

# PASCAS CARE

## *Healing & Recovery*

### *Cancer*

*Vol IV*



“Peace And Spirit Creating Alternative Solutions”

**PASCAS FOUNDATION (Aust) Ltd**  
**ABN 23 133 271 593**

**Queensland, Australia**

**Pascas Foundation is a not for profit organisation**

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

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

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

## PASCAS INTRODUCTION:

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

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

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

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

Living Feelings First, *John.*



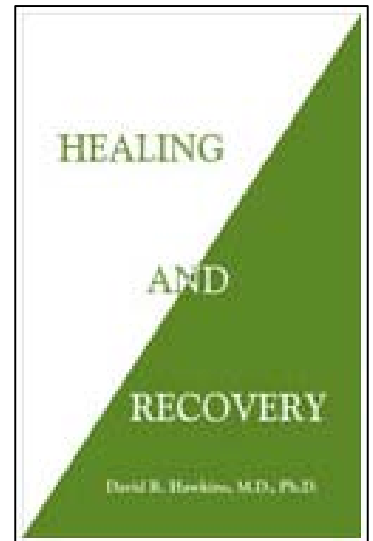
***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

**HEALING & RECOVERY: by Dr David R Hawkins**

Healing is the result of not just clinical processes but also of overall biological potentialities that often do not materialise without the unseen power of spiritual alignment.

Health recovery is greatly facilitated by the unseen power of the spiritual dimensions of intentionality of consciousness itself (nonlinear context). Consciousness is the quality of your soul condition.

The clinical power and influential impact of spiritual context is overwhelmingly displayed by the millions of recoveries from medically hopeless illnesses as exhibited by worldwide membership faith-based organisations of which Alcoholics Anonymous (AA) and A Course of Miracles (ACIM) are prime examples.



**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!

**Blessing your food** achieves an increase of 15 points which is in fact a quadrillion ( $10^{15}$ ) jump in energy.

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

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

**Our Heavenly Mother and Father simply desire for us to ask for Their Love.**

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

[Note: Text is drawn from Dr David Hawkins' book, Healing & Recovery.]



## CANCER:

Thus far, we have been talking about the utilisation of basic laws of mind and consciousness (soul condition) when approaching illnesses such as heart disease, depression, alcoholism, and drug addiction. All of these are serious confrontations that require us to change our view of reality and what it really is. This information is addressed especially to patients with cancer, families of people with cancer, people who fear they might have cancer, and people who are in treatment with cancer.

We will present a holistic approach to healing and again will be talking about body, mind (which resides within the spirit body), and spirit (being your soul, your real self). We are not saying that the treatment has to be a traditional one or an alternate one, but we are saying that it should include both because true healing require the larger dimension, which includes physical, mental, and spiritual aspects, with due regard for inherent human limitation.

All the patients or people I (Dr Hawkins) have known who have recovered from these chronic, very serious diseases (many of whom were given up as hopeless by their physicians and the medical community) have done so by exploring the greater definition of the truth of reality of that which they are, and by exploring that realm of human knowledge called ‘spiritual’.

What is that relationship between body, mind, and spirit? It is not just a catch phrase but something real we can work with in everyday life and see actual results. Those friends walking around who have recovered from all these fatal illnesses are living evidence that we can recover from just about any disease known to mankind.

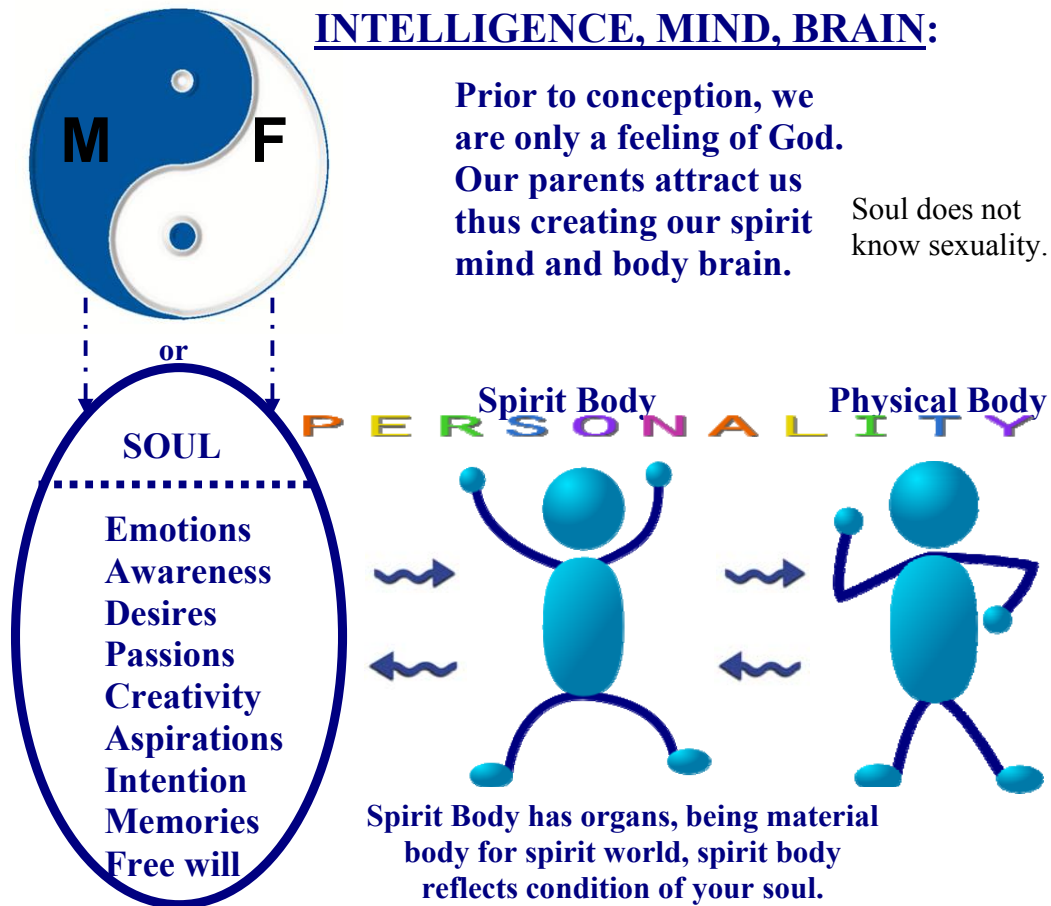
As shared in earlier chapters, I have had a number of chronic, intractable illnesses. Although they were treatable (some of the symptoms were handled), the diseases did not improve. In fact, they got progressively worse. Despite traditional medical treatment, I was merely holding the line on a few and losing it on several others. It was through exploring the greater dimension and the field called consciousness (soul condition) and how they related to self-healing that recovery from all these illnesses occurred.

**When you release a causal / core emotion, your spirit body brightens in its condition. More light comes from your spirit body. There is a linkage between the brightness of the body and the emotion existing within the soul. When you become brighter, you have just become a better person in a higher condition of love.**

One time I had gout and a high uric acid level. After I learned that the body only does what is held in mind and began to change what I was holding in mind, then the body’s chemistry literally began to change. I learned that all the atoms, cells, elements, electrons, and all of which the body is made are influenced by consciousness (soul condition). This understanding is very important in the approaches we use in the treatment of cancer.

The relationship between body, mind, and spirit is that the body reflects what is held in mind, which in turn reflects one’s spiritual position (soul condition). It is necessary to know where all human experience takes place because if we address that level, we will be addressing the most powerful level. If the physical is the consequence of the mental, and the mental is the consequence of the spiritual, then

we need to address it in the area called consciousness (soul condition). Clinically, this is true. People who address the level of consciousness itself may even witness transformation in their bodies without even having to address the body directly with any medical approach.



Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expand only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7<sup>th</sup> sphere into the 8<sup>th</sup> sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expands with the ever increasing infusion of Love from God, Divine Love.

We need to know where experience is experienced and let go of some of the common illusions that people hold in mind because they just have not looked into the matter. We will repeat the basic process: The body itself is incapable of experiencing itself. For example, our hands cannot experience themselves, their existence, their position in space, or even sensations. They have no capacity to do so. This is because of something greater than the physical body, which we call mind. All the physical things that go on with the body, including sensations, are experienced in the greater dimension called mind. It is in mind that the experience of the body takes place.

### SUPER SENSORY SENSES



**The super sensory senses are within the soul:**

- Soul has many, many senses.
- Spirit body has much higher senses and capabilities than the physical body.
- Body has five sensing tools – sight, smell, touch, hearing, and taste.

**When the soul receives Divine Love, even the super sensory senses continue to grow.**

<b>Physical Body</b>	↑	<b>we first generally develop our physical senses.</b>
<b>Spirit Body</b>	↑	<b>mind / brain development starts.</b>
<b>Soul</b>	↑	<b>soul development is typically ignored on the planet.</b>

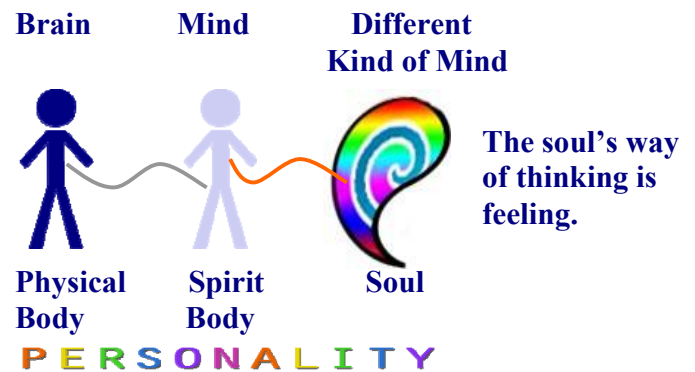
**Soulmate development is soul to soul.**

**Once we open up our soul, we cease to depend upon our bodies, and connect soul to soul.**

Curiously enough, however, the mind itself has no capacity to experience itself. A thought is just an energy form and has no capacity to experience its own thoughtness. A feeling has no capacity to experience its own feelingness, and an emotion cannot be experienced other than via mind itself. In turn, it is held within an energy field that is greater than mind, that of consciousness itself, which has no dimension, limitation, or form.

Because of consciousness (soul condition), we are aware of what goes on in mind. Even consciousness itself is not sufficient. Within the energy field of consciousness is a very high frequency of vibration, analogous to light itself, called awareness. Out of awareness arises a knowingness of what is going on within consciousness, which reports what is going on within mind, and it, in turn reports what is going on with the physical body. We can see that the physical body itself is several levels removed from that which is the most real (your soul which is the real you) and therefore the most powerful. We find that the energy of thought is far more powerful than the energy levels of the physical body.

In previous chapters, we have described a number of techniques that can bring about self-healing. In discussing the nature of consciousness itself, we will create a context for ourselves so that the self-healing modalities to be described later will begin to make sense.



First, we need to learn how to hold and think of the experience of having a life-threatening illness such as cancer. There are two ways to go about it. We can go up or we can go down. Any kind of confrontation, such as a death in the family, any kind of serious illness, or a setback in a person's life presents a choice. We can go down into feeling sorry for ourselves as a victim. We can go down into self-pity, depression, and despair, or we can see it as a challenge and an opportunity.

These confrontations come up repeatedly in our lives until we seize the opportunity and realize they are a springboard to greater awareness. Why is this so? It is because the ordinary event in life do not have the power or the energy. It takes maximum duress for people to stop in their tracks and begin to question the realities of all the things they have believed up to this point. The mind ordinarily will not undertake the expenditure of energy to reorient itself to get a new, different point of view about life and what it yields unless it has to. As a result, this necessary growth will usually only happen when we are up against a major confrontation.

The first thing to understand about cancer or other serious illness is that the purpose of this major confrontation is for us to grow and grow rapidly as fast as we can because we have a certain time limit with terminal illnesses. Things that the mind says are fatal or terminal become fatal and terminal because of the power of the mind. If the mind thinks an illness is fatal and terminal, it will be so, subject, however, to karmic destiny. This illustrates the power of belief systems.

**Our Law of Attraction gradually ramps up over our life.**

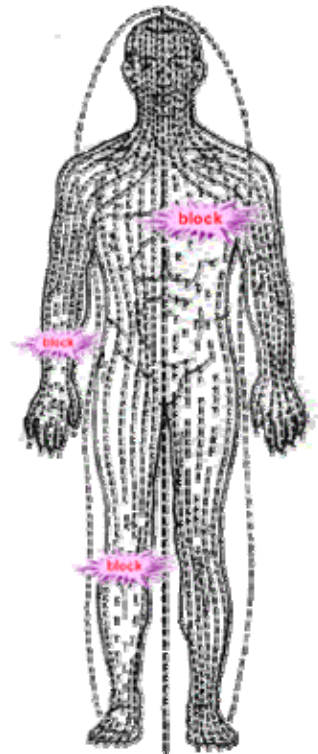


The most important message is that no one needs to succumb to or be the victim of any illness. I (Dr Hawkins) count among my friends many people who have conquered nearly every illness known to mankind thus far. The only reason I can write of these things today is because I myself did exactly the same thing in my personal life. If I had not, I would have haemorrhaged to death from a variety of illnesses, all of which went into remission.

The perfection that is held in mind then reflects itself in the progressive perfection of the body and its letting go of disease. We have to understand that the body itself expresses what is held in consciousness. It is merely an expression of the mind and a reflector of what we hold consciously or unconsciously. A person may look back in his mind and say, "Well, I don't remember thinking about such a thing." If one does not remember thinking about something, all one has to do is look to see if it is

in one's life. It may have originated from the collective consciousness of mankind or may have been silently programmed by even a television advertisement.

### HIERARCHY of HEALING SYSTEMS



To help create a different context and way of looking at life and experience, we will again refer to the Map of Consciousness from which we can understand all the principles of self-healing. At this point, we may realise that we are not the same person we were when we saw the Map for the first time. Every time we go over it, it is sort of like 'freight-train learning'. We learn it through familiarity. The left brain is linear and logical and learns things sequentially in a piecemeal fashion. The right brain circles over a situation, and by sheer repetitious expose and familiarity basically understand the whole thing.



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

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

We are going to be discussing phenomena that are in the subconscious, somewhere in the periphery of the mind, phenomena that we actually already know about. We are going to pull them together and synchronise them in a useful way.

Referring to the Map of Consciousness (MoC), it represents the human ego, the self with a small 's' that people refer to when they say, "I", "me", or "myself". The self is that collection of concepts, impressions, opinions, feelings (conscious and unconscious), the totality of what makes up what a person sees when they say, "I", "me", or "myself".

Shown on the Map are various levels of energy, or consciousness (soul condition), starting at the very lowest and going up to the very highest (that man can achieve on the natural love path). They have all

been calibrated through the research we have done. We first found the direction of the energy field. The fields from Courage and below go downward, indicating that they are destructive and do not support life.



The levels from Courage on up show that the energy goes upward. Love is near the top of the scale and, in contrast, Guilt and self-hatred are at the bottom. Understanding the energy fields, their relative powers, and whether they are constructive or destructive, is very helpful. For example, in medical treatment, we hold the medication in our hand and have someone test our muscle strength to see if the medication is good for us or not. If the medication is not beneficial, our arm will go weak (kinesiology muscle testing); if it is good for us, our arm will go strong. This is a way to find out if a recommended treatment will be helpful.



the biochemical level. All we have to do is look at the Map to see what emotion is involved in order to know what our energy field is. In looking at self-pity, for example, we can see that we are now in a negative energy field that calibrates at 50, which is very weak compared to Love at 500.

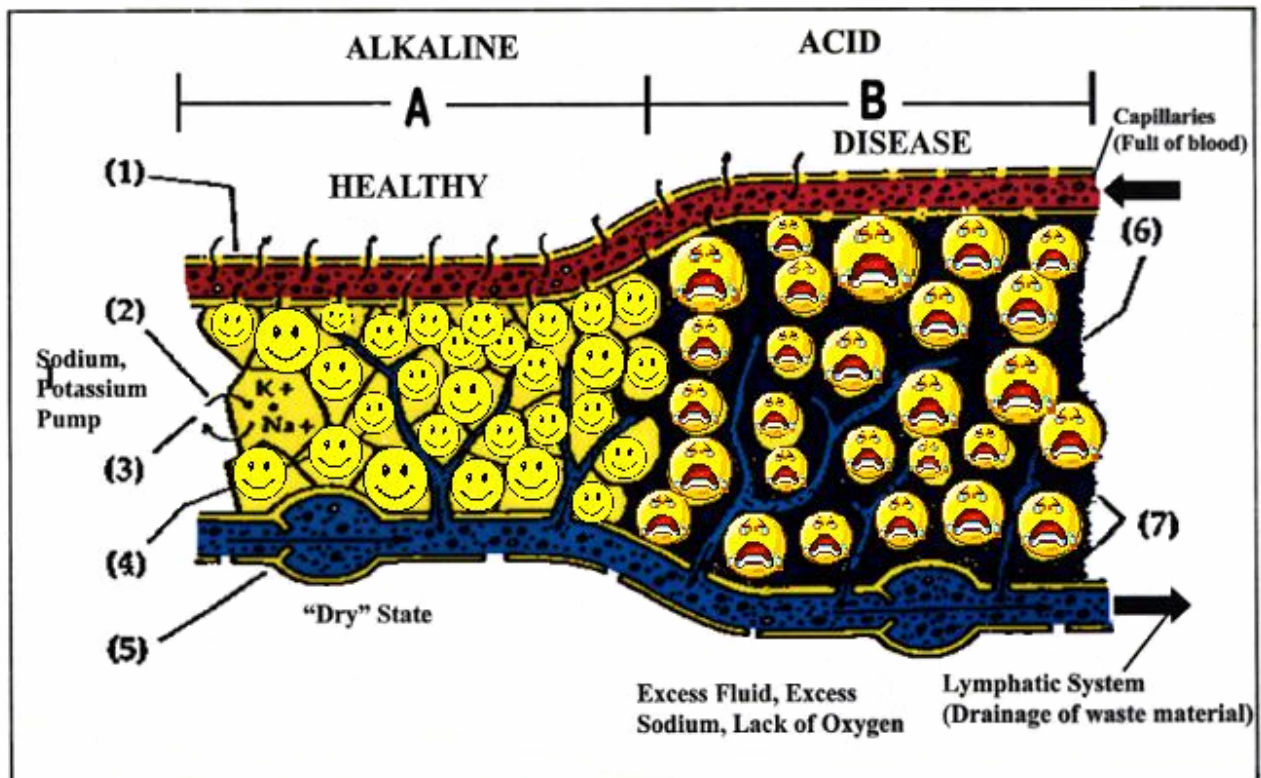
We can see that it is very important to let go of negative energy and negative thoughts. The negative energy of the feeling or thought transmits itself to the body's acupuncture energy system through the twelve meridians and translates itself directly into the body's organs and cells. If we hate someone, the cells of the body get the energy of hate. Anger has the capacity to change the energy field within the body itself as well as the power to actually change the physiological programming within the body.

The mind has enormous power over every aspect of the body's functions, right down to the smallest molecule and atom. It has been discovered that every atom and every molecule within the body is influenced by consciousness levels and beliefs. Every physiological and chemical transaction that goes on in the body is the result of a blueprint of it within consciousness. (All emotional injuries held blocked within one's soul emerge as injuries and illnesses in the physical body. Anger results in an acid body, whereas love achieves an alkaline environment.) All of them can be changed by changing consciousness.

The placebo response is illustrative of the power of mind over body. Research over the decades has demonstrated that approximately one-third of patients will improve or recover when they believe that a particular pill is curative. That is why many really inert nostrums (questionable remedies) continue to be sold to the public because at least approximately thirty-three percent of the people will give testimony to experiential benefit. Also easily observed is the 'nocebo' effect whereby a negative belief system can result in ill effects. That is the mechanism whereby about one-third of patients may report side effects

from the same medication from which the positive responders report good effects. Plain sugar pills will result in many claims that they resulted in headache, nausea, indigestion, dizziness, insomnia, somnolence, and more. Then there is the one-third of patients who are refractory and report neither benefits nor side effects. Thus arises the old adage in clinical practice that one third gets well, one-third gets worse, and one-third state the same no matter what the doctor does. As mentioned elsewhere, the power of belief is most dramatically demonstrated with hypnosis by which illnesses or symptoms can easily be brought about merely by suggestion.

## Do you realise how simple a health program is?



## The Reasons Why We Need a Health Programme

The information presented is shared not only from clinical experience but also from the experience of friends and associates, as well as personal experience with my (Dr Hawkins) own physical health. I watched my body chemistry literally change as I began to change what I was holding about it within my mind and consciousness. The basic principle essential to healing from all illnesses, no matter what they are, is that we are primarily only subject to what we hold in mind.

It is the mind's belief systems that give power to that which subsequently manifests in the physical world. The physical body is an expression of what we have inherited plus what we have been holding in mind, either consciously or unconsciously. People will often say they do not remember holding such a thought; however, there is what Dr Carl Jung called the 'collective consciousness' that holds the thought form. Unconsciously we buy into it and give energy to a negative belief system without ever remembering it or being consciously aware of it (e.g., via the media).

With cancer, much emotional energy has been given to it by the popular mind – all the fear associated with it, all the negative connotations, and all the thought forms. Therefore, we hold fear itself, which is a negative energy field (acid inducing). If we are holding a lot of unconscious fear, it now opens the door to bring into our mind unconsciously those things that are fearful, including cancer. Without ever having believed that we are susceptible to cancer, we may discover, as it is occurring within the body, that we have unwittingly bought into this collective belief system in terms of thought forms. (An alkaline body is free of cancer.)

In looking further at these energy fields, we can see that the energy field called Guilt is at the bottom of the Map and calibrates at 30. The emotion that goes with Guilt is that of self-hatred. A great deal of research into the psychological and psychosomatic importance of cancer has revealed that there is often a good deal of unconscious self-hatred, self-condemnation, and lack of acceptance of one's humanness at a deep level.

**Judging  
yourself  
is not  
loving  
yourself.**



There is a difference between treating, curing, and healing. It is possible to treat an illness and its symptoms in order to bring about an amelioration, or the capacity to live with the illness. As mentioned previously, for many years I (Dr Hawkins) had migraine headaches, duodenal ulcers, gout, hypoglycaemia, circulatory problems, Raynaud's disease, Grave's disease, diverticulitis, and more, as described elsewhere. All these illnesses came about as the result of belief systems and were also accompanied to some degree by unconscious guilt. We have found that **unconscious guilt accompanies all illnesses, no matter what they may be.**

**If we have a physical illness, we can just presume correctly that there is unconscious guilt. Without the unconscious guilt, the disease cannot actually be present because that which is destructive and accompanied by self-hatred can operate only in a negative energy field. That is the secret of healing.**

An analogy is that certain bacteria will only grow in a culture medium under certain conditions, such as a specific temperature, a certain amount of light, and ambient conditions. If the conditions are changed, then the bacteria cannot live in the Petri dish any longer and will disappear. Therefore, that which is destructive and which the unconscious needs for its process of destruction can continue only in a negative energy field that allows the negative energy of destruction to take place. That is a clue to healing.

In nature, the rotation of an energy field is decisive. For example, with a drug, the chemical effect of a molecule is dependent on whether it spins to the right or to the left. We will use dextroamphetamine sulfate as an example, 'dextro', meaning 'to the right'. This drug is so-called 'speed', with the effect of weight loss, the feeling of high excitability, grinding one's teeth, and finally manic attacks. Levoamphetamine ('levo', meaning 'to the left') sulfate has no such effect whatsoever. It is the same molecule, but the rotation is in the opposite direction.

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

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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

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

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

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

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



*"Please, sir, I want some more."*

Or may we say;

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

**“Every day is a day of devotion.”**

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

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

**Our salvation IS the availability of the Feeling Healing process and Divine Love.**

**Obviously, all we need to do to heal ourselves is to move from the negative energy field into a positive one. (From acidic to alkaline.) Self-healing is really so simple. It amounts to changing the predominant energy field within our consciousness from negative to positive.** The question then arises, how do we do that?

Now that we are aware of the physics, science, metaphysics, and emotional truth of it, along with the medical, psychiatric, and holistic viewpoints, we can understand why we should let go of these emotions. It is not for the purpose of becoming a ‘goody goody’ person, but because hanging on to them is potentially destructive or even lethal.

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

We have previously mentioned the muscle strength testing method (kinesiology). With this process, we can test somebody’s strength, which shows that when they hold negative thoughts in mind, they go weak. When they go weak, it means there is an impairment of the acupuncture system, which is connected to the various body organs. There are also changes in the chemical and reproductive patterns of the cells.

The only opportunity to heal anything is to move out of the negative energy field into a positive one. The power of the healing increases with a higher, more positive energy. That is why holistic approaches have worked where medical science has not been able to effect a cure. Without having the benefit of this knowledge, I would have died many years ago of a fatal digestive disease that reversed itself right at the point of death. It is essential to understand that letting go of guilt is crucial to the recovery from any serious disease, especially cancer, where guilt, lack of self-esteem, and the presence of self-hatred and fear have such an overriding influence.

The next energy field above this (which is accompanied by hopelessness and despair) is called Apathy, in the energy field of 50. One has a hopeless view of the world at this level and allows oneself to be overtaken by self-pity and hopelessness. One becomes a victim of the energy field that favours a progression of the cancer.

The field above that is Grief. When people first get a diagnosis, especially if they are younger people, they will naturally ask, “Why me?” They go into regret and a feeling of loss and despondency. The world and life now begin to look sad, and they become the victim of this energy field. ‘energy field’ is repeated because it is important to see one’s own innocence in this matter. It is because of this innocence that we allow ourselves to be run by this energy field.

The stage above Grief is Fear, which is also very prevalent in patients who develop cancer. Fear, with a very negative energy, has more power now in an energy field of 100. The world and life look frightening from this field, and God begins to look punitive. What kind of God would give us cancer? The process of life itself begins to feel deflated. A person is tempted to become dispirited, de-energised, to give in to the destructiveness, and unconsciously allow the disease to progress.

We have a choice to desire something better for ourselves than being victims. All the people I know who recovered from serious illnesses did not settle for being victims. They all began to desire something better for themselves. They thought there must be a better way, so they began to research and look outside the traditional medical model (allopathic medicine). They began to say, “Well, Doctor, is that all you have to offer? It is going to take more than that to heal it.”

**MAP OF CONSCIOUSNESS**

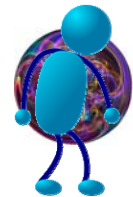
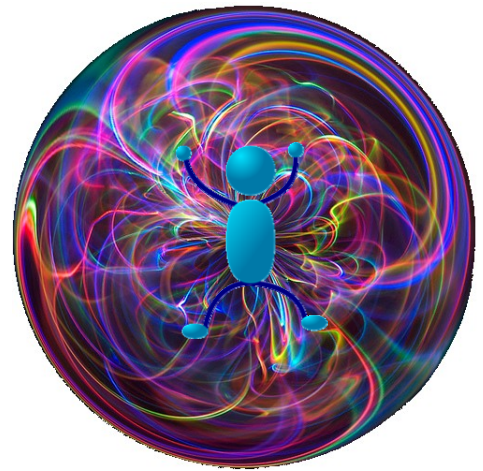
Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one’s soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.



**Core Emotions**  
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.





Out of their desire and anger, they began to ask, “Is there something else that can heal me?” This shows that the energy fields of these emotions can be used in a constructive way. The answer to their question is, of course, “Yes.” They begin to take pride and now move up to a very decisive point called Courage, which is in the energy field of 200 and has many times more energy than Fear. More importantly, the direction of the energy field has changed from negative to neutral.

**The energy field that surrounds the human body is like an antenna, and when it is turned to the negative, it draws to itself that which is destructive.** The body, being right in the way of that destructive energy field, gets hit by it. Because of the negativity and destruction hitting the body and expressing itself through the body, in this case as cancer, we become aware of the fact that some error is involved. It occurs to us to start looking to see where it is. Perhaps the error is in the way we have been holding life and our belief systems, and in the way we think about ourself.

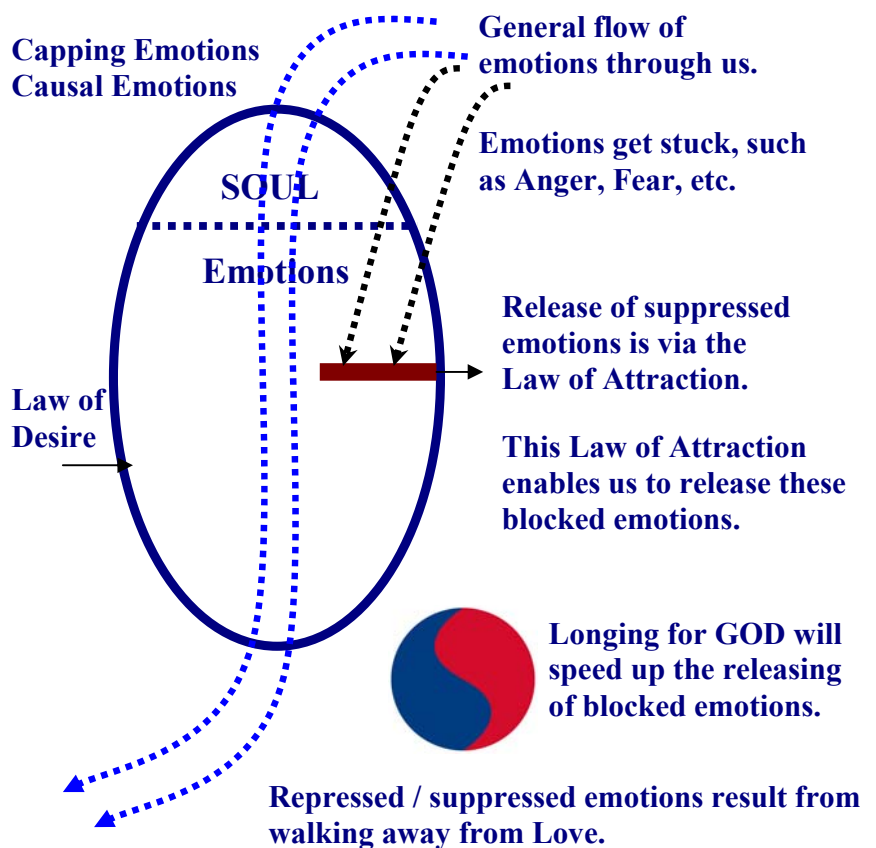
**The problem for healers is that the patients own physical soul is generating the problem.**

**When the person who we are trying to heal, does not want to deal with the cause, the healer’s power is severely diminished to assist them because their own soul is generating the problem.**

**All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person’s soul condition is not addressed then the person is going to recreate the same type of problem and issues.**

**It is very important that we start to see things at the causal level, particularly in the medical and healing profession.**

**WE are CREATED as EMOTIONAL BEINGS:**



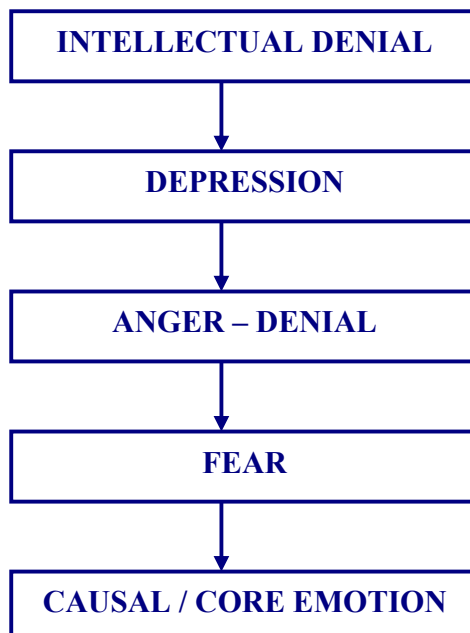
At the level of Courage, we begin to have an open mind. Our view of the world begins to change, and we move up to a world of opportunity where the doors start to open. Before this, the mind is closed. It thinks it knows the answer, but once we have the courage, the mind begins to open and say, “I’ll bet there are answers I don’t even know about. In fact, I don’t even know the right questions to ask.” The minute we begin to open ourselves up, we become empowered and have the courage to have an open mind. At level 200, we have the capacity to face the truth and begin to take responsibility for it.

Victims do not take responsibility and instead say, “Well, you know, the reason I got this is because of the bacteria,” or, “The reason I got this is the virus,” or, “The reason I have this is because of the cancer cells.” It is always something outside themselves and their consciousnesses that they become the victims of it. When we open our minds, we can get to own that we may have had something to do with it, and that what is happening in our life is related to something we have been holding in mind, often unconsciously.

The energy field right above Courage is called Neutral. At this level, the arrow goes upward, and the energy field has jumped up to 250. The emotional state is called detached, or non-attached. One experiences the okayness of life and a new and greater freedom, even with serious situations because all events call for the same need to confront the truth within oneself and ascertain what one’s position is about that, including fatalism.

Fatalism is an idea we had in the military service during World War II about the bullet – if it was meant for us, it had our name on it, so there was no point in being afraid of bullets because if it didn’t have our name on it, it was not going to hit us anyway. That can be expressed as ‘karma’. Whatever is going to be is destiny. Karma is the way it is supposed to be, so the fatalistic position gives us a certain peace of mind; we are detached. When the person with cancer reaches that point, they say, “Well, look. If I survive, I survive, and if I don’t, I don’t. You know what I mean. I’m doing the best I can. If I make it, I make it. If I don’t, I don’t, and I’m prepared to go either way” (i.e., resignation to God’s Will – from dust we arise and then return). We accept the fact that protoplasm is intrinsically temporary.

That is certainly a far more comfortable position than to be in Grief about it, or have self-pity, anger, resentment, arrogance, or denial. People may also deny that they have the cancer. They will come up with a thought that it has been cured without having done the work necessary to bring it about as a reality in their life. It is sort of magical thinking.

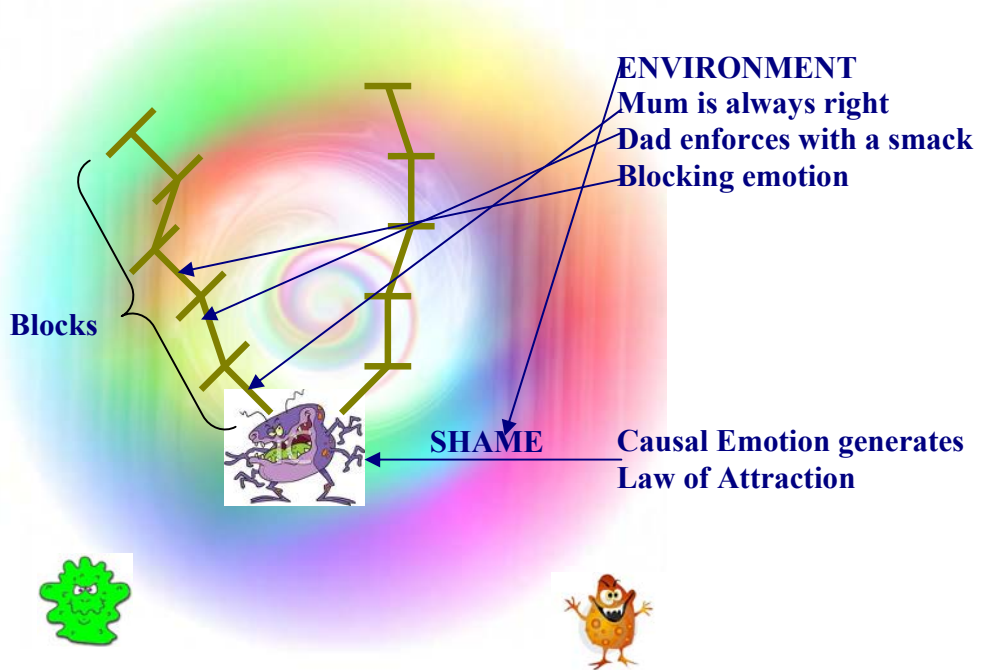


**Law of Attraction  
for healed and  
unhealed emotions.**

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

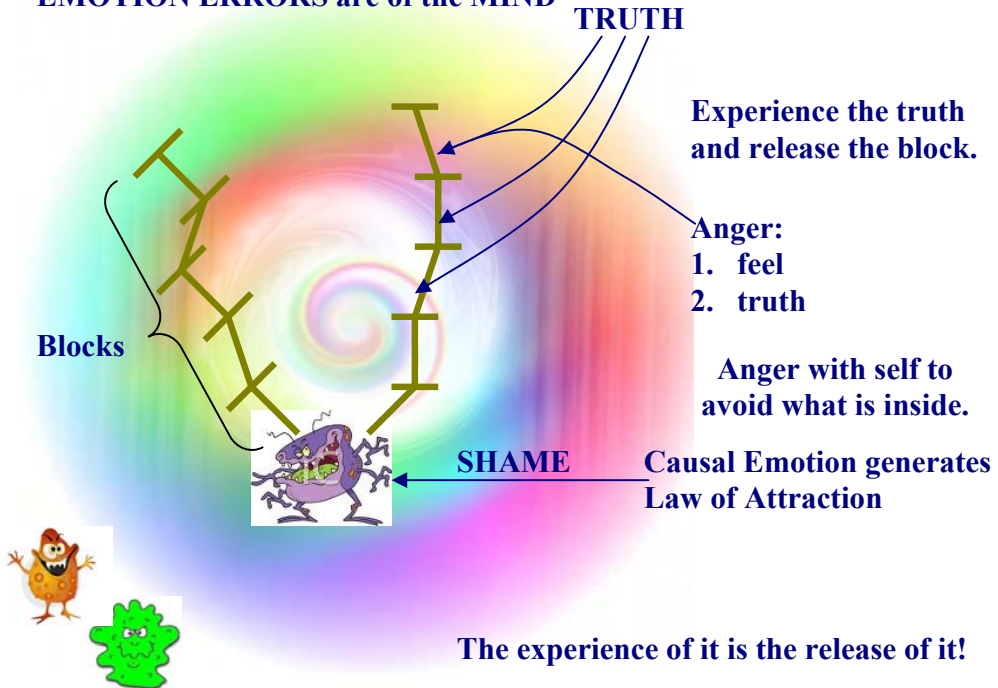


**EMOTIONAL ERRORS are of the MIND**



# PASCAS PERS

**EMOTION ERRORS are of the MIND**



When we move above that to a willingness and a friendly view of the world where we see life as challenging and hopeful, we discover, “Yes, there are answers. Yes, there are lots of people walking around who have had terminal, even fatal (hopeless) diseases of all kinds, including cancer.”

In this situation, we have introduced the intention to create our power, to prove our power, including accepting the fact that yes, we can let go of this illness, and yes, there are healing modalities. This is a harmonious world in which there are lots of people who have recovered from this illness and are very happy to share with us the truth that they have recovered. This is because they have experienced God as being merciful.

The people in the energy fields at the bottom of the Map of Consciousness frequently conceive of God as punitive, or they do not believe in God. They believe in self-punishment in one form or another, or in pain and suffering.

Feeling adequate and confident that yes, there is an answer begins the transformation in consciousness. It moves us up to the willingness to become the energy field called Love. This is a crucial level because **the energy field of Love is the one that heals**, as exemplified by all those organisations that are famous for their capacity to heal, such as Alcoholics Anonymous, A Course in Miracles, faith-based recovery groups, and others.

There are also spontaneous remissions and recoveries from almost every hopeless, progressive, chronic, intractable disease for which there is no scientific cure, and for which medicine has admitted there is no cure. We know that there are millions of people walking around who have totally recovered from just the illness of alcoholism alone. In fact, their lives were transformed because the affliction was used as a springboard to a greater consciousness, a greater awareness, and as a way to move into a commitment to that which is loving because the nature of it is unconditional love. It is not the conditional love of “I will love you if you will do this or do that.” To move into unconditional love begins a process called revelation, which starts the release of certain chemicals called endorphins within the mind and the brain.



**Love never expects anything from anyone.**

All these energy fields have within the mind and the brain concomitant changes in the enzymes. There are neurotransmitter changes, a release and opening of whole banks of neurons. Therefore, the person is moved into the healing energy field of lovingness and has at their fingertips the utilisation of millions and millions of neurons that people in a negative emotional state do not have at their disposal. These are assets. To move into the energy field of Unconditional Love then starts the healing process. We found that healing occurs at an energy field that calibrates at about 540, which is the energy field of the heart.

How do we bring about the self-healing? We have to let go of a number of things, the first being unconscious guilt. We have to discover how to unearth what we feel guilty about, so we begin a self-

questioning process. A person is fearful when they do this. They say, “Well, if I start opening Pandora’s Box, I’m going to be swamped by all the negativity and guilt that I have depressed, repressed, and pushed out of awareness all my life.”



### BRAIN FUNCTION AND PHYSIOLOGY

**Lower Mind (Below 200)**

```

    graph LR
      Input --> Thalamus
      Thalamus -- Slow --> Cortex
      Thalamus -- Fast --> Amygdala
      Cortex -- Slow --> Amygdala
      Amygdala <--> Hippocampus
      subgraph Functions
        Thalamus --- Relay
        Amygdala --- Emotion
        Hippocampus --- Memory
      end
  
```

**Higher Mind (Above 200)**

```

    graph LR
      Input -- Fast --> EthericBrain[Etheric Brain]
      Input --> CerebralCortex[Cerebral Cortex]
      Input --> Thalamus
      EthericBrain -- Very Fast --> Amygdala
      CerebralCortex --> Amygdala
      Thalamus --> Amygdala
      Amygdala <--> Hippocampus
      subgraph Functions
        Amygdala --- Emotion
        Hippocampus --- Memory
      end
  
```

Below 200	Above 200
Left-brain dominance	Right-brain dominance
Linear	Non-linear
Stress—Adrenaline	Peace—Endorphins
Fight or flight	Positive emotion
Alarm—Resistance—Exhaustion (Selye—Cannon: Fight/Flight)	Support thymus
▼ Killer cells and immunity	▲ Killer cells
Thymus stress	▲ Immunity
Disrupt acupuncture meridian	Healing
Disease	Balanced acupuncture system
Negative muscle response	Positive muscle response
▼ Neurotransmitters—Serotonin	
Track to emotions twice as fast as through prefrontal cortex to emotions	Track to emotions slower than from prefrontal and etheric cortexes
Pupil dilates	Pupil constricts

**Importance:**  
Spiritual endeavor and intention change the brain function and the body’s physiology and establish a specific area for spiritual information in the right-brain prefrontal cortex and its concordant etheric (energy) brain.



It is obvious that we need some kind of tool, some kind of practical way to process these things as they come up. To begin with, we need a context, a way in which to hold all that comes up in this self-investigative process that is the realization of what has been the basis of all our behaviour for all our life. Within the appropriate context for holding the realisations as they come up, the guilt is automatically wiped out by a higher understanding that results in forgiveness for ourself and others.

We need to realise that we have committed exactly one ‘sin’ throughout our lives, and it is the same ‘sin’ over and over again. The ‘sin’ is that everything we have ever done (our intentions and purposes) was consequent to the naïve and basically innocent thought that it would bring about happiness. It is very important to know this and to realise that what we did at the time was because we thought it was necessary for our survival, and that our survival was necessary for our happiness.

Wanting happiness is the basis for all human emotions, is it not? In fact, the basic premise, the basic and most primitive illusion of all, is that the body is the source of our happiness. Therefore, the fear of death is really, “if I lose the body, I will lose the source of happiness. I will lose consciousness itself.”

**The most difficult emotion that the human race has to give up is the emotion of self reliance.**



People who are spiritually aware no longer identify their reality as the physical body. If we are awareness, or consciousness itself (out of which comes the knowingness of what is happening with mind and body), then the body is the bottom rung on the ladder. We need to let go of the negative emotions and to stop suppressing and repressing them. The tool for doing that is to let go of resisting them as they come up to our awareness.

It is important to keep our eye on the fact that consciousness within itself is basically innocent. The nature of consciousness (soul condition) is the innocence of the child. How did we begin to believe the things we did as we grew older? We look at the child and see how innocent and trusting it is; it is completely lacking in guile. We know its motivations are pure, at least in our understanding of purity.

This primary innocence becomes the consciousness of the adult because the programs that the child buys into are actually programmable due to the very nature of innocence itself. Because the child is innocent and trusting, it begins to buy and believe everything it hears, including all the thoughts that later express themselves as cancer – all the thoughts having to do with self-condemnation and fear, and all the thoughts of rejecting oneself for the various expressions of the limitations of humanness.

To heal cancer, we need a willingness to heal ourselves by means of compassion, which comes from our greater, higher Self. There is the understanding that, out of innocence, all these weaknesses came out of

the belief system that expressed itself in daily life as the thought that if we do this or we have that, then we will be happy. Grief or loss affects us because we thought that something was going to be a source of happiness, and we are regretting what we see as that source. We get angry because some obstacle stands between us and our intentions, what we want, and what we consider to be the source of our happiness. The anger then results in further guilt.

Referring again to the Map of Consciousness, we can ask, “What is the illusion held in consciousness that is now expressing itself in the form of cancer?” All these levels from Courage on down bring about the negative energy field in which the cancer can grow (acidic fields rather than alkaline). The illusion is that we all thought the source of happiness is something outside ourselves, that something outside ourselves has the power to make us happy. However, the minute we give away our power and project it outside ourselves, we are in a negative energy field and set ourselves up as victims.

An unconscious purpose of the ego is to prove that we are a victim, and the test of cancer is whether or not we will continue to go along with this and buy into it as do many people in the world. The ego would rather be right, even if it costs us our life, than to give up the position that it is the innocent victim and the perpetrator is something outside itself. (This is the core paradigm of victimology.)

Once we see and own our true innocence, we don’t need the pseudo-innocence of victimhood because there is no victim. There was only a belief system in the first place that we picked up out of our innocence.

The thought, for instance, that success brings us happiness is probably the most notorious belief system. As many middle-aged businessmen who have become successful know, what they get out of their success is a daily headache and exhaustion, a number of lawsuits, and some greed and envy from their colleagues. They say to themselves, “Where is all the happiness that success was supposed to bring me? Yes, it has brought me some pleasures, such as a nice car, nice clothes, a nice address, and a nice home.” But those things are not happiness.

Worldly success does not bring about happiness. Disillusionment and the feeling of guilt come about as a result of feeling that we have suddenly sold ourselves out, and that we have sold out the truth about ourselves.

To recover from cancer or any other illness, we have to reconnect with our own intrinsic innocence and reaffirm the truth of that which we are within ourselves, which has been totally unaffected by all of life’s events. We have to re-own that level of awareness of self that is beyond all worldly events. Something within us remains the same, no matter what is going on in our life experience. Something has remained unchanged. It is the something that wakes us up the first thing in the morning – before we realise where we are, or what day it is, or before we realise what we are supposed to do today.

When we wake up into that state of awareness, we are much closer to the truth of our own higher self. We realise that it is totally unaffected and beyond all life’s events. It is only when our consciousness comes down into the world of concrete thought that we say, “Oh, yes, it’s Monday.” And, “Oh, yes, I have to go.” We are really leaving being close to the truth of that which we truly are, which is beyond all that. We re-own the capacity to decide what our position will be about life’s events and all those

things that bring about extreme duress. We can become victims of them, or we can see them as a springboard to transcendence.

The first thing to let go of is unconscious guilt. A Course in Miracles is a teaching of love, forgiveness, and the letting go of fear. Many people I (Dr Hawkins) know who have recovered from cancer, multiple sclerosis, and other debilitating illness have done so as a result of this particular course or others that are similar. All of them are designed to show us how to change our point of view, how to let go of condemnation of self and others, how to let go of guilt and fear, and how to move ourselves into the willingness to be loving, forgiving, and compassionate.

Out of that comes the desire to understand, so in self-healing, we need to almost take ourselves in our own arms and become compassionate and healing because all of us have the healer within us. We begin now to heal our humanness. How do we get rid of the ego? It is not done by making it an enemy, by trying to attack it, or by getting into an adversarial position with it but instead by loving it out of existence. We literally dissolve the ego through compassion, love, and understanding.

When we look within, we can really see that anything we have ever done in our lifetime was done out of innocence, and when our main intention is to understand that, it becomes healed out of compassion. When we do this with other people and let go of the desire to be judgmental towards ourselves and other, then our own energy field begins to move in a positive direction. The cancer cannot grow in a positive energy field (alkaline state), only in a negative one (acidic state).

In looking at the Map of Consciousness, we can see that Love at level 500 is available to all of us. There is a commitment to unconditional love. What is that kind of love? We are not talking about Hollywood-style emotionalism, sentimentality, attachment, dependence, and mutual control back and forth. Instead, we are talking about an intention, best described as lovingness, to commit ourselves to nurture and support all life, no matter what its expression.

<b>Fields above 500</b>	<b>- Love based Awareness Beingness More feeling based activity, rather than intellectual – in the mind based activity. Energy field of Love is the one that heals.</b>
<b>Fields 200 – 500</b>	<b>- Doingness Intellectual Life is seen as an opportunity. We are getting closer and closer to truth.</b>
<b>Fields below 200</b>	<b>- Wanting &amp; Craving Desiringness Fear Driven Self hatred Grudges Values are based on what one has. The energy fields below 200 are opposed to life, do not support life.</b>

Life flows equally into the saint and the criminal alike. Life, truth, and that which is the God within make no judgment. Life flows equally into all. As it says in the scriptures, the rain falls equally on all. Moving out of judgmentalism is the lesson in that example. Life flows equally into all so we allow our unconditional love to support the truth of everyone, including ourselves. Our own capacity for self-healing depends on accepting that “With God’s help, I have the power to make the decision to go through the necessary inner work to bring about a healing of this illness.” That is the difference between treating, curing, and healing. **Treating is relieving a symptom, curing is overcoming the disease, but healing includes the whole person.**



**GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:**

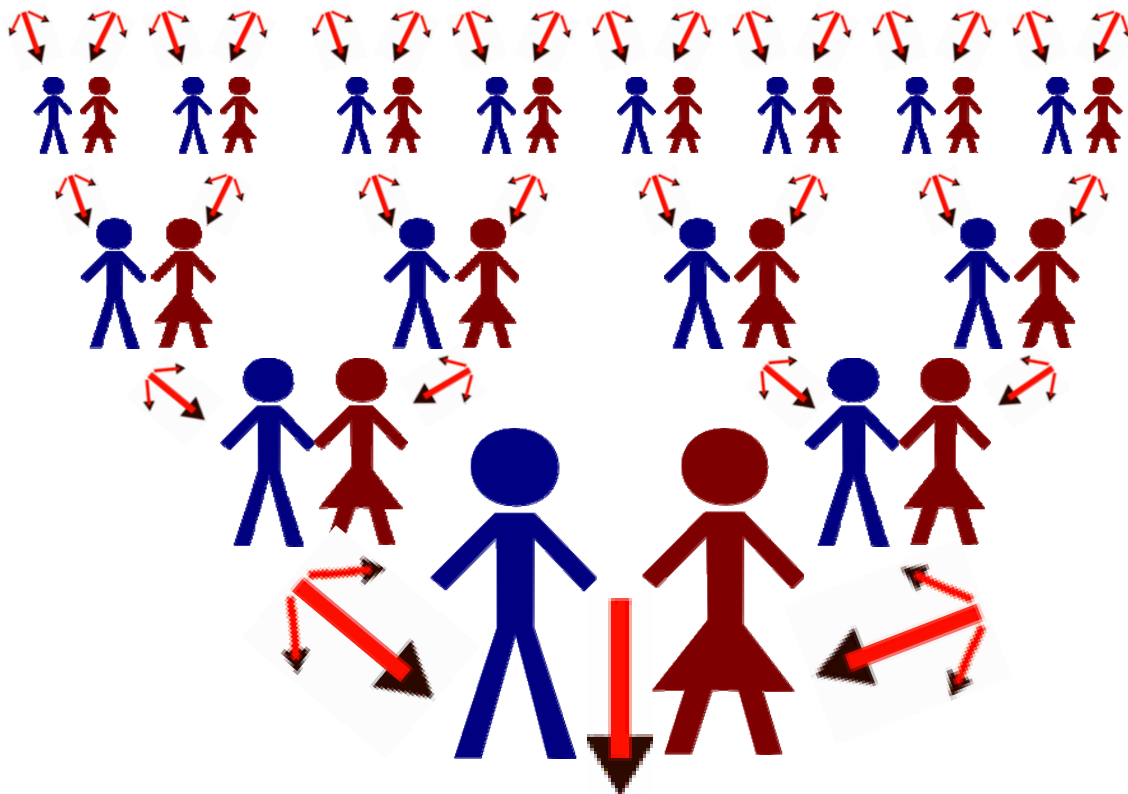
**Our children are conceived within the 6<sup>th</sup> sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent’s emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.**

**Thus, to assist our children, we must firstly resolve emotional issues within our selves.**

**In turn, we are a reflection of our parent’s soul condition and their parent’s soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.**

**These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!**

**Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.**



We set our intention on accomplishing peace of mind because that is the end result of healing. The end result is an inner tranquillity, not an indifference to what happens to the body, but a transcendence of the body. No longer do we identify as that physicality. It belongs to us and is part of us, but it is within us because we realise that we are more than the physical body.

The healing of cancer depends on realising that we are the one who decides that we are greater than the physical body, and that it is within the power of consciousness (soul condition) to call forth the healer within and begin to utilise some of the consciousness techniques that have been presented.

We can ask ourselves, “Can I allow myself to be healed? Is this healable? What within me needs to be healed?” It still does not tell us literally in our own particular case what needs to be healed.

When I had sever diverticulitis that recurred for many years, I ended up in the hospital and had to have emergency blood transfusions. The last time I was there, I almost expired. I followed these general principles and it got better. It did not return for some years, but suddenly, something happened in my life and I had a recurrence. It was the worst attack of diverticulitis I had ever had. The pain was overwhelming; the cramping, bleeding, and all the other symptoms started all over again, this time with greater severity, and I asked, “What is the meaning of this? Why?” I began to question within, and as I did so, a technique came to me of going way, way back to discover the exact, precise meaning that lay within this particular illness (suppressing negative feelings out of guilt about having them in one’s ‘gut’).

For most of us, following the general laws of healing is sufficient to bring about recovery from an illness. For some of us, there is a very particular lesson or message that a given illness offers. The illness will get better, but then something will linger on, or it may recur. The purpose of that is to bring about the awareness that there is a specific hidden message that was missed, and there is more to learn, which is often the consequence of a karmic pattern.

The message for all of us is that these major confrontations of life are something that can lead to major transformation and unseen spiritual benefit. The physical body is temporary, whereas the spirit is not subject to time. The acceptance of that reality then leads to further awareness, which is to transcend the concept of recovery as a gain. This initially seems paradoxical because the hope of recovery is often the initiator of the process of spiritual growth.

When illness is the motivator for spiritual growth, it often starts out from the level of fear and includes anger and guilty regret. With surrender and acceptance, these begin to diminish, and spiritual growth is valued for its own sake. Eventually, with very deep surrender, there even comes a time when resisting the illness is also surrendered and recovery is up to God. This step may also bring to awareness the concepts and understanding of the nature of karma, which itself is a subtle study. What does the term ‘karma’ mean from a practical viewpoint? Is it just a theory, or is it a verifiable reality?

In its broadest generic sense, karma denotes one’s total inheritance – physical, mental, and spiritual. It signifies the contextual significance of inherited humanness itself, with its overall implications and genetic propensities. With consciousness research, it can be affirmed that life itself cannot be extinguished but only made to change from physical expressions to purely energy forms. (This statement calibrates at 1,000.) Thus, human life can be understood to be a valuable opportunity for

transcending limitations via the classic undoing of negative karma and the advantages of acquiring positive karma. These are expressed as proclivities in that there is freedom of choice. With deep surrender of the personal will, there is eventually loss of the fear of physical death itself.

If we give the cancer within us our blessing and say, “Thank you because you are giving me the power to transform my consciousness and expand my awareness,” then we will be very thankful in the end. Many people who have recovered from these illnesses look back and say, “How grateful I am for that illness arising in my life, for it was the springboard to spiritual awakening.” A benefit of a life-threatening illness is that it breaks down the denial of mortality that is necessary to initiate serious spiritual work in most people who are otherwise too busy with the affairs of daily life to embark upon an inner quest.

## *Only Three Things Needed*

A L O N G I N G for GOD'S LOVE to ENTER YOU  
 A L O N G I N G for GOD'S TRUTH to ENTER YOU  
 H U M I L I T Y  
 Humility is the passionate desire to experience fully  
 ALL of your own emotions,  
 without blame, judgement or condemnation

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

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace.  
 Judas – August 19<sup>th</sup>, 2001

**“Every day is a day of devotion.”**

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

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

**Our salvation IS the availability of the Feeling Healing process and Divine Love.**

**CANCER is a RESULT of HELD NEGATIVE EMOTIONS within ONE’S SOUL:**

I (Anita Moorjani), while being out of body, saw all people as “energy”, and depending where our energy level was, that was the world we created for ourselves. The understanding I gained from this was that if cancer was not in our “energy”, then it was not in our reality. If feeling good about ourselves was in our energy, then our reality would be positive. If cancer was in our energy, then even if we eradicated it with modern medicine, it would soon come back. But if we cleared it from our energy, the physical body would soon follow. None of us are as “real” or physical as we think we are. From what I saw, while being in the spirit world, it looked like we are energy first, and physical is only a result of expressing our energy. And we can change our physical reality if we change our energy. (Some people have mentioned I use the term “Vibration”). For me, personally, I was made to feel that in order to keep my energy / vibration level up, I only had to live in the moment, enjoy every moment of life, and use each moment to elevate the next moment (which then elevates my future). It is in that moment of elevating your energy level that you can change your future (like my test results). It sounds very simplistic, but it felt very deep when I was experiencing the understanding of it.

**TE 29.20 Part 1**

There was great clarity and understanding as to why I got the cancer. I started to understand that I had never been aware of the truth of who I really was. And the way it is in that spirit realm is really interesting, it is hard to describe, it is almost like, the answer is so obvious why haven’t I seen that before. Why did I not know this? It just felt so obvious and so easy.

**TE 33.10 Part 1**

I started to understand that I have never loved myself enough before and I had always lived in fear. I had always lived in fear of being true to myself and I had grown up trying to do the right thing, or to fit in to my culture, to fit in with what people expected of me, and I was always a people pleaser. In addition to always not being true to myself and always putting myself last, I also lived in a lot of fear. I feared life, I feared not being good enough, I feared cancer, I feared illness, I lived a very fearful life.

It was from this life time, I sensed that I picked up all the fears from this life time. It is just conditioning. A lot of it, I think it is just the world is, whether it is from reading newspapers and everyone being afraid of getting cancer, all the cancer awareness campaigns, but also the other fears of not being good enough, always being a people pleaser, putting myself last, putting myself down, always the negative self talk. All that is probably just generally conditioning from culture and upbringing.

This self loathing was actually the cause of my cancer. This is what I learnt when being out of body. It was in that realisation that I and everyone else, we are absolutely magnificent beings that have come here to express who we are (individualisation process), and be true to who we are. Why would we want to be anyone else other than who we actually are and who we are supposed to be? All we have to do and be is to be true to ourselves. That is all we have to do.

I ❤️  
ME

The feeling, the sensation, the awareness, it was like ‘oh my god, how could I not know that’. How obvious is that, why else would I be on this planet expressing myself if I am supposed to try to be

someone else, or fit somebody else's model of what somebody is supposed to be. I never checked in with myself, like who am I, what do I want to do, what are my feelings. It is basically about following my own emotions because that realm that I visited, it was very real for me was my emotions, just my emotions, they were very, very real. I realised that I had never checked in with my emotions during my life. I had never asked myself, 'how do I feel, how do I feel about my life or what I want in life?' It was all about giving other people what they felt. It was always about putting myself last because I thought it was selfish. I always thought it was selfish to love myself and to give myself what I wanted.

## ***Is this a loving choice for me?***

But I then started to really understand in depth that you can't love another if you don't love yourself first because you don't have anything to give. I realised that only when I love myself can I actually love others and being selfish comes from too little self love, not to much.

Now that you know the truth of who you are, your body will reflect that truth and you body will be healed. Those are the words I would put to that feeling, that sense that I got in that understanding.

Illness starts at an energetic level, then the physical follows suit.

This awareness eradicates the illness from within your energy basically.

I became aware at that point that now if I choose to go back to the physical world, that now that I understood why I had the cancer, I understood that my only purpose was to be myself and that is all. That is only purpose that any of us have is just to be true to who we really are. And I understood at our core, each and everyone of us our essence is one of awareness, it is one of love. At our essence, at our core we are pure love, that essence is pure love, unconditional love. So, if you are being yourself then you are being love, who else could you be if you are in touch with your core.

When I understood that at our core we are love, I understood that my body would reflect this new understanding, my physical body would reflect it, it was at this point that I sensed that both my departed father and departed best friend communicating to me (soul to soul) that now that you know the truth of who you really are go back and live your life fearlessly.

### TE 22.50 Part 2

The best thing that anyone can do for themselves, I feel is to get in touch with who they really are. It is to get a sense of your own emotions, like, ask yourself, what do I like, what do I like doing, what makes me happy, what makes me tick, what brings me joy, what makes me feel alive. It is that which we forget to get in touch with ourselves and when we feel this joy, this passion, that is when we are healthy and we are happy, that is when we do things we are coming from a state of being, rather than a state of doing. We are always doing things, but are we doing it out of being or are we doing it out of just doing.

When we live in fear, that is when we are in a state of doing. So when all our emotions and the reason why we do everything is because I am scared, I am scared to be left behind, I am scared I will not have enough money. That is why I have taken this job. I am scared I won't be liked and that is why I am doing this. So when every decision we make that is based on fear then we are constantly doing things

and we loose touch with who we really are. Basically that what happened to me and my soul and spirit went through a real identity crisis, and that is what caused the cancer.

I feel that cancer is not an illness of the body, which is why the body reflected what I was inside. The cancer to me was more an illness of the emotion, an illness of the identity, but it is not an illness of the body.

When you are going to do something, ask yourself is that something that is loving to me. If we are planning to do something is to ask ourselves, how does this make me feel to do this, is it a heavy draining feeling? Or do I feel uplifted, light and passionate about doing it, whatever it is? And those are the kind of questions I would ask.

### **A Fascinating Near-Death Experience During A Coma & A Powerful Message That Could Change Your Life**

December 7, 2011 By Bob Olson

[Note: Text is drawn mainly from the website <http://anitamoorjani.com/>

TE: relates to Time Elapsed from start of an interview e.g. 29 minutes and 20 seconds.



**Love never expects anything from anyone.**

**OUT OF BODY EXPERIENCE:** (These are visionary experiences, we seldom leave the body.)

“I saw all people as “energy”, and depending where our energy level was, that was the world we created for ourselves. The understanding I gained from this was that if cancer was not in our “energy”, then it was not in our reality. If feeling good about ourselves was in our energy, then our reality would be positive.” – Anita Moorjani



**LACK of SELF- LOVE:**

- A composite of:
- lack of self-worth
  - lack of self-acceptance
  - arrogance and pride
  - self-loath and hatred
  - lack of self-awareness.

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



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

Strive to love others as I am to love myself

## LIVE FEELINGS FIRST

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

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

I ♥  
ME



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

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

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

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

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

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

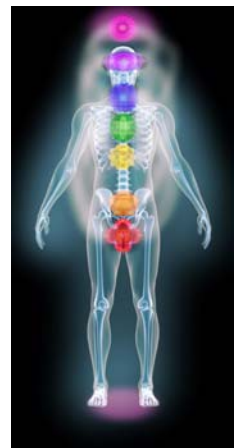
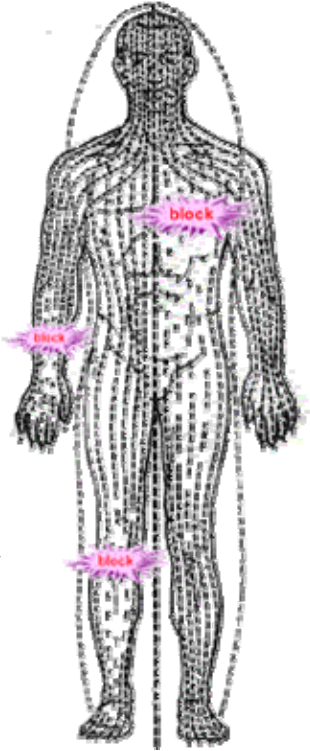
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One’s soul is connected with one’s spirit body by cords of light. One’s soul is the home of one’s personality, natural intelligence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

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

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

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

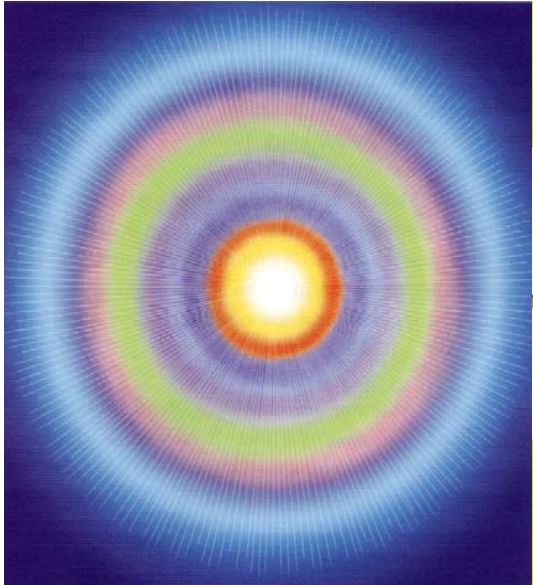
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father’s Love, Divine Love, being a light golden blue energy substance. Try the experiment.



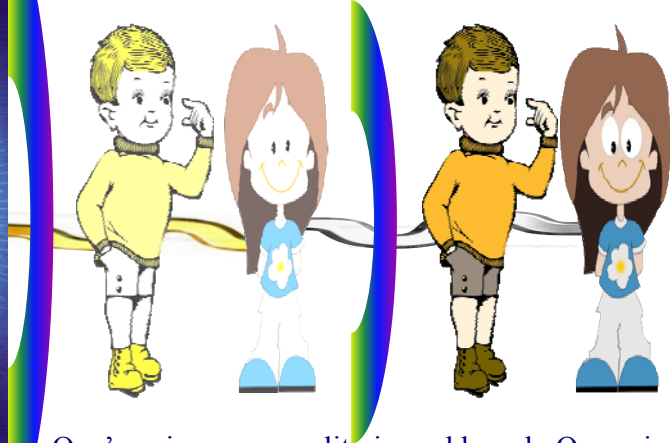
**DIMENSIONS of ONE'S EXISTENCE:**

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

SOUL exists existentially



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



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

**PERSONALITY**



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

## FREQUENCY MANAGEMENT for HEALTH:

**Dial into the Frequency of Life for Harmony and Wellness:**

*Our body is made of an estimated  $7 \times 10^{27}$  (that's a 7 followed by 27 zeros!) energetic atoms.  
Let's use them for good! "For Health Sake".*



Everything on this planet, including animals, plants, and water are made of atoms which produce, emit, and receive energy which operates at a specific frequency.

Everything – all our tissues, cells, organs, emotions and thought patterns – have their own unique electromagnetic fields, as do allergens, viruses, bacteria and fungi.

**Every cell has an energetic pattern.** Different cell types as well as healthy and dysfunctional cells have different energy patterns and transmissions. Each organ, each energy meridian, each Chakra and each emotion has characteristic patterns. Just like different radio stations have different frequencies, different organs have different waveforms.

Everything in the planet is a frequency, some are beneficial and some harmful to our health and wellbeing. If you are **experiencing any symptoms** this means your body is using large amounts of energy on attempting to heal and recover.

Applied frequencies can target the dysfunctional area in different parts of your body and help to harmonize, rebalance, regenerate and eliminate in order to support normal functionality.

Using a frequency machine is a subtle treatment and **you don't feel a thing**. Example, the GB4000 machine can be programmed to the specific frequencies necessary to facilitate wellness. <http://www.thegb4000.com/> <https://www.quantumbalancing.com/gb4000.htm> Using a frequency machine is a subtle treatment and **you don't feel a thing**

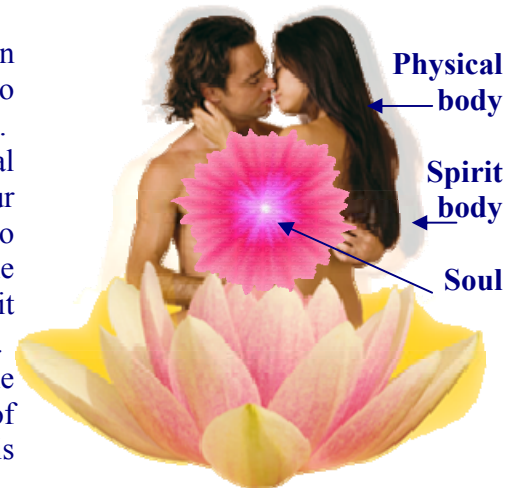
One's emotions, thoughts, physical health and wellness all have characteristics of electromagnetic waveform and frequencies. Feeling Run Down – Organ functionality – Malabsorption of nutrition – Hormonal deficiency – Brain chemistry imbalance – Digestive problems – Nervous System Stress – plus many more, all are reflecting different frequencies.

Think of a radio station where we can hear the music but we can't feel the frequency. E.g. Ultrasound machines can break up hard kidney stones, however, they do not damage the kidney itself, different frequency applied. Sound frequency can shatter a glass when applied at the correct frequency and not affect the person beside it.

Examples of the frequency technology applied: <https://www.youtube.com/watch?v=zosyirsTLbg>  
<https://www.youtube.com/watch?v=nCkupIqbNXo> (Youtube demonstration of Royal Raymond Rife machine frequency used to kill bacteria with frequency within two minutes real time video.)  
<https://www.youtube.com/watch?v=rvU9JrWycFI> (Rife-Bare Plasma Experiment Destroys Microorganisms (June 28 '07))

### The REAL YOU is the SOUL:

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



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



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

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

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

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

## Cancer of the Breast and Emotions

[www.divinetruth.com](http://www.divinetruth.com)

Transcriptions taken from the talk given by AJ Miller:

26th December 2009 Armidale (Kentucky), New South Wales, Australia

Time elapsed (TE) from start of talk

Tell the truth about life after death.

TE 20% of talk

The majority of suffering and pain in the spirit world is because the newly arrived spirit does not know where they are, what is going on, and why they are there.

Tell the truth about the emotions that create the illness.

TE 20% of talk

When a person passes, there will actually be an illness in the spirit body because of those emotions. So it is important to understand how he/she can cure that illness just by his/her own feelings and emotions being dealt with.

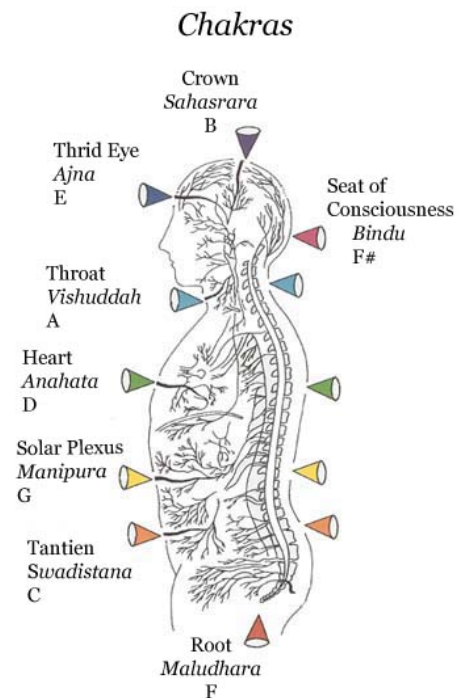
Cancer usually develops from the suppression of anger, which is caused by fear or grief. Where it is in the body usually tells you what kind of suppression has occurred. If it is in one's chest – lungs region primarily – two regions therein. The region of the lungs cover two chakra points in the body, so the bottom area of the lungs is covering the fear area of the body and the upper area is covering the grief area of the body generally.

If it is in the top part of his / her lungs then it is to deal with the suppression of grief, which is covered over by anger of some kind.

Cancer is usually developed because a person becomes quite bossy with others, relating to an addiction they can't have met. In other words, if I have a large grief, I want to make you make me feel less sad. So I then project at you a need for you to do things for me so that I feel less sad about that particular emotion.

Talk to her about her grief during her life. She will strongly avoid it. Almost every single person with cancer, strongly avoids discussing their grief. What we want to do is encourage them to connect to their grief.

When one passes in this condition, they have a layer of anger, a layer of fear, and a layer of grief to deal with. Whatever you do now will assist them in the spirit world.



## Cancer of the Breast and Emotions

TE 50% of talk

First occasion in the right breast, second occasion in the left breast.

On the first occasion, given the all clear after surgery, and it stayed away after surgery. Both occasions, the symptoms were mis-diagnosed. What we want to find out is the actual emotion that would create cancer in one breast and then the other.

What I want to do is talk about the emotions that create cancer. The problem about talking about sensitive issues about illness is that a lot of people feel I don't have compassion for the person with the illness. All I am trying to do is present the truth about what creates the illness, rather than give a lot of false information on what creates an illness. What I find most of the time is that if you have false information and then base all your actions on false information then in the end you are just going to make things worse in many cases. What we want to do is to stop that from occurring by actually saying the truth about what creates cancer, and in this case, what creates breast cancer.

What we want to do is start looking at the groups of emotions that create cancer itself and why breast cancer rather than cancer in other locations, like colon cancer, lung cancer and so forth.

What would you normally relate the breasts to? Nurturing. So let's look at that firstly.

What we know about right versus left, the right has to do with nurturing the male and the left has to be about nurturing the female.

Nurturing sounds good as a word, it sounds like it is loving, kind and compassionate, but actually nurturing is used as a term that relates to quite damaging emotional projections. And what I want to do is describe some of those projections, and how they relate to the generation of cancer.

The first cancer began with the male side of the body in this case. We feel that it has to do with nurturing; we have to look at what actually creates physical illness or disease. The first thing that usually creates it is grief, then there is fear of the grief, then there is anger, and then usually the disease pops up due to the suppression of all of those. So the disease is the suppression of a chain of events, if you like.

When we nurture other people, what do we often start doing to ourselves in the process? We really stop caring for ourselves. This is why many people get cancer, particularly cancer of the breast, they start to nurture themselves a bit more and they do have a positive effect on their cancer as a result of their choices to nurture themselves more.

Unfortunately, many times it does not cure it, so we end up with operations to cure the cancer or remove the cancer. In many cases, those operations mean removing the body part, including removing the breast and so forth. The process of removing the breast is obviously very difficult for the woman to go through because the breast is very much a part of her being a female. So, therefore, the removal of the breast is, you could say, the end result of the emotional steps that created it.

**We know it is something to do with nurturing and we know it is something to do with suppressed emotions because all disease is created by the suppression of or unexpressed emotion.**

**What can we do with that?**

**What did the nurses say to you when you were in the ward after your first cancer operation?**

**Their comments were that the difference in working in a cancer ward as opposed to a heart ward is, the cancer patient is struggling to get out of bed to get the window down for others in the ward, whereas the heart patient is busily buzzing the nurse to get the window down. That is the difference in the type of person.**

**The person who gets breast cancer is always about nurturing others, the type of person who is always giving to others. What most people with breast cancer don't do is look at why they give to others. If they would only address the emotional issues within themselves as to why they are giving to others.**

**If they looked at why they give to others, and there is this self justification that comes with that action and that is being a good person by giving to others all the time. But what I have found with almost all cancer people is that they are not looking at the second part of why they are giving to others. They are not asking themselves as to WHY they are giving to others. When they start asking the question as to why, they always come up with justifications for giving that are very positive in regard to their self reflection.**

**I ask the question, why are you giving to others? They answer that others need me and because they need my help and assistance. All these things, that seemed to be positive things that have come out of the person is about what they viewed their own character to be.**

**With every single person that has cancer, the answer to why is quite actually selfish.**

**What emotion within me would cause me to have a selfish motive in giving to others? Why would I give to others? To get something back from others? There is something I want back from others.**

**What do I want back in giving to others, what do I want in return?**

**The majority of times that a person has a nurturing type of cancer which is related to the breast, most of the time what they want in return is what they have given.**

**Now the key with all of giving is what if I give and I don't get something in return. Where do I go with that then? Now, the majority of people that give for the purpose of getting something in return, whenever that thing in return is denied them, they get angry, frustrated, annoyed, resentful.**

**Ironically, what you wanted was support and the illness that you created required support.**

**When your environment does not give you the support you want, you actually created a disease that demands the support of your environment.**

**Now, that is what often happens with a lot of these life threatening illnesses. It is what we are actually demanding emotionally from our environment, that is what we finish up creating and having to actually occur.**

**What happens with a lot of cancer, whenever we start talking about cancer, very few people want to address the emotion projected inside of them going out that created the cancer in the first place.**

**What most people want to do with cancer is they want your support. ‘Oh, you have got cancer, isn’t that terrible.’**

**I have had people who have demanded that I sit down with them for an hour. That is the emotion that created the cancer; you have just pointed that out to me. The demand of my time because of your cancer is what created your cancer. You demanded of me, my time, my time is a gift. Can you see that it is an unloving projection to demand something of someone else, no matter what it is that you are demanding?**

**What I have found with every single person who has come to me with cancer is that there are strong demands coming from them.**

**Now, if it is the case of the right side, there is an over nurturing going towards the male, but with it comes a strong demand towards the male. If the male does not accept then we create within ourselves an even stronger demand towards the male by actually getting sick, and even with life threatening sickness, gets them projected towards the male, and eventually the male will come around, he will eventually give her the support she wanted.**

**Now, in your case that did not happen, did it? That is what you felt? You did not get the support you wanted from the male? No.**

**The dynamic that creates cancers generally is this dynamic that I am giving to the universe, I am giving to other people, and I am giving to other people because there is also something I want from them, and I am not willing to give up the demand of that desire of what I want.**

**Understand that there is no judgement in what I am saying, because all of these things come from childhood: some dynamic that was created in childhood that caused this entire process to begin. The important thing is to access that emotionally. We cannot access it emotionally if we don’t understand it, if we don’t get what’s going on.**

**So, almost every cancer patient that gets breast cancer is over nurturing, giving too much of themselves constantly but, few of them are willing to ask why or for what purpose they are giving too much of themselves.**

**Every single time it is a feeling that you are avoiding inside of yourself that causes yourself to demand something of others in the giving. The giving is not purely motivated. The giving is**



motivated by this unhealed demand within me. Now, the demand might be for attention, in other words, while I am giving, I have got Mum and Dad's attention. As soon as I stopped giving, Mum and Dad did not give me any attention.

The demand might be a fear of rejection. I am so afraid of getting rejected, that I am actually giving so that no one rejects me.

If it's towards the male, it might be that I want the male's attention and approval, which actually means that I did not have the male's attention and approval when I was young, and I never had it and I have this deep grief about it. So what I do now is I give things to the male, over nurturing the male hoping that the male will give me the attention and approval from a man that I never got from my Dad.

But when I don't get it, there is the layer of anger that begins inside of me. I am giving and giving and giving, and because I am giving out so much there is this layer of demand which is actually motivated by anger actually there within me. I am now in a state that I am really, really upset that I am not getting something as a part of my giving.

The key is to find out what I am demanding and understand that underneath that is the emotion that I need to heal. What ever it is that I am demanding of the other person is the reason why I am giving. You see, if I heal the emotion, I won't have the demand, and I won't need to give to get that thing.

I am motivated to give too much of myself, because of how much I am addicted to getting something that giving gives to me. If I give to you that gives me a certain thing in return.

There usually is this layer of childhood anger on what has gone on in my childhood about this particular problem. So if the problem begins in the right breast, then I am over nurturing the male, but it's a demanding thing that I want something from them that I am not getting.

You had a critical demanding father who did what ever your mother wanted emotionally. The father is shaking with rage now, manifested as a disease. When you first had cancer, your father was really, really angry. He was angry because you had the cancer and he could not fix it. Which is the emotion he has towards your mother, he is constantly trying to fix everything she demands.

Can you see that your mother has this demand upon him; he has to fix everything that goes wrong in my life. That emotion is projected from your mother to your father.

Can you see how you were taught when you were little to view men in a certain way that they were going to have to supply you with certain needs and support?

Ironically, your mother has breast cancer now.

She has a lot of grieving about her father who she had very little to do with from a very early age.

Also, your father lost his father at a very early age, so both parents don't have male support.

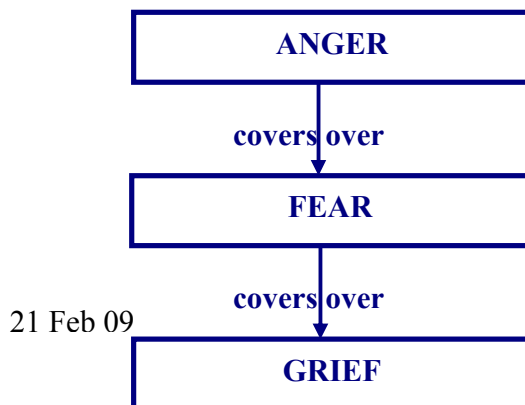
There is deep grief within you about that. It comes from your mother having deep grief in her about that, and going into the demanding place with your dad.

Your mother taught you how to demand that of a male, by giving a lot, over nurturing the male, but with the expectation that the support will come back, and if the support does not come back then he is a mongrel. If the support comes back, then he is a nice man. If the support does not come back, then he does not really love you, and then you are not worthy of it.

Quite often women get cancer in one breast, seemingly to deal with that problem, only to get cancer in another breast. That is a common occurrence, so there has to be a reason.

A lot of times, again, it is a similar sort of reason, in that instead of getting to the grief, in your case, the lack of support from a male, and grieving that and releasing that completely. It is all about your mother's lack of support from her father. You think about what has been told to you by psychics?

Anger creates more unloving things – not less.



My mother's father had a lot of anger and that had come through my mother to me and my daughter also, and will continue to go through for generations (new age sort of comments).

Your granddad had a certain set of emotions towards women which he then projected at your mother, which then created a whole new set of emotions within your mother, because you are her child, then it enters you, as a result.

A lot of it, in the end, did come from the dynamics that your mother grew up with. Your mother was very bitter towards men.

So what is happening is that there is a lot of grief in there about a lack of support from a male that is related to your mother's feelings. The action she took was to over compensate, to over nurture the male in order to get the support. In the process it is a kind of bossy over nurturing. It becomes very controlling, which is a denial of her own grief and her own anger towards the male, which then, once you deny that part, you turn out with the disease that matches the emotion for the illness.

Now let us look at what is happening on the left side.

The left is about the female. There has to be something relating to the female side and your relationship with your mother. What do you think your relationship is with your mother? It is different to what you think it is.

Your mother has become quite bossy and domineering of men, has always been so.

You as her daughter, felt inadequate. So, what did you have to do to compensate for your mother? How did you get mum's approval, in other words?

You made her 'happy' for a while, and what did you get in return?

You had to earn your love with your mum. You got into that pattern.

Now, when you did not get the love from your mum, how did you feel?

"Alone, rejected?"

You still have not released those emotions. What is on top of that?

You are pretty good at hiding your emotions by directing the conversation.

You are the dutiful daughter doing what mum wants. You know you have to do that, otherwise you do not get any love from your mum. Your mum just goes into being angry and upset with you otherwise. You don't risk that. So what you do instead is do the dutiful daughter thing, but inside of yourself, you are feeling annoyed, like quite frustrated at having to do this all the time for your mum, and you feel very unloved from your mum.

You are going to have to go into these emotions. The reason why you have become the dutiful daughter is to avoid this big emotion inside of yourself. On the male side it was to support that you are not loved and supported by the man. And, on the female side it is because you are not loved and supported by your mother.

You grew up with a mother who was so self-oriented that she had no ability to love her girl children, because everyone of her girl children is just a competition for her for men's attention.

This is part of the problem with dealing with these emotions; we don't want to treat our parents badly. We say that speaking the truth about their emotions is treating them badly, so we don't

want to say the truth about their emotion. In fact, we get to the point of not even wanting to see the truth about their emotion. Instead, we spend all of our time doing the placating thing with our parents until they pass, and even then we do not want to deal with the emotions generally. We have huge amounts of grief usually with their passing. We don't deal with causal emotions of the grief of their passing. It usually is when we pass and we get together in the spirit world and the bitter grief comes up. Even then I have seen people locked up in the spirit world for hundreds and hundreds of years in their family related grief because they don't want to say that mummy did not love me or daddy did not love me, when that was the real feeling they had inside of themselves.

We constantly justify the lack of love from our parents, and the way we do that is by saying that they only did what they knew how to do, it wasn't that bad really, I had a lot better life than a lot of other people had. We have all these different things which are all just helping us to get away from the emotion.

Let us look at the Law of Attraction.

You have cancer in your left breast. That is a Law of Attraction event related to a woman, and it is about you over nurturing women. Now, who are the women that you have likely over nurtured in your life? Starting from your childhood; the ones that you have done everything for, everything you could.

You have developed a pattern of love equals doing a task.

What is happening is that you are not able to see what you got in return and how upset you are about having to earn it in this manner. What it is, is a lot of times we do so that we earn the love of another person not seeing the cost to ourselves in the process. There is a huge cost to you here in the process.

You have contracted a life threatening disease as a result of this emotion being suppressed.

Without healing the emotion there is a high likelihood that parts of the breast or parts of the body will have to be removed, surgically or some major thing will happen to your body, even possibly dying from it.

This is one way you are closing yourself down emotionally from it, you are not allowing yourself to feel the grief from it.

The key is to understand how the disease was created. If you don't understand how the disease was created, and already I don't know if you can feel it from you, but there is lots of resistance to me about talking to you about your mum. There is just lots of resistance inside of you about me talking about your mum and her feelings that she projected at you.

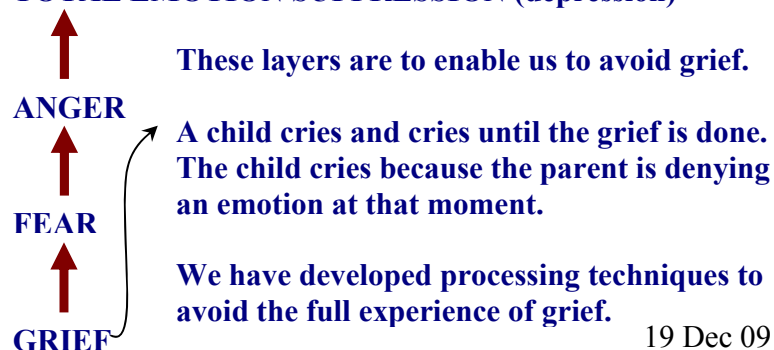
So there is a deep resistance to knowing the truth about what is going on with your relationship with your mum, however it is the relationship with your mum that creates a left sided problem. The right side problem was probably created by your relationship with your dad; the left side problem is created by your relationship with your mum.

By the way, that doesn't mean that they created it, your dad could have had this attitude towards your mum that you have now taken on, or your mum had this attitude towards your dad that you then took on. It became your attitude towards the male or your attitude towards the female.

So you could look at what is my Dad's attitude towards his wife now? What is it – it is like rage really? Why? Because he has been doing what she wanted all this time, all this time doing what she wanted and it is still not good enough for her.

EXPECTATIONS if not fulfilled you get ANGRY

TOTAL EMOTION SUPPRESSION (depression)



Question that needs to be asked is what kind of emotion is coming from her? Nothing is good enough for her. There has to be a deep grief in her for that emotion to have arisen. But she is projecting anger towards her environment, rather than feeling the fear of the grief that she actually has.

This is the problem of how we treat it as well. It is driven by the nurturing emotion and we finish up nurturing the cancer patient which does not confront the reason why they created the disease in their body in the first place.

There has got to be a suppressed deeper emotion within them that causes the creation of that disease. And if we nurture them emotionally into not looking at that emotion, all we are doing is helping them, actually, to create a worsening of the disease. This is the trouble here on Earth, that is what we finish up doing, this is why cancer, particularly breast cancer, is on the increase. They are now testing twenty year old women as of a result of that problem that is created by our own suppression of our own emotion.

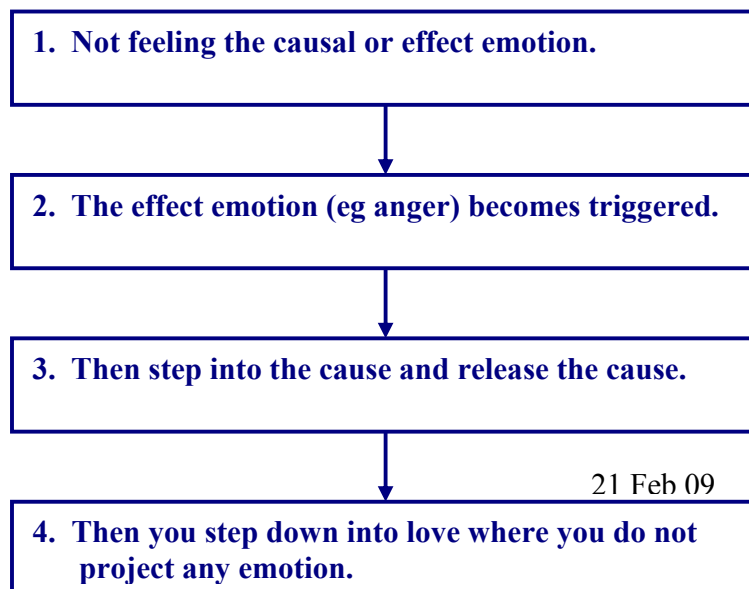
And it is not your fault. I am saying that it is the result of multi-generational changes of suppression that have gone down and down and down through the generations before you.

Now, how to deal with it.

There will be anger, and because of the suppression still between the male and the female, there is going to be anger with the male and anger with the female, where you feel angry that they haven't given you what you wanted. Now, what I am NOT saying is to project it at the male, what I am saying is to allow yourself to feel that it is there, present in you. And the demands that you make upon the male are a reflection of the presence of that anger based emotion.

So the way you have gotten away with it up till now is that you don't project anger at the male, you don't yell and scream at him. What you do is you nurture him a bit more hoping that you will get the appropriate response in return and then when you don't, you feel quite upset inside, and then you think, I shouldn't be angry. I need to work my way through the anger. Instead of allowing yourself to go outside and punch a bag about the anger you feel, the anger gets suppressed, and the creation of the disease is about the suppression of the anger.

### STATES



So, rather than suppressing the anger, I am saying to allow yourself to tune into this anger that you feel about the male not doing what you want. Then go deeper and ask yourself why does the male have to do what I want? What emotion inside of me do I get when he does what I want? What is the feeling I get? If you connect with it and it is a feeling of being loved and supported.

In the end, you will see, actually, that fear has a large part to play. Lack of fear is security, closeness in the relationship, and all those kinds of things have a big part to play in the emotion of the anger.

If you don't allow yourself to connect to the anger, you will never get to the fear emotionally, and then you will never get to the grief that needs to be released.

It is the suppression of the anger that creates the disease in the body.

Allow yourself to see what is present and the way it comes out. It is very hard for you and for anyone with cancer; it is very hard for them to see their own anger, because you don't feel that you are an angry person.

You don't allow yourself to connect to your own demand. Most cancer patients don't allow themselves to connect to their own angry demands of others. We don't allow ourselves to connect with them because we think that we should not have them. So we suppress all of that, and that is what causes the disease.

So, what we need to do is to connect to the angry demands. What are my demands upon my husband, my father, my mother, that were really unfair? Allow myself to feel that, and then go deeper into that.

You don't think it is unfair. When I am demanding of others, and this is a truth that we all need to face at some point, if you demand anything of another person, it is unloving.

You cannot demand anything of another person. If you want to stay loving, you cannot even demand that the other person treats you lovingly.

As soon as I place a demand on you I am trying to impact upon your free will, am I not?

I am trying to get you to do what I feel I want. That is an unloving demand, even if the demand is for you to treat me lovingly, is an unloving demand. And when ever I have an unloving demand I am never going to get to be at one with God.

A requirement, an expectation that you do something, for me. If I expect you to love me, I have an unloving demand coming from me to you. If I expect you to support me, I now have an unloving demand coming from me to you. If I expect that you will help me, I have an unloving demand coming from me to you. The truth is that you don't have to help me, you don't have to support me, and you don't have to love me. That is what free will is about. Free will is that you are allowed to do whatever you want, and that includes murder me if you desire it.

If I demand that you don't murder me, and I shoot you instead to stop you, that is also unloving.

From God's perspective, love is never demanding. Do you ever get God in your ear, saying you have to do this today, you have to do that tomorrow, and you have to do this the next day to prove that you love God? Now, you get a lot of religions doing that to you, but you don't ever get God in your ear doing that, and God is totally capable of being in your ear saying those things to you. He created you, so He is totally capable of giving you a heap of verbal messages every single moment of your life, and He doesn't do that. Why? God never demands anything from you. God never even expects anything from you.

Now, as soon as I expect you to treat me in any manner, or anybody else for that matter, I am now being unloving towards you.

When you are assuming that you are better or not better than someone, you are making a judgement.

When I am demanding something about someone else I am making huge judgements about that person and that I should have control of their life, which is what I am really thinking.

I want some love, so you should give it to me, I want some help and you should give it to me. And as soon as I do that, I am basically saying to myself that my wants are more important than your desires.

If the other person does not speak up and say what they want, how does the other person know what desires that person has?

You are defining loving relationship of two people projecting their demands at each other.

A desire to be loved is a need to be loved and that is an unloving projection.

A desire to give love is not a desire to demand love. Totally unconditional love is when I have a desire to give you love without any desire to get back anything in return, then I totally love you. Very few people on the planet have this relationship. This is the problem; we have defined love through our environment, and through our parents and their relationship. What we have come up with is that we are worried as to what we are going to get being loved. If you are worried about what you are going to get being in love, then you are not in love. You are in need, which is a totally different thing to being in love.

Unconditional love just gives and does not expect anything in return.

Our misunderstanding of what love is, is the major cause of all disease on this planet.

# LIVE FEELINGS FIRST

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

## Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)



*People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.*



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.

We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through are spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to embrace our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.



Our children mirror us, as parents. It is not that ‘bad genes’ are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently embrace our soul based emotions, by-passing our mind’s controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	<b>Authoritative Parenting</b> Relationship is reciprocal, responsive; high in bidirectional communication	<b>Authoritarian Parenting</b> Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	<b>Permissive Parenting</b> Relationship is indulgent; low in control attempts	<b>Rejecting-Neglecting Parenting</b> Relationship is rejecting or neglecting; uninvolved

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.  
 FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!  
 It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

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

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

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

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

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

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

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.  
Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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



### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

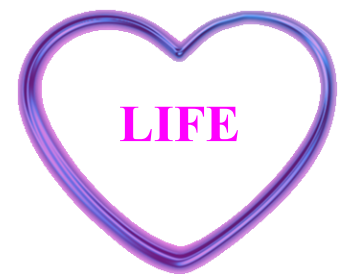
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

## U-TURN for HUMANITY:

### Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



### What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

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



**We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.**

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

**Why ask our Heavenly Parents? I thought God was just God – singular?**

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

### **I was taught that Jesus was God? And what is this about Mary?**

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.



As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

### **What is the purpose of an Avonal pair, and are they here on Earth?**

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

### **How is all this becoming known? Has Jesus and Mary communicated directly to Earth?**

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

**You say this is the Second Coming? You say I am living during the time of the Second Coming?**

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to <b>'house the future of humanity'</b> .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are <b>officially</b> now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

**How does this all fit into our future way of living?**

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

**The whole human race is suffering from repressed childhood and mind control.**

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **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.**

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

Kevin of the 1<sup>st</sup> Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we

become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

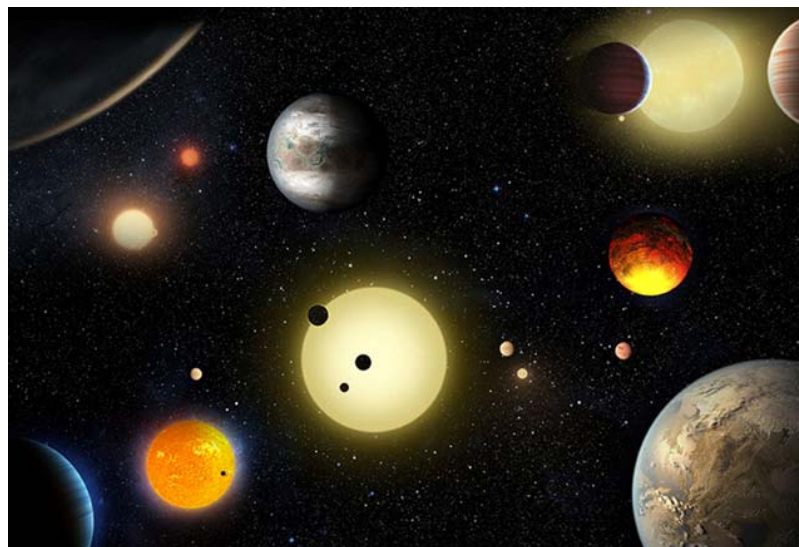
And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

**This is the greatest event in the history of humanity.**

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years.

MoC 1,480



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

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

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

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



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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

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

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

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

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

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

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

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



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

# LIVE FEELINGS FIRST

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



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





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



**1** Divine Love addresses the issues of the Rebellion.

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is the Mother and Father's way of loving us into love and then we live what we are, love.



**2** Feeling Healing addresses the issues of the Default.

The way to clear one's soul of childhood errors and injuries is revelation 2:

To liberate one's real self, one's will, being one's soul, is begun by embracing 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.

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



in conjunction with

Longing for the Truth when also longing for Divine Love.



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

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



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

**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.**

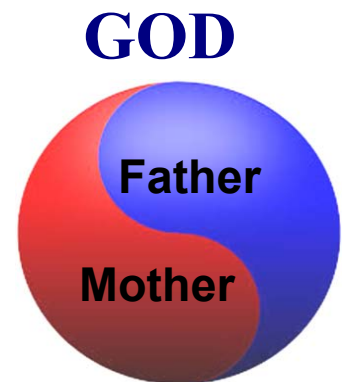
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

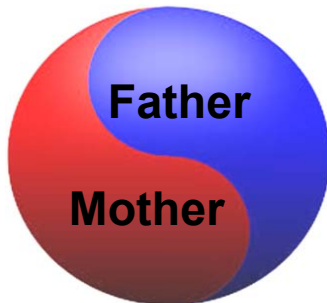


**HUM**



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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

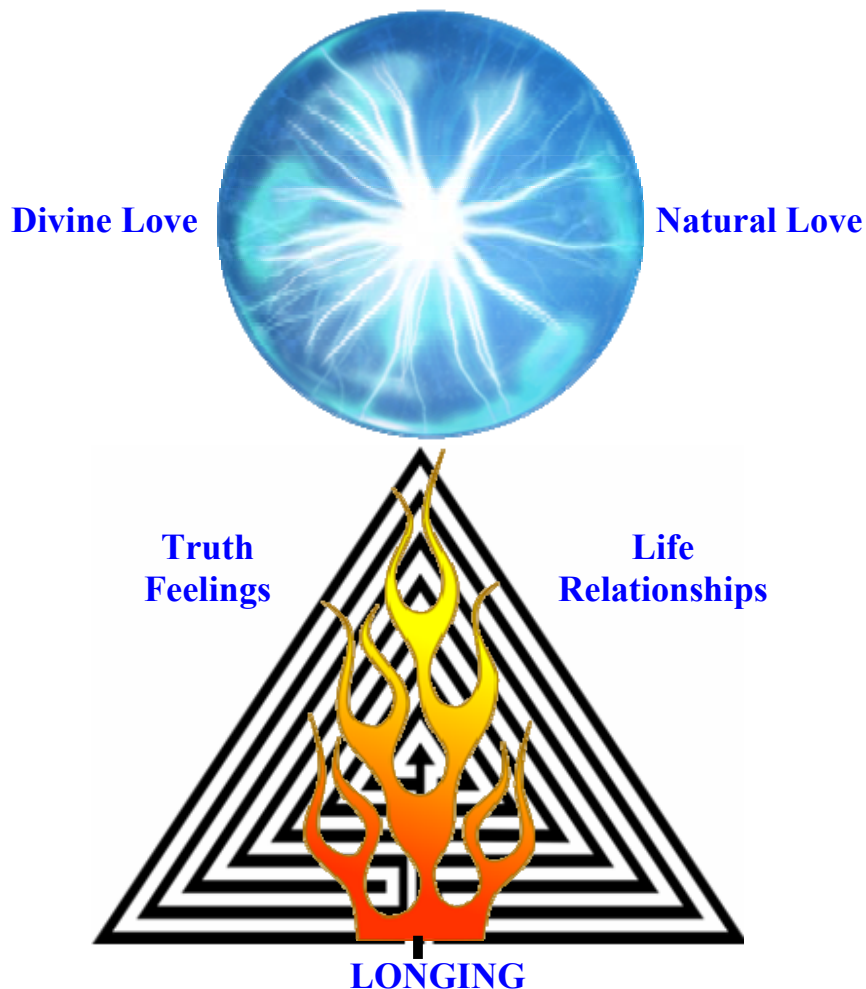
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

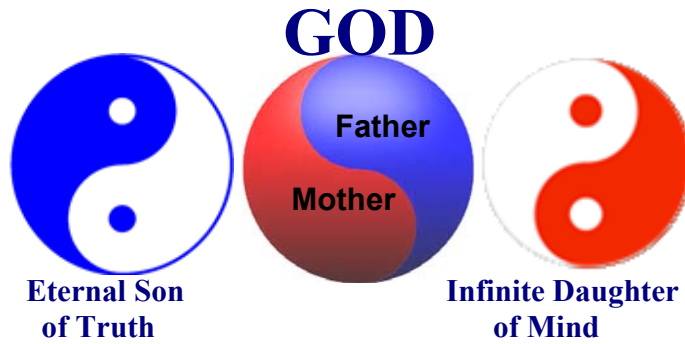
## HOW TO GET TO PARADISE:

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

## The Key



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



PARADISE TRINITY:

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

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

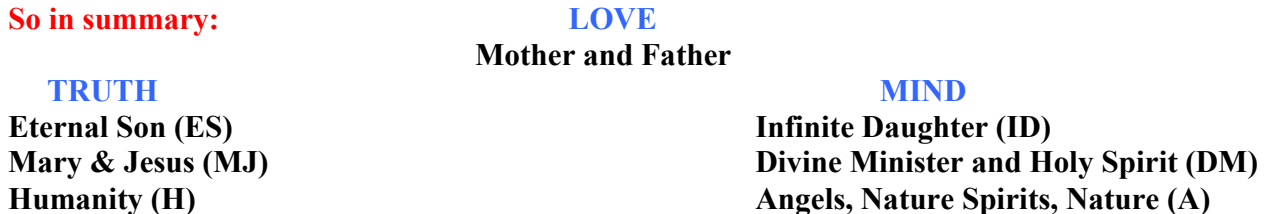
The LOCAL UNIVERSE TRINITY:

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

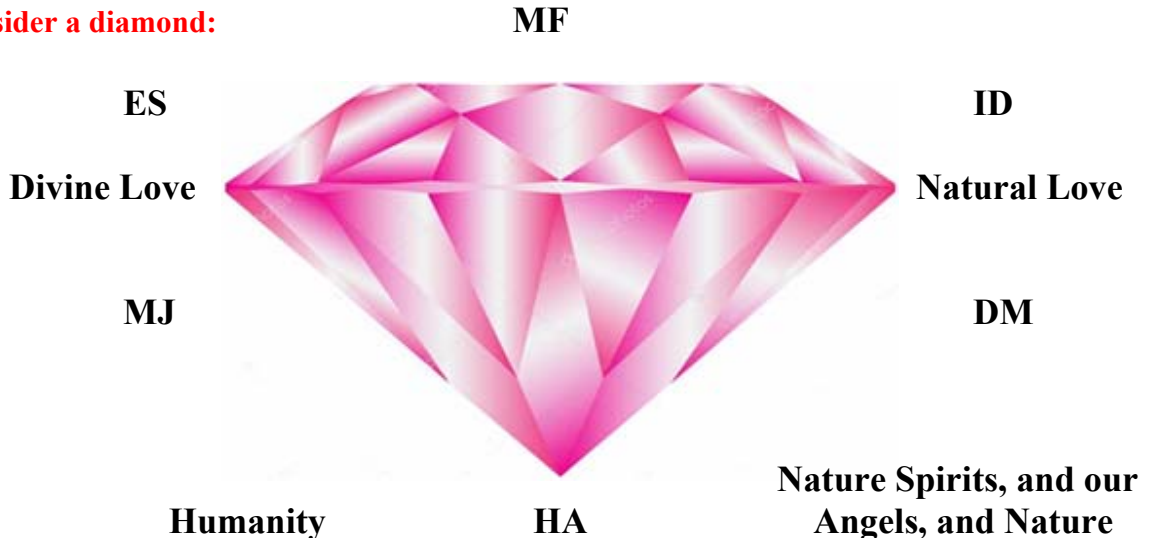
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

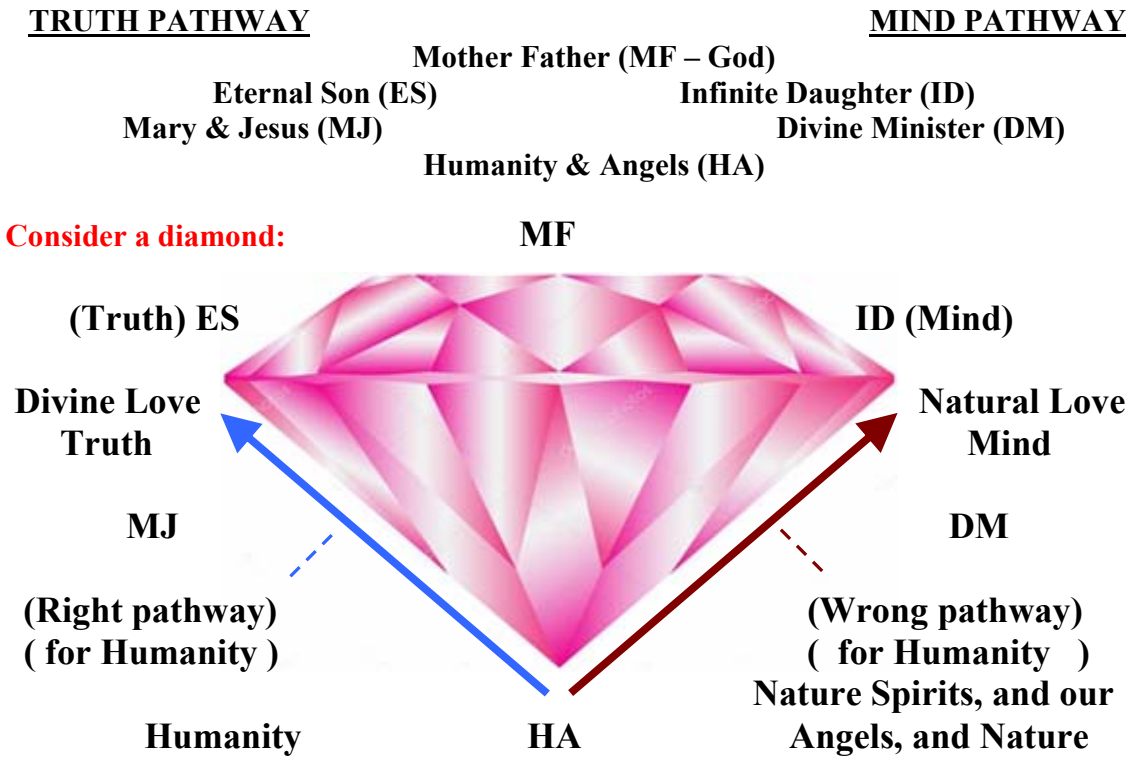
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

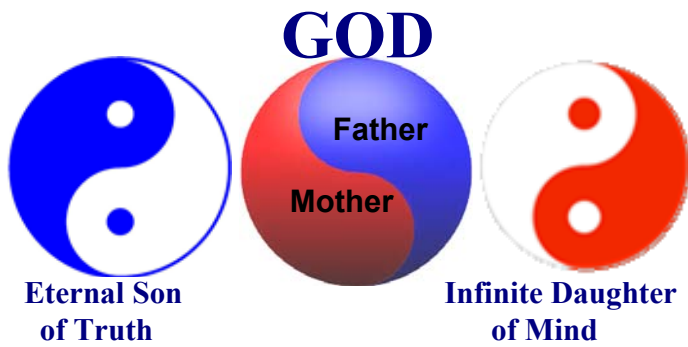
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



**CREATION of SOUL and SPIRIT:**

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

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

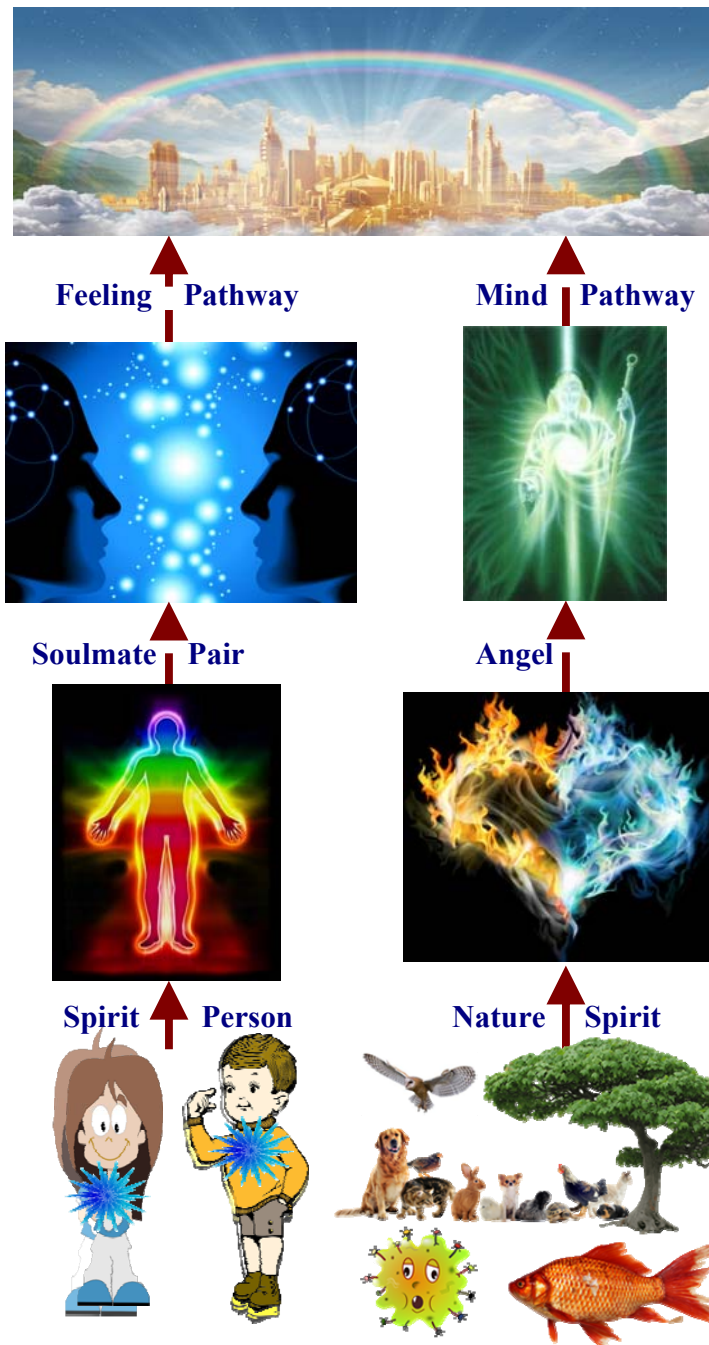
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.





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

(as given within the first century)

The Prayer for Divine Love

2 Dec 1916

I am here, Jesus

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

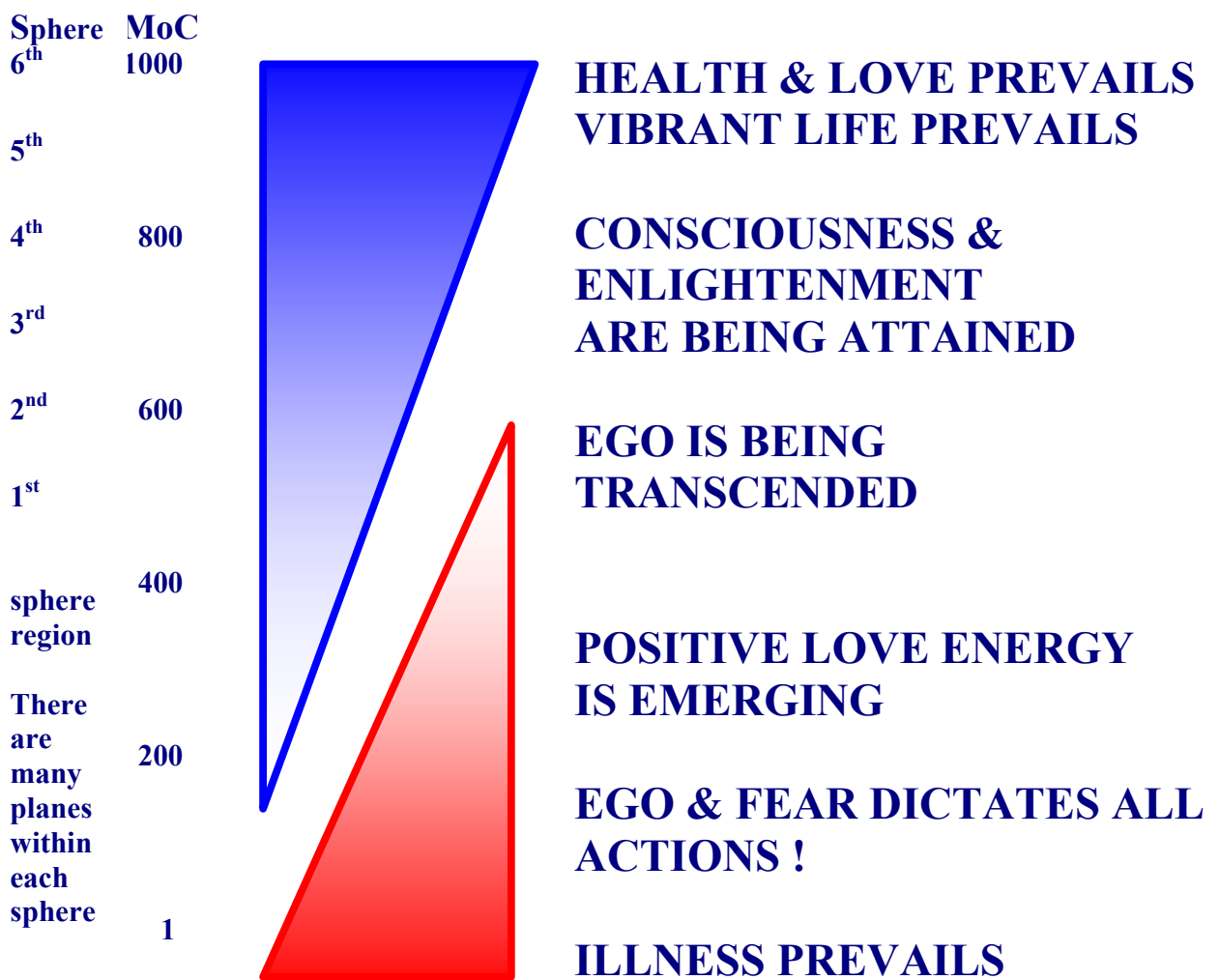
MoC



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

**“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”**

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 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 directs the non-profit Institute for Advanced Spiritual Research Inc. and operates 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.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, interbalancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”



#### P.55 Healing and Recovery

We can see how powerful the mind is, and one of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind.

Because I (Hawkins) had such a list of illnesses, I had to write them all down in order to remember them because half of them have been forgotten even though all of them last for many, many years. For example, I had a duodenal ulcer that was intractable (not docile; not easily dealt with). I was on all the traditional medicinal treatments and had psychoanalysis and a whole variety of things that began in medical school. Twenty years later, I still had the ulcer, and not only that, it was a different kind of ulcer that was making holes in other parts of my duodenum. It was threatening to perforate and haemorrhage, and it was creating recurrent attacks of pancreatitis. I also had colitis (inflammation of the colon) along with haemorrhage diverticulitis (within the colon). In fact, the diverticulitis was so bad that I landed in the hospital several times and had to have transfusions. I almost haemorrhaged to death with it.

In addition, I had migraine headaches that were intractable. Psychoanalysis had helped to some degree, and I had seen neurologists and famous world experts, but there was really no help for the migraines, which were ostensibly associated with many allergies. I was also sensitive to inhalants in the atmosphere. I could not walk into a place that had been exterminated within the previous couple of weeks because I could detect one part in one million in the spray and would react with a migraine headache.

In addition, I also had Raynaud's disease (a condition of unknown cause in which the arteries of the fingers are unduly reactive and enter spasm when the hands are cold), which was impairing the blood flow to my extremities, and I had threatening insipient gangrene of the fingertips, circulatory impairment of the hands and feet, and was cold all the time. On top of all that, I had gout and a high uric acid level. Of course, I was on a diet for that. I had gouty arthritis and carried a cane and medication in the back of my car. Can you imagine carrying a cane in the back of your car because when gout comes on, it happens very suddenly with pain that is very paralyzing? That cane was in my car for many years.

At the same time, I had severe hypoglycaemia (a deficiency of glucose in the bloodstream, causing muscular weakness and incoordination, mental confusion, and sweating). I could not eat sugar, sweets, or starches. So, in addition to all the allergies, the ulcer, diverticulitis, other gastrointestinal problems, pancreatitis, and occasional gall-bladder attacks, there were actually very few things I could eat. When I occasionally went to a restaurant, the only thing I could safely eat was lettuce in a salad. I could not eat the tomatoes because the seeds might aggravate the diverticulitis, which had required hospitalisation and blood transfusions in the past. I was also fifty pounds (23 kg) overweight.

From one end to the other, things were wrong with the gastrointestinal tract; the circulatory system; the digestive system; the hormonal balance; the blood chemistries, including elevated blood cholesterol and uric acid levels; and migraine headaches. All these things indicated stress and pressure within the central nervous system and impairment of the autonomic nervous system. Additionally, I had a pilonidal cystic tumour, which normally would require surgery, but it slowly disappeared spontaneously.

Late, I went into severe heart failure from undiagnosed Grave's disease (hyperthyroidism) for which surgery or radiation was prescribed, but I refused. Chest x-rays revealed a tumour in the apex in the right lung. The lung was biopsied, resulting in its collapse and pneumothorax (the collection of air or gas in the space surrounding the lungs). The biopsy revealed that the lesion was a form of aviary (bird) tuberculosis (non-communicable to humans). I refused to take the recommended \$10,000 per month's worth of five antibiotics, which had a low cure rate anyway. The lung lesion slowly disappeared with no physical treatment. The heart failure cleared up, as did the pneumothorax. The thyroid function eventually returned to normal without surgery or radiation. In addition to the above, the left thumb was amputated while I was doing carpentry work and was repaired in surgery without anaesthesia, as was a recurrent right inguinal hernia, also without anaesthesia. The chronic recurrent, intractable duodenal ulcers disappeared after three acupuncture treatment.

The various illnesses disappeared within differing periods of time. Some of them disappeared within a matter of days; some even disappeared within an hour. Others took months, and the hypoglycaemia took the longest, other than a blocked Eustachian tube that took two years.

All the above illnesses and surgeries were processed and handled as described by letting go of resisting in every instant, cancelling the belief systems, and totally surrendering to Divine Will. All healing was accomplished without narcotics or anaesthesia. The whole series of illnesses was consequent to karmic proclivities that were surfaced by intense inner spiritual work, which speeded up their emergence initially but later facilitated their seemingly miraculous healing and disappearance.

An illness is merely our consciousness calling attention to something that needs to be looked at. There is something about which we are feeling guilty, fearful, or other negative emotion. There is a belief system we are holding that has to be let go of and cancelled. There is something that has to be forgiven, and something within us that has to be loved, so we thank whatever it is for bringing it to our awareness.

We also have the power to say ‘no’ to belief systems that come from our family. Really major allergies ran in my family. My grandmother was allergic, as were my mother and sister. Everybody had hay fever and sensitivity to ragweed, dust, hay, and horses.

All illness is physical, mental, and spiritual, and therefore it is best to utilise all modalities to assist recovery.

How can one know if humility and surrender are complete? They are complete when one is indifferent to whether a healing occurs or not. That is the result of surrender to God at great depth and relinquishment of the desire to control or change the way things are. Become God reliant.

Instead of being ashamed that we are a spiritual seeker with a physical illness, we instead become thankful and say, “Aha! Something is coming up to be healed.” We want that capacity to bring up the various things to be healed; thus, it is a sign of progress, not of falling back. We can be happy that we have a chance to heal these things that, paradoxically, are actually brought up by major or rapid spiritual progress (i.e., karma). Most of the great mystics of history had records of many physical illnesses (e.g., see “Mystics” in Encyclopaedia Britannica).

(You could say that David Hawkins has been a mobile walking talking laboratory test experiment!)

Everything is interconnected.

**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.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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





## HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul

creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak words. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura,

your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make its way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3<sup>rd</sup> Celestial sphere): What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's

not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

**We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.**

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



# LIVE FEELINGS FIRST

27 March 2018:

**HEALING PROPERTIES of SUBSTANCES continued:**

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally.

You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to



stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

**WE EACH have a Nature Spirit pair, Spirit Guide pair, and an Angelic Pair:**

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about 'sharing' the same angels or guides or nature spirits, it is about you relating specifically to your 'own' ones because they are provided for YOU. It's all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it's the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it's more personal and private and 'JUST FOR YOU'. So we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain't going to be assigned to anyone else, so she won't be sharing herself around.

This is SO IMPORTANT to understand so that in future there won't be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their soulmate relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our Angelic pair continue with us for eternity.



**Feelings first**

Saturday, 31 March 2018:

## COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and ‘science’ people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** 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, 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, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people’s Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

**To liberate one’s real self, one’s will, being one’s soul, is begun by embracing 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.**

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



**in conjunction with**

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

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

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

**Library Downloads – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

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

6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I

NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



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

Consider visiting the Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Then Pascas Introduction Notes:

**Pascas Care Letters Healing Properties of Substances**

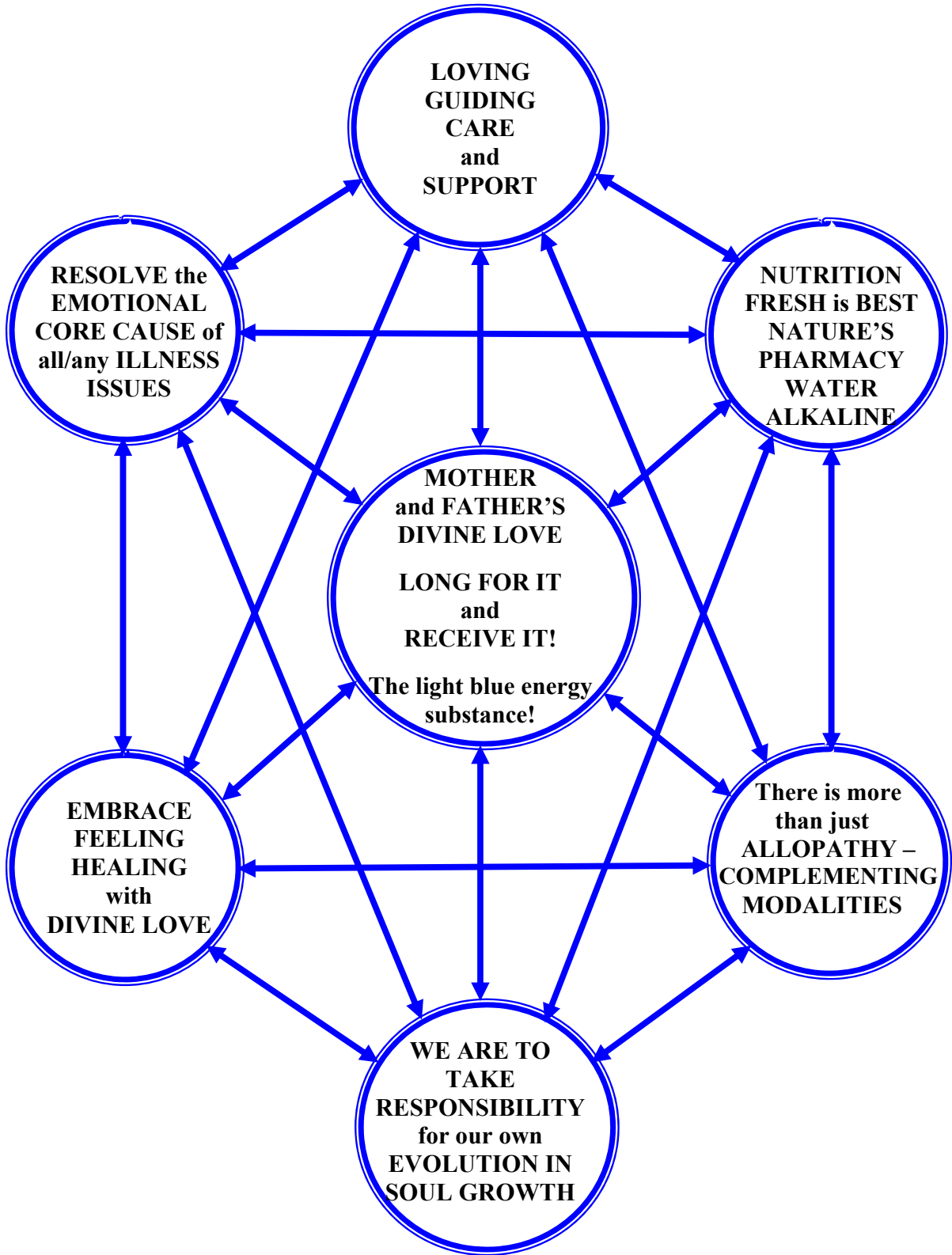
# Arvonal Revelation

- 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 Feelings First Spirituality, The New Way, 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!



# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



# PASCAS CARE

ALLOPATHY + 3 HALVES



Energy  
Medicine



Nutrition



Emotional  
Processing



Goals of Pascas Care are lead by our desire to:

**Treat the cause of illness rather than the symptoms, this is the focus of Pascas Care.**

**People look for miracles to cure disease which is  
ONLY the removal of the effect of the emotion.**

Further stated policy, Pascas Care – Kids of the World:

**The greatest gift for our children that we could possibly  
provide is to enable for them to grow up without fear.**



**Three Pascas Papers to review in conjunction with this volume are:**

**Pascas Care – The Truth About Cancer**

**Pascas Care – The Truth About Cancer – Complementary Modalities**

**Pascas Care – The Truth About Cancer – Exploring Pathways**



**Immortality with the Love.**

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

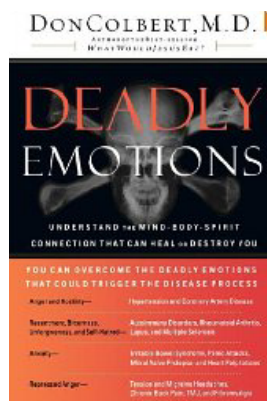
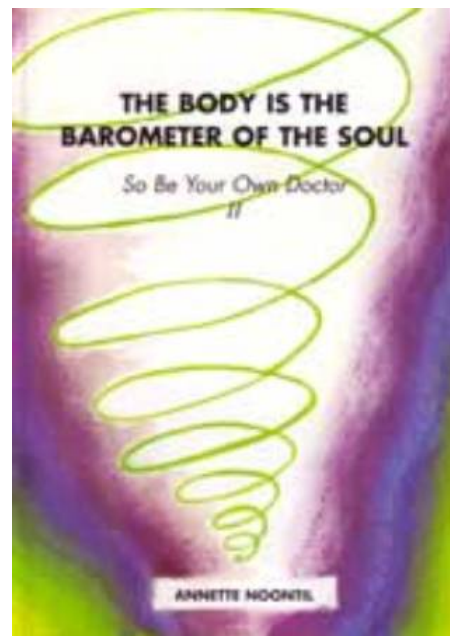
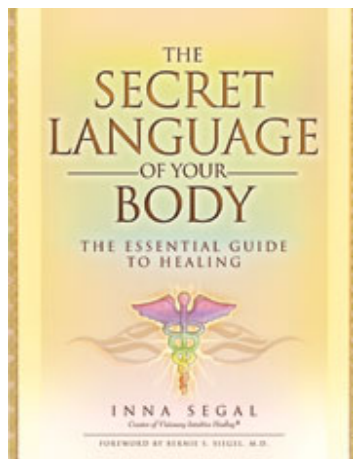
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

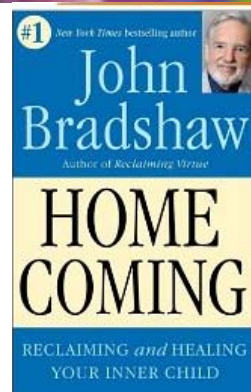
Also consider:

"The Secret Language of your Body, the essential guide to healing" by Inna Segal.

[www.innasegal.com/](http://www.innasegal.com/)



Deadly Emotions by Don Colbert.



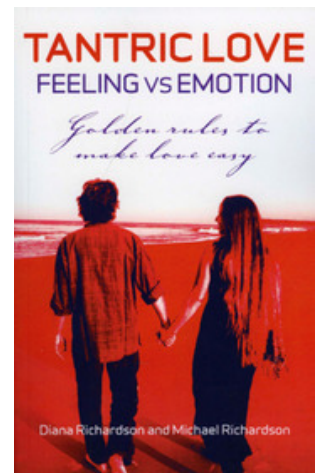
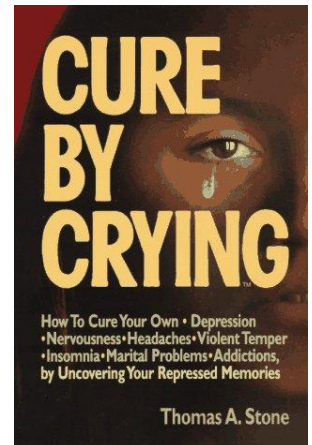
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



**I**n **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.

**Other recommended reading:**

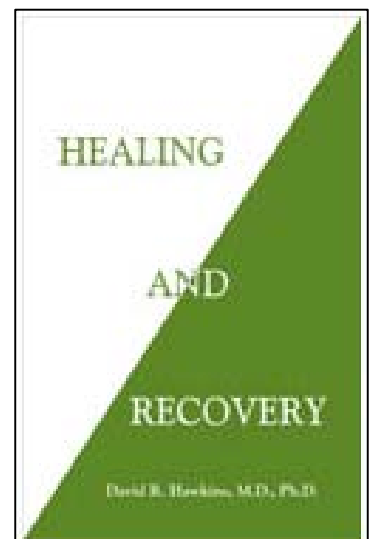
**The Book of Truths** – Joseph Babinsky  
 containing the Padgett Messages  
**Little Book of Truths** – Joseph Babinsky  
**The Human Soul** – Joseph Babinsky  
**The Truth** – Werner Voets  
**Through the Mists** – Robert James Lees  
**The Life Elysian** – Robert James Lees  
**The Gate of Heaven** – 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  
**Revelations** – Dr Daniel Samuels  
**Judas Messages** – <http://new-birth.net/>  
**Judas of Kerioth** – Geoff Cutler  
**The Richard Messages** – James Reid  
**The Divine Universe** – Zara Borthwick & Nicholas Arnold  
**Shining toward Spirit vol I, II, III** – Zara & Nicholas



In his book, ‘Healing and Recovery’, you will learn why the body may not respond to traditional medical approaches. Specific instruction and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one’s healing and recovery program is explained, along with how easy it is to incorporate them in the process.

Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life’s challenges without resorting to drugs, surgery, or counselling.

‘Healing and Recovery’ provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



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

Available generally from:

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

[www.amazon.com](http://www.amazon.com)

[www.bookdepository.com](http://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://dls spirituality.weebly.com/>

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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



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

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

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

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

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

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

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

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

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

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

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

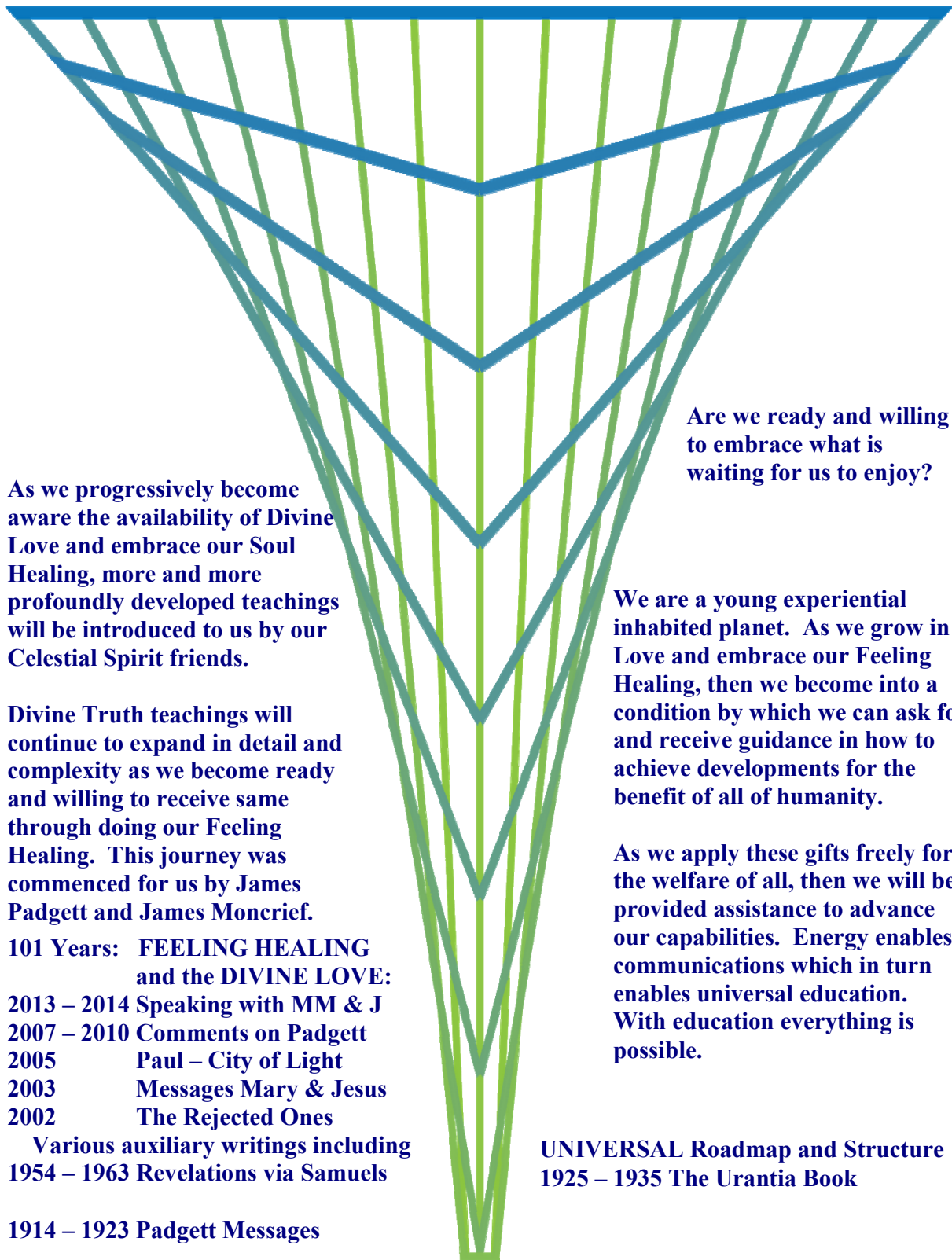
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

### Your soul is the real you!

**Visibility:**    **Body** –    **limited sight of colour.**  
                       **Spirit** –    **expanded visibility.**  
                       **Soul** –     **complete spectrum of colour.**



SOUL  SPIRIT BODY  PHYSICAL BODY  
 PERSONALITY

Prayer:                    is emotional exchange with God