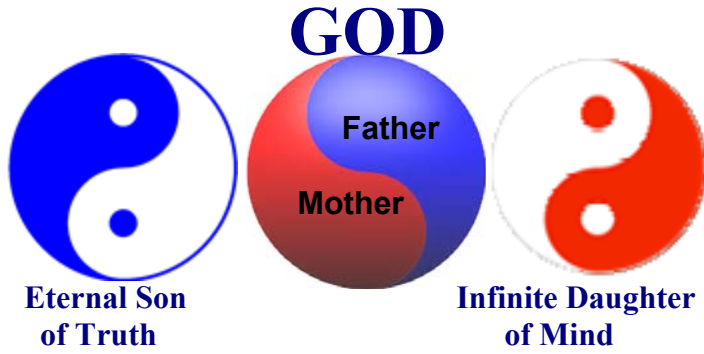
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



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

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

CREATION of SOUL and SPIRIT:



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



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

Feeling Pathway

Mind Pathway



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

Soulmate Pair

Angel



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

Spirit Person

Nature Spirit

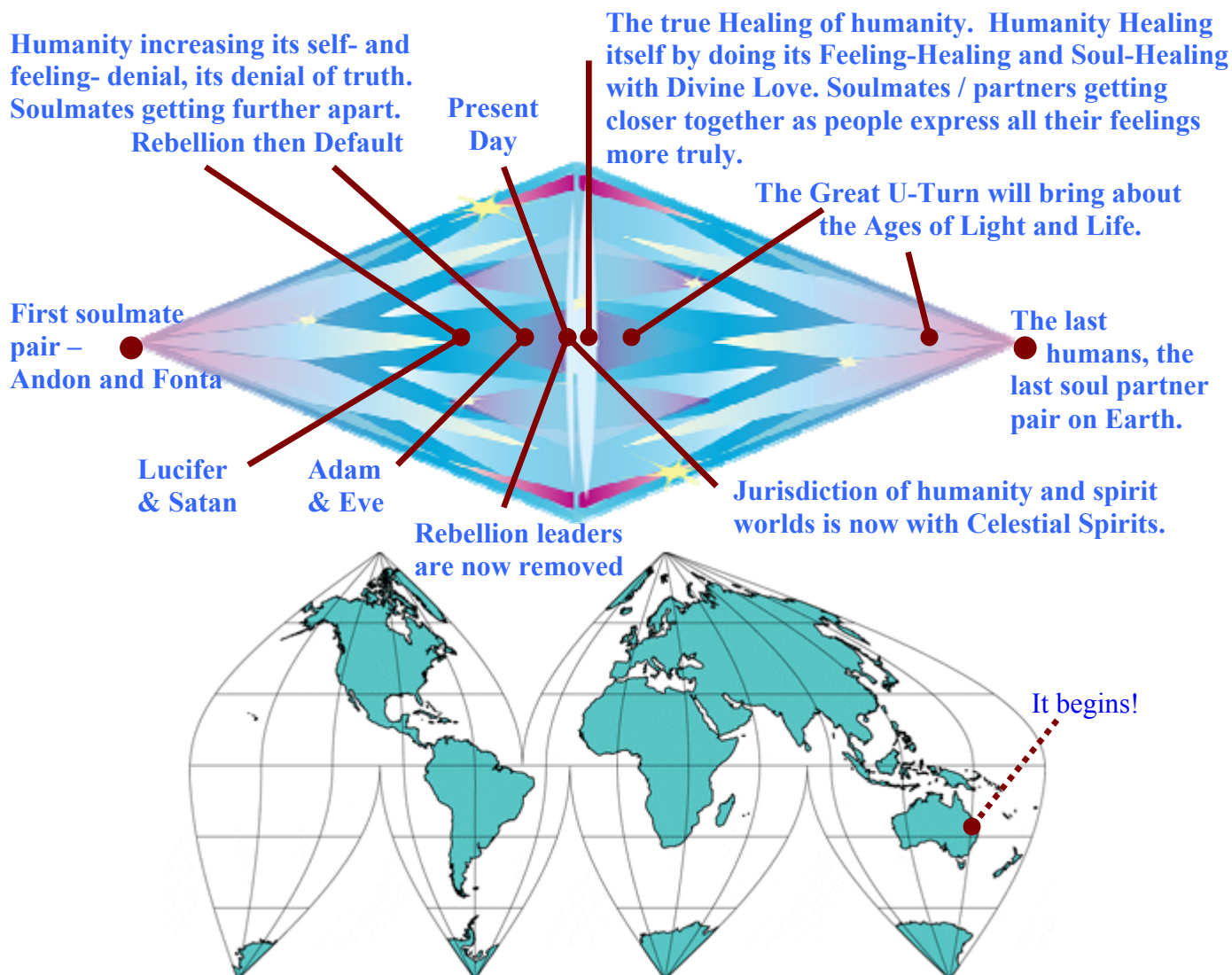


Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective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

A nature spirit is an angel in waiting.

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

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



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

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

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

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

(Passage in blue calibrates on the Map of Consciousness at 1,500)

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

