

Divine Love Spirituality

Feeling Spirituality - looking to your feelings for your Truth

The only way to the Truth is through your own feelings

Living in the Feeling-Moment

Living true to your feelings

Living true to yourself

Uncovering the truth of yourself through your feelings

Using your feelings to spiritually grow - not your mind

Feelings leading your mind; not your mind leading your feelings

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Introduction: Why I want to write this book

I want to write an extended introduction to [Divine Love Spirituality](#); a book that covers the basic concepts one needs to embrace so as to live DLS. So someone new to DLS can gain some understanding of it, leading them to possibly have something of an idea as to whether or not it is for them. You can start here with DLS, then expand further on all the subjects raised by reading more in my free books, on my websites and on the DLS forum.

I have divided this book up into two major parts. Part 1 focuses on our feelings, the importance of relationships, and the personal side of our spirituality according to DLS; whereas Part 2 focuses on the technical side of DLS providing the 'bigger picture' and putting into context the need to do our Healing. And although both aspects might not interest everyone, they are both highly relevant together making up the feeling (truth) and mind (understanding) parts of DLS, together both parts being as 'spiritual' as each other. So please don't dismiss one part as not being spiritual or spiritually helpful because it's not what you're interested in, as both parts are needed to complete the whole picture and to ensure ones spiritual progress - ones soul ascension in truth.

However having said that, really if you simply want to get on and heal yourself of all that's wrong with you by looking to your feelings, then it will be the first part that is of more importance to you. (Also see [Feeling-Healing - you can heal yourself through your feelings](#) for examples of people doing their Healing. See the index at the end of the book.)

Divine Love Spirituality

is a modern spirituality based on new revelation from spirit

And is part of

The Religion of Feelings

Heavenly Mother and Father;

please help me see the truth of my feelings;

please help me see the truth of myself *through* my feelings.

And please help me to see the truth of my unlovingness, so once the truth of my wrongness has all come to light, then I can start to see the truth of being loving.

And please fill my soul with Your Divine Love.

Our Difficulty

As a new person coming into life, right from our first moment we are asserting ourselves seeking to be the independent personality that we are. And instead of being lovingly welcomed into life, we are met with harsh unloving resistance, which thwarts our natural true self-expression making us learn how to be false and untrue so as to deal with, cope, and survive, in our family with our parents. And all of this rejection, their showing and telling us that they don't want us to be how we want to be, makes us feel powerless and scared, then needing to use our mind to try and overcome such fear and regain our lost power. So we wrongly empower our mind pretending we are not scared of feeling powerless, all of which causes all our problems and difficulties in life.

To heal ourselves of our powerless, rejected, unwanted and unloved state, we need to be the loving parents to ourselves that we never got. And this we can achieve by doing our Healing; which means, by allowing ourselves to feel all our pain. We allow the pain to come up and out of us as we accept we are feeling it, no longer trying to deny and keep it suppressed within us; and as it comes up and out we see why we are feeling it, what it was in our relationship with our parents that caused it. And as we see through our feelings, and not just with our mind, we grow in the truth and understanding of how we are.

And then when all our pain has finally come out, we will be free of it, and free of our falseness, no longer feeling scared and powerless. Then we are true and healed, being the independent individual we were meant to be had we had loving parents. So our accepting all our negative unlovingness and bad feelings by allowing ourselves to fully feel them, then our expressing them out of us, all whilst wanting to see the truth of why we are feeling bad, is loving ourselves, as if we are being the kind and caring parent to ourselves, who is the hurt and suffering child.

And once all our pain has come out and the truth of it seen and felt, then are living true to ourselves and just how God has created us to be. We are then the truly spiritual being that we are meant to be, free to keep growing in truth through our feelings. Free to love and feel loved, being all-loving. all-accepting of ourselves and everyone else, unconditional, just as God is.

So simply: We are untrue, because we don't live true to our feelings. To become true, we need to do our Healing. Once we are true and living true to our feelings, we will be as spiritual as we can be.

Part 1: Personal feeling aspects of DLS

Divine Love Spirituality

What is it?

It's a newly revealed contemporary spirituality that focuses initially on healing all that's wrong with you by looking to your feelings for their truth, all as part of and in preparation for, getting on with your ascension of truth to Paradise.

How did it come about?

I developed it through my yearning for the truth of myself, the truth of my soul, and the truth of God. I wanted to know what was the best way to spiritually evolve my soul and how to live the Will of God. I drew upon all that felt right to me as I longed to know the Truth; I met Marion who introduced me to looking to my feelings to help uncover my truth, and I wanted to make available all I discovered framing it as Divine Love Spirituality for other people should they be interested in the same approach or 'Way' that I'm living.

About me

I was 'educated' at a Church of England Grammar School in Melbourne Australia. I hated it as I hate anything to do with formalised religion. I feared God but managed to ditch Him in my final years of school fed up with this wrathful God that was always looking over my shoulder making me feel scared of doing the wrong thing. I liked Jesus, I had no problem with him, but a loving God...?

(Through my Healing I have come to understand that I was projecting my parents onto God, I was scared of them, not God, they were the gods of my young world, as God at that time I didn't know personally.)

At my first Saturn-return my life changed track from that of trying to 'make a go of it' in the financial markets (of which I was a complete failure), to that of trying to work out why I was unhappy and always so scared. I was introduced to channeled books from spirits thinking that surely these spirits being further on and more advanced than I, would know all the secrets there was to being happy, getting rid of my fears, and spiritually

growing.

I read a book that helped me meet my 'higher spirit guide', who turned out to be called Zor. I found I could speak with the spirits and Zor schooled me through the New Age as I read other channeled books.

Some years later I read some of the Padgett Messages as presented in *The Angelic Revelations of Divine Truth*. These spirit 'messages' changed everything. I started longing for the Divine Love, Zor said his work with me was over, and I was introduced to other spirits who were to help me through the next phase of my spiritual life, which turned out to be what I call my 'Healing'. And I'm still doing my Healing as I write this book starting my second Saturn-return.

I had no idea about any of what is below before I started to wonder why my life wasn't going as I wanted it to, and mostly I wasn't interested in the personal feeling side of life, being so unaware of my feelings. Divine Love Spirituality is entirely a result of my Healing.

(I have included a more comprehensive spiritual biography at the end of the book. Also I want to say that none of this would have happened without Marion. I couldn't do my Healing without her; and without her, I'd have never known it was something I needed to do. She has led the way in our spiritual growth and I will be forever grateful to her. So without her DLS would not have eventuated, even though she is not directly involved in it. DLS is entirely my own creation.)

Why is it needed?

DLS is a spirituality that is all about putting Feelings First, all so the Truth can then be found through them. Understanding that we are to find the truth of ourselves, life and God through our feelings. It is the very opposite of every other religion and spiritual system that puts the mind first denying many feelings. DLS does understand the mind is still a vital part of us, needing it to understand what we are feeling and helping to put into context the truth that results from uncovering it through our feelings, but it is concerned with allowing our mind to function as it should, and so in support of our feelings, not dominating and seeking to control them.

So DLS is needed because there is no religion or spiritual belief system currently available that focuses heavily on one's feelings as the way to spiritually progress. And without

looking to your feelings to spiritually progress, you can't spiritually progress, you can only delude yourself that you are by using your mind. All the existing old and new religions and spiritual systems have been evolved with the mind in control, DLS seeks to shed this control looking to feelings instead. So there is no spiritual or religious system that will help you completely heal yourself of all that's wrong with you. All that's currently available, whilst seeming to offer help and even change you for the better, will take you further into your wrongness. DLS will stop that.

There is a vast difference between DLS and anything else. If you want to keep going as you are living untrue to yourself, your soul and God, then DLS won't help you; if you want to change and live true to yourself, your soul and God, then DLS is the ONLY way you will achieve it, despite what other systems claim.

Without DLS nothing will really change for you the individual or for humanity as a whole, it will just be more of the same that's been rehashed time and time again. DLS will set you completely free of your self-denial, your denial of feelings, your denial of truth, and all unhappiness. DLS is the: New Way.

If you sincerely want to spiritually grow in truth, then DLS can help you. If you want to continue to expand your mind in the misguided belief that the mind is the way and you are getting somewhere in your spiritual growth, then DLS will do nothing to help you.

Can it really help you?

If you sincerely want to uncover the truth God wants you to see about yourself, and are prepared to do this by looking to your feelings, then, yes, it can really help you. As to how much it can help you, well that's up to you. If you want to completely heal yourself and begin your ascension of truth to Paradise, then it can help you a lot.

And you can begin living it whenever you want, committing yourself to however much you want to do it. You can begin now at any time in your life, or wait until you are in spirit. And you can begin now, and complete your Healing in spirit, should you not be able to complete it whilst on Earth.

And you can't live DLS without doing your Healing. However doing your Healing is only the first stage of DLS. And once you are true and free of your untrue feeling-denying mind controlled way, you can happily and lovingly continue living DLS forevermore.

What can you achieve by living it?

You can heal yourself of all that's wrong with you, this including all levels to do with the will, spirit, mind, feelings and psychic level - those uniting the mind and feelings, and the physical. So it will help you heal all your spiritual pain and suffering; all your mental anguish, erroneous beliefs and unloving behaviour; together with healing physical illness, disease, and any other dysfunction, such as not being able to truly and freely express all of yourself, all of your personality, limiting the depth of your relationships.

You can begin your spiritual ascension of truth. This being done as you start uncovering the truth of yourself through your feelings. And I repeat this, as most people don't have any idea that we've been created to spiritually grow or ascend in truth to Paradise, which is the Home of God, and there to meet with God in person, this being the first major 'leg' or stage of our existence in Creation.

You can also by Healing yourself, become wholly loving, happy, true, feeling you are beautiful and feeling very good about yourself. These being all genuine feelings and not with any ego contrivance from your mind. And by Healing all that's wrong within you on all levels as mentioned above, so you are healing your soul. And that is all assuming you feel there are things that are wrong with you, aspects of yourself that need healing. And if you don't feel bad about yourself and your life in some way, then I guess you wouldn't be reading this and looking for an alternative spiritual way to consider. DLS can provide you with all the answers you seek, it's astounding, as it really does; and not only that, but provides you also with the necessary questions to ask that would never have occurred to you to ask, along with the answers to those questions. However many of the answers will be hard to face and accept. If you feel you've got to the end of the road having tried all you can and still you feel unhappy and unfulfilled, still wondering what it - yourself and life - are all about, and still wondering why you feel bad, then DLS will give you what you need.

You can live a high (the highest), true, spiritual life through DLS, that being the life of Celestial Truth, all once you've completed your Healing. And assuming your complete your Healing before you die, when you die you'll move into the Celestial spheres, there to continue your spiritual advancement. And if you don't complete your Healing before the end of your life, you can at least begin now continuing on in spirit; or, if it all seems too hard to even begin your Healing, you can at least become aquatinted with what's involved with it for when you feel up to starting it, even if that is to happen in your new spirit life.

What are some of the main principles of it?

To long with all your heart and soul for God's Divine Love.

To long with all your heart and soul for the Truth.

To want to do your Healing, understanding that you are living an untrue life, and that your Healing involves looking to your feelings for the truths you need to see about yourself.

That you are a child of God, and God loves you, even though God made you start life on the wrong foot so to speak; then God wants you to Heal all that's wrong with you so you can get back onto the right foot.

That your FEELINGS are the key to your Healing and spiritual growth. Not your mind. That your Healing, as I call it, is the real beginning of your true spiritual growth (which is why I will focus on introducing it and feelings in the beginning of this book); that all else prior to your Healing beginning is only making things worse for you, despite what you might believe to the contrary.

Why is it different to all other religions and spiritual systems of belief?

It's different precisely because it is not a religion or spiritual system of beliefs, like all other religions and spiritual systems are. There is no: you must believe this or else! It's not about beliefs of the mind; it's about the Truth of your feelings. It's about living true to your feelings, not living by being controlled by your programmed beliefs and behaviours. It is not about being obedient to the tenets, strictures and fixed dogmas of a man-made or even supposedly God-made system. It is not about a system. And if you are one of the obedient faithful doing strictly what you have learnt to do, then God will be happy with you. That is simply transposing your parents and family structure on your religion, with your religion or spiritual belief system taking over the control of you from your parents, so your religion now controls the way you think, even telling you how you should feel. This all being highly manipulative and mind controlling, limiting and even denying you true spiritual growth. And with DLS, there are no middle men or women standing between you and God and getting in the way. There is only yourself and your personal relationship with God - and all through your feelings. And you will Heal yourself; no one else will heal you. You have to find out the truth of yourself, the truth of your soul and the truth of God, ALL through your feelings; and you can, as it's all within you waiting to come out through your feelings.

It is also very different as you come to understand that looking to your mind is all part of our wrongness, and it's not going to help you spiritually in the long run, it will only lead

you further astray or further from your true spiritual path - further from your true self. So DLS is about letting go the control of your mind by looking to your feelings. It's about choosing to live a Feeling-Led life as opposed to a Mind-Led one, and there's a huge difference. And for a very long time, the whole of humanity - everyone other than Jesus and Mary Magdalene, and irrespective of spiritual practices or religious beliefs, have been living advancing their minds control over themselves, which is why things are not right with so many bad things happening all the time. You are going the wrong way, and DLS will bring you back to the right way.

In short, there is nothing remotely like Divine Love Spirituality.

What is being spiritual - and how do you be it?

The spiritual cliché: being yourself is being spiritual, is true; although it has to be your true self. And as we're all living in an untrue state, unbeknownst to us we are trying to be as untrue as we can be, whilst wrongly believing this is being true and spiritual. So by looking to the current religions and New Age alternative systems of belief, you are mistakenly believing you're being as truly 'spiritual' as you can be, when in fact you're being the very opposite. So such systems of misguided belief are not going to get you very far in the end. If we can be our true selves, then we'll truly be spiritual. But what exactly is being our 'true self'? And what it is, is being able to freely express all of yourself in life; which means, free to express ALL your feelings, all your good ones AND ALL YOUR BAD ONES. And I say again, and most importantly, all the bad ones, that can't be stressed enough. And that is mostly expressing by talking about all you feel and not necessary acting upon them all. It's about fully focusing on them, being true to them - which is true to yourself as your feelings are yourself; expressing and talking about them, so they come out of you, all so their truth can be seen - the truth of why you're feeling them. And by expressing them you are allowing your soul to freely express you - one if its two personalities - in Creation (the other being your soulmate). And that is being truly spiritual, as your feelings will then naturally evolve or advance you in truth. And growing in truth is what we're all about. We should, through our feelings, be able to uncover the truth we are to see about ourselves, the world about us, each other, and God, in each experience we have. And along the way, all such questions as: What is life all about, What is my true purpose, What is the right way for me to live, Who am I - how can I find out; And, How can I fill my unfulfilled longing, How do I live true to myself and true to God, How can I truly make myself be happy and loving, How can I heal all my pain, hurt and suffering, will be answered. The answers coming up within you as your truth, the truth of how you will express yourself in life.

Through Divine Love Spirituality, I have started to answer these questions for myself and from a spiritual perspective. And so what truth comes to me through my feelings becomes the platform upon which I live - how I express myself in life. So my truth becomes by own personal guidelines or 'laws' that I live, helping me connect truly with other people in life, all so I can get the most out of the relationships I have, all so I can feel the most love possible and be the most loving I can be. And all through my feelings and not with my mind.

So being Spiritual is merely expressing all you feel, and living the truth that comes from those feelings, it all being guided by your soul. And so, if in some way you are preventing yourself from expressing all you feel, thereby denying yourself truth from those rejected and unexpressed feelings, then you are not growing spiritually as you could be. To deny any feeling leads you to denying yourself truth, which means you are denying yourself your full expression as a personality of your soul in Creation. And this is very important. For it means, as you will not be expressing yourself fully in your relationships and interactions with people and creatures, even with God, then you'll not be getting the most of such relationships, you will be dysfunctional in them, denying them as you are denying your relationship with yourself. And irrespective of what you may believe or have been told, as we are all conceived into families that force us to deny some of our feelings and hence the truth resulting from them, so we are also brought into untrue relationships, unable to freely express all we feel, so unable to grow and evolve as we should. And this restriction or denial is what causes us all our problems, it's the root of all our suffering. It is why we get sick, why we're in pain - why we suffer. You are unwell because you are untrue; you are untrue because as a child you were forced to leave your true self and become something of a false one. And because of that you are denying yourself expression of many of your bad feelings, so are denying yourself the truth they would show you about yourself - about your problems and suffering, so you are not growing spiritually.

Being spiritual is not about doing some sort of spiritual practice or being involved in a religion adhering to certain beliefs. That is all irrelevant and a mind distraction. That is all distracting your mind by making you believe it's the important thing, all whilst helping you continue in your feeling-denying ways. So with your mind so heavily in control as you believe you are being spiritual and advancing spiritually, you are actually doing the very opposite and inhibiting your true spiritual growth by tying yourself up in your bad feeling suppression denying yourself the truths that would liberate you from your mind control

allowing you to perfect your self-expression so you can have perfect relationships with yourself, other people, your partner, family and children, your pets, with God. So through DLS, as you work to end your feeling-denial, so too will you end needing to fill your mind with such feeling controlling beliefs and behaviours, most of which will lead you to see, from the very truth that comes to light from your own feelings, that your so-called spiritual or religious approach has in fact been detrimental to your spiritual growth, and not how you've believed it has been. It has been a hindrance more than a help, something that will need to be got rid of, shed, cast aside and moved beyond, all of which will come through the truth from your feelings.

Because of our indoctrination through our childhood and later in adult life, we've all been made to make our mind be the most important part of ourselves. We've been made to empower our mind at the expense of many of our true feelings. We've even been made to use our mind to control much of what we feel; how many times do you hear: it's 'mind over matter', which is really, mind over true feelings; and things like: 'you can create your own reality', which means, you can use your mind to block out certain bad feelings that you think will stop you doing what you want to do, replacing them with good 'empowering' feelings that your mind will sustain. That you have to 'think positively' and 'look on the bright side' all of which is to stop you from having what you have been wrongly made to believe are certain bad feelings. And yet it's within these bad feelings, the very ones your mind has been trained since conception and right the way through your childhood to deny, with such self- and feeling-denial firmly entrenched in you, that the very truth is to be found for you to grow spiritually. And until you end such mind control, you'll remain forevermore deluding yourself that you are spiritually advancing, when all you're doing is at best advancing your mind's control over you, remaining shut out from the very truth within you that is waiting to liberate your soul into living freely through its full feeling expression. And so because of this, as you will read further, you will see why there is such a heavy emphasis on allowing yourself to accept ALL YOUR BAD FEELINGS, and how vital that is, so as to allow yourself to uncover the truth such feelings what you to see about yourself, all of which is setting yourself free of your truth-denial, and allowing you to be as highly spiritual as you can.

And so being spiritual, your main focus will come to be wanting to be able to perfectly express all of yourself in life. So you know you are having perfect relationships, that you are connecting perfectly, that nothing is standing in the way of your spiritual growth because you are no longer denying any part of yourself. You are no longer denying one feeling, you are embracing them all, all the good and bad equally, and you are wanting to

uncover the truth of them within yourself. And the truth will surface of its own accord, and you'll feel yourself advancing your soul in truth. And along with your truth, so too will you grow in all the positive attributes of yourself, you'll grow in self-love, and so in love for all others and God, you'll feel better and better about yourself, and all from true feelings and not from the ego of your mind. And you'll feel happier and happier as your relationships thrive, and better and better and more confident in your self-expression, and so your life will flow along properly. You'll remain humble by living true to your feelings, and you'll be able to experience all the joys of life. And while you work to reach this level of truth, so you will be healing yourself of all that's stopped you from being this way, as you would have naturally done being a child, had you not been so heavily interfered with by not being allowed to freely express all you felt. And so will all the hidden causes of why you have suffered and been in pain, come to light, all as you realise such problems are the result of you not being able to freely express your whole personality as your soul has wanted you to. So such problems and self-rejecting and unloving behaviour will leave you, leaving you free of all fear, worry, misery, sadness, hurt, depression, anger, rage, hatred, guilt, jealousy, envy, confusion and madness, free of all your comfort-addictions, free of all sins and errors, free of all evilness, with all your bad feelings lessening and then finally leaving you. All as you'll come to see, with them being within you only as a result of your unloving and negative parenting and childhood influences.

So eventually once you've fully Healed yourself, you'll be the true, full and perfect person God created you to be, the full true and perfect expression of your soul. And you will be spiritual. You won't have to do anything to be it, you'll just be it, being the truth you are growing in as you continue to look to your feelings for more truth. And your feelings will always, for the rest of eternity, lead you to more truth of yourself, Creation and those who Created you, God, your Heavenly Parents, the Mother and Father of your soul.

The religion and spirituality you will live, should it require a name, will simply be the Religion or Spirituality of Truth. Or: **The Religion of Feelings**. (*For myself I call my spirituality, as I live also longing for and receiving the Divine Love from my Heavenly Mother and Father - Divine Love Spirituality. And you are more than welcome to use that name if it appeals to you fitting in as part of your truth.*) It will be your own personal religion and spirituality of truth. And the truths you live will be the same truths others who do their Healing will live, so you'll be able to relate to each other on the level of truth you are at, freely able to share and express all you are feeling about yourself and the truth you are living. So there is no need for a religion or any middle-man, just you and your feelings, it's all already within you, and all you need to do is let it out through your feelings longing for

their truth.

What is the Truth of Evil?

Evil is untruth, anti truth, unloving, anti love. And although this might be hard to accept about yourself at first, you, just as we all are, are untrue, unloving, and so evil. And even if we feel loving or true to some degree, still we're to find out for ourselves, each in our own way based on our own living evilly, untrue and being unloving, the truth of our evil state, and finding out such truth all through our feelings. We are to find the truth of evil within ourselves, so what it feels like to feel like you don't want to exist, feeling like you're being annihilated, extinguished, crushed out of existence - such terrible feelings of feeling so unwanted and unloved; meaningless, powerless, you don't matter, you're no one, you are hated - you are the Evil One. And then what it feels like trying to ignore, dismiss, override and pretend you don't feel such bad feelings; that you have power, that you are not a miserable wretch, that you are loved and wanted. But such 'good' feelings are all what we keep 'alive' using our minds, telling ourselves we're not really that bad, we're good, not wrong, we're nice, kind and caring, we're not a murderer, someone who's full of anger, jealousy, rage - hate, when really possibly hidden deep within you, you will find the truth of why you feel bad in any way, all of which will lead you to uncovering the truth of your unloving untrue negative state of being.

So you are to uncover the truth of the causes of why you are as you are, good and bad. With, as I've said, the emphasis focusing on all the bad bits of yourself and your life and how they make you feel - all your bad feelings.

Our Problem

Living untrue to ourselves

Since conception and right the way through our childhood, we've all been made (and unless you are a child of fully Healed parents there are no exceptions) to live untrue to ourselves. To become false. To live with our mind in control of many of our feelings. And this means to live against ourselves, to dishonour ourselves, to go against our soul and our feelings that would naturally lead us to the truth of our self. And by going against ourselves, so too are we going against God, despite what regular religions might say. And because we live untrue to ourselves, so we are unhappy and feel unloved. And those people who say they feel happy and loved are not as yet in touch with those elements of themselves that feel unhappy and unloved, which will be there somewhere hidden away inside them.

The False Self

Our soul wanted to bring us into life in a certain way, however our parents got in the way of our soul taking over from it saying they knew what was best for us, that being better than our soul knew. And because of this negative unloving interference, we've been turned against ourselves, and have become false.

We're all false. Are some people more false than others? - possibly, but it doesn't matter because we all start off becoming false, and have to at some point heal ourselves of our falseness. This we do through our Healing.

If you don't believe you are false, then you're in for a rude shock. If you know you are but don't know what to do about it, DLS can help you. If you remain open minded to the notion and see what happens as you progress in your spiritual life, then the truth of you being false will slowly dawn on you.

At some point we all have to accept we are false. If you can accept it now, you are in a good position to truly help yourself. Facing up to and admitting, and then seeing all how you are false, is not good - yet not much about doing your Healing is feel-good stuff, and in fact, it's the very opposite.

Our world is all wrong because we are all false. We continue to have wars and be unloving to each other because we are false and untrue. If we were all true and all-loving our world and how we'd live and relate to each other would be vastly different, which I think you'd agree with. But we can't change or heal the world until we first change and heal ourselves. So we have to uncover the truth of our being wrong, untrue, and so false.

And we uncover that truth through self-acceptance, which is true self-love, by accepting our negative, unloving and untrue state by accepting all our bad feelings. And as we accept them, we bring them out of us by expressing them, this helping us accept we are this way because we feel we are. And the more true we be to our false state, which means, the more we can accept being as we are by expressing such feelings and longing for the truth of them, then gradually our bad feelings leave us, the truth remains in their place, and we change from being our untrue, unloving and false state into being true and loving, and we are Healed.

Do you feel completely loved and happy?

Do you feel absolutely thrilled by life in every moment with nothing going wrong, nothing

to make you feel bad, feeling completely loved and happy all the time? No? And why not? Surely we should, don't you think so? Many people believe the human condition on Earth is tough, full of trials and tribulations and often a lot of suffering, with some happiness and love thrown in if you're lucky, and so don't believe you can live in a state of perfect happiness on Earth. But we can, but only if we live completely true to ourselves. And to live true we need to do our Healing. So, do you want to be happy and feel loved and be loving, all from your feelings without any part of such things being contrived by your mind?

We can only know ourselves and not another person

We project onto other people and creatures: A dog crying makes me feel bad - why, what is the truth my bad feelings are trying to show me about myself? I am projecting onto the dog; the dog, who is really me, is being treated cruelly, so I feel bad for the dog, so really I feel bad for myself. However as I can't openly accept this about myself, I have to use the dog as the way into myself by what's happening to it that's making me feel bad. The dog is helping to bring up bad feelings in me that I'm refusing to accept and express, ones that are connected to my repressed childhood bad feelings - the very same feelings. So it's me who is feeling cruelly treated by my parents and carers, just as I see the dog being unlovingly treated by its 'parents' and carers. The dog has helped me to feel bad, all so I can uncover yet more truth of myself about such bad feelings. And really it has nothing to do with the dog. We can only fully know ourselves and not another person; we are to know ourselves through our feelings, even though we might project and transfer such feelings onto someone else. It's for the other person to know themselves through their feelings.

And as we come to understand about ourselves, as we seek to heal ourselves through our feelings, we see our mother and father in everyone, we project them onto everyone, even onto God, fearing or loving them as we feared or loved our parents, even with love we have within our unloving untrue states. And it's a horrible feeling to suddenly wake up to the truth that your partner is really just like your mother or father, or a compilation of them or someone else who was prominent in your early life. And you are relating to and behaving with your partner in so many ways just as you did with your parents. And that nothing has really changed, even though you thought it had, having left your parents and making your own independent life for yourself with your own career and family. That you are still the same little person as you were back then, still having the same bad feelings, still denying them so you can cope as you were made to back then, still not wanting to face the truth as you were turned away from it back then. It's all incredible, and our feelings link it

all up, connect us back with every part, with every feeling we felt back during our childhood, thereby showing us just how important our childhood was, and every feeling we felt in it, and in particular, all the ones we weren't allowed to freely express.

So as an adult, as incredible as it is, every bad feeling you feel now is how you felt as a child. So if you feel bad now as an adult, as you work to express your bad feelings longing to uncover their truth, you come to understand that how you feel now is how you've always felt, it's no different, it's the same as you felt as a child. So you can reconnect with all your early childhood feelings now as an adult, because all the feelings are the same, even though what you're doing on the surface in your adult life will not be same as what you did as a child that caused you to feel them. So as adults, and mostly unaware, we cycle endlessly through the same feelings we had during our childhood, and we do the same covering up and rejecting of such feelings as we did back then. The patterns were set, as if in stone, through our early life, and we can't change them, that is not until we bring the truth of them to light through our feelings. We don't understand that bad things happen to make us feel the same bad feelings we've always felt - that is our pattern. We do all we can to stop whatever is making us feel bad, however other bad things will keep happening, all until we stop and focus on those bad feelings and use them to 'go back' in our childhood and understand the truth of what really when on. And as the truth of why we felt bad back then comes to light through our feelings, and not through mental examination or guess work or any other therapy or exercise that uses the mind, then we'll be set free of them.

Bad feelings

Bad feelings for the most part are a problem for us. Who wants them? Some people might say they do for a moment, but not when there in the thick of them. We all want to feel good and happy, yet often we're plagued by bad feelings. How many bad feelings do you feel in day, have you taken that much notice of yourself and your feelings?

And how many bad feelings do you start to feel but quickly stop yourself, using your mind by saying or thinking such things as: don't dwell on the bad stuff, cheer up, you'll be all right, you'll get over it, think of something nice, go to the movies, shout yourself a night out, get pissed, have sex, take drugs, eat some sweets, go to the doctor - more pills, have the operation, because: Why make yourself feel bad or worse when you don't have to?

We all have bad feelings. And if people don't, then good luck to them. And we all deny many of our bad feelings. The denial of our bad feelings is crucial to Divine Love

Spirituality. Because it's within these denied bad feelings, those feelings we don't want to feel, that is contained our way out of the bad feelings, the way to actually heal ourselves of their causes - the truth of why we're feeling bad.

So our bad feelings are not really our problem, although many people believe that if only they could rise above them once and for all, then they'd be free of them and free to finally get on with their real spiritual growth, their bad feelings annoyingly preventing them. This being why the religions and so-called spiritual systems like the way to Enlightenment specialise in bad feeling denial. However life keeps providing the obstacles, always more things to make you feel bad. No sooner than do you have a good run relatively bad feeling free, then something happens and wham you're slammed back down into them. DLS is about going with them, into them, even wanting to feel bad, allowing yourself to fully feel them, expressing them, seeking their truth, and not trying to escape from them.

Having power over another person or creature

We are not to use our feelings to have power over another person or creature. When we grow up our parents are the gods, and our family and other carers are the world. As adults we try to replicate our early world, even if it seems like it's the total opposite from what we had during our forming years. But we replicate it on a feelings level, not outwardly in material things. And within our world we try to make everyone be in it how we want them to be, all based on how it was for when we were young. Your parents had power over you in all sorts of ways, and so you too will want to have the same power, so power over your children or other people or pets and nature, and even God, in the same, similar or even which might seem to be totally different ways. Through our Healing we come to understand why we need such power as we get in touch with our feelings of feeling powerless, the very same feelings our parents and early environment made us feel. And understanding the truth of such power needs, so we find we no longer need to behave and act in such power-getting ways. We are to express our natural power, which comes through our Healing, instead of the mind-contrived power we needed to help us survive in our lives with our parents.

Our childhood sets the pattern

What happened to you from conception, through your forming years, and then on through the remainder of your childhood, has formed you. As an adult you are continually repeating the patterns formed through your childhood. However this might be hard to see, but you will uncover all such patterns through your Healing, and you will be amazed at just how much you are still the child repeating the same patterns. Nothing

within you really changes until you do your Healing through and with your feelings. You'll only be shuffling the deck around deluding yourself into thinking you are healing and making good progress, if you are not using your feelings to uncover the truth of why you feel bad.

God wants us to experience no love

As hard as it might be to accept, because God has created everything, including all our pain and suffering, then it must follow that God also wants us to experience what it feels like living in an untrue, unloving state of wrongness. So God wants us to be evil. It can't be any other way. And God wants you to be evil, until God wants you to change and heal yourself of your unloving feeling-denying state. God incarnated us into the lives of our untrue parents. God incarnated our parents into the lives of their untrue parents. So it was the same for their parents and their parents before them, and all the way back to the time when humanity 'Fell', when it was 'corrupted' and started living untrue to itself. So we've got to uncover the truth of our untrue state, first, this being doing our Healing, then all other truth follows: the truth of our true selves, the truth of nature, life and of God. And until we do, then we'll keep going round in circles experiencing our negative truth-rebelling states, wondering why we keep feeling bad, and being angry with God for not doing something about it and taking all our bad feelings away. So without our knowing it, we're trying to perfect our imperfection - how we were raised, wrongly believing that being untrue and false is the right way to go. And all our religions and beliefs and spiritual systems, all we do in life, all how we behave and what motivates us, is all geared to keep us going down the wrong path trying to make sense of the nonsense we're in, trying to live as true as we can to that which is untrue, trying to convince ourselves that we really are loving and do feel love, when if we're honest with our deeper feelings, we don't. So the fight against the Evil Ones, against Satan or Lucifer, is really just our fight against our unloving parents, which ends up being a fight against our self. The fact that we feel threatened by an outside source means something during our early life threatened us, and as you'll discover through your own feelings, it was your parents. And until you stop and face the truth, so you'll keep projecting your anger, fear and frustration onto everyone else, all so you don't have to face and deal with your bad feelings that you're doing all you can to run away from. If you hate God, really it's the gods in your early life you hate - more projection. If you see God as being wrathful and you want Him to bring down the bad people and raise up the good, it's still just how you see yourself with your parents, wanting the good loving parent to come and save you, to rapture you away, the good all-loving fantasy parent. The parent you didn't have yet wished you did. And you can't override your terrible relationship with your parents, or even your so-called loving relationship with

them, by loving God more. It's all hiding from the truth your feelings will want you to see. It's all one way or another to do with your parents and your untrue relationship with them, no one else. So you have to want to know what's wrong with yourself more than anything else. It's the truth of our feelings that it's all about, and all that matters. And NOTHING will be as you think it is. Everything will get turned on its head. And you will need to expect that it will, and furthermore, even want it to happen.

It's a big one to accept: All of you is wrong, all you do is wrong, all you believe, think and even feel, is wrong. You are wrong - period! And if you are truly loving, then your feelings will support you and show you the truth of your love; but if not, and your love turns out to be 'false love', even though the loving feelings at the time feel very loving, then it will cease to exist. Begin here and seek the truth of your feelings. And if anything is right and good, loving and true, it will remain; and all else will fade away and eventually disappear as you express all the untruth out of you.

God made you as you are, and first you are fully accept how you are, that being in your untrue and false state of being. And once you've fully accepted and expressed and sought and found the truth of all how being wrong, evil and unloving makes you feel, then you'll no longer need to be as you are, and God will change and Heal you. Then you'll become true and all-loving, free to keep honouring and expressing your feelings so as to uncover the truth of being your true self.

How we were turned against ourselves

Unloving parenting

Do you love your parents? You do, okay, so what if I told you it was your parents that have caused you all the problems you've had and have in life. It was your parents that caused you to become a false, an untrue person; it was your parents that made you feel bad, those same bad feelings you're still feeling; that your parents are to blame for all the pain, sickness, woes, misery, depression, fear, anger, hatred, all and every bad things that happen and have happened to you. And you'll have to blame them for all they've done as part of your Healing. So, does this cause you some problems with your notion of: my parents loved me and I love them?

Many people can't begin to embrace DLS or do their Healing because they are not willing or prepared to consider their parents in a bad light. Let alone want to blame them for all that's wrong with them. However other people already know and feel their parents are the cause of all their problems having no problem blaming them, so being easily able to move

onto doing their Healing.

You will NEVER fully heal yourself and set yourself free of your mind's control over yourself as demonstrated by your feeling denial, if you don't confront your relationship with your parents. You don't have to do it all at once, you let the truth unfold and see how you feel about it each step of the way, but the result will be the same - you'll hate certain parts of your relationship with your parents, you'll hate them for all the times they made you feel bad, when you felt rejected and unwanted - unloved by them.

If you are 'searching' for meaning, if you are on a spiritual path, if you want to progress and evolve your soul in truth, then, if you're not using your feelings to look deep into your relationship with your parents, you're treading water, going off on tangents, getting caught up in the various religions and spiritual belief systems that support parents and unloving parenting giving them power over their children. If you want to stop wasting your time and get serious and on with your true spiritual growth, then you'll going to have to want to uncover the WHOLE truth of your relationship with your parents and other people like grandparents, relatives and carers who were major factors and influences in your early life. And a lot of what you'll uncover won't make you feel nice, and it might even ruin any so-called good and loving relationship you have with your parents and early carers. But it might not, too. Some people are able to do their Healing with parents who understand they weren't perfect, that they made mistakes, and are willing to allow their adult children to vent all their anger, hatred, frustration and any bad feelings they might have to do with how they were treated. There are no fixed rules to do with one Healing and so spiritual growth. We're all in relationships. If there is true love in such relationships then it will remain true and won't vanish as you do your Healing; however if there is love based on falseness, untruth and fantasy, then that so-called love will evaporate and more than likely be replaced with hate. Many of us put on the pretensions we've learnt so as to survive in our families, to have power and to feel loved, and to let them go can be very painful, bringing about separation and much hurt on both sides. However if you do want to Heal yourself and set yourself free of all your pain, hurt and suffering, then you're going to have to do the hard work when it comes up, facing the truth of your feelings.

No one on Earth is living a completely true and so loving relationship with their parents. All because we've all been brought into the wrongness, it being passed onto us by our parents, generation after generation. The only way you can have a completely loving and true relationship is by completing your Healing. People one day in future who manage to completely Heal themselves and are living true, and who then have children, will be

perfectly loving parents and their children will be raised true and not of the wrongness that we're all in and a part of. These true and good children of future will be the beginning of a new humanity - one that is no longer tainted by darkness and living untrue to itself.

It's all begins at conception

The Wrongness is passed onto us at conception through our parents on ALL levels, not just the physical. The seeds are sown on all levels. They are then tended through the womb and our forming years. Added to this, as our will develops, we take over from our parents taking on our wrongness from them mistakenly believing we're doing the right thing for ourselves. Then as we become adults, we perfect the expression of our untrue state, putting it all into play. Getting it ready to pass onto our children. So as adults we keep outworking all the wrongness we begun with, continuing to move ourselves deeper into it as our lives progress, and then continuing on into spirit life after we die. That is, unless we choose to end being wrong by doing our Healing.

Your Healing will take you right back through your feelings to your conception. It's not a lineal 'taking you back', however over time the whole picture will come to light as to how it was for you right at your conception, in the womb, at your birth, through your forming years and the rest of your childhood. And all how that has made you be as an adult, and how being that adult makes you and other people feel. Not everyone's Healing is the same, certain times, aspects, experiences will be more important to you than what they might be to another person. If might for example be very important as part of your truth to understand just how your parents felt about you at conception, this all coming to you through your feelings as you express them and bring such long ago repressed feelings to light, and yet for another person it's not so important exactly how their parents felt about them during that time and crucial moment. So such concerns you might have as: Where they really wanting me, lovingly looking forward to meeting me, wanting to give themselves completely to me - where they completely happy with me; or were they preoccupied with sex, being wrapped up in their own self-glory and self-indulgence, and you came along, you interfered in their fun, being nothing more than a nuisance and big inconvenience - and how does it make you feel knowing they didn't really want you, that you were a 'mistake'? Or the wrong sex? All the horrible stuff is going to come to light through your Healing. It has too, all so you can know what you felt in all the rotten unloving bits, all those bits you've hidden and keep running away from.

God has chosen our perfect parents for us, even if they are substitute parents. We

DON'T chose our parents, that's New Age nonsense. God has everything well in hand. And so much so that God decided to start you off on Earth on a world that is ALL WRONG. So God gave you the perfect parents who'd induct you perfectly into the WRONGNESS. And although you will hate and blame your parents through your Healing, once it's done, you will be thankful and even love them for treating you so badly. In the end we all come to understand that it wasn't up to us, our parents didn't know, they did the best in most cases that they could, and they will feel very bad about how unlovingly they treated you when they do their Healing. But for whatever are God's reasons, we've all been conceived into the WRONG, the Negative, into an unloving state of mind and will, into Evil. So we've all become untrue, as our parents were and their parents before them and their parents before them and theirs before them and so back through your ancestors - a very long line of WRONGNESS, all of which has now manifested in YOU. So, how does that make you feel?

And as to why God started you off in Rebellion against love and truth, against yourself, and even against God Themselves (*I relate to God as my Heavenly Mother and Heavenly Father - which I'll speak more about later*), They will one day tell us, but for the time being we are to keep experiencing what it feels like to be wrong, untrue and unloving, until such time as we tire of that realising being wrong doesn't make us feel good, and so begin our Healing. We start off in the yuk, up to our eye balls in it, and all thanks to God; and we keep living it for as long as God wants us to; then we start our Healing, when God wants us to come back to being true. And we can delude ourselves that we have all this free will and can create our own reality, and so if we don't want to feel bad we don't have to, that we can just apply our mind, and mind over matter, or somehow we can alter the future and change our reality, but it's all wishful thinking and wrong, more nonsense and mind entertainment for those people who refuse to face the truth of their wrongness.

Our parents prevent us from truly expressing ourselves

This is where the real damage is done, this is what really fucks us up. This is what causes all our trauma. Our parents stop us from freely and fully expressing our personality in Creation. They have no idea how much they ruin us. And we have no idea how much we've been ruined. However you will find out through your Healing.

When your parent said nastily to you to stop doing that, or don't say that; when they didn't love you fully as you needed to be loved, then they damaged you. And that part of you that felt hurt by them, that felt rejected, unwanted, uncared about, completely disrespected, will remain within you festering away, until the day you Heal it by using your

feelings now as an adult to reconnect with your painful feelings back then you felt at that specific moment they hurt and so damaged you.

When the parent prevents the child from being how it wants to be, then it is crippling its self-expression, so preventing its soul from expressing itself fully in life. And we're all crippled, some more than others, expressing our pain, hurt and trauma on different levels, and we're all in it together, all messed up in different ways, all of which has to come to light through our Healing.

And even the most loving, devoted, concerned parent will still cause major damage to its child. It's inevitable, it can't be helped, no matter how hard you might try being a good and loving parent. And no amount of parenting or self-help books will stop you damaging your child. Read Alice Miller's Book about Childhood Repression (*She has a free book, see links at the end of this book*).

And take any day in a child's early life, how many times is it stopped from expressing itself freely? And I don't mean you are meant to allow your child to simply do whatever it pleases without you stepping in, for we are to actively express all our feelings too as adults, and the child will trigger masses of them. However it's to understand and uncover the motives, often many of which are deeply hidden, which govern your relationship with your child; and in doing so, you'll see, again through your Healing, just how much of the time you are actually thwarting (or did thwart) your child from expressing itself and coming out fully into life when you believe you're helping it to do so.

We have NO CLUE about parenting, about what happens to a child, about how we form into adults, and about the damage done and the pain we suffer - not one inkling. Because how can we, we're all wrong and living untrue to ourselves. Even the most aware child psychologist who might have more of an idea than the average parent, still is only looking at the tip of the iceberg. And if you do your Healing, you'll see what I mean. There are seven whole worlds of truth we are to uncover about ourselves and how we were unlovingly parented, and how as a consequence, we unloving parent. Humanity has an enormous amount of information, truth and understanding to uncover concerning the early relationships between parent and child, all of which will only come to light as people do their Healing.

At best the child grows up believing it has some power in the world, and the amount of power its parents have given it will determine how it asserts itself. And for all the times it

was made to feel powerless, it will, depending on how much freedom and encouragement it was given to do so, try and compensate for that powerlessness by using its mind to gain 'false power'. How much power do you have in life? Can you make life be how you want it to be? Does life make you feel scared? Are you well and truly in control? Or do you feel weak, pathetic, useless, afraid and powerless? And are you doing all you can to cover up your bad feelings about yourself by pretending you're more powerful than you actually feel you are? Can you be brutally honest with yourself? And do you know that much about yourself - are you that self-aware? All these sorts of things you'll find out about yourself through your Healing, and most of the truths won't make you feel good. Which is the whole point, so you'll then have more bad feeling to work with so as to uncover yet more truth of yourself and your wrongness - of your unloving negative state of being.

They made me turn against myself becoming untrue

It's a fascinating disturbingly incredible thing that happens to us all - how we're turned against our true self becoming untrue and so distorted. My parents interfered with my will and personality expression, every time they said no, we don't like you as you are, we want you to be different, to be how we say you are to be, they 'killed' another part of me, making me wrongly believe that part of me was bad, unacceptable, wrong, unwanted and had to be got rid of, and that their wrong me was right, acceptable and good. And being their way, they said they loved me and that everything was as it was meant to be. And I believed them, even believing I loved them. Yet now I ask myself, because of all I've discovered through my Healing: But where were all those so-called loving feelings and the loving demonstrative expressions of them between us? So I turned against myself siding with them, believing they are right and I am wrong, that their way of seeing things is right and my way of feeling things is wrong. So I blocked my true feelings out using my mind to follow their lead against my soul and true self, becoming in the process during the course of my childhood the untrue adult that I am. And right up until I began my Healing, I believed I was okay, good and right, that really there was nothing fundamentally wrong with me, that I was as good as anyone else, and that was how I was to be in the world. Yet what utter conceited rubbish, how delusional I was, and how my Healing has pulled the wool from my eyes! And with all the wrongness I've had to admit to and accept and see about myself, as my erroneous beliefs about everything have been broken down, so I've come to understand that I am so very untrue, miles away from being the real person my soul wants me to be, and it's all been so humiliating and humbling, to come down off my high-horse and see that I underneath I don't actually feel good at all about myself, and in fact I feel the very opposite, that I even hate and don't love myself, all as my parents really made me feel.

So I now despise how I am. I hate myself and all my false untrue ways. And the more I am bringing out my repressed yuk, liberating my true self, the me that wasn't allowed to come into being but can now come, the more my self-hatred grows. Yet also along with it, increasing feelings of sympathy and understanding as to why I am as I am, and even a feeling of true love and new self-acceptance.

So the false love I believed I had for myself and others is going, as I embrace the truth of my untruth, that I am not loving, that I'm a yuk, even evil person for being anti-truth; and at the same time as my true self comes into being, I'm feeling better about myself, even loving myself truly. So I am feeling very bad about myself and how I am, and yet also starting to feel very good about myself and how bad I am - go figure! So everything is all messed up, I'm a mass of contradicting feelings, and all I can do is keep expressing them as they come up, long for their truth, and see what is my truth. The truth of my wrongness, which is then, as I am Healing myself, the truth of my rightness.

So we are first to fully accept and understand and see the whole truth of how wrong and untrue and self-deceiving and imperfect we are. This being how our parents have made us become. Then once we've brought to light all of the feelings about being this way makes us feel, and how bad it made us feel as we were being inducted into it, and all the truth seen to do with and resulting from such feelings - once we are fully Healed, then we can move on into uncovering the whole truth of being of love, true, perfect and good.

So we have to uncover and be, the negative anti-truth that we are, the truth of ourselves that is fighting against and preventing our true selves from existing. God has started us off denying ourselves and our soul and wants us to understand the whole truth of being in this rebellious state, this state of self-rebellion and rebellion against God. This state of rebelling against love, our own love, Natural love, and God's Divine Love. And until we see and are and know the whole truth of our wrongness, we can't be true, loving and feeling completely happy. So we have to fully feel and accept our bad feelings, all our unhappiness, misery, sadness, all how bad we feel about not being truly loved when we were a child, then once we understand all of that, then we can move onto feeling and understanding the truth of being the opposite, of being fully loved and feeling full true love for oneself.

And what we have to avoid in the meantime is using our mind to falsely believe we are good, true and loving, when we are not. Some people might have some truth, love and

goodness to them, but as we've all been brought into an anti-truth, anti-love and anti-goodness world, as we've all been subjected to some degree of it during our childhood, then so we've all got to uncover the truth of those bad bits of ourselves. And until we do, we can't move on spiritually, our spiritual progress will always be limited by the wrongness within us.

Suppression, repression, denial

Becoming false. Just learn the right behaviour of how to be wrong. I believe I'm right, when I'm wrong. I feel perfect because I perfectly fit into my parents imperfect system. They trained me well with lots of yelling, threats, fear, screaming, angry-faces, unloving pulling and pushing, denial, madness, harsh punishments and smacks. But in truth, I'm imperfect.

We all deny bad feelings in many different ways. Some people attribute (and so deny) their pain to evil spirits - sickness to invasive evil spirits that have to be exercised. Other people deny feelings through positive thinking: don't dwell on bad the feeling or you'll make yourself sick, think good positive, pleasing, happy and 'well' thoughts, if want good things to happen, then believe they will, fantasise they will, will them to you by using your own mind, you can make your life be what and how you want it to be - MAKE IT HAPPEN. You have all power, you are a god, you are the all-powerful one, you can have abundance and all the money, wealth and good feelings and good health you like; you can bring to you your soulmate, you can conjure up using your mind whatever you want, all so long as you don't let your bad feelings get in the way and undermine you. Your bad feelings are evil, they must be dispelled, banished, made to go away. Take this feeling-good pill, drink this, smoke that, have lots of sex, indulge in all the good-feeling things and don't go near the bad-feeling things. Beset by some grief in life - try to forget it, put it out of your mind, don't indulge in such soul-destroying feelings as you'll never come out of them, they'll consume you, you'll drown in the swamp of feeling bad. So mind over your feelings, you don't matter, you are only your feelings, your mind is only what matters. You are not your feelings, you are a mind and one you can control with your good thoughts. Think bad thoughts and those horrible bad feelings will come and they are so hard to get rid of, so don't go that way, if you dwell on your bad stuff you'll only end up making yourself feel worse! Think happy pleasant thoughts, you create your own reality, believe what you want to believe. So stop the other person feeling bad just as you stop yourself, instantly try to fix it. For example: Marion's in shower getting sprayed where she doesn't want to be sprayed, and I say (and as if she doesn't know and can't work it out for herself) hold the detachable nozzle lower. I am trying to fix her problem so she won't have to feel bad. I

am trying to stop her feeling bad. I am trying to make her bad feelings go away. I am trying to blank her out of existence by blanking out her bad feelings. Because I'm scared of them. So really I want them to go away. And she says no, she wants to stay feeling bad so she can express all her bad feelings, and if she wants help she will ask me if there is anything I do to help her, not me quickly coming in trying to shut her up. She wants to exist, her bad feelings are her existing, and she wants to use them to express more of them out of herself so one day she will be free of them. And my interfering is only delaying that time. So I'm not being helpful and loving like I think I am, I'm being very unhelpful and unloving. And through our Healing we will uncover all the ways we trying to stop ourselves and others to feel bad. We should want to feel bad, we're doing our Healing to bring out all our repressed yuk, so anything that makes us feel bad, good, keep going with those bad feelings. Addictions - trying to take the bad feelings away; beating ourselves up for being bad; suicide - running away from our bad feelings by killing ourselves; being praised for being good and not being bad - it's all the same: not expressing bad feelings.

My parents kept me in a powerless state making me so scared of everything else other than them, everything else was always to blame, never them. My Healing has shown me that rarely in my life was anything else other than my parents and grandparents to blame, that it was them who I was scared of. But I was forced to pretend that I wasn't afraid of them, that I wasn't even scared, all to the point of breakdown when I was about twenty-eight feeling depressed and having to be told by my employer whom was very familiar with severe depression and whom ended up taking his own life some years later, that I was depressed - and it was all news to me. So if I'm depressed as he says, perhaps that's why I feel bad and I'm so scared all the time - I finally started to admit to myself. My delusion that I was okay, that everyone else in the world might need help, but not me, was very strong and ingrained to the core of me, so, twenty Healing years later, I've discovered through my bad feelings.

Anything we feel that has power over us, scares us, like dying. And our bad feelings scare us, even to the point of making us feel like we're going to die. So we feel they are having power over us, like our parents did, so we must banish them, fight them, telling them to stop it, to go away, telling our parents to back off just as they told us to stop it and go away and to stop annoying them with our bad feelings. So many people fear death (perhaps it being their ultimate fear) because they believe it will make them feel powerless, just like the same powerless feelings their parents make them feel time and time again, and during which they felt a little part of themselves 'died' as it was no longer able to express such pain and receive love and sympathy, kindness and caring, from the very people they

needed it from the most. Our parents unfortunately are our worst enemy, no one else, even the man who's coming at you with a big knife and going to carve you up into little pieces, or the man who did very bad things to you when you were young, he is only going to make you feel all those terrible bad feelings your parents made you feel. So you are drawing such a horrendous experience to yourself, so that one day when you are ready to face your repressed bad feelings, this experience of the murderous man or the rapist will help reconnect you with all those same terrible feelings your parents made you feel as they 'carved you up' and dishonoured and completely disrespected you, by slaughtering your will, taking you over, treating you like rubbish, making you feel utterly powerless, destroying your true nature and self-expression. The outside is ONLY there to help us feel what's going on, on the inside, so bad things ONLY happen to us because they've already happened to us all on the feelings level. And they are still happening to us because of bad-feeling patterns, all so that one day we'll stop and fully acknowledge them, and start to work with them doing our Healing to express and uncover the truth of them. No feelings are new, it's all how you felt with your parents, and they will not be new until you start to do your Healing - your Feeling-Healing or Soul-Healing with the Divine Love.

My parents weren't on my side, they didn't make me feel safe, although I didn't understand that when my mind was forming, but I felt it. I felt it from conception, my feelings have taken me back there through each state of my development and I know the truth of how I felt back then right from the very first moment when I was conceived. And not only that, but what my parents were also feeling then about themselves, about me, about everything. They have passed onto me themselves - their feeling-selves, so through the truth of my feelings as I have uncovered my true feeling-self, so I know from what other feeling-selves I've come from, and how they influenced me through every facet of my life.

I feel powerless, I have to stuff food (bread) into my mouth as compensation. I want more, always more, because the food makes me feel good. My parents and grandparents gave me food to stop my feeling bad, and I felt good, one of the few ways I did feel good. But there's also been a lot of other truth for me to uncover and explore as my feelings concerning my eating needs have shown me. I am still that young child. I eat to make them feel happy with me, they even praise me when I say I am hungry and make me feel I am wanted, because it's something they can do, feed me, and they think they are being good and so won't get punished by their parents. And I overeat because I am compulsively needing something I can do that makes me feel like I have power, I am all-powerful because I can go to the fridge and help myself; I can eat something that makes me feel good, I no longer feel powerless, I have covered up my bad powerless feelings

using food - yet again. I say, today I'm not going to eat as much, I don't like my stomach getting fatter, then the cycle comes around, the unconscious pattern asserting itself again, and before I know it, it's out with the bread and down the hatch it goes. I failed again, I remonstrate with myself, but it's still all them, so my feelings have revealed. Don't eat so much or you will get fat; eat more as you can't be so thin; don't you dare eat that, it's to be saved for later - so I eat it now, later means I might not get any of it. It's worth the punishment. There are seemingly endless facets to it, to our unloving relationship, all being played out through my eating habits. And each time I feel bad in what I'm doing with my eating, I express those bad feelings longing for the truth they are to show me, and over the years it has come up within me, when suddenly I see and know and understand, and it all makes sense and slots into place, as my feelings don't lie, not these ones at least now that my mind has lessened its control.

And I know that had I been parented lovingly and truly, then I'd not have all the problems I have, I'd be right and good and perfect and wouldn't have to use my bad feelings to help me uncover the truth that's hidden inside me. I would be freely expressing all I felt, and my eating would be perfect, I'd feel what I needed to eat and when and I would do so, expressing all I felt and thought along the way.

Examples of bad parenting

You only need to look at the parent fighting with and yelling at its child in the supermarket to see that there is something wrong in the relationship between the parent and child. Look at your relationship with your own children, look at those times when you are hurting your child, rejecting it, being disrespectful, those are all unloving times, and your child feels unloved whilst you're subjecting it to them. And even though you might love your child with all your heart, with your heart bursting with love for your child, still when you are in your bad stuff together, the 'clash of wills' and when you are asserting your will and way over your child and it is being forced by your superior strength to submit, then you are not loving it, and are severely damaging it. And even though it might grow up seeming to be the most well-adjusted child getting on being very successful in the world, still deep within it, it will have all those bad feelings and all the feeling-memories of all those times you crushed its will, that you out competed it, that you turned it against itself forcing it to give in and submit and comply with your will. We are to live doing our own will, NOT our parents will. And yet we all end up doing our parents will, because our parents are not fully loving us, as they are not fully loving themselves, as they were not fully loved by their parents. And when I say fully loved, I mean not loved truly and the right way for what our soul needed so as to bring us out fully into being, being our true

selves and without any other will interference.

So look at all parenting and you will see one will dominating another, and when that other is a child will coming into being, so damage is done. And it's the truth of that damage we all need to uncover within ourselves and through our bad feelings, which is then the truth of our relationships with our parents and carers. And which in turn set the pattern for the truth of our relationship with our self, and the truth of our relationship with everyone else, including our own children.

Life is about uncovering the truth of ourselves, nothing else. So it's about uncovering the truth of our unloving relationships with our parents. And that is our first spiritual step. All else is only outworking and adding to your wrongness and leading you further away from yourself. So we need to use our bad feelings (and at times good feelings) to lead us back into all those unloving terrible traumatic times when our parents were shitting all over us and thwarting our will from bringing us fully, truly and perfectly into being. We are to feel all the pain and hurt, see the truth of the distorted and untrue person we've become, uncovering the whole truth of our negative unloving state.

Do what I say!

Our parents effectively say: Don't follow your own soul as expressed through your feelings and inclinations, giving rise to the truth of yourself, the truth of all you feel, and the truth you need to live with, the truth God has already put in your soul for you to bring out; instead, don't listen to your own feelings, your own soul and what God says, do what we say, do what we tell you to do! And this is very wrong, it's the worst way one can parent. And yet all parents do it, and most do it even under the misguided belief that they are doing the best for their child and that what they are doing is even loving. It's a tragedy, a huge mistake and causes incredible harm. It's child abuse. Yet mostly we fail to see it, calling it love, yet it couldn't be more unloving. And we fail to see it because we're so disconnected from our true feelings and the truth of what happened to us as we grew up. The parent can smack the child it loves, but does the child feel loved by the parent who is smacking it? Ask yourself, put yourself back to being a child, your parent hits you, it is mean to you, it makes you cry, it makes you feel very bad - is that loving, or is it being cruel - do you feel loved by your mother or father who is hitting you? No, you don't (and if you do then you're Healing will sort you out), so why do make your own child feel so unloved? And you do because it's how you feel, because you can't be any other way than how you are, how you were treated - you are how it was for you as a child on the feelings levels, and so as an adult you are still that way. And the truth is there if you want to see it,

you'll wake up slowly and painfully to it, and it's not nice. And yet we all have to see it, one day, we all have to feel how unloved we feel, and see consequently how unloving we all are.

Your parents know better than God

Our parents are our gods. Our mother and father stand in for and represent our Mother and Father - our Heavenly Parents. The patterns and circuits instilled in you resulting from your relationship with your parents are the same patterns and circuits you'll relate to God with. So if you don't feel loved by your parents, you won't feel loved by God. If you didn't feel loved by your parents and yet feel loved by God, then you're deluding yourself, it's false love made up by your mind, and through your Healing you'll strip it all back and let it all go, coming eventually to the truth that you don't feel loved by God because you don't feel loved by your parents. And then when you've fully uncovered and accepted this truth about yourself and liberated all the repressed bad feelings associated with it, then you'll be free to love and feel truly loved by God, free to form a true relationship instead of the one that's untrue based on your untrue parents.

The Rebellion and Default, the negative state we're all conceived into, comes down to our parents believing they know better than God. Of course we're not aware of this, but it's what it amounts to, and the truth of it you'll find through your Healing.

Your parents stand in the way of God. You can't have a true and loving relationship with God, or with yourself or anyone else, whilst your parents are still there saying no you can't be your true self you have to be the untrue self we want and demand you must be. So our Healing is sorting out our relationship with our parents, seeing what is true and loving and what is untrue and unloving; and once we've seen it all, then we'll be free to have a true and loving and uninterfered with relationship with God.

Many people wrongly believe that once they leave their parents, leave home, become an independent adult, they are free to do as they please, including free to have a relationship with God on their terms. But we're all misguided in this because our relationship with our parents are alive and well and still unconsciously dictating all we do and all the relationships we have as adults. We're not free at all until we've Healed all our untruth and wrongness. Any other sort of 'freedom' up until then is a fantasy and mind delusion.

As adults we live in a state of 'false freedom' but really we're still the child who's still at home still being controlled by our parents through our formative years. And when you

connect back with the little you through your Healing, you'll understand that time is irrelevant, the feelings are all still there and real and as 'alive' and vital as they were back when you were young. And we have to Heal, love the child we still are on the feelings level; we have to do for ourselves what our parents didn't do us. We have to Heal through our own love, by completely one hundred percent unconditionally accepting all how we are, so all the wrong, negative, evil, unloving person our parents made us become. And we do that by living true to all our feelings, not denying or rejecting one of them, accepting all the worst we feel, because we are those bad feelings. And as we fully embrace them, allowing them to finally be free and have their say, so we're unconditionally embracing them, no longer judging and rejecting them, so no longer rejecting and accusing ourselves. And the more we accept all those horrible bad feelings we're rejecting, the more we're accepting ourselves in our wrongness, which is really truly loving ourselves. To reject but one bad feeling, to now allow yourself to fully feel and express it, means you are not unconditionally and wholly loving yourself, you are being mean and unkind and unloving to yourself - rejecting yourself. So doing to yourself what was done to you by your unloving parents.

So whilst you reject any part of yourself, you are effectively saying you know better than your own soul, which is the same as saying you know better than God. So you are rebellion against God, as you're rebelling against your true self and soul. You are saying: I am right and God is wrong. And is that how you want to be?

And as we're all massively rejecting ourselves, denying masses of bad feelings, using our minds to go off into endless fantasies about how good and loving we are, and even how we don't feel bad, so we're all massively rejecting God. And you can pray to God for God's Divine Love, you can go to church all you want, you can religiously and righteously adhere to all the tenets of your religion, you can read every self-help and New Age book about how to better yourself and be more loving of yourself and to other people, and you can do all the therapy you want, and if you're not looking to your feelings for their truth, then none of this is helping you at all to accept all those bad childhood feelings you're keeping heavily repressed inside you. So all that stuff is only serving to take you further away from the truth of your soul, deeper into your untruth, all because you refuse to stop rejecting yourself - refusing to stop rejecting your bad feelings.

The power of the mind

Our mind is meant to serve and support our feelings. We're designed to live with our feelings leading the way and our mind coming along in support, not how we've all been

made to live with our mind dominating and controlling our feelings.

Our parenting has caused our mind to reject our feelings. When your parents say stop crying, don't be like that, be like this, stop doing that, do this, when they control us in any way, then they are making us use our mind to dominate our feelings. Look at your own mind, how in control is it over the real feeling-you? Do you celebrate your mind, love all the thoughts and ideas you have, enjoy putting your mind to work to solve problems and overcome obstacles, delight in feeling your mind being strong and in control, asserting yourself through your strength of mind not allowing all those pesky bad feelings to have their say? When you get a cold, do you allow all the bad feelings to completely overwhelm you whilst you try and express them as much as you can, fully embracing them, going with them, allowing them to be and feeling as rotten and out of sorts as you feel; all whilst you long for the truth of them, long to see why you feel the bad feelings, want to know what truth the cold, by giving rise to all the bad feelings you feel, has come to you at this time in your life. Or, do you go off to the doctor for pills to get over the problem as quickly as you can, all so you don't have to keep feeling bad? And this is using your mind in the form of having control gained by seeing the doctor (your parents) and taking the pills (doing what they say) believing the cold is your enemy (when really it's them and not your bad feelings or the cold that is against you) and you have to overpower it (because it's making you feel powerless like how your parents made you feel) now that it's seeking to overpower you. This is your mind having control over all those bad feelings your cold is helping to come up in you. Your cold is actually trying to help you reconnect with your hidden and buried bad feelings from your early life. It is actually lovingly helping you, unlike the doctor who is trying to make it go away, thereby keeping the lid on all that's so deeply repressed inside you. All of which will require other more severe means of expression, trying to make you pay attention to yourself, to your feelings, the longer you keep denying yourself. So you take the pills and feel better, more back to normal, more back in control, and in a few days time your cold having been severely and swiftly dealt with, is a thing of the past. And so how many opportunities have you passed up by not allowing all those cold bad feelings to come up and be expressed and their truth sought? How many times have you effectively taken the sledgehammer that you've made your mind be, and smash yourself on the head knocking all those annoying bad feelings out of you? So how much further have you advanced your negative, feeling-denying, truth-denying state by using your mind over your feelings? How much have you in fact prolonged the agony your soul is in, which is reflected in the fact that you got a cold? How much have you just unlovingly disregard and rejected these aspects about yourself that your soul wants you to know through these bad cold feelings? So now do you want

your cold to come back, so you can this time around, love yourself through it by going with and accepting all the bad feelings that come up, as you long for and uncover the truth of them? Isn't this being more truly loving?

However, having used the cold as an example to illustrate certain points, our Healing is not as cut and dry as never going to the doctor again because you want to express all your bad feelings and uncover the truth and heal yourself that way. That might happen for you, however our Healing is very involved, and although this is how you might want to live, your soul might have other ideas, and before you know it, your feelings are driving you to the doctor. DLS and the doing of your Healing is about expressing every feeling you feel and seeking the truth of it, and moving with your feelings as they will lead and show you. And as to where they will lead you and how they will make you feel, we can never know. And so long as you are not willingly hurting another person or creature by acting on them, then they will take and guide you wherever you need to go so as to bring to light the truth you need to see about yourself.

And with your mind so firmly in command over the feelings you're refusing to accept, the ones your soul will try periodically to bring up for you to feel and work with, such as when you get a cold, when you feel bad in any way, so you've got a lot of work breaking down that domination. And it's why your Healing will take a long time and require a lot of effort and a lot of submitting to all those bad feelings you've worked so hard all your life to keep suppressed. There is a hell of a lot of unexpressed bad feelings in your soul just waiting for you to give the go-ahead to come out.

You've no doubt heard people saying we are to use the 'Power of the mind' and mind over matter, that you can do anything if you 'put your mind to it', you can overcome all fear, surpass all obstacles, and some people can do it achieving what they consider to be great achievements in self-mastery. Even the Eastern guru many people try to emulate or aspire to be like, demonstrates extreme power over the mind being able to control all aspects of oneself, even one's physical body using nothing but one's mind. And that to reach Enlightenment is all done through the mind, that the Mind is King, and even God, and to become at one with the Mind of God is the highest spiritual achievement assuring eternal bliss and self-enlightenment, gaining access, again through the mind, to all Knowledge. And it's all using your mind to dominate and control your feeling, all the worst you can possibly do for yourself, becoming the most untrue and so the most evil. The most evil person, believe it or not, is not the Hitler type person who kills and controls so many people, but the person who can use their mind to dominate all their feelings, and to such

an extent that they make themselves only feel good feelings, loving and blissful feelings generated by the mind, all 'artificial' feelings as it were, or even 'false feelings', feelings none the less, but feelings so heavily controlled by the mind. And NOT feelings that genuinely and freely come spontaneously from ones soul without ones mind having influence on them.

So if you want to advance your mind, by all means, only understand you're taking yourself further away from your true self, further into an untrue fantasy self you're creating with your mind, and so are becoming increasingly wrong and untrue. All of which is still only outworking all how wrong and untrue it was for you during your early childhood, remembering that all that's within you and all you're becoming as an adult, is all the pattern that was put in place through your childhood. And you can only change that pattern by doing your Healing. You can muck around in the pattern, seeming to alter it, but you're not, that too is only wishful thinking, yet another mind controlling belief and a delusion. We can only do what was done to us, it's how we are, how we've been formed. And we just keep doing it to ourselves, over and over until one day we wake up to our repeating patterns and want out. And that means, to break the cycles we need to disconnect from the mind controlling beliefs and bad behaviours by looking to our feelings, and to all those ones our mind is trying its hardest to stop us feel, all those ones we've been told are wrong and are not wanted, not allowed and which we've become afraid of. You've been made to fear yourself, your own bad feelings, and so your mind has been forced to step in to try and stop you feeling scared. So to Heal yourself, you have to go the other way, allowing yourself to feel as scared as you really do, all while you long for the truth of such fearful feelings.

So when you have power over another, you are only really having power over yourself, which is the power your parents had over you. To crunch another's will is your sad and unloving way of wrongly believing you are gaining the power you don't feel you have, the power your parents 'took' from you. Your parents crunched you, and you hated feeling so bad, so you want to be like them, they are your teachers and you want to emulate them, so you believe it's right to crunch others to treat them unloving, as if they are your child and you are now the parent, which is of course how you then treat your children. And even when as adults you say, no, I'm not going to treat my children as my parents treated me, and so you don't smack them and you love them, still you'll be inflicting the same power patterns on them just in different ways, because those patterns are all within you, and you can't not carry them out. And only through your Healing will such patterns come to light, because your feelings will show you how you felt as a child and how you took on and

‘absorbed’ all how your parents were.

Every bad feeling is already within you

Every bad feeling from conception onwards through your childhood ending around twenty-one, is still within you if it hasn’t been fully expressed. So every bad feeling you feel as an adult will be coming to you so as to help you use it to reconnect back with your unexpressed bad childhood feelings. And you can even go so far as to say that you only feel bad because of what’s not been expressed within you, it’s all within you attracting bad experiences to you so you can feel those bad feelings and use them to liberate what lies buried within you.

Bad experiences keep happening to us because it’s our soul’s way of trying to make us feel as bad as we did during our childhood, all those bad feelings we’ve still got hidden away and refuse to acknowledge. All those bad feelings it wants us to embrace and finally uncover the truth of. And whilst you continue to use your mind to keep yourself shut off from those long ago early life bad feelings, then you’ll just keep going round in circles like in a holding pattern until the day you finally give in, submit and surrender to them and seek the truth they are to show you. So as long as you keep denying feelings, then you’ll keep needing bad things to happen to you so as to keep trying to get you to acknowledge and accept your repressed childhood feelings. And the more you knuckle down using your mind to repel all such ‘bad feeling assaults’, the worse you’re making it for yourself, and so the bigger and stronger and more intense and severe bad experiences you’ll need to try and crack you. And going back to the Eastern guru type person who has succeeded in fending off all bad feelings ensuring with his mind so that only eternal bliss and perpetual happiness is life lies ahead, is setting himself up for the biggest bad feeling experience of all, when finally his whole mind cracks and he ‘falls’ from his superior lofty mind inflated position of self-importance, crashing back into all the pain he’s been fending off. The dam of bad feelings will one day break, with the onrush of pent up hidden repressed bad feelings creating such a major mental breakdown, that which is so severe but necessary to smash away such intense mind control.

And on a feelings level, your bad experiences give rise to bad feelings you’ve already experienced as a child. You could suffer the worst most heinous torture, enduring the most extreme physical, mental, emotional and even spiritual pain and bad feelings, but it will only be the same as what you’ve already experienced as a child and yet are disconnected from. We can’t experience on the feeling level that which we’ve not already experienced through our childhood, because our childhood set the pattern which our adult

life is outworking. And once again, we can only truly move on and experience new feelings when we've completed our Healing, setting ourselves free of those limiting childhood patterns.

If you were given any power in your wrongness during your childhood then you retain that power

The power you have in life is the power your parents gave you, or more appropriately, allowed you to have. The more powerless, pathetic, will-less and the more things go wrong for you and you can't seem to be successful, the less power you might feel you have, it all being how your parents made you feel. Once your childhood has finished, the amount of power you have, is set, until you do your Healing. You might try all sorts of things to 'empower' yourself, but all you're allowing yourself to do is all your parents allowed you to do on a will level. Those of us who are failures at empowering themselves and can't seem to achieve what others can do by rigorously applying their mind, can't because our parents didn't let us do it when we were young. Continually through your Healing your feelings will lead you to the truth of how it is for you in life, that being, how it was for you during your childhood. Why some people are able to move from rags to riches, seeming to 'make it' having had a very poor early life, is because still within that poor beginning they were given the freedom to have the power needed to achieve the things they do as an adult. You might grow up on the superior side of life, being given every opportunity to succeed, going to the right school, having plenty of money and yet can't make-a-go of anything being an abject failure and feeling utterly powerless in life, and all because even though you might have had every so-called opportunity and privilege, you were too controlled and given no real power. You might grow up in the poorest family, uneducated and given no opportunities, yet were allowed to have complete power in your life, and so will feel completely powerful as an adult. It all depends on how it was for you in your relationship with your parents - how controlled you were, and how much power you were given within that control. You might also grow up being given every opportunity and freedom to express and assert yourself and become a major success in life and with all-power, just as you might grow up very poor and also very controlled having no power whatsoever and so never having anything as an adult living the most wretched of lives. So it doesn't matter in what stratum of society you grow up in, but it does matter the amount of control your grow up under.

A free child

Some people believe giving their child all freedom is the way to love it, ensuring it is not restricted, being free to always do as it pleases. However this sort of false freedom also

has its problems. There is NO way to parent whilst you're of a negative truth-denying state that is truly loving, it's impossible because the state you're in is unloving - anti-love, this being what we're all to see about ourselves. And as to whether one way of parenting within our wrongness is better than another, doesn't really matter, when we all end up fucked anyway.

If you do want to do the best you can for your children, then look to fully acknowledging all the feelings you feel whilst seeking their truth. As you do your Healing, so you will in turn positively affect your children. You will not completely Heal them, but you'll certainly limit the damage you cause them. But in the end, still it's up to the child itself to determine when it's had enough of living against and untrue to itself and when it wants to do its Healing.

It will only be parents who are completely Healed that have children, who will completely love and nurture them, being wholly expressive and accepting of all their feelings, thereby allowing their child to be so too. Such children will grow up true and not part of the wrongness, because their parents having Healed themselves of it, will not negatively and unlovingly pass such an untrue state onto them.

The world is our parents and family

When we grow up, the world is our parents and family. So our patterns form relating to this inner personal world. And when we move out into the real bigger world, we relate on the feelings level to the world as if we're still in our small family world; that is, until we do our Healing.

So we're all trying to organise the adult world to fit our child world, and when it doesn't, we get upset and angry, and when it does, we feel happy and good. And it's the same with all our relationships, as adults they all fit into our child relationships. How many times do you hear that they man married his mother, the woman her father, because they're still relating to their child world in the other person, even though their partner didn't grow up with them as part of their child world.

So because of this, all the problems we had in the relationships with our parents and child world are still functioning in our adult world, only mostly we fail to recognise the connections, however your Healing will enlighten you to the truth.

As I've said above, as adults we're simply outworking the patterns of our child life, we're

still that child, nothing has changed on the inside, on the feelings level, even though lots might have changed externally. And because of this feeling connection, we can as adults use our current feelings to connect back to our child feelings, the same feelings we're still feeling; and as adults understand all we felt and why back then, which we didn't understand. Our feelings keep us connected with the past, present and future, not our mind.

When we are young we can't articulate all the feelings and thoughts we have, our feeling, emotional, thought and thinking systems are not yet fully formed, we're not wise to the feelings we have and why we're having them, we simply respond to them and keep moving on. So as adults part of our life purpose is to understand what has happened to us to make us be as we are. So as adults with our feeling and thinking systems fully up and running, we can use them to go back as it were into our early life and understand all we felt and thought back then. And part of our spiritual growth is to UNCOVER THE WHOLE TRUTH OF OUR SELF, which means, to uncover the truth from conception right to the way through our life to our present moment. And because up until we start our Healing we're not looking for the truth through our feelings, not consciously anyway, so we have to go back using our feelings to bring that truth to light. And until we do, we can't move on as fully fledged spiritual people, be it on Earth or in our spirit life.

Most people believe being spiritual is involving themselves in some sort of spiritual practice, being part of a religion, expanding their mind with new awareness like believing in reincarnation or understanding about longing for and receiving the Divine Love into their soul. However really being spiritual is about seeking the Truth - of yourself, life, other people, nature, and God. And how we uncover that truth is through our feelings, not with our mind. And in uncovering and bringing to light that truth from your soul, so you will know the truth of why you are the way you are, why you relate to others as you do, and what you feel about such relationships.

And as you do your Healing, so you'll end your imperfection and feeling and truth denial, bringing yourself back into a true alignment with your soul and God, with love and all that is good. And you'll feel yourself progressively growing in truth each day, as you express your repressed feelings and uncover the truth of why you're feeling them. And this is your immediate spiritual growth - that which involves Healing yourself of all that's not right within you. Then once healed, you'll continue to evolve and spiritually grow in truth forevermore.

Follow me

Is what our parents are saying to us. Instead of allowing us to naturally follow them, they make us be as they are, it's all forced, even if it's done 'nicely'. So they teach us not to follow ourselves, our own feelings and inclinations, instead, do what I tell you to, even in many subtle ways which most people think wrongly is loving parenting. So we're taught not to follow our own soul as expressed through our own feelings, and instead to follow your parents - they know better than your soul, they know better than God, and they, because they are parents, know better than you! You're only the dumb child, what could you know, and isn't it what you've got parents for?

It's all control, and so we learn to control, as we were controlled. Having power over another is only having power over yourself, the same power your parents had over you. We can only do what was done to us, we can only know how to be because we've experienced it, but as I said, all on a feelings level. You might become the head of a successful business, a successful rapist, an unsuccessful one, one who gets caught, one who crashes the business, and all because of the power and control you were subjected to through your forming years - how you were and were not allowed to express your will, how you were and were not allowed to have any control and power, and all the feelings that were involved in it. So all you do as an adult, as I've said, is recreating all you did as a child, and all that was done to you on the feeling level. So as an adult, the feelings your experiences give rise to, are the same feelings you experienced as a child. And because as adults we have all sorts of varied experiences few of which are anything like we had as children, so it becomes very hard to see the connections, However you can and will if you choose to look into your feelings - they will show you what it's all about, what really went on and how it's formed you into the adult you are.

And so as I've also said, all the worst feelings, you've already experienced, they are all there within you waiting to be re-experienced if your soul decides you must. The most extreme vile torture, all the worse feelings you can possibly imagine feeling now as an adult, are the ones you've already felt as a child. You know what they feel like and are scared of them and are doing all you can to deny them and not let them happen, because you've already experienced them; and had you not, then you'd not know what they felt like and so wouldn't be scared of them. And it can be shocking waking up to the truth of such feelings, feeling so bad, like you are being tortured when on the surface of it nothing bad even seems to be happening, but you feel so tortured all so you can connect with and understand how you felt back with your parents at certain times when they were torturing you, torturing your will and your whole person by not allowing yourself to be freely

expressed in Creation.

You can only do to others what was done to you, which is what you're doing to yourself, it's all within you, you are only reliving the feelings of your early life over and over. Forever outworking the feelings of your childhood, all until you start to truly grow up and take responsibility for them. If you were given any power as a child, then that pattern will be fixed in place allowing you to still gain power in the same ways. And all our negative feeling-denying patterns can only be altered and finally removed by doing our Healing.

But I have loving parents...

I love my parents and they love me. I couldn't bear living without them. I don't want to see them in a bad light, I can't, as I feel they are good people, and they'd never have done anything to hurt me.

So you feel completely happy in life with no bad things happening - no bad feelings?

No...

Well then, something doesn't add up. With the truth coming to light as you do your Healing using your feelings to show you the truth of your so-called loving relationship you have with your parents. And as I said, anything that is truly loving will remain, all that is unloving, false and a fantasy, will go. Because it has to if you want to become true. However it's your choice whether or not you want to face the truth of yourself, the truth of what's really going on deeper inside you. To uncover the hidden reasons and causes as to why you do feel bad. If we didn't have any hidden suppressed and repressed feelings from our childhood, then things wouldn't make us feel bad, we'd feel good, as they'd be nothing in our pattern that is needing to bring about bad feelings. Can you imagine being perfectly happy, so in-love and at-one with yourself and content and true to your feelings, that nothing makes you feel bad? And if it does, it's only momentary whilst you immediately express such bad feelings, uncovering the truth of them, all as you grow increasing in happiness and love.

How we should be

Perfect parents; perfect upbringing

Ideally we should have been parented by perfect parents, so we'd become as they are - perfect.

God has commanded us to become as perfect as God is. If our parents had been perfect, then naturally with such a perfect foundation within us, we'd move on from our parents to become as perfect as God is.

However because we weren't parented by perfect parents, so we too are imperfect - just like them. And so because of that, we're imperfectly trying to be like God is, but we'll never succeed. So you can't actually live true to God and do God's Will, because of your untrue upbringing. So we have to first Heal ourselves of our imperfect parenting, so we can then live true and be at-one with our soul and with God. And as we live true to ourselves, so too will be naturally, and without any effort at all, being living God's Will. It all being done through our feelings.

Having children

By having children you are given the most power you can ever have. It's effectively having unlimited power over someone, and so you can make them love you to fill in all your love deficit gaps. You can make your child behave however you want it to, to be as you want it to be, to make it be as you are, and we can't do that with anything or anyone else as much. So it's being able to play god, and as we're not true and perfect and so not truly loving, feeling unloved ourselves, so as parents we parent for love, wanting our child to love us. We do the same with our pets making them love us as we want to be loved, and they being so devoted to us seems to give us what we need, but with children we do it even more because we want even more from them.

And so we use our children to run away from our bad feelings. Have children is the greatest way we can keep denying our bad feelings. Our child will make us feel bad as it reacts to our unlovingness, and we then have to crunch it into stopping doing that to us as we don't want to keep feeling bad. So we force it to change itself, it has to become 'loving' as defined by our corrupted needs for love. It has to deny so much of itself and its natural self-expression.

We demand our child loves us, and when they can't live up to those demands, we take all our shit out on them because they are not delivering the goods.

Perfect Natural love

There are two broad classifications of Love: Natural love - that which we and all of Creation is expressing; Divine Love - that which God is and those spirits filled with God's Love.

We are not divine as many people believe. We have been given the choice to 'divine' our

soul, to become filled with God's Divine Love. So we can transform our Natural love soul into a divine love soul. This being what happens when we actively long and pray and want God to fill our soul with Their Divine Love. However we first need our Natural love to be perfect so the perfect Divine Love can transform it.

Being conceived into our imperfect Natural love states, we can still long for the Divine Love and feel it coming into our soul, however the effects it has upon us are limited by our state of imperfection. So we need to Heal our imperfection or wrongness, become of perfect or true Natural love, and then our soul can be fully transformed by the Divine Love. And you can feel or sense the transformation taking place gradually within you as you do your Healing. However really most of your Healing will be focused on you rectifying your imperfections and being your Natural love into perfection; which means, to perfectly, truly and lovingly be able to express all of yourself in your relationships with the truth and love of your natural self. Which happens as you submit to your feelings longing for them to show you the truth of why you are wrong, why you are not perfectly loving and of perfect Natural love. The Truth comes as you honour and express your feelings, and gradually you'll Heal all imperfections.

Nature is of perfect Natural love, it exists in its true state. We exist currently 'lower' than nature because we've 'fallen from grace', we've rebelled against all that is truth, becoming untrue. And so nature can be a big help to you in your Healing, showing you so much about your untrue, wrong, evil and imperfect self, compared to nature's unconditionally all-accepting uncomplaining true way.

Being loving, caring, sympathetic, accepting

Ideally many of us long to be loving, caring, sympathetic and accepting, with some people seeming to be better at it than others - all resulting from how you were parented.

However the truth is, we can't be these things fully and truly whilst we're in a state of mind and will that is denying them. You can't be loving when you are unloving. You might feel loving and good, however it's still loving within the unloving that you are - if that makes sense. And through your Healing, you'll strip away any so-called 'false love', any that is based on untruth, leaving any that is based on truth, all so that you can come to terms with the unloving person you are.

No one I dare say wants to be said to be unloving. However the sooner you accept that you are (or even if you feel you are loving, at least acknowledge you might not be as loving as you could be), and begin your Healing, the sooner you'll accept the truth of your

unlovingness and understand that is actually how God wants you be and it's okay being that way. Which then moves you to deciding that you no longer want to be that way, and so God will change you into being all-loving, perfect and true just like They are, as you do your Healing.

Always feeling happy and loving

Ideally we want always to feel happy and loving, and wouldn't life be wonderful to live that way! However we can't contrive such a state of being by using our mind like so many people want to do and so many spiritual and religious systems encourage you to do. We have to give all of that up.

We have to uncover the whole truth of our untruth, first. Then once done, we'll naturally be healed, loving and happy. When you uncover the truth of your wrongness and see all your soul and God want you see about your negative state, then you are Healed, for through your soul God will change you. The changes come about as you Heal yourself by uncovering the truth of your wrongness through all the feelings you are running away from. And one day when you've express the very last repressed bad feeling out of you, you'll have nothing more to Heal, so you'll be of perfect will, mind and feeling expression, so of perfect Natural love, so true to yourself, your soul and God. You will be fully Healed of your negative state. You'll be positive happy and loving. And it will occur naturally without you having to do anything more than just keep submitting to your bad feelings, expressing them the best you can, and longing for the truth of them.

True self-love

We are told that we have to be true and to love ourselves, but it's all to be done by using our mind. We are not told to go the other way and love ourselves by honouring all our bad feelings and wanting to uncover the truth of them. Why do you feel bad, why you have your bad feelings - do you want to know? And if you do, then you are truly loving yourself. The other sort of self-love that is generated and pushed by your mind, is not true but false self-love, so really it's more self-hate. You are doing yourself more damage by trying to use your mind to make yourself love more.

So go the other way, try not to love, try to feel how unloving you actually are, to yourself, others, nature and God. Try to accept that you are living denying all the truth of yourself, that you've been parented this way and so it's how you conduct your life. We have to thoroughly embrace unconditionally our self-hate, to allow ourselves to be as self-hating and self-loathing as we feel we are. And strange as it might seem, this is being truly self-

loving. We have grown up in a negative anti-love state, so we have to love this state by accepting we are this way through the ongoing acknowledgement of our bad feelings. We are also not to use our mind to try and accept that we are self-hating. You might know you are, and you might not know you are, so what you will have to do is want to know if it's really true, and you can only do that by looking to your bad feelings. If you sincerely do hate yourself, your feelings will show you, as you'll feel that hate and know those feelings are true. And this is truly loving yourself, being kind, caring and sympathetic by allowing yourself be what you already are, by accepting ALL of your feelings, all the good ones and ALL the bad, this is loving yourself.

And in the end we end up loving our untruth with it no longer making us feel bad anymore. And by the time that naturally happens, we are fully Healed and so no longer untrue. So when we are Healed, we can truly be self-loving and loving of others, nature and God, knowing such love is real, knowing it is not a pretence or contrivance of our controlling mind.

Our souls were created perfect, so we are underneath our untrue and unloving states, truly self-loving and all-loving. And had we been parented with such perfectly true and loving parents, we'd be like them - true and all-loving as our soul is. But God started us off on a rebellious world that's rebelling against the truth and love and all that God is, however our Heavenly Mother and Father have done this for a reason. And part of that reason is They want us to know the whole truth of our unloving state, to fully experience all the aspects of it so we know what it's all about, inside and out - and all from and with our feelings. So we have to find the truth of our untruth, and live true to it, and this is loving our self truly. Rejecting and denying and refusing to acknowledge our wrongness and untruth is not an act of love. Rejecting is the opposite of accepting, it is conditional not unconditional. Many people want to be unconditionally loving, doing all sorts of things with their mind telling themselves how to more loving and even all-loving. But this not being truly loving, it's hurting yourself more, it's going the wrong way further away from your soul and God, despite what you believe you're doing.

Talking Therapy

Talking our feelings out to find the truth of them is what real talking therapy is all about. Your Healing will be one long continual expressing of your feelings so as to uncover the truth of them, so one long talking therapy session. Expressing your bad feelings and longing for the truth of them, is self-therapy.

In theory you should be able to do all your Healing yourself and without any professional therapy or alternative therapy or counselling help. However in reality you might need help from such people from time to time. I have benefited hugely from Marion's help, she is my constant 'therapist'. I wouldn't have been able to do my Healing without her, because all of my patterns shut me off too strongly from my bad feelings. She herself gained much help from professional therapists during her darkest times and from who she learnt some of the basic principles that now constitute what we call 'our Healing'. The rest she's worked out for herself through her feelings, which includes most of this I am writing in the first part of the book to do with feelings and our Healing.

The main trouble with regular therapy is, while it might involve some bad feeling expression to access hidden truth, taking one back into one's early life, and all of which can certainly make one feel much better and even heal specific traumas, the main thrust is to 'heal' yourself so you can get back into your regular life getting on with your untrue and imperfect life, feeling better about denying other parts of yourself. Through such healing you might heal a little of your untruth, but until you embrace and commit yourself to doing your whole Healing, you will not be able to actually completely free yourself from your wrongness, pain and suffering.

Our whole life, from conception onwards until we've completed our Healing is one long trauma. The very bad traumatic experiences along the way you might suffer are certainly episodes that will require a lot of attention bringing to light all the hidden bad feelings to do with them, but there is far more to your Healing than just healing your more obvious traumas.

We are a personality that our soul is expressing in Creation. And we need to function properly on all levels so as to feel totally loved and to be all-loving. So our Healing is the healing of every aspect of our personality expression that is not happening as it should, and there are thousands of aspects not being fully expressed that we're all suffering from. Our main traumas are just the more obvious signs and examples of things that went wrong, and their effects on us will not only concern those specific times of the event or events, but also why the event took place. What I mean is for example, say you were sexually abused as child by your parent or a relative or someone else, all being very traumatic with masses of repressed feelings about it for you to express and lots of truth to be seen. However there are layers within layers of truth, so you will end up, again through expressing bad feelings, having to come to terms with and seeing the truth of why your parents allowed such bad things to happen to you - that is, the truth of your relationship

with them. So say your father sexually abused you, so why did he, what was going on in him to do such a thing, what happened to him during his childhood that made him do what he did to you? And why did your mother allow this to happen, even if she didn't know it was happening? How could they have had such a separate and unloving relationship with each other so as to allow him to secretly, or even possibly not so secretly, abuse you? What happened during her children that needed her to marry your father who abused you? And what are your worst feelings, the deepest most unloving feelings you feel for yourself, them, the world, God, to let such a bad thing happen to you? And where is your self-hate and why do you have it, and where is your hatred at them and at God, and why do you have it, and how much do you have, and have you brought it all to light, and are you scared of doing so, and if so, why - are you afraid you'll be punished for speaking up and expressing your pain? And you are to see all of this and so much more, which you will see all through your feelings. And it will then move onto how all your relationships are affected by such events and by the unlovingness of your parents. And not just your father in this instance, but your mother too because although she might not have traumatised you like your father did, still she has inflicted her own traumas on you by allowing you to suffer, even if she knew nothing about it. She is in her way as much to blame as your father, she married him, she had you with him, even if she appears to be the innocent suffering one. Because to you the child, you don't feel loved fully and truly by either of them, perhaps more by one than the other, but still not as you should have been. And all the pain of that will have to come out through your bad feelings along with the truth of all you've been through by being their child. And through your Healing, you will uncover and so see the TRUTH OF IT ALL - all how it's been for you, all that's made you be as you are.

Our Healing is best done by talking out, emoting and expressing your bad feelings to another person who is on your side, someone who wants to hear all your yuk stuff without passing judgement and without trying to stop you feeling and expressing your bad feelings. And as all the wrong went into you via talking, yelling, screaming and words - your parents and carers talking, yelling, screaming expressing themselves, so it all has to come out via you talking, yelling, screaming. You will need to hear the words of your feelings so as to help you understand the truth of what you are feeling. So we have to speak them out of us.

Good therapists can help you to move through barriers and blocks, help you get used to talking about your bad stuff, and be a non-judgemental and accepting ear, as well as possibly giving you good advice and helping you understand all you are feeling, all so long

as they don't try to stop you, telling you ways of how to avoid and keep suppressed your bad feelings. But the thing about our Healing is, we need to keep working on ourselves whenever we feel bad, and ideally as soon as you feel bad, although with practice you can put off expressing your bad feelings if the time is not convenient to do so, getting back into them when you can talk, so it's not always conducive to see your therapist every time you feel bad. Through your early life you became inducted into the wrong, so through your adult life, just your normal everyday life, you can Heal yourself of your wrongness. You don't need to create artificial 'healing situations' to do your Healing. Your soul will orchestrate all the experiences you need to feel bad so you can find the truth of those feelings. You might feel angry in the kitchen because your partner didn't respect you by not cleaning up after himself, leaving his mess for you assuming you will deal with it, because that's what you always do. And if your partner is wanting to do his Healing too, so you can deal with that anger right there and then - and so you MUST, the more you can bring it out with the full passion, feeling and emotion of it, the full rage and fury, if you feel it, all the better. Open your mouth and let it all come out. You don't have to go on the rampage as such, but you can sure yell and scream and get it all out. And it will all take you back to some time with your parents when you felt not respected by them, when you felt all the same bad feelings. And so you'll see yet more truth about yourself.

To Heal ourselves we need to bring out all our pain and bad feelings the best way we can. Speaking about them with the full emotion of them is the best, and sometimes there is more emotion than other times, sometimes no emotion at all, so you can just speak about them to your partner while you long to see the truth they are to show about yourself. However you might not have someone with you that wants you to express all your bad feelings, so speaking out loud, to yourself, to God, writing, and even saying it all in your mind is that is all you can do.

And we are not to act on all our feelings. Use your common sense, we are still to live according to the laws of society and social respect. You might feel murderous, wanting to rage and kill, yet of course you can't do that. You might feel like going round to your parents house and punching them in the face for all the pain and problems they have caused you, however instead of acting on such feelings, which might only be yet another way to deny other deeper feelings in you by letting off steam and getting some power back by taking your anger out on them, it's far better if you can allow such bad feelings to overwhelm you to the point of you curling up on the floor crying your eyes out with the pain and hurt that is underneath your murderous rage and anger. We are not to act on all such bad feelings, however at times you'll not have any say in it when your feelings take

you over and suddenly you're doing what you will, which might when you've calmed down bring up a lot of guilt and regret for your actions, which are then yet more bad feelings for you to express and long for the truth of.

Living in small family groups

Ideally the best way for us to live is in small family groups, something like a small tribe. We are not meant to live as we do in the West in our unloving nuclear families. The mother is not meant to rear the kids all by herself and without hardly any help, with the father having to go off to work each day. Ideally the parents are to be together as much as possible, and only going off knowing there is back up, other people of the group to help.

We are meant to be continuously expressing all we feel, all so we can keep growing in truth, so we always need someone to express ourselves to, hence the value of a group who are all intent on living true to their feelings.

However, through your Healing, you might find you are to do it on your own, all so as to help you feel all the bad feelings of feeling so lonely and without any help. You might do it with a partner or many partners, your Healing breaking apart your relationships as you move on in truth when your partner refuses to. There is no 'standard' way or right way to do your Healing - there is only YOUR WAY. And just what that way will be is what your Healing will show you. So you begin and your feelings will take you where you are meant to go, and will help you feel what you feel with those people who are to help you. Remembering that all BAD feelings are good, so if your partner makes you feel bad, good, then there is more bad feelings you can work on to see more truth about yourself and your relationship with your parents and how that is then effecting your relationship with your partner.

Marion and I decided to be as frankly honest with each other as we could, so to bring out all the horrible yuk we felt about each other when we felt it. And boy oh boy what foul vile yuk we've had inside us! I had no idea. And what we've found as we've vented it all spewing it all over each other, is that really it hasn't been at the other person we've been so upset and angry with after all, it has all really been about our parents. So as we yell at each other we know we're projecting our parents onto each other; as we're ripping each other apart bringing out all our hatred and fury at each other, we're really venting it to our parents ripping them apart, as if we were back at home when they made us feel so bad and we were not allowed to express our hate and rage at them. But as we don't live with our parents now, and only have each other, so we use each other as parent substitutes. So in

real time we're expressing our hatred to each other because we feel we hate how the other person is treating us and making us feel, when in some other time, and at the same time, we're actually back with our parents saying to them all we couldn't when we were young, all we couldn't because they wouldn't have tolerated it, didn't want us to express all our rage and hatred because of how badly and unlovingly they were treating us, so making us have to keep it all in, suppress and then repress it.

And when the 'temper tantrum' flares and you are into the other person with all the passion and intensity of the agony you feel, then you understand how incredible that it's all still within you, still locked away within your soul. And how by longing for the truth of your feelings, that incredibly it can come out, and come out at the same raging intensity as it went in. So believing you are free of it all once you leave your parents and move on into your adult life is nonsense. It's all still within you, and if you don't let it out it will kill you, it's going to make you sick, and you will keep suffering for as long as you keep it buried. So like puss and poison, it has to be expressed out of you, and if you allow yourself to go with your bad feelings, you have nothing to worry about, it will come out. Many high pressure 'trigger' situations will occur, things that never made you feel bad will really start to piss you off and upset and hurt you, all the control you've had on yourself will fade, loosening up with fissures and cracks in your composure appearing, and before you know it you'll be assailed with so many bad feelings you'll feel like you're going mad, having a breakdown - which you are. Your Healing is one long breaking down of your mind.

And it all sounds easy writing about it, but shit being in it, all those terrible feelings and situations, and so many, and I hated them all, and hated feeling so confused and lost and so, so, so bad, so bad I thought I was dying and being ripped apart, so bad I felt like I was tied to the back of car being dragged along the road with all my skin tearing off, so bad that the sheer misery being so overwhelming and feeling so depressed, and then so scared and so angry, so endlessly miserable, it all being too much and how am I going to get through it, constantly at my wits end, begging God to end it all, to end me, wanting all my bad feelings to go away, yet also wanting them all to come out, such inner conflict with my mind constantly refusing to let go and give up its control, and yet all the time with Marion encouraging me to keep expressing the bad feelings the best I can as I longed for the truth.

We are not meant to be alone, we're not meant to feel alone, we can't feel loved if there is no one else there loving us. We can feel fully self-loving as we Heal ourselves, but still life alone and without anyone to whom we can express all we feel to, is not how it's meant to

be. We needed parents, we needed people to love us, we needed to be able to constantly express all we felt to without being interrupted and told we're not allowed to.

Being a feeling-expressive person

Some people are naturally - because of their upbringing - more feeling expressive. And should such people wish to look to their feelings for the truth of themselves, they will find it relatively easy to express what they feel provided they can allow themselves to keep feeling all the bad feelings that come up.

I was trapped in my mind, my feelings all but shut off. I did of course still feel, but my mind was heavily in control and quickly would dismiss all the really bad stuff. I was, so I knew, scared of sharks attacking me when I was swimming in the sea. Out in the waves body-surfing or while snorkelling I was scared that out in deeper water suddenly would come the monster Great White and tear me apart. And my feelings after years of working through my fears helped me see that yet again the scary shark was mum and dad who'd suddenly attack me seemingly for no reason, coming literally out of the blue, slamming into me with their unloving words and ripping me apart as they tore strips of me yelling and screaming at me at how bad I was. I was projecting mum and dad onto the shark, because it is acceptable for sharks to be bad as they attack people, whereas it wasn't acceptable to say mum and dad kept attacking me and that I was actually more afraid of them, my own so-called loving parents, than I was the shark. And that I had far more to fear from the very people who I should only ever have felt safe and secure with and nothing but love from, than from a shark. I feel more love for the sharks, even though I fear them, than I do for my parents. Give me a shark ripping me apart any day compared with forcing me to go back and go through all the horror of my early life with my parents!

After twenty years of working constantly on myself, day and night with Marion's help at any time I felt bad, it became apparent that I was turned against myself to be on mum and dad's side, whereas Marion was kept in her fear not allowed to express it or herself. My parents made me become like an extension of them, if I went along with them I learnt how to protect myself from their onslaught. And by becoming more like how they were, I progressively lost myself, shutting off my true feelings, even taking on their feelings about things that happened in my life. And has it been hell having no feeling for my Feeling-Healing, needing Marion at every step to prod me and encourage me to speak up, to bring it out, to express what I'm feeling.

And for her she has been able to use me to help her come up and out and finally have her

say. She has to say how I make her feel, I force her to, and because I'm so unaware of my bad feelings, she has to work at trying to help me see and express them. This all being what her parents didn't allow her to do through her childhood. So we're using each other to help each other to in a way and on the feelings level, live what we weren't allowed to all so we can fill in the gaps that's bringing all those unexpressed parts of our personality out and into being. And as we uncover the wrongness in ourselves, so we also come to understand what is right, what would have been right for us had our parents been perfect and truly loving. So in the end we do have to live it all. If we've been denied through our childhood then we will, all on the feelings level, experience it sometime, and mostly through our Healing so we can fill in all the gaps and bring out all those denied and deficient parts of our personality.

We do not need a fantasy life to make us feel good. Any fantasy, such as a sexual one, is something we use to make us feel better, once ageing using it to help us block out our hidden underlying repressed bad feelings. If we were true, we'd have no need for it, just as we'd not need to do most of what we do. It's amazing to think that if you were true you might not do most of what you're currently doing. And you might not be having the same relationships that you are currently having - everything might change. And although that might bring up more fears and bad feelings, the thought of everything changing, it all happens as you can deal with it, nothing you can't cope with or accept and even want, when it happens. You will adjust slowly through your Healing, and those inner adjustments will be matched on the outside. Marion and I have managed to remain together, however that's mostly only because we have a shared goal in wanting to become true and understand we need each others help. If it weren't for our Healing we'd not have remained together, having come together for all the wrong reasons based on fantasy love and denial needs, all of which we've seen the truth of and let go. Other people who've embraced their Healing have experienced failed relationships because their partner didn't want to do their Healing. Can one person in the relationship do their Healing whilst the other doesn't - I don't know, but no doubt people will experience all the different variables. However everyone who has so far ended their relationships because of their Healing, have known that the relationship was based more on untruth and fantasy than any true feelings, so were not surprised when it came to an end, even knowing it had to, and although hard, welcomed it.

Acting on your feelings

What is the right way to act on your feelings? In our imperfect, immature, unexpressive feeling lives, how should we act when for example we feel angry? Should be simply act

out our anger and punch the other person who's making us angry? Or should we not say anything at all, taking our anger home so we can express it to our person or partner who is willing to listen to it all knowing that it all has to come out so we can uncover the truth of why we're really feeling angry, what's going on deeper within us, what our superficial anger is connecting to in our childhood anger and all those terrible feelings we not allowed to express? And should you be the Good Samaritan quickly stepping in wherever you can to help others; or should you not interfere allowing everyone to get on with their own lives? Where are the respectable lines, and how to do know when to cross them or when not to? Should you not interfere allowing the parent to hit its child or kick the dog, or do you interfere expressing all your feel?

And what Marion I have found is there are no strict rules, it's all a feeling by feeling thing in the moment. Sometimes we feel we don't want to interfere no matter how bad it is, wanting to take our bad feelings away with us expressing them to each to other so as to uncover their truth, and then at other times without even a conscious thought we're acting and doing whatever it is we feel to do all bring driven by the intensity of our spontaneous feelings. Then to talk it all through expressing more of the feelings that come up, looking to uncover the truth they want us to see about every part of the experience, going over and over it often for days as all the bits and pieces come to light, all based on the feelings that keep coming up.

And often we use Jesus as an example to follow. He didn't stop them nailing him to the cross, he didn't interfere at all. And so are we to be like that; or is it that we are, however only once we've fully Healed ourselves of all our wrongness and are perfect like he was. And then we'll just naturally be as he was because that's how our feelings will lead us to be.

There is no right or wrong way to express all you feel. But as the truth comes to light over the years and having gained so much feeling-expressing truth, slowly you change and make decisions based on how you feel you want to be, all of which makes you feel good as you know it's all truly yourself and not just what your contrived mind believes or things is the right way to be.

And we have days when we say, no, I'm not going to do that again, only in the next moment to go back on ourselves and do it; then not do it, and then do it, and over and over each time being driven by what we feel, and each time giving rise to yet more truth and yet more feelings. Living by feelings is very different from trying to live having life down-pat by your mind. It's all over the place, yet with a subtle direction and path as

outlined by the truth, all of which you see with hindsight but slowly become more aware of as you move deeper into the truth of yourself.

How to heal ourselves by using our feelings

Accepting the horrible truth of ourselves

Acceptance is the key to our Healing - completely accepting ourselves. Yes, it's unconditional self-acceptance, however through and with our feelings, and not our mind. Many people make the mistake of believing we are to be saint-like, angelic, unconditionally accepting everyone, even the worst most vile nasty person, being full of self-less forgiveness, we're to rise above such negative unloving base feelings and somehow be like God and Jesus and only of love. We are to increase our self-love to such a degree that nothing negative affects us, and we can shine out pure love and light all over the place. But this is all still mind controlling and is using your mind to override and block out the really bad feelings you are feelings, and so much so that you believe you can transcend it all moving into a place of abject blissful love, where all the so-called lower dross feelings no longer affect you - meaning, you no longer have them yourself or are affected by other people having them. Yet that is not true self-acceptance, and it's actually being very conditional, because you are only accepting certain feelings, your good ones, whilst doing all you can to dump and keep hidden all your bad ones.

True acceptance comes as we go the other way, the feelings way, the non-mind way, and fully accept and acknowledge each and every bad feeling, and particularly and most importantly, all the ones we're running away from, reject, and trying to hide. And as we express our bad feelings, expressing the whole emotion of them, as we express the feeling of them, then we are fully accepting them, accepting that we have them, as we're saying outwardly and openly to the whole world that we feel our bad feeling, which is also fully accepting ourselves - because we are our feelings. When you 'come out' you feel so much better, which is all self-acceptance. If you are denying one of your feelings are you denying yourself, which is not being unconditional and self-accepting, you are being conditional and self-rejecting. However to become fully feeling accepting, means you have to keep expressing all the bad and good feelings you feel, and longing for the truth of them, until you complete your Healing. And once healed, being of a Celestial level of truth, so too will you be completely all-accepting and so all-loving, fully accepting yourself and fully accepting everyone else.

We need to accept the horrible truth that we are all wrong and evil and unloving. And all through our feelings. And we keep accepting it right the way through to when we no

longer feel such bad feelings because they are no longer within us. Until we've expressed them all out of our soul and uncovered all the truth they are to show us. And that truth is the truth of our unloving truth- and feeling-denying state.

So remember, if you are denying but one feeling not allowing yourself to have it fully and let it have its say, then you are not being truly self-loving, you are being unloving to yourself.

Self-love

Self-love comes through self-acceptance, and all through and with our feelings. We need to fully accept our feeling-self, which is us, the true us, and not just our minds. And whilst we're all in a negative non self-accepting state of being, so anything we do with our mind to pretend we are more self-loving or self-accepting is only making us be more unloving.

And as our self-love grows through our bad feeling acceptance (we don't need to work so hard on accepting our good feelings because we just naturally do accept them, although some people might also have issues with feeling good, not having been allowed to even have good feelings when growing up), so too does our love for the other person, nature and God increase. And it all has to happen naturally as an expression of our soul through our heart and with feelings - and not being made up by our minds. Most of self-acceptance is mind contrived, so it's not really true. Peel away the false layers of pretence and what's underneath is a lot of self-loathing, and these bad feelings are the real you, really what you think and feel about yourself, and all of that yuk has to come out and be accepted for what it is. So the more you can keep focused on and stay with the yuk you, the you you hate, the you you despise, the you you feel you hate with a vengeance and wish would simply go away and leave you alone and never come back again, the closer to finally one day fully accepting yourself you will be. It's through the worst of you that you feel you are, will you become the best of yourself. We have to fully embrace, accept and come to love all the worst that we feel we are, and only then will that all go leaving the good that we are. If you keep trying to apply your makeup to cover up your unacceptable ugliness, then you are not being self-accepting and self-loving, you are showing how much you hate yourself. So it's not that makeup itself that is bad, it's that you are needing to use it to cover up the parts of yourself that you think are bad, all those parts you are rejecting because they were rejected by your parents and carers in your early life.

All the self-hatred and ugliness, the unworthiness, all the self-rejection, has to come out. It has to be acknowledged that its there, that it's part of you, because it is, because you are

feeling it. If it wasn't part of you, then you'd not feel it, it would never occur to you that there was something bad or wrong with you. But if this sort of self-hatred and self-loathing is within you, it's vital that you go into and with it, bringing it all up and out, facing the terrible truth that that is how you do feel about yourself. And to keep going expressing it day after day, moment after moment as it keeps coming up, and even year after year until you are demented with the bad feelings feeling there is no end to them, that you are the most putrid, rotten, ugly, vile, revolting, horrible, unlovable person on the planet, for one day you will get the end, and then you will know the whole rotten truth of yourself, and then it will go, leaving you feeling that you are actually not that rotten ugly person after all, that was just what your parents and carers made you feel as they denied you and didn't love you as you should have been loved. But now having expressed all their hatred of you out of yourself, now you will be free to love yourself, and without needing the approval of anyone else to do so. Free to feel you own feelings of how good you feel about yourself, and amazed that you no longer feel repulsed looking in the mirror every day. That you actually do love yourself, as you truly feel it, such an amazing and incredible feeling, and that you are good and loveable, and that God loves you and created you with and out of love, and that you are true and pure after all.

How important are feelings and why do we have them?

They are very important as they are the gateway to the Truth. And they help us survive. Can you imagine living in a non-feeling way, with only your mind working. Imagine putting your hand in the fire and you feel nothing as you watch your hand burn to nothing. I don't think you'd survive long. You could burn yourself without feeling the truth of what fire does to you. So we have to feel it hurts us so we understand that we need to keep away from it and keep it in its right perspective, understanding through our feelings how to respect it as we respect and love our self by not putting our hand in it.

Look at a baby, then at a little young person, it's all feelings first, feeling it's way around the world, feelings teaching it the truth of its immediate life. And on all levels, not just physical feelings, but emotional ones, that we feel bad when we're mistreated, that we don't feel loved, good and happy when we are disrespected, and that we feel very good and happy when someone is nice and loving to us. And what is the feedback from our feelings if we do something to someone, how does it makes them feel, and do we feel good knowing that is how we've made them feel... or do we feel bad... and if so - why?

And as we grow and mature we keep using our feelings to feel our way around the universe, we are not designed to think our way around it, although that is how we're

parented. When we feel good we feel happy to be in life, when we feel bad, we are unhappy and don't want to live. And we can feel so bad we want to kill ourselves, to annihilate our soul and whole being, to cease to be. And all because we feel so utterly bad, alone and that no one loves us, no one is there for us, no one cares, and all because that was how our parents made us feel.

So when a bad feelings comes along, up should go the warning signs, SOMETHING IS NOT RIGHT WITHIN ME, SOMETHING IS NOT RIGHT WITH THIS SITUATION I AM IN, and it's something more than you experience with you mind, it even becomes intuitive and psychic all through your feelings, you just know, because you feel, and the more astute and connected and familiar and knowing of your feelings you are, the deeper and quicker and more subtle and more finally nuanced your feelings and life becomes. So when something is not right, what should you do? Stop, and attend to those bad feelings, before you do anything else.

And think about it this way, would you willingly chop of your arm? No, I doubt it, so would you willingly deny yourself a bad feeling that was trying to show you something was not right within yourself? Your feelings are as real as your arm, and even in some ways, more real, because when you die your physical arm with rot away, yet your feelings will go with you into your new spirit life. So why would you want to ignore the warning feelings? Ignoring them at your own peril! And if we were in a true state we'd never ignore them, or if we did, we'd know it was going to cost us dearly. However our parents have turned us against millions of them, we've been forced to ignore thousands upon thousands of them all through our forming years and the rest of our childhood. All those flashing warning signs we've been forced to overlook, deny and keep locked up and repressed within us. So it's no wonder our whole system eventually crashes and shows such major warning signs that we can no longer block them out. But even then we go to the doctor to fix us, to take the pain away, to remove the cancer, to cure us, all so we can carry on with our blinkers on still at the mercy of our relentless feeling-denying mind-controlling unloving soul-destroying patterns.

So when you feel bad, stop, heed the warning, it's being given to you for a very important reason, which you will find out as you express your feeling while longing for the truth it, as you will see.

Going with the Feeling Flow

We are to go with the feeling flow, to live in the moment of our feelings, and NOT trying

to live in the moment of each thought from our mind.

And that then means to some people that they are to take each feeling as a command: I feel I should turn left so I will, trying to live their feelings like they would their thoughts. But this is no good, because so many of your feelings are so heavily influenced by your mind, so even if you think you are activating and living life according to your feelings, you are still actually only living them by carrying out the mandates of your mind.

And so once again as we begin our Healing, we can only do what we can do. So as we have to start somewhere, we begin with the next bad feeling trying to express that and wanting to uncover its hidden truth. And we know that most of our feelings will still be heavily influenced by our controlling minds, but we just keep attending to each feeling as it comes along, longing for its truth. It's all we can do, and gradually the control of the mind will come to light, and eventually it will end, and you'll become freer and truer in your feelings.

We can't express what's not already within us

When it comes to your bad feelings, you can only express the ones that are already within you, ones that you've already felt through your forming years and the rest of your childhood. So your Healing will awaken you to those feelings if you're not already aware of them. And then as you progress, new feelings can come in as you educate yourself about them. And in the end you will be fully feeling-aware and feeling-expressive, just as you would have been had you grown up without any feeling interference.

And it takes a lot of hard work to stay true to your feelings, to keep wanting to recognise and accept and express your bad ones. It will take all you've got because every other part in you having been conditioned to stop you living true to yourself and your feelings will be fighting against you. It requires a lot of courage and faith, faith that you are doing what is best by going against all you've been told and learnt and believed to be true. And to keep going when you're in the thick of your pain writhing around unable to bear it any longer. However to keep going is all you can do. So KEEP GOING. Eventually the end will come... and then it's onto the next bad feeling. And through your Healing, if you fully commit to it, it can be relentless, one bad feeling after another, day after day of bad feelings, and so many bad feelings each day - endless bad feelings.

Feeling-Healing; Soul-Healing

Doing your Healing begins with doing your Feeling-Healing and is becoming aware of

your feelings if they are not already apparent (some of us have difficulties identifying what we are actually feeling), then embracing them, honouring them by accepting and expressing them, all whilst longing for their truth. And anyone can do it. And you can commit your whole life to it, it being how you live: Living true to all your feelings, or you can come and go from it - it's all how you feel you want to be.

And doing your Healing is also doing your Soul-Healing, which is doing your Feeling-Healing and including longing for God's Divine Love. And this will then mean your Healing includes healing all the aspects of your relationship with God as you heal all the aspects of the relationship you are having with yourself, other people and nature. The Feeling-Healing is all about purifying your Natural love soul, while your Soul-Healing is doing that, and at the same time transforming your soul with the Divine Love.

Our Healing, whatever you want to call it, is about bringing out of us all the hidden feelings from our childhood that we were not allowed to express. This being what is called our: Childhood Repression. Understanding that these unexpressed feelings, both good and bad, didn't just disappear as we grew older and now as an adult are no longer relevant to us or having any affect on our current relationships; and that not only did they not disappear, but they remained buried in our soul, all there still waiting to one day be expressed. And until that time, all exerting an inner pressure that will eventually rise up demanding to be paid attention to, just as you being the unloved little child would have tried to do. And this time round, we become the loving parents to ourselves, we being able to attend lovingly to the hurt and suffering child that we still are, all by paying attention to all our pain instead of keeping on denying and rejecting it.

So the idea is we are to keep working on our bad feelings, moving deeper into all our buried trauma, liberating all those terrible feelings we've not wanted to know about. So as to one day become perfect, true and pain-free when we've express all our pain out of us. And not to just spend a little time working on ourselves, seeing the therapist a couple of times a week who might help us unlock and release some of our repressed emotion and bad feelings, all so once done and feeling better about ourselves, we can get back on the horse carrying on in a better frame of mind, advancing our mind control over the rest of our hidden and repressed feelings we're still refusing to address and accept. You can of course stop your Healing at any time, but if you fully commit yourself to it, you soon realise, as you can feel and sense it, that it is a whole process of itself, and that your soul will take you through it step by step all so the whole truth of your unloved state can come to light. And once you fully commit to it and it gets underway, as bad and intense and full-

on as it might get, you don't want to stop it, because to stop it, what happens then, you just go back to feeling as bad and being as false as you used to be?

If you are interested in understanding more about Childhood Repression from a professional psychotherapists point of view, read Alice Miller's books. Alice introduces us to Childhood Repression shining the spotlight on our unloving parenting, but she doesn't see the bigger spiritual picture it is apart of, that which Divine Love Spirituality does.

Why is expressing your feelings so important?

There are many reasons, and other than so as to keep yourself healthy and disease and pain free, it's so as to be able to express the whole of yourself truly and freely in life. The whole of your personality. As I've said before, by not being allowed to express all yourself freely as a forming and growing child, certain aspects of yourself have effectively been retarded, all of which need to be liberated through your Healing.

If you want to be the real and true you, then you will have to do your Healing, because until you do, you will continue to be the false mind-contrived you, nothing more really than a fantasy you. And so being false, it's no wonder bad things keep happening and you keep feeling bad.

And you will only feel truly happy and loved when you are able to freely and perfectly express your whole personality in Creation. That means all of you on all levels, and levels you won't know about until you're well underway in your Healing. It's what you've been created to do, so any time you are prevented from doing so, you feel bad, which are all those bad feeling times you felt as a child. And for most of us, there were a hell of a lot of them, all reflecting just how damaged we are. And all that damage has to be rectified, this being what will happen through your Healing. We only have to see the truth of our wrongness and liberate all the pain and bad feelings we feel about it, we don't have to do anything to try and change ourselves. When we uncover the truth, then as that is all we need, all that's required by our soul, all God wants us to see, then all the old and the bad will go, and the new and the good will remain. Our soul will transform us out of our unloving evil and negative state, into a loving true and positive state, but ONLY when all the truth of our unloving state has come to light.

So if you can't fully and freely express all of yourself, and that's on the physical whilst you're of flesh, the emotional and feeling level, the mind, spiritual and psychic levels - which are the relationship between your feelings and mind, then you will not feel fulfilled,

happy and bursting with light and with a strong desire to grow in truth. And because we've all been put into a truth-denying world, so we have to address that problem before anything else can happen. So we have to feel as bad as we do before we can feel good and happy. Out of the darkness will come the light! We are already in the darkness living with artificial lights provided by our mind. We have to turn off those lights and face the horror and full pain of our truth denial, and as we do, the truth will bring the natural light with it. If you don't want to uncover the truth of yourself, then you'll never leave your pain, only adding to it, adding more for you to Heal when finally you decide enough is enough.

Relationships

Life, as you no doubt know, is about our relationships. And uncovering the truth of them. Beginning with the relationship we have with ourself. To find the truth, it has to come naturally up within you. Reading about it like this in a book is okay, as it helps focus and condition the mind, but still you will have to find out all of what I'm saying for yourself through your feelings as you do your Healing.

A small example of how important attending to our relationships is: I say, Marion can bring it in for Darcy to use, and in this situation I'm speaking for Marion, and I'm putting her in an awkward position as she doesn't want to do what I'm saying. And when she says no, she makes Darcy feel rejected, and is annoyed with me for believing I know what she wants to do. I am disrespecting everyone, including myself. I am taking over, asserting myself, how I want it to be, and not letting everyone be free to be how they want to be. I am the Parent taking over child Marion. Yuk, more bad feelings for me to express as I don't want to be this way, as I can see when Marion points out my bad unloving behaviour. It all has to be sorted out, bit by bit through thousands of interactions, so your Healing will take time for all those experiences to happen, all of which involve bad feelings we are to look for the truth of.

Another part of our Healing Relationship Marion and I agreed to do, was to tell all to each other the best we could. So to share or tell every thought and feeling, bad (and good), but particularly all the very yuk stuff, such as sex fantasies, killing and hurting others fantasies, anything criminal, shameful, horribly humiliating and ridiculing, being patronising, conceited, accusing each other of all the worst most horrendous things you can think of, yelling, screaming, prepared to talk about anything and everything, all fearing that you expect to be rejected as it ALL comes out, all the secretive hidden stuff you thought you'd never tell anyone. And even though in practice we don't express every thought and feeling to each other, we now know, after twenty hard years of working on ourselves together,

which thoughts and feelings need attending to by expressing them out loud to each other.

Gradually stopping doing all the things you don't want to do

As you begin your Healing you can begin by stopping doing things you don't want to do. And if can't stop them, then at least start talking about how much you want to stop doing them, and all the bad feelings that result. And you will no about find you have masses of fears, and they all have to focused on, expressed and their truth sought. So it's all about giving up, stopping, not pushing forward trying to assert yourself as you have done and have believed is right. To submit, fall into, surrender to, be prepared to be swamped, overwhelmed, drowned, going insane, mad, suicide because of so many bad feelings. Many people fear that if they start opening their Pandora's Box, they'll never be able to shut it again losing all control. Which is exactly what must happen! And open it you will through your Healing, however even though at times you will be thoroughly tested and taken to right to the edge and even dangled over it for a time, you will not break, not at least how you might fear you will. And you won't break so badly as to render you incapable of going on, because that would defeat the purpose of you doing your Healing and wanting to uncover the whole truth of yourself through your feelings. So you will be pushed to the edge, hung over it, but not let go of, and all you can do is keep going. When you are in your traumatised states feeling so mad, so confused, so fucked, so nothing, like you don't even exist, so bad and like you wish you could kill someone or yourself, just keep trying to express it all out of you, keep longing for the truth when you think of it or during a moments pause. And keep going. All you can do is keep going. And even when you can't keep going, say you can't, and talk about these bad feelings. And when you can't even open your mouth and say any more of the bad shit, or anything other than moan, or absolutely nothing at all, still want to keep going, still want the truth to come up in you. And beg God, beg your Heavenly Mother and Father, to show you the truth They want you to see. Beg and long and pray and want the truth of all you're feeling. For it is literally seeing that Truth that will set you Free.

Every part of your communication is very important - how you feel about it and how it makes you feel

I tell Marion: Why don't you write your dreams down, in which I'm telling her what to do and how she should be. I'm just making a statement commanding her what to do. Instead of staying on my side expressing my feeling that I wish she'd write them down: I wish you'd write your dreams down. And then I could talk more about why I wish she would, all so I could share myself more with her and uncover for myself through my feelings a bit more about myself as in why I wish she'd write them down. In my way she doesn't exist,

she's a no one, and I'm just making her how I want her to be, she is merely an extension of myself, and I'm annoyed with her - this other errant part of myself - for not behaving as I think she/it should. So I'm being the unloving parent saying right your dreams down to the child, do this and do that, not respecting or considering her, not caring whether she might want to do it or not, just being god telling her want to do and how to be. Whereas if I said I wish you'd write them down, then I'm just expressing what I want, understanding that she doesn't have to do what I say, it's just what I'd like. And then she is free to choose if she wants to do as I say or not, free without any commanding and dominating pressure from me. And I'm also taking into consideration that she might already know about writing dreams down so as to help her remember them, which of course she did, so then I'm not sounding like, as I did sound, that she's dumb and an idiot for not knowing about writing them down because she has to have me to tell her. But my telling her is treating her like she's dumb, doesn't know anything, I'm not taking her and her life into account, not even asking her if I had to because I didn't already know that about her, if she knows about writing dreams down. But she does, as we've talked about it before and she's even done it before, but none of that matters to me, I just want to assert my control making her do what I want. I am wiping her effectively off the face of the earth, not really even caring if she does write them down or not. All of which is very unloving, and all of which I had no idea I was doing to her, for I thought I was being helpful by telling her a helpful thing she could do. But Marion felt angry and hurt that I wasn't respecting her, her feelings being very strong. And so as she expressed them, then I could see what she was feeling, understanding that if I was in her place, so too would I feel the same way. So then I understand I'm being horrible and unloving to her, all which then brings up more bad feelings in me to express. All of it bringing to light more of our miscommunication because of mainly my seeing it all round the wrong way. And all these relationship interactions and how we communicate and express ourselves in the world and to another person are all part of our sorting out our wrongness, understanding why we are that way, and then expressing all it makes us feel being so wrong, all so we can then change and no longer be that way.

You must follow your own feelings, not follow someone else's feelings

Our parents made us follow them, and often the feelings they felt. And we have to end all of that and follow our own feelings. Many people look to God or spirits to show them the way, they want them to talk to them telling them what they should do. But this is all still part of ones mind control, it's using God, someone who has a higher authority over you, someone you fear or respect, someone who is really one of your parents or someone who was important to you in your early life, and looking to them to take you over, wanting

to submit willingly to their control. You hear people say they beg and pray and ask God to help them do God's will, as if doing their own will is bad. It's only more of the same mind control. We are do your own will by striving to live true to our feelings, and then we'll ALSO be doing God's will. God's will is that we fully honour ourselves, so fully and freely express all our personality in Creation. And so by doing your Healing, you'll be honouring God's will, as you start to live true to yourself and how you feel.

Your feelings are Your Way. Look to yourself, your very own feelings for the Way. The Way is already inside you, and had you not been knocked off your true path through your forming years, you'd still be on your true Way. And so you've taken a bit of a detour, yet that can all be rectified and your True Way regained, which will happen through your Healing.

So listen to your own feelings. You might find you no longer want to listen to a doctor or dentist or anyone else you give yourself over to by putting yourself in their hands no longer taking full feeling-responsibility for yourself. Listen to your own feelings and they will lead you. They may even lead you to see the doctor or dentist, or they may not, but whatever they do, they will make you feel something, and those feelings are what is important. And you can take full responsibility for them by accepting, expressing and longing for their truth. So even if you go to the doctor but feel bad about it, speak about all those bad feelings wanting to know why. And if you don't go to the doctor and feel bad for not going, speaking about all those bad feelings wanting to know why. It's not what you do that matters so much, but what you feel as you're doing it. And wanting to know why you are feeling what you are. And you can achieve absolutely nothing in life according to our present day definitions of what achieving anything and being successful is, and yet ever second there are more feelings to attend to and express, this being all you need to achieve. For you'll be growing in truth and attending to the needs of your soul, you'll be as spiritual as you can be by living this way, and you'll be as self-loving as you can, and so what is more important: helping yourself grow in truth doing what your soul wants you to do; or playing little power games in your mind trying to stay in the top spot in your business world?

Allow yourself to hate

If you don't naturally hate, then you'll have to allow yourself to - more bad feelings to express. And hate fully with all your hatred; and hate yourself, other people (and possibly even me), nature, other spirits, Mary Magdalene and Jesus, and God - your Mother and Father. If hatred comes up at all, go with it, don't stop yourself.

I was made to fear hate, and I believed if I hated God, did bad things, lied, then God would strike me down. All puerile childish stuff, but my childhood was puerile and stupid - full of stupid people calling me stupid.

And it took me a long time to allow myself to hate Marion. She is my wife, I love her, so I believed, not hate her. However, up came the hatred. And even though the truth of my feelings revealed projection of my hatred of mum onto her, still, I had to allow myself to freely express my hatred of her so I could go deeper into those feelings and see the truth of my projection and the truth of my hatred of mum. It took me a long time to hate mum and dad with all the fury and emotion of my repressed hatred. And longer to hate God for putting me in the shit and making all the bad things happen to me, and for making me feel so scared, miserable and unhappy all the time. How could I hate this God, my Heavenly Mother and Father who supposedly love me and to who I am longing for Their Divine Love? When if I hate Them, surely They will tell me to fuck off, and then what will I do, then I'll have no one and really be alone. But hate Them I have, and still do as I feel it for Them. And it sure feels good to be free to hate Them, mum and dad and everyone else. And it along with all my other bad feelings, have slowly come out of me, and my hatred is going. I will, so I think, hate mum and dad right to the end of my Healing, as that's how I currently feel still bringing up my hatred of them because of how badly and unlovingly they treated me. However, as with all to do with feelings, my feelings might change at any moment, with me no longer hating them because I've expressed it all out of me and uncovered all the truth I am to see about it.

Marion and I have had some horrible fights, yelling and screaming our hatred of each other at one another, threatening to leave each other, over and over, yet all the while knowing we are venting all the pent up putridness within us. And once it's come out and the truth has come to light, then we feel we no longer hate each other. These have been incredible experiences, to feel so 'in' the feelings of hatred, feeling that's it, it's all over, how can I possibly bear this person another moment, then more feeling expressing, more truth that comes to light, then suddenly, it's all gone, we no longer hate each other, we see who we really hate back in our early life, and life carries on without us wanting to leave each other. The whole process of expressing it out of you and it all going as the truth comes is extraordinary. You have to do it and see it and feel it to understand just how incredible it all is.

Expect the worst, not the best

You are to want the bad things to happen to make you feel bad, feeling bad is GOOD! I know it's hard to go the other way, opposite to what you've known all your life, however the more the bad stuff can come out - the putridness, puss and poison, the better you'll feel... in the end.

We have years and years of repressed bad feelings squashed down inside us, hidden in our soul, and every unexpressed feeling has to come out so our personality can truly function - express itself properly. Millions of feelings, thoughts, behaviours and will circuits have been laid down that need to be changed from negative to positive, our whole being has to change, so as to eventually feel like we've been born anew, as if we didn't grow up subjected to the negative. It's a massive rectification, and it's going to take time, and the more you can accept that you're going to feel bad a lot, and very bad, the easier it will be. However, if you resist it all the way like I do, always wanting the bad to go and the good to be there, then it will make it more difficult. But as that's how I was parented, so there has been nothing I can do about that other than keep saying when I feel it, how bad my state makes me feel and how angry I am that I can't do anything to change myself, and how difficult it is for me to express my bad feelings, always having to rely on Marion to help keep pointing out my wrongness.

If you expect the worst, often it doesn't happen. If you expect the best, then more often than not when you start your Healing, you'll find you'll screw things up. Give into your doubts, worries, fears, anxiety and nervousness, allowing yourself to feel and be and express such feelings in life. Go into situations shitting yourself if that's how you feel, rather than trying to deny and pretend and override such annoying feelings. Go the other way to your programming, be afraid, pathetic and powerless if you can feel that is what you are covering up. Expect to fail, bringing out all your fears of failure. If you feel even slightly such bad feelings within you, it's vital you get onto them and go as deep into them as you can, moving with them, expressing them, so speaking about them, bringing out their energy and emotion, all whilst you want with all your heart to know the truth of why you're feeling them. And understand that wanting to know the truth of why you're feeling them is also vital, because if you don't and just express all bad feelings, you're like a kettle letting off steam but never really getting anywhere with them, never getting to the underlying causes driving them, so never being able to fully rid yourself of them and heal such causes.

Words

Words are very important; as is how they are expressed and received. We are to perfectly

express all the feelings we feel, and be able to articulate such feelings and all the truth and understanding that results from them perfectly with our mind. We are to perfect our personality expression, perfecting our communication, conversation, interaction, how we express ourselves in all aspects of life, perfecting all the elements of being with another person, fully honouring ourselves whilst fully acknowledging them. When you hear yourself saying the right word/s that connect your feelings now as an adult with those same feelings back when you were a child, it all clicks into place and you see the picture knowing it's true. This is true spiritual growth as you work your way through your Healing. The truth of yourself coming to light as you express your feelings.

And it was mostly words driven by hurtful intention that have caused you so much damage. Words used to control, stop, stifle, criticise, humiliate, ridicule, reject, hurt and punish, words used against you, words used that were cruel and unloving, traumatising you. And so as words did to much damage to you, so it will be using words that will heal and correct all that damage. If you're not a big speaker, expressing your bad feelings will give you lots of practice. The truth is carried in the words of your feelings, then conveyed to the words of your mind.

We need the bad experiences

We need them to keep the pressure of feeling bad on us so we can keep moving into deeper into them. To begin with in my Healing I needed to have severe bad feeling experiences so as to crack me open and penetrate my anti bad feeling and feeling-expression blocks, forcing me to feel bad. But as I've moved through my Healing, so I've needed less severe shocks, to where now sitting on the couch seeming to mind my own business, a little thing will happen that shocks me with such intensity that again I am plunged down into my dark hole of yuk. As I've become more sensitive, aware of and attuned to my feelings, and more understanding of my feeling self, so I can just move along with my bad and good feelings coming and going and without the need for the big dramatic stir ups happening.

Scared of feeling bad

I've realised over the years just how scared of my bad feelings I am. I am scared of bad things happening to me, scared of my bad feelings making me feel worse. My bad feelings are monsters, devils, evil ones, Satan, thieves, murders, schemers, con-artists, coercers - they are all mum and dad who didn't let me express them and made me scared of my own feelings. I can't cry, complain, tell anyone how bad you feel, how scared I am, as I couldn't tell them. So I find it so difficult to say how bad I'm feeling, instead preferring to block it

all out, to use my mind to think of something nice, anything rather than have to admit I'm scared and feeling bad.

Marion is passionate about her bad feelings and loves expressing them, even if she feels extremely bad. She has no hesitation and will keep going with them for days and weeks if need be, almost destroying herself in the process. But she keeps going, nothing will stop her, unlike myself who will use any easy excuse to block them out. And when her feelings come up, she is all feeling, good or bad; whereas I can filter them out, calm them down, slide them off to the side bringing in the control of my mind, all as I was taught to do. I was taught to avoid my bad feelings, no one wanted them, no one wanted me when I was feeling bad; Marion was not wanted either, yet was forced to stay in all her bad feelings and not allowed to express them. I was helped to believe and so pretend that my bad feelings didn't exist - that I wasn't even feeling them. She was never given such help to use her mind to create a false state pretending she wasn't feeling as bad as she was.

We are to just BE the feeling; we are already it, so why not just BE it? Be scared trying to go deeper and further feeling even more fear. And without using your mind to try and work out why you are scared. Just stay with the scared feelings expressing them: I'm scared, I'm scared... longing for the truth... and the truth of what you're really scared of will come. And we don't have to actively look back using our mind scanning our early life trying to work out how and why our feelings now relate to how we felt back then, we don't have to try to link up with how we felt back then. We just stay in the present expressing all we feel, whilst longing and really wanting to uncover the truth of what we're feeling, and our feelings will naturally take us back, reconnecting where we need to so we can remember and understand what did happen to us. And when the link up and reconnecting does occur, it can be very precise and sharp, you might suddenly see and remember pictures of how it was for you, feeling you're back and being a certain age knowing exactly what it was all about and what was happening to you and why; and you might hear words spoken by yourself or spoken to you, remembering the emotion of them; or it might all be very vague and hazy, the memories very messy and unclear, however the feelings are all that matters.

We are to be praised for feeling bad, not condemned; love all bad feelings as you love all good feelings, they are all a part of you. So when you feel scared for example, express your fear: Scared, scared sacred... emoting, expressing and keep going.. I feel scared, very scared... and then you can ask yourself: how does feeling scared make me feel? And on you go. And again: I feel miserable because I feel so powerless... how does feeling

powerless make you feel...?

I find it's easy to express bad feelings to myself in my mind, even out loud like when I'm alone in the car, however I'm reticent, embarrassed and scared to do it to Marion. I'm so scared that she'll tell me to stop, to shut up, we've had enough of all that, stop it, you're only making yourself miserable and upsetting everyone, telling me all my parents told me. However luckily she is not like them. She always stops whatever she is doing, being more than willing for me to express any bad feeling I feel and for as long as I feel them. For her as she does her Healing, life is ONLY about expressing bad feelings and uncovering the truth of them. All so she can bring out all that's repressed in her and become true to herself.

How do you know when you're Healed?

You'll know, you'll feel it, like you'll feel everything else. When you're fully aware of the truth of your bad feelings, and you've expressed them all out of you, you'll be Healed. It's a gradual waking up process, becoming aware bit by bit, that IS the Healing. Along with literally expressing all the bad feelings out of you.

I'd feel miserable, angry, scared, powerless for days, weeks, years on end, but lately those bad feelings are drying up as it were. They are simply no longer present. I've expressed them all out of me. Today I even thought, ha, I've not felt scared, miserable or angry for a couple of days now... what's happening? And now I'm working more specifically on my bad self-expression and all the ways my parents programmed me to not be feeling-expressive. I still feel bad, but these bad feelings are minor versions of their former selves. No longer am I being thrust down into the depths of my yuk, it's all more smoother as I concentrate on my relationship with Marion, seeing all the bits that are not right in it concerning how I express myself to her and so treat her unlovingly.

And when will it end for me? As Marion says: it was end when it does. That being something I can't see or perceive yet through my feelings. And I doubt I will, as that's all part of my self- and feeling-denial, trying to always see what's ahead. And I've now had so many false endings, times when I've felt relatively better for a moment and thought that it might be the end, only to be slammed deeper still down my hole and into yet more terrible feelings.

And how long will your Healing take? That too is something you will find out for yourself as you live it. It's taken me twenty-one years now with Marion, Marion was working on

herself for some years before we met. Other spirits have said there Healing has averaged about ten years. There are seven worlds of truth and mind and feeling circuits we have to work through before we're Healed and are true and perfect and living a Celestial level of truth. So how long will the average person on Earth take to do their full Soul-Healing, I don't know, we'll have to wait and see. It will however be one of the greatest things humanity will do - Heal itself of its rebellion and default.

So as you are worked into becoming fully aware of all your wrongness and feeling powerless to change it, all you can do is accept it, and keep longing for truth and Divine Love.

And remember, we are only to keep accepting the truth of how we feel, we are not to try and change ourselves, to make ourselves better by using our mind, by trying to work out what's wrong with us. We simply keep submitting to our feelings, allowing them to overwhelm us whilst we emote and express all we feel the best we can - all while longing for the truth of all we're feeling. That's all we have to do. Don't try and fix yourself. You ARE fixing yourself by allowing the process to work its way through. And when the truth is seen, inner adjustments are made to you on all levels, you might be able to sense your soul and your two angelic helpers at work within your mind and feeling systems, your subtle bodies and spirit body, and even physically, always with masses of aches and pains and minor ailments, all of which are the releasing of all your repressed bad feelings manifest through the physical and other deeper inner higher levels. And you Keep Going. Keep expressing your feelings longing for their truth, all so you can live true to yourself and true to all you feel.

Summary of how to look to our feelings for their truth

How to express your bad feelings, and when to long for the truth of them

Long for the truth

You can long anytime.

The more you long for the truth of yourself, the better.

When you're in the throws of expressing bad feelings, that is a good time to long with all your will to know the truth your feelings are wanting you to see about yourself.

Remember: If you don't long for and want the truth of yourself above all else, then you can express your feelings all day long but no truth will come. And that is NOT doing your Healing.

Expressing your bad feelings, to begin with:

I accept:

I am denying many of my bad feelings.

I am not expressing all of my feelings wanting to know the truth they are trying to show me.

I was parented to live untrue to myself, as seen in my feeling suppression.

I was not loved, as I needed to be loved.

My parents are in the same boat as I am, as were their parents, and so back through the generations.

I am the end result of many generations of feeling and truth denial, and as a result, I have many beliefs and behaviours all developed through my early childhood that are hindering my happiness and love.

I am not truly loving, no matter how loving I might feel I am.

I can't be loving whilst living in an unloving and untrue state.

I am sick and in pain because I am denying parts of myself - many of my bad feelings.

I am suffering because I don't allow myself to express all I feel.

If I could express all I feel, then in time as I uncover the truth of why I feel such pain, I will no longer suffer.

I want to express all the pain out of me.

I want to heal myself through my bad feeling expression.

I want to look to my feelings for their truth, and in doing so, liberate myself from any repressed feelings I might have within me.

My unexpressed bad feelings are the poison making me ill. If I can express them I will unearth within myself the hidden causes of why I am not completely feeling-expressive.

I can heal myself though my feelings - feelings are the key to everything, they are the way to make myself feel better, happy and loved.

If I can express all my feelings truly, then I will be living a true and perfect life, so having true and perfect relationships.

Nothing is standing in the way of myself healing myself other than my programmed and conditioned mind that has stepped in taking control over me. My feeling expression will systematically break down this self-imposed mind control, setting the true and real me free.

I want to express all my feelings, and long for the truth of them.

I understand that if I don't want to uncover and know the truth of my feelings, I can go on all day expressing feelings but nothing more will happen than a little stress relief.

The Truth is the key to setting myself free.

And then accept:

We are all untrue. I am untrue to myself. I want to be true. I am denying many of my bad feelings, so I want to stop doing that.

And then begin expressing your feelings:

It's easy - when you feel bad, open your mouth and start speaking.

With the feeling you are feeling, emote, express how you feel.

Be the feeling fully, and express the best you can what it is making you want to say.

Speak, write, act out your feelings, all whilst you long for the truth of them.

If you feel like hitting or hurting someone because you feel so angry for example, speak out your anger, rage and fury without crossing the line and taking it out on the other person or creature, no matter how much they might infuriate you or deserve what you feel like doing to them.

Keep going for as long as you can expressing all you feel, ideally until you no longer feel the need to say anymore. Some people will be better at expressing their feelings than others. Some people will need a lot of help to get going, and to keep going.

If you are by yourself, find the best way for you to express all you feel. Some people like writing; perhaps punching a punching bag to bring out your anger; doing it in your mind. The best way is however to open your mouth and bring out the words and their energy, by doing so you will be the most connected with yourself and all you feel.

If you are with another person, demand they pay attention to you. That they listen to all the yuk bad feelings you want to express. If they try to stop you or cut in taking over, then they might not be the right person for you to work with in expressing all you feel. Or, they might be, as they'll make you angrier and more determined to bring out your bad feelings and be listened to.

If you are the listener, be open with the desire to want to know every last detail of every bad feeling your friend needs to say. If you don't want to be there for them like this, then perhaps you are not the right person for them. Or, perhaps you are, as it will help you both have to deal with your lack of feeling sympathy and care for yourself and the other person.

Being the listener, if you are true in your desire to receive all your friend has to give of themselves, all the bad yuk stuff, and without complaint or condition, then you will make the right sympathetic noises for your friend to know you truly are with them and on their side and you really do want to know them. You can also ask questions such as: What do you mean; can you say more about that; how does that make you feel - anything to help keep them going expressing their bad feelings. And if you at any time feel bad because of what's being said, then when it's appropriate - again being judged by both of your feelings, you can have your turn expressing your yuk and being unconditionally accepted and not judged for being the bad person you feel you are.

The worst most inconsiderate thing to do to the person who is trying to express all they feel, is to make them feel rejected, unwanted and unloved in any way. And they should be able to tell you if you do - more bad feelings to express. Many people need to feel in control so want to dictate the proceedings. They may jump in finishing off what the person expressing their feelings is trying to say, thereby taking it away from the person who may need such disrespectful interference to help them feel worse by being made to feel so uncared about. Such bad feeling-rejecting and controlling people may take over the conversation, dominating it and shutting out the person trying to express themselves. Many of us have many ways of closing on the other person, of blocking them out, of making them shut up, like by trying to fix the problem, all so they can't keep bringing out their bad feelings. And all because we're scared of bad feelings, having been made to believe they are bad, evil, the most hated and unwanted things. And much of the rejecting behaviour might seem on the surface like loving ways to be, such as you believing you are being helpful, kind, considerate and caring, yet they are not, as your feelings will show you.

Any other healing techniques, therapies, counselling can be used to help you become more feeling expressive and to help you get more in touch with or connected with your feelings. Many people are severely blocked off to many of their feelings, some even needing to be educated as to what they are even feeling. But in the end, we are all to freely express all we feel as we long, yearn, desire, want with all our heart and soul, for the truth of ourselves, life and God, being able to do it ourselves and on our own if need be, yet preferably with the people closest to us in life.

A Healing example using my feelings to uncover truth about myself

I've recently been buying crystals from a local shop, I love the look of them and simply want to have them. I don't use them in any other way other than for aesthetic pleasure.

However they cost a lot of money and stretch our budget. And recently I ordered some online, and the first payment from the bank was received by the crystal company and they shipped the crystals all very efficiently. The second payment I sent the other day however today the crystal company says on their website that they are still awaiting my payment before packing, yet they should have got the payment today - what's gone wrong?

Bad feelings! So here is yet another experience for me to use my bad feelings to access hidden truth within me, the truth of why I'm really feel bad, the deeper truth, all by expressing how bad I feel. I am doing my Healing, so I want to bring up all the bad feelings I can, and not just wipe them all aside by saying: oh well, I'll wait and see what happens tomorrow, maybe it will take a couple of days, and then I'll ring the company and see what the problem is, all trying to appease my worry and fear that something bad has happened, that: I'VE LOST MY MONEY!!!

As soon as I saw that the payment still hadn't been received by the company at the end of today I felt bad, scared, what's gone wrong, why haven't they said they've got the money and are now packing my order like they did the first time?

So I embrace my bad feelings. I stop everything I'm doing and focus on them. I sink down into them and start speaking to Marion about how bad I feel. I begin with my initial fear...

"I feel scared, scared, scared (it's important to articulate the feeling and emotion you are feeling, this helps you feel it more, and to stay focused on it, not letting your mind wander)... scared, scared, I feel so scared (and to speak the words with the emotion of how scared and terrified you feel)... scared, so scared, so, so scared (then to just go with your bad feelings allowing them to take you wherever and speaking all they are making you feel)... scared, really scared, I feel like I've done a bad thing, I've done something to make the payment not work, it's my fault, I feel really bad - terrified, so scared that I'll be punished. (And you long for the truth; I've longed hard to my Mother and Father to please help me see the truth of my fear, of why I feel so scared. I've longed silently in my mind as I was saying how scared I felt, however sometimes it's good to long out loud, too. And I long when I feel to, when I remember, not all the time when I'm the throws of expressing my bad feelings, often when a natural pause comes, and a lot during the day and always before I go to sleep and when I wake up in the morning. And you can see my feelings immediately go deeper and intensify, now having longed, prayed and asked for help, so I move with them.) Yes, I feel petrified... scared, so scared, incredibly scared, I'm

even shaking, and inside I feel so anxious, nervous, what's going to happen, what will happen to me, they'll be horrible and nasty to me, they'll yell at me, be angry with me and I'm so scared of them yelling at me. I can't bear it, I feel so scared (and I keep going telling Marion all I am feeling. I long again for the truth - I really want to get to the bottom of it, of why I'm feeling so scared, what happened to me back then to make me feel so scared. And she adds her bits encouraging me to keep staying with my bad feelings. If I start to wander using my mind to rationalise my fear away, by saying such things like: but it's probably just a glitch in the system - computers, there's always something going wrong with them... she can help me come back to my feeling scared, by reminding me to stay with it.)

“Scared, yes, I'm still so scared, scared of being punished... punished...”

And Marion asks me to help me go deeper, or I can ask myself: What sort of punished, do you have any idea of what that might be like?

“...no, just punished... scared... I feel like I'm young and dad is going to punish me for losing something (I have dropped back to my early life because of all the Healing work I've done on myself, it happening naturally, with the truth starting to come to light)... I don't know what - money?... no, I can't remember if it was actually money... I can't remember what it was... but something, and I lost it and he was furious with me, yelling at me, and then he hit me, smacked me... yes, he often smacked us, but this time I do remember, it really hurt and I was so scared, so scared of him hurting me, and he did hurt me!

“Hurt... I feel hurt, dad hurt me, he really hurt me... and not just physically, but in my spirit, the real me, he didn't trust me, and that's what hurts the most (this is the real guts of it, the core, working into the trauma of feeling so unloved, shedding more light on my unloving relationship with him, feeling how hurt and devastated I feel because he hit and hurt and didn't love me - he didn't trust me. So can you see, it's the Truth, that's what I'm looking for, that's what I have to see and feel, to see it THROUGH my feelings, and it makes me want to cry, as I wanted to cry back then)... yes I can remember that he thought I'd do the bad thing, when I wouldn't, and didn't do it... I still can't remember exactly what it was, but I can feel the feelings and sort of remember through them... hurt, I was so hurt he didn't trust me, he didn't like me, didn't love me, he rejected me, he didn't want me, he said that he couldn't trust me, yes, I remember that as well, and that was a worse punishment than being hit by him - far worse; and I feel so sad, I want to cry... but I can't, and I remember that I didn't cry then, I was older, I wasn't going to cry, if I cried then he'd think I'd be a sissy and he'd not like me even more!

“But I want to cry now... I wish I could, but I can't...”

Marion: “Can you talk more about feeling hurt: How does it make you feel knowing

that he hurt you so badly?”

“It makes me feel angry (instantly because of her question new bad feelings come up, which is the beauty of doing your Healing with another person who is on your side and wanting to know the truth of you and wants you to bring out every last bad feeling you have locked away within you)... yes, very angry, I feel so angry... and I’m getting angrier, raging angry - furious. He’s angry with me, but boy oh boy, I am fucking a million times more angry with him! HOW DARE HE TREAT ME LIKE THAT, THAT HE DIDN’T TRUST ME, THAT HE HIT ME, THAT HE MADE ME FEEL SO UNLOVED! Oh shit I wish I could go back there and let him have it, he hitting me - HA! I want to smash him to pieces... I want to smash him in the face, beat him to a pulp, fuck I HATE him...

“... So where is my fear now? Gone! I don’t feel scared, I only feel hatred. I don’t love him, I hate him. He didn’t love me and so I don’t love him. Yes, I can feel that’s the truth of it. It’s that way round; if he’d loved me and made me feel loved, I’d love him, but he hurt me and made me feel he didn’t love me and so I don’t love him - fuck him, how can I love him when he’s a tyrant hurting me and not trusting me, me, his own innocent child, he doesn’t put me first, does he? No, no, he fucking well doesn’t! He doesn’t given me the benefit of the doubt, so fuck him, I hate him... (And I keep going until I don’t feel the bad feelings anymore.)

So as in this example, and it’s the sort of experience that has come up countless times for me through my Healing years, my bad feelings have led me into aspects of myself and my relationship with my parents that I had no idea about. I’d blocked out all these bad experiences and their bad feelings. I believed I loved dad and we had a reasonable relationship, but not anymore, it’s not what my feelings have shown me time and time again.

And can you see how by just staying with the bad feeling it led me back down in myself to my early life of its own accord, there was no mind in it, no trying to look back and see how this fear might relate to by early life, no fishing for answers using my mind, it all happens naturally, your feelings leading you and mostly before you even know it. And it might take years before you can effortlessly go back and reconnect with your bad feelings from your childhood, so you just do what you can do at anyone time. I’ve got better at it, which means, I’m not blocking it, my feeling-memories surface quicker connecting me with the feelings I’m feeling as an adult to the same feelings I felt as a child, as those feelings have remained within me, and on some level I’m still the child, and I’m still the child that has not fully expressed all that pain dad, mum, Gran and my other grandparents, they all being main carers, caused me. And so this money potentially getting lost buying

these crystals is on another level nothing to do with crystals or losing money, but how dad treated me. And unbeknownst to me, the fear I was feeling because of the crystal money is actually the fear I felt from dad in this situation, which my feelings have helped me reconnect with. So can you see how I'm repeating the feeling patterns of my early life continuously through my adult life? My soul creates the experiences I need to keep feeling the same bad feelings, only now because I'm doing my Healing, I can short circuit the patterns by paying attention to my feelings, expressing them and longing to see the truth they are trying to show me. So life is happening to us on multiple levels all the time, and if we refuse to acknowledge and work with our feelings, then we will continue to deny ourselves the deeper truths and understanding we're to find out about ourselves through them.

And did you notice that I started out expressing my fear as I am now, but then moved when I felt back in my childhood experience, to expressing it and then my anger and hatred, as if I am the child now and I'm talking to Marion about dad. And even though this time it didn't happen, many times as my Healing has progressed, I've been back being the child who is furious with dad or mum telling them all that I couldn't tell them back then. Back then I was too scared to tell them what I felt, as this experience shows, dad had too much power over me, and mum had even more. But as I've healed myself, so my natural power has come back and I've been able to say to him (although it's not actually been directly to his face as he is dead, and so it's been safer saying it to Marion), all that I should have been able to say to him, so in a way standing up for myself instead of just taking it from it, all of which is gradually my loving myself more, feeling better about myself, no longer feeling powerless, so scared and pathetic as he made me feel.

And as you might also be able to sense, it's very complex, very involved, this is just one experience I remember I had with him, when there were masses of other ones, and sometimes many in one day. And then even more each day with mum, with she being far more the dominant and hurtful parent. And they all made me feel bad, they all resulted in masses of bad feelings, and most of them I wasn't allowed to express. God, if I dared to get angry with dad he'd hit me even harder - who was I to tell him how to be, that he shouldn't treat me that way; he was punishing me, I was the bad one, not him. And when I stood up to mum and dared confront her with my feelings, she was like an explosive volcano going off spewing all her rage over me. I never stood a chance, which my Healing has shown me. I was all but wiped aside and cast off into oblivion by them. So much for all the so-called love we had for each other and in our 'loving' family. When Gran met Marion, she welcomed her into our loving family. Marion and I now wonder

what the fuck was she thinking of - loving family???

Talk about being deluded and having to keep up the pretence. It was all just a fantasy. And unfortunately (or perhaps fortunately so far as my soul growth requires), I was conceived into such nonsense and made to feel completely heartbroken.

And so your feelings will take you this way and that. For me this sort of scenario I will go over countless times because we had countless similar experiences together. And all these unloving experiences are still with me; and with mum and dad together, with my grandparents, with my brother and sister; and then multiplied by being in the home and out in the world - like at school, the doctor and dentist, shopping with mum - I want to scream!!! So many, so many, so, so many endless bad feeling, so many every day of my early life and whole childhood, and right from my first moment at conception and even in the womb, and so much repressed, and it all has to come out.

So can you see that it will take time and a lot of hard work, as it's all harrowing, being taken back into your bad feelings some of which are extremely intense. And when you're deep in them, there is no light at the end of the tunnel, only agony, despair and misery, such pain and confusion, no understanding, just endless bad feelings, terrible emotions, so, so bad, and yet all you can do is keep going trying to express and bring them out.

And then there are the times when you are in shock, you can't go on, you're not in a right state of mind and might have to stop. Or Marion has to help me to keep speaking, and all I can do is moan and groan, not say any words. But it all helps, just keeping focused on and feeling the terrible state you're in, and trying to speak or write or do whatever you can to emote and express and bring out all that horrible yuk and pain that's in you.

And it is all within you, you're not making it up, as you will see and feel. And it will keep coming being liberated by your soul as you need to feel and express it. And gradually the truth comes, it is a process, you'll see the pictures of understanding and insight forming. And you'll know the truth of why you're feeling so bad, what it's all about, who did what to you, how it made you feel, and how you took it on and turned against yourself.

And gradually all your beliefs get scrutinised, all your behaviour, even all the words you say and why you're saying them as and when and how you are. And you come to understand why you do and say all you do, how it all resulted from your early life. And if it's wrong in that it makes you or other people feel bad, then it's to be changed, which will come about naturally as you release all that's repressed and hidden within you.

We don't have to change ourselves using our mind. I often say, as it was how I learnt to be, believing wrongly that it gives me some power: Right, I hate how I do that (which my feelings have brought to light), so I'll stop it, I feel sick eating so much chocolate all the time, so right, no more! That's it, and I mean it this time! Yet the next day I'm at the shop buying another block. My feelings are now too strong for my mind to dominate and control. I need the chocolate as one of my food comforters - to make me feel better because I feel bad. So it's back to the bad feelings, concentrating on my feeling depressed, miserable and not happy about myself and my life. And when I've brought out all the repressed bad feelings that are to do with my need to keep eating chocolate, and when all the truth I've needed to see has come to light, and by the time I'm probably a huge fat Aldi almond milk chocolate blimp, then my problem will no longer be there, the bad feelings and all my negative unloving self-abusing beliefs and behaviours that resulted from my unloving childhood causing my eating disorder will have gone, and so I'll no longer crave the chocolate. And so I will find I suddenly have the power to say no to it, or I simply won't want it any longer. And as it's happened to me, I'll even feel like throwing up looking at it, when a week before I was stuffing my face with two blocks a day, addicted to it.

And then just when I think finally I've healed my chocolate addiction, and a few smug months pass thinking I'm pretty good still not wanting it, the craving is back, and it's back to the supermarket, and oh no, here I go again, and around I go on another binge, more bad feelings, so many of the same ones, but all the time yet more truth coming to light. Always more insight and understanding about myself, my relationships now, my relationships back then and all through my life and childhood, my relationships with nature, with Marion, with other people I work with, with Mary Magdalene, Jesus, other spirits, and with my Mother and Father. All relationships because it was through relationships that my denial and negative state was put in place. It was in relationships that I was meant to grow up expressing myself - all my feelings - into life, so as to become a well-balanced man. Yet it was in relationships that my Natural love self-expression was interfered with turning me into the false, untrue, evil and wrong, yuk person, my parents made me become. All of which I'm still endeavouring to Heal.

As and aside to this Healing experience of mine involving buying crystals, also what came up feeling so scared and that I was going to be punished, was that God is punishing me for buying so many crystals, for wasting my money on them when we don't have much, for buying something that is only purely for my self-indulgent pleasure, as I don't do anything

with them other than look at them. And that I am not being very spiritual because surely spiritual means not wanting anything, look at Jesus for example, and so how spiritual am I for wanting things - and so many things!

However, other than the million other personal issues and bad feelings I have, and more truth I am to uncover about myself feeling bad that God is punishing me by stuffing up the crystal payment, by believing that in some way 'They are trying to teach me something, is just more of my mind trying to assert its control because that is not how God teaches us.

God has created us to teach ourselves. 'They don't say James, We are now going to teach you not to be so greedy buying all these crystals you don't need. God wants us, and even insists, that we learn about ourselves through our feelings. I am to go with my feelings, and if I feel bad, to keep going with them expressing and longing for their truth. And my life is not about whether or not I end with a good crystal collection, I might suddenly feel I no longer want them and give them all away, but along the way there will be masses of feelings to consider, to acknowledge, to express, and I will go this way and that, and I might still feel like buying crystals, as I can't stop myself. But it's always just FEELINGS, for there is no right and wrong, life is not to be lived by adhering to a set of rules as defined by our mind, our beliefs which have been imposed on us by our early teachers as in our parents who didn't have a clue what they were doing. Your feelings will guide you as to the truth you are to live in life as determined by God through your soul. Your feelings will bring to light the truth of yourself, and you'll naturally express that truth in your life through your feelings. With your mind helping you to understand what it's all about, and not telling you how to be, what you should believe, how you should act.

Life is eternally endless feelings, feelings, feelings, feelings, they never stop, and so there is always more truth to be won from them. And when you get used to living true to your feelings and with the truth naturally coming up in you daily as a consequence and without your limiting behaviours and controlling beliefs, so you are free to go and do and be and say what you feel, what your soul wants you to do, all so as to keep being able to express more of you in Creation. And this all makes you feel very good, and happy, and loved and loving. One day you'll feel it as your Healing comes to a close and when it's all done. You will no longer have any negative feeling-denial in you, so it will be all good, all positive and life will make sense, you feel connected to yourself, to your soul, to God, and feel yourself moving along on your path in each feeling-moment. And you'll know you are doing and being and saying exactly all you are meant to do, say and be, as you are, as your feeling say,

nothing more and nothing less. This being how we're meant to spiritually advance and grow in truth through life. And really it's no big deal, it's just being natural and feeling good about yourself, for as you know, when you feel good it not difficult to express those good feelings, nor to long for their truth, as everything works with and for you, you flow along with it all making sense, this being how life should be, with no hiccups, no - this doesn't make any sense, no - I feel bad, what's wrong now?

Feelings are the key; your feelings are your key to happiness and love - FEELINGS. So, how are you feeling now? And if you feel bad, you know what to do.

I have written books on feelings and what I call Feeling-Healing - see the links below. The whole subject is complex, and I can only speak from my limited feeling-healing experiences. Other people are doing their Healing very differently from how I've done mine, the general principles of how to look to feelings for their truth is the same, but not everyone for example has a partner, nor a partner that is so willing to help and is doing her Healing and is prepared to show me how it's done. Each of us are to find our way of doing it, to work through our barriers with the help we're given, and that help will come when it's needed. Because doing our Healing, when you've committed yourself to it, is given the highest priority in your life so far as help being made available to you from the unseen realms by God. Every experience, as it will involve feelings, becomes part of your Healing, as your whole life is given over to it. And in the end, what more could you want other than to heal yourself of all your pain?

Other examples of expressing feelings

(Also see: [*Feeling-Healing - you can heal yourself through your feelings*](#) links at the end of this book.)

Also, please understand, it's taken me twenty years of working on being able to express what I feel and be aware that I'm feeling such feelings. And I am retarded in it, as Marion would no doubt tell you. You might be able to do something like this easily right from the beginning of your Healing. I was severely shut off from and very ignorant about my feelings. These two Healing-experiences happened hours apart when I was out shopping.

I'd earlier bought a new black cotton jumper for Marion, however she discovered it had pulls on a seam when she closely inspected it, having brought it home to her. She wanted me to return to the shop to swap it for another one. I didn't want to, as I was going back near the shop the next day so said I'd do it then. But I also thought: oh well, I could drive

back up the road to the shops and buy myself a 'little something to eat' - a treat, I'm always ready to do something for a treat!

Walking along the alleyway to the shop from the carpark, I thought, as it's so windy and I had dust blown in my eyes having taken the first step out of the car, to walk to the supermarket after swapping the jumper, was asking for it. So I decided not to go to the supermarket, so no 'little treat'.

Then I felt bad, crushed, screaming inside, and in my mind I screamed out my feelings of anguish - NO, IT'S NOT FAIR, I DON'T GET MY TREAT, I DON'T GET ANYTHING - AGAIN! SHE ALWAYS GETS IT, SHE ALWAYS GETS WHAT SHE WANTS, THE OTHER PERSON ALWAYS GETS WHAT THEY WANT, THE GOOD THING, BUT I DON'T GET ANYTHING - SCREAMMMMMMM!

When I got home I continued to express to Marion how bad I felt: It's not fair, I feel so bad, so angry, why don't I ever get what I want, I wanted the treat but suddenly they (who is mum and dad) said I couldn't have it, we had to go home, I can have it another time... BUT I WANTED IT NOW! I DON'T WANT TO WAIT UNTIL 'ANOTHER' TIME. And when will that be? I'm a child, I don't know about the future, it will never be, and what if they change their mind again? I hate them, I feel so angry, they always go back on what they said, they said I could have a treat but now they won't let me, it's not fair, I hate them, I hate them, I hate them for making me feel so bad, for treating me so unfairly, so unloving... They don't love me, if they did they'd not treat me that way, that much I can see now; they hate me, and I hate that they hate me; I hate them and I feel so bad feeling they hate me.

I feel so crushed, they slaughter me in one second, I'm happy, I'm going to get my treat, then POW, just a few words and my life is over, the world has crushed me, they've stabbed me to death, taken all my pleasure away in an instant replacing it with pain, misery, unhappiness.

And no apology, no explanation, when I ask why, it's just: NO, YOU CAN'T HAVE IT, WE HAVE TO GO, YOU CAN HAVE A TREAT ANOTHER DAY. And that's the end of it, I am left alone, abandoned to my misery, and they don't care, they don't care how bad I feel, they don't even see. And it's no good my complaining and saying it's not fair, because they only get more angry with me, and then I feel even worst.

I feel so unloved, so alone, I feel so bad... no one is there for me, no one is there to console me, no one is saying they will make it up to me, they will take the bad feelings away, they will look after me and make me feel better - no one, there never is, it's just me, alone with them, even if Nicholas and Suzi are with me and in the same boat.

I feel so alone, so out in the cold, distraught, helpless, so powerless... yes, in a flash they strip me of all my power, it's just gone... one minute I am feeling good and in control of

my life, that I have some say, I'm happy I have some power, then in the next minute, nothing, it's all gone, I'm wiped aside, they don't care how I feel, there is no consideration for me, it's just too bad, fuck off, you don't matter, you don't count in our life, you're not important, you're nothing, you're no one, you have no say, you have no power, no one wants to listen to what you have to say, no one cares what you feel and that you feel so unloved and hurt; no one cares how hurt I am, it's as if they are saying: WE DON'T CARE ABOUT YOU - GOT IT... GOT IT YET... GET IT INTO YOUR THICK HEAD AND STOP EXPECTING THAT WE DO!

But I can't get it, I don't want to get it, I hate these bad feelings, and it's not fair, it's not right, I am supposed to be loved, so why don't they love me, why don't they care... is there something wrong with me?

Oh I can't bear it, I don't want there to be something wrong with me, but what if there is... what if they know it and I don't? What if everyone knows it and no one will tell me?

Please Mother and Father show me the truth of my feelings. Please help me to bring out all my bad ones. Please help me to see if there really is something wrong with me, or if it's not me and just them, that they are the bad ones for not loving me... Please help me to see what's right through my feelings. I don't understand, it's all too much.

I feel so disappointed, that's the main feeling that keeps coming back up. So upset and miserable that I've been let down again. It seems like it happens all the time, that I never got anything, even though I know at other times I did. But those other times don't matter, my mind tries to come in and rationalise away my bad feelings saying it's not all that bad, more often than not they did give you the treat and followed through on their promises... But that doesn't matter, today - now - is about how I'm feeling and these bad feelings, because there were also, as I can feel/remember them (I don't have clear memories of them but I know they happened), when I did feel let down, and I want to see where these current bad feelings lead me - to what truth I will uncover about myself and my relationship with them. So when I first felt bad on the way to swap Marion's jumper, as I couldn't easily express my bad feelings then, I could at least acknowledge them, allowing myself to sink and feel that I was being let down because of not being allowed to get my treat. I could of course have overridden the feeling, as I have at other times and gone and bought a treat, because I am no longer that little boy with mum and dad, however I wanted to stay with the bad feelings, putting them aside until I got home, which I've learnt how to do.

And all I expressed to Marion about how bad I feel is the truth, it's all exactly how I felt back with mum and dad when they treated me unlovingly making me feel these same feelings. So through my feelings I'm able to look into the truth of how it was for me with them, more about our relationship together and how it made me feel.

And at the same time I am liberating some more of my repressed bad feelings, which I buried at the time with mum and dad because they didn't let me express them. So instead of being unloving to myself as I was back then, doing what they said and shutting the door on my bad feelings, I can now be loving through this experience, to love myself by effectively going back and being the little me again and saying all I couldn't say then. And this time round, I have Marion as my loving 'parent'. Someone who is willing to listen to me and all my yuk, who won't reject me and make me feel unwanted and unloved, who will listen until I've expressed all my pain out of me. And who gives me feedback along the way, and helps me focus on more bad feelings if she feels I'm missing or glossing over some of them. And someone who helps me put it all into perspective, helping me to add to my picture of understanding about myself and how I am in life. That I need treats, that they used them as a means of controlling me, that I still need to treat myself, and still need to disappoint myself, still keeping all the unloving negative patterns 'alive' within me. I am still that little me, now just in a big 'grown up' body, but I'm not very grown up.

And eventually the truth will come to light as to why I need the treat, why the treat was so important being used to offset the love deficit I feel. And in that deficit is all my buried pain. And through experiences like this gradually it is coming out and coming to light as I understand what it's all about - why I feel the bad feelings that I do.

When I went to see if there was a jumper Marion might like, I also went to the supermarket (I didn't buy myself any treats - chocolate currently, as I'm not wanting to eat so much and all the sugar). When I walked in there, there was a little boy, possibly about four years-old who was wandering around without anyone who I could see was obviously with him. I expected the parent at any moment to start calling for him or to come up and reprimand him for wandering off. Anyway, I did my Aldi shopping, which didn't take long, and left. I'd parked on the far side of the carpark, and as I got closer to my car I saw the little boy walking toward it too. He was right over the other side of the carpark, looking about as he went, then when he saw me getting closer he walked away toward a car with a trailer. And by the time I reached my car, he was standing, half hiding, where the trailer joined the car, and I could see he was making motions with his hand and arm as if he were doing what you did to hook up the trailer. I couldn't see anyone in the car and there was no else on this side of the carpark - so, what do I do?

This is an ongoing theme for me through my Healing. I am meant to help, to be of help, to offer help, to help others in need, to look after the poor, lost one, who is really just my younger brother and sister, but who I've come to understand thanks to my mother and grandmother's influence, project onto the world and anyone, people or creatures, that I think are in trouble. And I've believed that it's a noble and good thing to do, the Good

Samaritan and all that sort of stuff, only the trouble was, I never really was of any real help, so never actually got to be helpful, so never knew what one did being of help. So here I am again, so many times I've seen mothers with their little children struggling by themselves to do everything, and so I think, are in need of help. And now with this little possibly lost boy - what am I to do, where is his mother? And over the years I've gone this way and that with it all. At times I've offered help only to be rejected and told my 'help' wasn't wanted. I've been thanked for being helpful, the person being so pleased someone bothered to help, and then not thanked yet it was clear the help I gave was necessary. And then I've also tried to go the other way and not help on purpose, to walk away, to not get involved, even to the point of the animal or person - child, in theory as it's not happened, getting killed or kidnapped and having horrible things done to it. And each of these experiences has brought up masses of bad feelings, which have led to a huge amount of understanding about how I am, why I am how I am, how I became as I am, coming to light, and all how it relates to my upbringing and relationship with mum and dad and the world I grew up in. And currently I'm on the side of not helping. So, back to today with this little boy in the carpark - is he lost, should I help - but what to do? And how do I feel about being in this situation, and what feelings come up as I think about it all?

The boy wasn't distressed or upset, he didn't look lost, he even seemed to know what he was doing, however that might only be for a short time, any time soon he might have panicked suddenly realising he was lost. But I decided to leave him be and to speak about everything I felt and thought when I got home.

So having thought about it and what I felt all the way home, when I got home I was angry for a number of reasons. First of all I was really angry that I felt I had to help, I didn't want to help, I wanted to go home, I didn't want to have to deal with a lost child and his panicking parents/parent. I didn't know how I would approach him, what to say to him so as not to scare him, and with so many children having to deal with and being concerned about not having anything to do with a 'strange man', I didn't want to put that sort of pressure on him in case he'd been subjected to all that stuff.

I am so angry that I am yet again in this position. I hate it. It would be all right if I just wanted to help - BUT I DON'T WANT TO HELP. Not at the moment, and the situation didn't just make me help, the boy wasn't distressed or in trouble, in fact he seemed to be enjoying himself.

I hate, I detest the thought that I should, no, that I MUST, help him. I MUST stop doing what I want to do and go over and do something I don't want to do. I am ALWAYS having to put myself aside and attend to someone else - someone else is always more important than I am. Now it's this little boy, it was my brother or sister, or the dog, it was

mum or dad, it was 'be good and look after your grandmother' - as if she couldn't look after herself.

I don't want to HELP. I hate helping. It doesn't make me feel good. And mostly there is nothing for me to do anyway - so what sort of help am I? I feel pathetic, embarrassed, useless - I feel helpless... fuck, yes I see (the truth suddenly comes up within me and I understand a bit more about myself), it's myself that needs the help, I am that lost little boy - me, I don't know about that boy in the supermarket, but I am lost, always lost, and I need help. It's no use the helpless one trying to be the helpful one, and I always felt so useless, even though I believed I was so helpful. Talk about fucked - I feel so fucked.

Now I feel so angry about being made to believe that I should help, instead of just being left to respond naturally to my feelings, of helping or not helping, and being made to feel either way is all right because they are my feelings. I am so angry for being so mucked around, so interfered with, my feelings and my life is taken out of my hands and I'm made to do what they - someone else - thinks and says I should do. I have been forced to live their will, not my will, and I wish they would fuck off out of my life leaving me alone to work things out for myself through my feelings.

And then more anger surfaced, and this is an example of how it's been throughout my Healing, my not really knowing why I even feel the bad feeling, and it seeming to come up out of nowhere or as a result like this now, because of all I've said so far. But more often than not, I would express my anger, fear, misery, whatever the bad feeling, go for as long as I can, and with Marion helping and encouraging me to keep going and go further and deeper, only to give up with nothing else coming. So stopping, still none the wiser as to what it was all about, yet knowing that at least I have got some more of my yuk bad feelings out of me, and they will lead onto yet more bad feelings, and when I am ready the truth will be made known to me by my soul. So it's just a matter of staying true to the bad feelings, expressing what you can, and allowing them to take you were they will.

...angry, I feel so angry, angry, angry, angry, I want to scream, rage with anger, there's such a fury in me, I want to hit out, smash things, writhe around, angry, I'm so angry, so bloody angry... there's so much, it's almost as if it's racing up through me and out, as if it's coming from my feet rushing up inside me, angry, angry, I AM SO ANGRY! ANGRY, ANGRY, ANGRY... (I now stop for a moment to long for the truth of my anger - I really want to know why I am so angry, what's it all about, what's causing it, I want to know, I want God to help me see the truth, I want it all to come up and out of me.) Angry, angry, angry... I feel defeated but it, it's not going anywhere, I feel angry and that's all. I don't feel like smashing things now, just angry. Angry... why am I so angry... what am I angry about... oh I don't know, nothing is coming, angry, that's all, that's all that I am - angry. I AM ANGRY. Perhaps that's the truth, that I'm angry, always angry... well fuck it's not as if

I haven't got a million things to be angry about... but I don't always feel angry... just now, and now I feel like it's never-ending, I will always feel angry, and I hate feeling angry. I know we all do, or perhaps some people might enjoy the power it gives them, but it's still a horrible feeling, I'm sure no one would want to feel angry if they had the option... I'm angry, so angry, angry, angry, angry, angry (I'm trying to say the words with all the emotion of my anger - with the feeling of feeling angry and not knowing why, and it not leading anywhere)... And now I feel frustrated, frustrated because I still feel angry and don't know why... frustrated, and angry that I'm frustrated - more anger, everything makes me feel angry. I feel so angry that I'm angry, that being angry makes me feel other bad feelings... angry, angry, angry, angry, angry... shit I'm sick of feeling angry, over and over again, angry, and more anger, always so much bloody anger... was I really this angry all my young life?... anger, I feel angry, so angry, SO ANGRY, FUCKING ANGRY, ANGRY, ANGRY, ANGRY, I feel angry... angry... angry...

And then I've had enough, I still feel angry but the stronger emotion of wanting to express it has faded out, so I stop. I need a rest anyway, and so does Marion listening. It's all such hard work, so many relentless bad feelings, one ends and other comes, then there might be a pause, but sure enough the next bad feeling is not too far away.

Today I feel so utterly miserable, so much so I can hardly express my misery. I try to talk as I feel, allowing my miserableness to completely overwhelm me and tell Marion how bad it is. I feel so miserable, I feel hurt, sad, I want to cry and cry about how unloved I feel. I feel so miserable because I feel so unloved. I don't feel loved by them (my parents). I'm on the outer, not connected, not involved with them, just floating around, unwanted, not brought in, not welcomed - alone. They are over there and I am always over here. I never feel hugged by them wrapped up in their full embrace, I only get a cursory, 'I love you' as if that's what they are meant to do, part of the job, look at the picture person over there who is my child and say every now and again that you love it, but it's all too hollow, I don't feel any warmth, care, love, it's all empty, nothing, nothing to hold onto, no one who loves me, no one I can love. Dead yet alive, I am a hollowed out nothing, with no good feelings, only empty despair. Sadness, lots of sadness, I feel so sad, so sad that they didn't love me, they never showed me they loved me, and I didn't know. I pretended they did, they made me pretend, I just had to, putting my bad feeling aside and pretending that everything was good, that we all loved each other, when now I know we didn't.

I feel so sad and so miserable, it's overwhelming pulling me down, I'm falling, sinking, there is no bottom, down my misery-hole I fall, so sad, so sad, so hurt, so feeling uncared

about, so neglected, so alone, always having to amuse myself with so little they provide for me, nothing to do, wander aimlessly around, nothing to look at, nothing that's really mine, there are my little fish but I feel too alone, too cold, too left out, too miserable to even want to look at them. I lie on my bed, there is no one with me, no one wants to be with me, they've been horrible to me again, they yelled at me - am I really as bad as they say? I don't understand, I don't get it, and what is there to get anyway? It's all really very clear, they don't like me, they don't want me in their life, but what am I supposed to do, I can't leave, there is nowhere to go, I can't do anything to look after myself, I don't have a life, I hate my life, I hate being with them, but all of this I know I will cover up and pretend that everything is okay, because how else can I go on if I don't do that? I can't say, right, that's it, I'm going, obviously no one here wants me, I'm off to find someone who does, I didn't have that sort of self-esteem any good feelings other than my deluded ego, any genuine good feelings about myself had long ago been crushed out of me.

I feel so hurt, hurt to the core of me that they don't want me - but why, why don't they want me? Is there something very wrong with me... and yet they say there isn't, and yet they are always yelling at me and telling me I should be other than how I am - what am I to do? I don't know, I never know, Marion asks me why I did that or why I said it like that, and I don't know, I never know, I just do and say following the patterns of how I've always done it. And when you've grown up all but a stranger in your own family, the way you do and say things doesn't connect, it's not like how most normal people interact, and that makes me feel even worse, and more how I feel, shut out, behind a glass screen as if I'm always looking in and hoping someone comes and gets me, but no one ever does. They took me to the child psychologist who made me do tests and write things and answer questions and he said I was all right, and nothing changed, they believed they weren't doing anything wrong, the authority man said so, but I don't feel right, and as I don't like those feelings so I get rid of them. I turn my mind to other things, to thinking about the future, when I will be bigger and able to do things, they are always saying the future will be better, and so I look to it and so much so I even start to believe that I'm in it, now, living my better future, I imagine I'm with the woman who loves me, we're always doing sex things and I'm looking at her nakedness, just like I looked at the fish, there she is lying over there and I'm still over here looking. Looking and sometimes allowed to touch, by mostly just looking and touching myself, looking at the pictures on the screen, looking and wishing that she would come and love me, she would come out of the screen and welcome me into her fun and loving life, a new life, a life that I like, a life that makes me feel good, a life in which I no longer feel miserable. And I wish and look and try and find the perfect picture of the perfect woman, the mother I didn't have, the good mother, the

mother like my mother but who loves me and wants me and talks with me, and encourages me to do things and doesn't make me feel so scared all the time and treats me well, and does all the things I see other mothers doing lovingly with and for their children.

But that's not for me, that's all only fantasy. I don't get any of that good loving stuff. No, not me, I only get unloving attention, go away and stay out of my way, you're bothering me again, go play with your toys, don't annoy me, get out from under my feet, I'll trip over you, stop annoying me, stop making so much noise, I can't listen to what's being said on the phone, I don't want to know you, I'll send you to your grandmother's if you don't behave, go away, just amuse yourself while I make another call, don't hit your brother, be nice to each other, oh I can't bear you kids, I wish I didn't have you, stop annoying me, I'll get you something to eat in a minute, I'm just going to call your father, I said stop making so much noise I can't hear myself think, god I wish you'd all go away and leave me alone so I can get some peace for once, and your bloody father, where is he now, off with some other woman no doubt, he's never home when he's supposed to be, and I hate it all and wish I weren't here and stop fighting with each other, how many times do I have to tell you, shut up!, go to your rooms, stop annoying me, and yes of course I love you, I'm your mother, now go over there and be quiet as I have to make another call.

I don't feel loved, I don't feel wanted, I feel so alone, so miserable, so uncared about, no one cares about me, they don't care how I'm feeling, don't even think about how I'm growing up, if I'm 'turning out all right', of which I'm not all because they don't give a shit. I wish I wasn't here; I dream of being in space connected to the space ship and suddenly my life-support cord is cut and I'm cast adrift. And initially I panic, this is it, it's the end, I am going to die; but then comes peace, instant relief, IT IS OVER, I no longer have to worry or be scared of anything anymore. Relief, I don't have to do it anymore, I am going now, no more fear, so much of a relief, all the anxiety is flooding out me, the joyous relief overwhelms any physical difficulties about not being able to breath and the panic of death; no, I feel serene, quite, relaxed finally, she can't get at me anymore with her unlovingness, I am alone in the darkness that is really very light. I am free at last... it is finally over. That is what I wish, that is what I want, I don't care about love and not being loving or not having anyone to love, I just want all the horribleness to end. I want to be finally alone, I don't want to be answerable to anyone, I don't want to have to keep doing what I'm told, I don't want to be interfered with any longer. I want out, and to be left alone so I can recuperate, heal myself, fix myself up and become good, and then when I'm ready, go back out into the world and find people I love and who love me. That is what I want, but of course I can't get it, it's all so easy wishing and dreaming about it in my mind.

But my mind is the problem, that's where I have retreated and withdrawn and hidden in, creating my own life safe places and fantasy existence, being a fish, a lizard, a frog or a bird. But I'm not those pretty things, and I am me and me with all my misery; and so here I am back in reality, back feeling so rotten, so miserable, so sad and sorry for myself for having a shit time of it and not even knowing that I did feel so bad. So disconnected from myself and my true feelings, so cut off from connecting with anyone else. I live with Marion and yet can't cross the line and connect truly and lovingly, so I am with her, yet as I was with them - I am alone. I am with someone physically, yet emotionally and spiritually and mentally I am alone, I have no one to relate to, no one who wants to know.

And I don't know what to do. I long and long to my Mother and Father to help me see the truth of all these bad feelings, and sure it comes, but so what, it all makes me feel even more miserable as I strip away the veil and see and feel the whole rotten truth of just how alone and miserable I feel. And I wish They would come and love me and give me Their Divine Love and transform my soul so I would feel better, but nothing happens other than just more bad feelings, more misery, more feeling so sad, more of the same. Always the same bloody shit feelings, misery, despair, alone, sad and sorry for myself, shut off and unwanted, unloved, uncared about, over and over, down my hole of nothingness, wishing it would end, wishing there was someone who did love me and would come and take it all away. But of course who can do that, no saviour person or God is going to come and do that for me because no one did it through my childhood. And I know how it works, how it was for me back then is how it always be for me right up until the end, the end when I've completed my Healing, the end when I've expressed all this pain and misery out of me, whenever and however that will be. So today I am grateful to the Mother and Father for giving me yet another day of feeling so shit, because at least being in and with my bad feelings I am feeling closer to the real unloved me, truer to my feelings of feeling so unloved.

And yes, that's what I want, as much as I wish it would all go away. I do want it all to come up: Please my Mother and my Father, please keep all my bad feelings coming up, please help me feel as miserable as I can, I want to feel it all so I can know just how bad it was for me, how unloved I really am. I'm not scared of my bad feelings anymore, it's taken years to get to this point at least as I had to understand I was terrified of them, so now I am even happy for them to be there because I know the more they are the more I can be them and express them and see what truth they are to show me. And I love the truth coming, as much as it hurts and brings up even more misery; but that's how it is and that's what I want and I know anything else other than this is just putting it all off. And I

want it all out of me, I want to see the whole truth of my unloving state, I want to feel the full pain and impact of them not loving me, I want to feel and be all that I am. I don't want to keep trying to push such bad feelings aside because I am only doing what they did to me pushing me aside and ignoring me wishing I'd go away. No, I want to stop all that and be the bad feelings that I am because I am them, they are me, I am them, so what's the point of not being myself? That's how I've been, trying to live some made up false version of myself, and it didn't do anything for me other than delude me into believing I was all alright, which just postponed the inevitable waking up to the truth that I am full of shit, just a cardboard cut-out false person full of nothing but hot air, and air that's not even that hot, more like a limp balloon that no one can be bothered trying to blow up, least of all myself.

So please Mother and Father keep the pressure on, please keep bringing up my bad feelings, please keep helping me see the truth of them - I want to feel all the bad that's within me, I want to know the whole truth of what it was like for me at home with them. And right the way along, every little bit, and how it all adds up to my misery, how I turned against my true feelings hating them as they did, hating myself as they hated me, how I used my mind to believe I was feeling good and that I was even loving, when all I was, was full of shit.

I feel miserable, and that's me. I am MISERY. And I am because I am unloved. It's not rocket science, but shit it's been hard to come to terms with this simple truth. I am not loved and I don't love - I don't know how to because it never happened for me. I never felt loved, liked a bit at times, but never fully loved. I didn't, and really still don't know what feeling fully loved would feel like. I don't as yet fully love myself, so how can I, I don't know, it's all too difficult, and I don't feel up to it. I'm too used to hiding in my miserable unloved state. If suddenly I was loved, I'd probably freak out and run away thinking someone was doing a horrible thing to me. I don't know love, love wasn't part of my early life, it was only a false contrived love, which was at best even very pathetic. I didn't even get a good decent amount of false love, nothing really, just the same old nothing much, it will do, you're alright, we don't need to worry about James, he can look after himself, he's all right, he doesn't need anything... no, that's right, because I learnt to live that way; but hey, what about him needing a bit of love, didn't anyone ever stop to think about that?

No-love, that's me, I'm not a loving person, how can I be when I wasn't loved? You can be what you know, what was done to you, and the love thing never happened. And the

more I embrace and accept my no-love being an unloving person, then the more I have to also accept that I don't have a clue about love. My love circuits are dormant, or don't even exist, more like, so they don't work, there's not fire, no passion, no zest and drive, no fun and happiness, I am not a happy person, rather depressed and dull really. Marion even, for all the lack of love she suffered (she did get a drip from one of her grannies, and a little bit here and there outside of her parents, and a lot from her cat) is very sparky and passionate about her feelings and expressing them, and particularly her bad ones. I'm not. She felt someone loved her and she loved them, and she is happy and joyous in her spirits, she's really very upbeat and full of light when she's not having to work through her bad feelings. But I'm not. And her bad feelings are more in the way of her joyfulness, and the more she liberates herself from their prison, the happier she feels, just her natural happy self. But I don't. And compared to her I am mega depressed, a dullard, boring, nothing, down in the dumps, put the dampener on everything, no fun to be around, and I wonder why she even bothers with me. It's probably that she's so distracted having to work on all her own yuk all the time, but when she's done all that, which seems to be coming to an end now, then I expect one day she'll wake up and come her senses and feel, fuck no, I don't want to be with such a misery nothing as him anymore, and fuck me off.

And I wouldn't blame her; why would anyone want to be around someone who's always so full of fear and miserable and thinks the worst is going to happen all the time, and hates everything and isn't much fun and isn't loving? Na, I'd fuck myself off I could.

But I can't, and so here I am still, and you're reading all my shit, and well I hope your shit is better than mine, and if it isn't, well I feel sorry for you, as I'm getting better at feeling sorry for myself. It's all such a shit, what a horrible shit time we all have of it, all feeling so unloved, and having to wake up to just how bad it was for us.

So I will end my 'rant' as it's been called by other people who've read some of my bad feeling expression. I'll go and rant to myself just as I've always done, speak to the wall for at least it don't answer back being horrible to me, at least I can pretend I have an invisible friend who does love me, someone like Bob my Indwelling Spirit, he's never horrible to me, he jokes around and makes me laugh, and he loves me, even though he's a captive audience in my stinking fucked up mind - sorry Bob for it being so putrid.

Goodbye, and I hope your Healing is as much fun for you as it has been for me. LOL. I understand if you feel like shit and wish you could top yourself and get it all over with. But you can't, and what's the point anyway, because you're never going to be able to get

away from your shit bad feelings until you bring them all up and out of yourself. So if you're doing your Healing, well good luck to you. I hope you keep feeling really bad so you can keep working on expressing your shit and seeing the truth of how unloved you feel.

Good luck and goodbye, and perhaps we might need someday in the Celestial heavens when we're all Healed and even all-loving. I can't imagine it, but what do I know, and as all the Celestial spirits I've spoken with tell me they did it, so perhaps there might be hope for you and I.

I'm going back to misery and sadness whilst I keep writing this book, unless I feel too bad and have to stop and try and express more to Marion.

Samantha's Healing experiences

These are some of Samantha's Healing posts. She came to Divine Love Spirituality through her interest in Mary Magdalene. She read my messages with Mary M and understood about the Healing, and has now been determinedly working on it by herself for a couple of years. Her posts are a tremendous example of how willing she is to go into all her pain, expressing it whilst seeking its truth, and then finding the truth, with the pain going - a perfect Healing example. The truth coming to her as it will to us all if we do our Healing truly.

Post by samantha9: Divine Love Spirituality and Childhood Repression forum

26 November 2016

Samantha:

I have woken up to the fact that my whole life and what I do in it is all addiction. I am feeling my feelings but I woke up the other day to feeling how pointless it all is when my whole life is just one big addiction, still avoiding the pain I really need to get to and going for the compulsions, the error that drive me. How hopeless am I feeling!!!! Like there is no hope for me at all, it all started off so well, feeling after feeling coming up and a realisation being felt but it was all only the tip of the iceberg, it was all just an intellectual awareness with a bit of feeling thrown in, but the real stuff, the grief I need to get to, hasn't even been touched yet and I feel bloody hopeless about it all. I am blocked to getting to the truth and causes of my deepest pain that all of my addictions are covering over, I am choosing them instead of feeling and I am so disappointed with myself, so let down at how rubbish I am. I thought I was doing good, feeling all my feelings, but that is bull shit. I feel so powerless to feel anything at the moment and then I realise that I am very powerful, just in the wrong direction, in the direction of not feeling. I am using my

will to not feel because I am choosing all of my addictions and compulsions, because I don't want to feel what would happen if I don't choose them and everything in my life is an addiction, it's all so hopeless to live like this. What I have been doing has only scratched the surface of my pain and I am selecting what I want to feel and what I don't, and my addictions are showing me this is what I do. I am so scared of being overwhelmed by emotion that I am now blocked to so much feeling at the depth I need to heal for good, and I know this is true because just when I feel I have felt something fully to its cause, my law of attraction hasn't changed at all, I get the same event or compulsion arise in me again for me to feel about, and it is so despairing. There is so much that I just can't reach and I pray to God to help me, but I don't get much of an answer because I have now worked out that God only answers me when I am in truth, and I am not being true about wanting to feel the pain I need to feel because I am scared. I feel I am kidding myself and God knows this is true, I am getting what I truly desire and that is not to feel the depths of my pain and being very safe and selective about my healing so I am still comfortable to a certain degree, I can almost feel my cut off point when I am in an emotion, like, that will do Sam, that's enough now, you don't want to go too far because there is a place in me that I feel is beyond return and I am scared of that place and God knows that truth about me and wants me to go there, but I am too afraid.

Please God help me, help me find the desire, courage, and will to go into the unknown places within me to heal. I am so scared, I feel so alone and so abandoned to do this on my own. I feel like I want Mummy and Daddy to do it all for me, make it all ok, take the pain away for me so I don't have to do it and be terrified, what will happen to me God? Will I survive?

I have reached a point in my healing, where to go to the next level I have to cross this bridge within myself and all I can see is darkness and I am scared of it. I am terrified of 'Nothing' being nothing, seeing nothing, hearing nothing, what if there is just nothing and I have to go and see for myself if this is true?

I am an ADDICT, I have created a life of addiction so I don't have to feel fear and now that is all going, it's got to go and I am terrified, what does the drinker do without his drink, what does the smoker do without his smoke, what does the druggie do without his drugs, what does the coffee drinker do when there is no coffee, I feel like that, In that desperation but with every aspect of my life and it all has to go because it all is what I have created so I don't have to feel my childhood pain, I have created a life of safety through my addictions and I have only just awakened to just how bad I am, I am an

ADDICT and I feel so fucking hopeless because I do these things without even being aware of them and slowly I have become awakened to all of them, and I feel hopeless because without them all that is left is PAIN and that is the pain I have to feel to heal. I can't choose them and choose God and there was me thinking I want a relationship with God when really I want a relationship with my addictions. Get fucking real Sam.

I have come to a state of hitting the spiritual wall, I can't go any further until I use my will in a different direction, I am very powerful at using my will in the wrong direction and that is keeping me from God and in my compulsive addictions, I want them more, and while I am choosing them, I have to be honest with myself about where my desires lay and I am gutted at that fact, that truth, totally gutted and feeling very sick inside that my addictions control me and I let them, by me choosing them instead of not and then feeling the feelings of not having them, that's the real pain that the addictions keep me from.

I am feeling very bad, worse than I have ever felt, so let down and very deceived by myself not wanting to face and accept the truth, I am delusional if I believe I can have a relationship with God and continue in my addictive life that is so against feeling and God. That is my block to God, I am using my will not to feel, not to go to the depths I need to go to so I can release my deepest pain and God knows that, God sends me back a feeling that says "Sam, these are just words you are saying to me, I cannot feel truth in them, when you are in a state of truth I can help you but your feelings are telling me you don't want to feel and I cannot go against what you truly desire and your desire is not to heal in this instance. I cannot go against and break my own laws of love and free will by helping you when you don't truly desire it, that would not be loving of me. Be true Sam, tell me how you truly feel, tell me that you don't want to heal in this instance and then I can help you find out why. I respond to truth Sam, be true with me and you will have all that you need."

I am in a real confused mess, on a precipice of truth and I can't go back but I am too scared to go over into the void of my feelings and the depths I need to fall into, I pray for faith and I am feeling all of my feelings about my lack of it. It goes on and on and on James, as you know. I fuck it all up then have a realisation about how I have fucked up and the truth comes to me, it's a constant up and down like this, up and down, up and down. But I am fucked up, in a real mess and that is the truth so I will feel all I need to feel in this space of shitty, fucked up mess.

Post by samantha9: [Divine Love Spirituality and Childhood Repression forum](#)

28 November 2016

Samantha:

I have had an amazing night, feeling unblocked and able to move again. I have realised how much I needed to treat myself in such a unloving way because I had to see that was how mum and dad treated me, I had to awaken and become aware of that through my denial of myself through my feelings. I had to follow the punishment of my mind's denial to show me the truth of how I was treated and why I treat myself this way and I see it all so clearly today, and all night I was waking up and having revelations going on inside me and writing them down and it was like, "Oh course Sam, this is amazing, this is the truth".

I had to go to the state where I could no longer go on like that and I did, I had hit my wall and done all you said, collapsed and said I can't go on, I felt in despair and of course that had to happen because that was how I felt as a child, I can't go on like this living against my will, doing mum and dad's will, I was so ill and unhappy and all of this experience has taken me back so I can feel all of that despair again and heal it and I am so totally amazed by how clever Mother and Father are at wanting this for me, it's genius.

Now I see the truth and have felt the depths of the denial of my parents, I had to be it to myself. All that pain I caused myself by denying my wants and needs and compulsions, it was mum and Dad. Sorry if I keep repeating myself but I am so amazed, astonished at the lesson I have been through and what it has opened up in me to see, God it all so amazing. They programmed and brainwashed me so well to do their will not mine, that they made sure I would still do it as an adult and even after their death, I would continue their legacy through denial of myself and living their lives through me. Brainwashed to treat myself as they did, punished and denied of what I want to do and have. No acceptance of myself at all.

Now I want to turn it around, I cried so much yesterday at how much rejection I had for myself, I now want to accept my wants and needs and compulsions, I am Allowed them, I can have them all if I want, they are in me and part of me so accept them and stop denying myself of them and this makes me feel free. This denial of what I want has stopped my whole abundant life, I don't believe I can have anything because I have mum and dad saying "No Sam, you cant have it, it's not for you, we cant afford it, put it back". I have stopped my own abundance by not letting myself have the things I want because that is the truth of how it was for me. Denial of everything I want, denial of my own desires, so now I believe I can not desire and am not worthy of anything I want but every one else is, Mum and Dad are the only ones who can have what they want, not me, I am not

worthy and this is a true feeling in me, but I don't have to feel like that any more and you have helped me see that, along with how I was coming round to it myself also, I couldn't go on in that denial but I was being shown the truth of how I was treated so had to experience it all. The guilt and pain I was feeling has lifted now and I can accept that I want this thing and that thing even if it is 'Bad' for me, I am still allowed to have it if I want it, Mum and Dad have now lost their power over me as I regain it through acceptance of myself.

This is all brilliant for me James and I will go with the revelations I am feeling inside and work further on how accepting I feel of myself because with that comes a softness, a compassion for myself and that brings me to tears for how much denial I have been forced to feel for myself, I feel sorry for me and sadness for me at how restricted I have been in life all because of the voices inside me from my parents telling me "No Sam".

Thank you James and Marion for saying what you have. The whole lack and loss I have felt in my life is because of Mum and Dad driving it into me that I can't have, my whole lack of abundance has been because of this and I believed it, I believed I couldn't have in life and all I had to do was feel the pain of that which my whole denial experience of late has led me to do. When I turned it around and told myself I can have, when I accepted and allowed myself to have because I can, it all changed inside me, all the pain lifted, all the guilt lifted when I went with and stopped fighting my feelings with my mind, Me against Mum and Dad.

[Post by samantha9: Divine Love Spirituality and Childhood Repression forum](#)

Thursday, 22 December 2016

Samantha:

Please God help me, I am in so much pain, ripping indigestion in my body hurting every part of me. Trapped ripping gas that is burning me inside and can't escape, it has nowhere to go except inside me, hurting me as it tries to escape but can't. It is trapped inside me like my emotions, all trapped inside me without expression. I have had enough of the pain, I woke up with it and it is relentless, I can't move, I can't stand up, I can't sit down, I can't escape from this pain, there is nothing I can take to get rid of it because that would just be more denial of the causal emotion that is causing this pain, it would just be treating the effects not the cause. I am in an inferno of pain.

Mother and Father I am so scared of feeling so much pain in my body, please help me reveal the truth of why I am feeling so much pain, the thoughts that go through my mind

are, oh my god what is happening to me, I am ill, I will have to go to hospital, I might die. What is happening to me I am in so much pain. I am so scared of something being really seriously wrong with me; I always blow it all out of proportion because of my fear.

I am out of control with pain, it has control over me, there is nothing I can do about it, I have to let it hurt me, I have to submit to its control and strength over my weakness. This pain is a bully controlling me; it's my Dad. The fear of it is always with me so I don't step out of line because it will come back if I do, it threatens me constantly.

I am filled with dread because I can't do anything when I am in such pain, Pain stops all of my experiences; it keeps me in a safe place of not doing, not feeling. I just want to stay in my shell, it's so scary out there, I might have to feel. My guts are on fire, burning inside of me like I am going to burst into flames from the inside, the flames are burning my stomach, the lining of my stomach is melting away as the fire burns and nothing will put it out except feeling it all, accepting it all and expressing it all out of me.

I have a brief relief from the pain and sit in fear waiting for it to come back, like the bully it is. Every time I move I can feel it still with me. Why do you want to hurt me? I sit being good for it, not annoying it just being in fear of it, appeasing it, pleasing it, being a good girl and not annoying it, the pain is my Dad. I am scared to move in case the pain comes back, if I just sit perfectly still I will not feel it, not anger it, not annoy it, just be perfectly still like I am not here, like I don't exist and then I won't feel pain. If I don't do anything I won't feel pain, pain has me in fear of growing, experiencing, moving, doing anything, I can't move because of fear, if I do anything I will feel pain and I don't want to so I don't do anything to trigger it as I didn't do anything to trigger dad's anger directed towards me. I might do something he doesn't like and then he will get angry at me, so I don't do anything, I don't even try, I don't exist, that is the best way Sam then you can't anger him or anyone else. I am safe when I don't exist to anyone. Existing is so terrifying, I can be attacked so just don't exist Sam. Don't exist to this pain I am feeling, deny yourself Sam.

As I am expressing all of my pain I am feeling the relief come into me, I am beginning to feel better, less pain, more comfort, less burning it is dissipating, I am feeling so much relief and joy at the pain leaving me the more of it I express. I am terrified of pain. I can't believe I am now totally free of the pain now. I can do this; I can heal myself through my feelings, through accepting, expressing and finding the truth of my feelings. It amazes me every time because the pain is so severe and then it is gone.

I have cried and felt so bad throughout this experience but it is the only way for me to heal. I am now completely free of pain that a few minutes ago was crippling me and now there is no trace of it and I am at peace. I have felt it fully out of me, let it cripple me and take over and overwhelm me as Mum and Dad did.

Feelings verses the mind

There are two ways to advance yourself - using your mind or using your feelings

Mind advancement is transcending and growing in knowledge, like seeking Enlightenment. It's false spirituality. It's being able to dominate your environment, including your physical and spirit bodies by controlling your will as you so desire. Mind over matter. If you feel bad and don't want those bad feelings, so you use your mind to block them out, distract yourself from them, whatever it will take to make them go away. Transcendence using your mind is limited. You can only go so far, and that's not very far at all.

Feeling advancement is ascending and growing in truth. It's the true spiritual way - true spirituality. It's looking to your feelings to guide you and show you the way. Understanding that they are closer to your soul than your mind, and if you attune yourself to them by allowing yourself to fully feel and express them, then your soul through your feelings will guide you. And it's also understanding that your feelings are the 'Great Mystery', the pot of gold at the end of the rainbow, what everyone is looking for who is on a spiritual path. Because contained hidden within feelings are the truth that you are looking for, the truth that will set you free of all your pain, worries, trials, suffering and problems. Ascending using your feelings is unlimited. You can go on for eternity using your feelings to uncover yet more truth of your soul.

If you want to become of Celestial truth, moving beyond the confinement of the seven mansion worlds, then feelings are the way. Adhering to your mind domination will forevermore limit you to the mansion worlds. We are not allowed into the greater universe if we're living with our minds in control of our feelings, for that is living against the proper order of things, that is living at variance with your own soul and God, it's living in rebellion against the Truth. So if you persist in living advancing your mind, you will remained trapped within the mansion worlds which currently serve as detention worlds and are isolated from the greater universe in spirit. If you live true to your feelings you can heal your rebellion against the Truth, heal all your wrongness, become of perfect Natural and Divine Love, and so move out into the greater Celestial universe.

Your parents damaged you when they stopped you from expressing all you felt. When they interfered with you saying: stop that crying, for example, what they were really saying was the feeling-crying you is not wanted, it's not loved, it's not acceptable to be that way. If you want to be loved, then stop having those feelings that are making you cry, stop being that way - your true crying self, stop crying and change yourself into a false person who is not crying! They taught you to come down hard on your bad feelings that were making you cry by using your mind to take over and stop yourself from crying. And the damage was done. Forevermore you will do the same thing to the same bad feelings when you feel them, even unconsciously without knowing you are doing it. So forevermore your mind is in control over your feelings, and any deeper bad feelings you have to keep buried doing yourself a serious injury. Because in the end all those suppressed and then kept repressed bad feelings will cause your system to break down, be it your will, spirit or physical system. All disease on the physical, all mental illness, all fatigue of the spirit, all your being powerless to act how you wish you could in the world, all results from your parents and then you following on from them, making you deny feeling bad. Certainly there might be many bad feelings you do allow yourself to feel, but there will be an even greater number that you are willingly denying. And to heal yourself of all that ails you, requires the liberation of all repressed feelings.

We only get sick because we are repressing feelings. Express all your feelings and live true to them and you'll no longer get sick. When you are living in the right way, being true and perfect, which is achieved by living true to your feelings, you'll have no reason to get sick. Sickness only comes to make us feel bad, all so we can use those bad feelings to seek the truth of why we're feeling them, and when the truth is found, then there is no longer any reason for the illness, for the bad feelings, to persist. True Healing is through the ongoing liberation and expression of your feelings. None of which can be achieved with the mind. By living untrue to your feelings and so untrue to yourself, by living with your mind in control of your feelings, is a sick way to live, and is the cause of all that's wrong with you.

When humanity understands that its current mind-way of life is all wrong, and that it needs to learn how to live a feeling-way of life, then things will change for the better - and only then. If we continue living looking to our mind for all the answers, then we will keep going causing ourselves ever greater problems. Our minds are not designed to be the boss, they are meant to support our feelings. They are not meant to get in the way of and influence our feelings. Our minds should be used to ensure we look to our feelings for their truth.

When someone is said to be a 'lost soul', disconnected, living in denial, living at odds with oneself, what this really means is you are living against your feelings with your mind way too much in control. You can't find your soul nor can you find God through your mind, we are not built that way, we can only find our soul and God through our feelings. If we all looked to our feelings for their truth, then the true way to live would come to light, all of which we'd willingly agree to live, because we felt it was good, right and true, and made us feel happy and loved, and so there'd be no more wars, poverty, illness, pain and suffering. We wouldn't even need all the laws, because we'd naturally be living the united truths from our feelings, so we'd be self-governing and not wanting to hurt or take advantage of another person or creature. Humanity will never find peace if it continues to use its mind to dominate its feelings, which it has done for the past two hundred thousand years. Humanity will only become all-loving when it is truly honouring, and living true to, all its feelings.

If you want to live at peace within yourself, then it will be by expressing and living true to your feelings. Many gurus and so-called enlightened people say they have found peace and bliss, however that's of their minds making, and it's not real, it's artificial and all based on deadening their feelings to such a degree that they believe they don't have them anymore. The 'Eastern Way To Enlightenment' is by using the mind, and it's false spiritual growth. It's advancing the mind by transcending feelings, but it's a dead-end and ultimately soul-destroying. It's a con, a fantasy, the wrong way to go and the wrong state of mind to aspire to live in. And the Western religions and New Age is not much better, only these things haven't worked out how to conquer the feeling-self using the mind as well as they Eastern way.

If you want to be at-one with God, to be as perfect as God is, to love God and feel God loving you, then striving to become at one-one with the Mind of God is not the way to go. There are no feelings in the mind, and so any so-called love is mind-created and 'false-love'. To connect heart to heart, soul to soul, feelings to feelings is the feeling way to God and the only way to feel truly loved and become truly loving. It's the only way to have a truly loving relationship of any kind. Mind to mind is feeling-less, and life devoid of feelings is unfulfilling, which is why so many people have to look to good-feeling replacement things that become addictions. And even though such mind transcended gurus claim to feel they are living in bliss, that feeling is mind-created so a true soul-based feeling. It is a feeling, and a very pleasurable one to be sure, but it's a feeling that's resulting from complete mind dominance over one's true deeper soul-inspired feelings. And one day such mind-indulging people and spirits will realise that their so-called

happiness, love and bliss is not all they believed it was, that they no longer feel as good as they thought that did - it all being about their mind. Whereas people who live true to their feelings will feel all they feel purely and genuinely without any mind control, and these feelings will remain because they are not built upon a belief, fantasy and delusion of the mind.

Having grown up living with your mind in control, it's not simply a matter of saying you don't want to live that way anymore and so you're going to stop it and live with your feelings in control. You have to do your Feeling-Healing or your Soul-Healing with the Divine Love. You have to slowly, and all through your feelings, break down all the controlling aspects of your mind and see them for what they are and how they came to be, all the while slowly adjusting to your new feeling-led way of life. The transition from one way to the other is a process governed by your soul. It's a surrender and submission into your bad feelings, going the other way and letting them be as fully as they are, and not trying to push and keep them away; all whilst wanting to see the truth of them. And you can't know how your new feeling-led way of life will be because it's all feelings, so you literally feel your way along in it by living true to each feeling you feel. And as you seek the truth of all your feelings, as you move to honouring your feelings and grow in truth from them, you will just know all through your feelings how you are to live by honouring your soul and God. You won't have to use your mind to work it out, it all just happens naturally. Your mind will help put your feelings and the truth into context as you grow in them, but it comes along behind, it no longer being out in front taking the lead.

We all express the feelings we feel all day long, however these feelings are all conditioned by our minds according to the beliefs and behaviours we developed through our childhood. And so long as we just stay within what we've deemed as acceptable feelings for ourselves without causing too much disruption to our normal way of dealing with life, so we plod along unaware that we're so heavily restricted to the range of our mind.

To spiritually grow means to push beyond the acceptable boundaries we've defined for ourselves. And to do this we need to then look to our feelings in two ways for help. One is to look to all our bad feelings for their help, that being given by staying with them when we feel them and not dismissing or overriding them - not rejecting them - in any way. And then the second thing is as we keep expressing just how bad (and good) we feel, to long for the truth of them, to really want to know why you are feeling them and to bring up all the deeper repressed feelings they are connected to.

To stay focused on and attuned to our feelings, and in particular our bad ones as they are the ones we're not wanting, and to keep expressing and emoting the emotions they

bring up until we simply can't go any further with them or we stop feeling them, is how we circumvent the control our minds are exerting over them. We feel we bring ourselves up to the barrier presented by our controlling beliefs and then by submitting further to the bad feelings, still staying with them and expressing them the best we can, then we are able eventually to break through such restrictions liberating yet more deeper repressed feelings.

And we understand we are on a journey back into understanding all that went on in our early life, and all through our feelings, for the feelings we feel now as an adult if looked to for their truth will led us back to the same feelings we felt as a child, but this time round as we in a sense re-feel them, the truth comes to light as to what exactly went on in our relationships through our forming years and childhood, all so we can then use our mind to understand the truth of our feelings as an adult.

When you feel a bad feeling you stop and stay with it, no matter how bad it is, some people being able to this more easily than others.

And you say out loud (which is best) or in your mind or write all that you are feeling, expressing all such emotion. "I feel miserable, totally and utterly miserable, I feel so bad all I want to do is cry, I feel like I'm going to die..." And you go on and on wherever your feelings lead you. And you long when you can for the truth of them. You can yearn within yourself to know what they are all about - what they are trying to show you, what truth it is you are to see about yourself; as you can long to God to help you see the truth of your feeling that God's want you to understand about.

And you don't have to do anything other than just keep expressing all you feel and longing for the truth. And what you DON'T DO is go fishing using your mind for the reasons why you are feeling bad. If you are someone who is used to trying to work out everything using your mind there will be a huge temptation to do the same with your feelings, trying to look into yourself and your relationship with your parents as to why you feel the way you do - but don't do it. You will have to learn how to just stay with and true to your feeling and keep expressing them and not go wandering off into your mind.

And when the time is right, when you've expressed all that needs to be expressed, then the truth will simply come to you, and with your mind and more feelings you can understand how it relates to you and how you've lived your life.

And we understand that all of our bad feelings come from our early childhood. We felt them back then and weren't allowed to express them, so we have kept them repressed within us all these years. And we have to liberate all those buried bad feelings. And will take years to do so, as systematically you'll be worked back into them your soul taking you down deeper and deeper into yourself as your mind relinquishes its control. So it's a

process, and whole way of living, and it is the Healing of your soul.

Our mind is in control

You were parented by the minds of your parents and carers. Not by their feelings. This can't be stressed enough. And they too were parented by the minds of their parents and carers, and so back all the way through many many generations until the beginning of the Rebellion. So you come from a very long line of inherited mind control. You are the end product of one huge mind control experiment. And when you do your Healing, you'll be ending your role in it. If you've already had children and subjected them to your mind control, so be it, for it will be what they will have to Heal. But eventually people will have children who are part Healed or fully Healed, no longer passing on their mind control.

We have been controlled by other's minds right from conception, and that mind control is ingrained within us. It's a wonder that we can actually heal it out of us, that we can change so much as to feel like we've been all but born again or born anew, without any mind control and with our feelings fully in control - which is how we'll feel once we've completed our Healing.

And in the end, who is to blame? Will we keep blaming God for subjecting us to such misery and pain once we're pain free, happy and loving? Or will we be grateful to Them for giving us such a rich and amazing opportunity in experiencing what it's like to feel so unloved? And will we end up no longer hating and blaming our parents as we come to understand that they too are just as we are, they didn't know, they couldn't help or heal themselves, they did the best they could within the worst that they were; so will we forgive them as we come to forgive ourselves, being the horrible yuk unloving person we are?

So in the end, will humanity be all one big happy family with those of us who've been subjected to such torment able to understand something of the depths of which the darkness can penetrate on rebellion torn worlds. And will in the fullness of time, humanity, Healed of its evilness, be able to move out into Creation with other roles to play possibly guiding and overseeing the way of future rebellious worlds. We'll have to wait and see. However the one thing we can know is that it has all been for a purpose, and one that our Mother and Father will one day reveal to us, just as we are to reveal to ourselves the truth of our sins and errors through our Healing.

And so we are to live a feeling-led life and not one controlled by our mind. Every facet of our world is a product of our mind control, it's all designed to keep us in its grip. The so-

called Matrix is the control our parents have subjected us to and the control all parents are themselves subjected to. We've created it ourselves with help from unseen spirits and fallen angels when they were able to negatively influence us, which they can no longer do. And so we'll have to break it down piece by piece analysing each little part, circuit by circuit, individual by individual. We are to let go of the control of our mind, however we can only do that by submitting to our feelings wanting them to look after and guide us.

So the more we can accept how bad we feel, ironically the better we will feel - it's the opposite to how we've been taught. But it will take time, and a hell of a lot of bad feeling acceptance, expression and the resultant truth.

What is life about, why all the pain; does God really love us by making us suffer so much?

God starts us off in wrongness at conception, which They want us to explore to a certain extent; then explore the Healing it; then explore living being fully loving having Healed ourselves of our unloving state. So why does God, our Mother and Father, want to do something to us that seems so callous and cruel, so unloving, when all we are told is God is Love? And the answer to this our Heavenly Mother and Father will tell to each us as part of the truth of our Healing. So we will know why They have given us the life They have, and all They have wanted us to get out of it. They will show us the truth of it all from our soul and through our feelings. The truth of living in our unloving states.

Yet still, why has God subjected us to such suffering, making us feel so bad? And possibly it is because They want us to understand more about love, more about ourselves, and so more about Themselves. And so what better way than to also understand about no-love, to start our one and only incarnation in Creation in an unloving negative untrue way. And for us to become wholly of it. And to them pass on our unloving state to our children. For us to be as evil and sinful as we can be - as determined by our soul, and to experience all the bad feelings being this way makes us feel, and all the bad feelings we felt that made us be as we are. And then to do our Healing, understanding how with love, our own self-love and even with God's love, the Divine Love, we can Heal and change ourselves from being unloving into being loving, something which is very remarkable, and without seeing it and experiencing it first hand, might be hard to accept can actually happen. Yet we will all know for ourselves that it is possible, as we're all living it, and we all have to do our Healing.

And then we can understand that our dysfunctional anti truth and anti love states help us understand more about our personality and our soul, who we really are, all through the

negative to begin with, so how we are in the wrongness, and then once Healed, through the positive, as how we are in the rightness. And in the end experiencing the worst and best of both, something not all ascending mortal souls experience. There are only currently a handful of rebellious worlds in Creation, so very limited number of life experiences of being evil. So are we to be considered very lucky, even favoured, by starting off in the YUK as we have done? We will see. Wait until you are Healed and in spirit and well on your way to Paradise mixing with other spirits who've come from non-rebellious and non-defaulting worlds. They might help us understand yet more of what we've been through.

Will Healing

Our Healing using our feelings, is really ourselves Healing our dysfunctional will. Our parents abuse of us, damaged, deranged and interfered with our will. Your will was turned against you, causing you to deny the expression of your feeling true self, and bringing about the expression of your mind controlled false self. It is said that we can have had our will 'broken', however that's not quite true, because our wills are still functioning at maximum power, only they are doing so working against us. So our will is still fully empowered, although you may not feel like yours is when you are in the depths of despair and depression and feeling so powerless, useless, will-less, and what's the fucking point, however our wills are working at full strength to keep us going in our evilness; and so too is it, that our will keeps working full-on as we change our intention from the negative to the positive through our Healing, literally willing ourselves to end our wrongness; just as they will still be functioning in their fullness once we are fully Healed. We can't actually destroy or diminish our will, but we can alter our intent and where its focus is. And through our childhood our parents caused us to focus it against being true, to go against ourselves, against being able to freely express all we feel so as to uncover the truth of ourselves through our feelings. And our Healing will end that negative and unloving intent or focus, reorienting it positively and lovingly, so it can work for us by helping us accept and express and uncover the truth of our feelings, our soul and God want us to see.

And so it is that the worst times of your Healing are when you are stripped bear down to the nothingness of feeling will-less. And yet these are the most potent and active healing experiences. When your negative mind control, kept in place by your will, is stripped back by submission fully to your bad feelings. With so many extra bad feelings coming because you are now willing yourself the other way and against your mind control. When you feel you are at the end, there is nowhere to go, nothing else. When you feel you are

NOTHING, no one, you are utterly hopeless, lost, even to the point of being unfeeling; when you feel like you're being obliterated, annihilated, crushed out of existence, wiped off the face of the earth. When you can hardly utter a moan or groan, being in your traumatic state of shock when the worst was done to you, feeling wracked by the soul-destroying pain of personality annihilation. When you feel so miserable, when you are even beyond wanting to kill to yourself because you feel what would be the point in that, it wouldn't change anything, you are too fucked to even contemplate it; and besides, you'd just go into spirit feeling as despairing, unwanted, uncared about and unloved. These being the most difficult times. Because they are the feelings you felt that damaged you the most on the deepest levels within you - your will and its orientation, damaging you through your forming years when you were all but just raw will, and so how that affected your souls ability to will you into being in a true state.

And yet it is when you feel so ratshit and so nothing and devoid of all hope, when there is absolutely nothing for you other than just more of the same endless eternal misery, feeling all alone and so scared; when you are bumping along these darkest depths of your being, down your hole and with no light on the horizon, being the closest to your damaged will; and when you feel just how will-less and so powerless you feel, these times are when you are doing your best Healing, when you are at your worst, when there is simply nothing deeper or further. And these times, as hard as they are, herald better times ahead. You might still be crushed down time and time again into such a bottomless pit within yourself, falling and failing into nowhere, but after each time you will after some time, realise you are different, you have changed, and for the better.

It's a bit of catch 22, because the more you progress in your Healing, the better you feel, the more of your will you bring back into perfect alignment, then with that 'new' will, so you are better able to will yourself - be forced by your soul - down into yet more deeper yuk within you. So the more you progress the worse in some ways you keep feeling, even though at the same time you also feel better and better. Always such contradictory feelings, however that's how it was during your early life, one minute it was all over and the end of the world, the end of your life, and then the next it was all smiles and fun and games and everyone seeming to love you love. Up and down all over the place, that's how it was for me, so that's how I experience my Healing of it. And how will it be for you, will be how it was for you growing up, as it can't be any other way.

And as you heal your will, so too will you heal all the elements in your aura that constitute your personality expressing vehicles, including your higher and lower mind and feeling

systems or 'bodies', your spirit and physical body, and all your interconnecting subtle etheric and template bodies. So all your chakras will be fixed on all levels, coming into perfect alignment and function, everything will be as it is meant to be, with you not needing to worry about a thing. You'll dispense with your meditation techniques for still your mind and trying to move higher in your mind control over your bad feelings, get rid of your pills and potions, your alternative or regular therapy or medicine, all as you give back the control of your will to your feelings, as you let go the need for your mind to keep playing the role of your parents.

Marion's and my healing experiences

When I met Marion, she told me there was no point knowing all the spiritual stuff, when I couldn't express myself truly and there were problems in my communication and relationships. And that all my problems stemmed from my repressed childhood feelings, from all the stuff that happened to me when I was young, which I couldn't remember, all of which was conditioning my adult life. She'd had quite an amount of therapy, having been through some very bad times, understanding from it that it was crucial to express all your feelings, and most importantly your bad ones, as they were where the pain was and contained the reasons why the pain was there in the first place. And I could see that she was right, as she soon started to point out much of my dysfunction, none of which had been healed by my so-called spiritual advancements, like I thought should have happen. So she introduced me to the Healing, and my need to do it, and that in fact it was the only important part - sorting myself out, and all the what does it all mean and what's it all about stuff, could wait. We moved into a flat to live together, decided to devote our relationship to helping each other work through all our bad feelings, trying to be as true to them as possible, whilst wanting to find the truth we knew was hidden away inside us. And for twenty-one years now, we've been doing it, and our Healing is still going, and Marion is still pointing out problems I have in my self-expression and with my communication in our relationship. I've had to accept that I had masses of things wrong with me.

The woman, so it says in The Urantia Book, is the spiritual leader, and I totally agree with that. Marion intuitively knows all she needs to do through her feelings. She's not interested with all the technical stuff, all the mind stuff, like I am; she is only interested in staying absolutely true and expressing her feelings. And she is for me, the living example of truth coming to you naturally, as you live true to your feelings. All she said she lives, and is true in, striving daily to strip away any other falseness should her feelings expose it.

What we've found, is that for her, her Healing has been about expressing all her repressed feelings, so as to bring herself out. Her parents treated her very harshly, not allowing her to have any normal self-expression, always telling her how she must be, controlling every aspect of her life. So her Healing is allowing herself to be free to say all she feels when she wants to say it, all without the fear of getting severely punished or hit. To bring out all that she would have, had she felt welcome in life by loving parents. She has suffered the most intense self-hate and appalling self-esteem, believing she is the most ugly person on the planet, and has had millions of aspects of this she's had to express all so she can now after all the years of working on herself, feel good about herself just how she is. She has slowly accepted herself, remarkably ending her self-loathing, as she starts to like and even love herself. It's been one long gruelling process, with a river of pain that's flowed out of her.

For myself, so we've discovered, my parenting turned me against myself, siding with them. Marion's parents made never praised her or made her feel she was good or loved and like them. Mine told me I was good, great and loved, all so long as I did as they said. I became something sort of like a shadow or poor extension of them. I had to sort of camouflage myself blending in being just part of the furniture, there but not there, as in hardly asserting myself, going along with it all, not ruffling any feathers, not arguing back, not even saying no. Always saying yes, then having to worm my way out nicely of the things I didn't want to do, or just hope they wouldn't eventuate. So Marion and I have chipped away at my false exterior, all my weird expressions and behaviours that are all anti connecting with the other person, all keeping myself at a distance, whilst still being in the same room, all trying to keep my head down so I'll not be focused on, not having to receive another terrible hostile blast from them. And it's been agonisingly humiliating for me having to constantly accept that I am not right, good and the great one, that I am wrong and stupid, for that is what they accused me of being all the time, and of which I'd been able to convince myself wasn't true. I'd turned it all around, mostly with the help of my maternal grandmother, to believe they were the idiots and the stupid ones, not me, when of course they'd made be as stupid as they were. So to break it all down, whilst liberating my rivers of anguish, fear, misery, anger, boredom and frustration, has been very tedious. However now all my bad emotional feelings have all but gone, I no longer feel as scared, hardly at all, only a tiny bit angry, no misery, less frustration, and only momentarily bored. And I know myself so much more than I did before I met Marion. And all thanks to her. I could not have done any of it without her intense continual input. I just don't get it or have any natural feel for feelings, or even any natural desire to express them, that all being all but eradicated from my being by my so-called loving parenting.

I have changed a lot, and I like the changes. I have slowly grown up into my feelings and understanding of it all. Marion has always been the same, but is now more liberated within herself, all her: can't do this and can't do that because other people will not like her or tell her off, has gone. And currently she is choosing to remain inside, she's not been outside for months, as she doesn't want to have any contact with anyone other than me - I'm enough for her to have to cope with. I manage to provide all the grief, anger and frustration she needs to keep bringing up what little repressed feelings remain in her. I go out into the world doing the shopping and having to be with other people, all of which helps me practice all I go through with Marion, helping me bring up yet more anger and frustration with other people, helping me understand more about my place in the world and my dysfunctional relationships with other people.

Looking back over my Healing years, I can see how perfectly they have gone. Being in them I've not been able to see any way ahead, yet now looking back I can see there has been a distinct path, winding this way and that, sure, but still very distinct and incredible. The whole thing, being able to Heal myself of all my wrongness, is simply amazing, it's beyond comprehension, and it is what our lives need to be about so we can free ourselves from all our yuk, pain and suffering. I now know through my own Healing that it's the only way, doing your Feeling-Healing or Soul-Healing with the Divine Love.

Every day now, and often through most of the night when we first started expressing our feelings to each other, Marion expressed her feelings and I tried to express mine. At the beginning, for weeks, day after day, she'd express her miserable feelings and all how bad she felt, like when the baby magpie we were watching didn't seem right, it all being her projection of herself onto the bird, and helping her feel how miserable she felt growing up with her parents. Now she will feel bad for an hour at the most, and then it's all gone and she feels really good. Neither of us felt good for years, Marion's never really felt good through her life, I pretended I did, but now we both more and more are feeling genuinely good. However, still the overall pressure remains, as our Healing is not yet done, and as to when it will end... it still just one feeling at a time.

And as far as our relationship has gone, through fantasy, falseness, and our desperation to be liked by someone, we came together and got married. Through our Healing we've let go all of the false love pretensions, trying to focus on how we really make each other feel. Marion of course being always miles ahead of me, was able to express all her hatred and everything that I did that annoyed the shit out of her. It's taken me a much longer time to

feel free to be able to say all the nasty hateful things that I feel about her when they come up, as I was worried that she'd leave me or I her, and then what would I do, then how could I keep going with my Healing when I was so dependent on her help. She has always felt that I'd leave if it ever got too much for me, as everyone had left her as soon as she started to express how she really felt in a relationship, but I am still here, and she's freer every day to express more how she is.

So we came together under false pretences, and mostly because of our shared interest in the spiritual stuff. Through my family she came across the Padgett Messages, which was why we met, and it was through wanting to live at-one with the Father and His Divine Love and wanting to heal and transform our soul that we came together. Now we are still together because of that, yet also because of wanting to live true and still wanting to help each other Heal ourselves, understanding that there is a lot more to what a relationship can be, it doesn't have to be just the Romeo/Juliet scenario, it can be a working partnership, something which we'd call a friendship, and a sort of love, a deep soul-connection if anything, which has kept us together. And as to whether or not we will remain together, as Marion says, we might separate once we no longer need each other to help each other Heal, or... who knows, we might find more common ground once all our shit is out of the way; we might even discover and start to feel a real, true and genuine love for each other. Anyway, all our notions of what a 'good loving relationship' is about, have been smashed. It's all new and not how we thought it was or might have become, everything is new as we uncover yet more truth about ourselves and our relationship. And we feel so much better about it all, about ourselves and each other, so much freer to express and be just our natural selves, getting to know ourselves and each other really for the first time as our true selves come to light.

However, still the daily grind of working on ourselves continues. How much truth is there to see about one's untruth? It seems endless. We reach a bottom and sort of plateau out for a time thinking this is okay, better than we were, but still we can sense there is more, deeper within us, and then sure enough, down we plunge sinker deeper into ourselves, bringing to light yet more yuk, all based around the same patterns we're now so aware of. But at least having sunk down so much, it's more like we're permanently on the bottom in our yuk, however the bottom seems to be getting shallower. There is now definitely more light at the end of the tunnel, but for years it was very dark. I shudder thinking back over them wondering how I managed, how did I cope and not just explode into oblivion and nothingness. So much pain, so much agony, all the endless difficulties and problems, so many bad feelings, and yet I'm still going and now feeling better and better daily about

myself. And things in my life are happening to reflect my growing self-confidence, other challenges now only stir up minor bad feelings, with the truth coming more easily.

The difficulty now I face, which we both have discussed endless time, is although we've done so much work on ourselves, some of our compulsions and mild addictions still remain, and we can't see for the life of us how we'll ever divest ourselves of them. Marion maintains that all we can do and have to do is keep going as we have been. And as there is nothing else we can do, so that it what we're doing. It's helping us understand that we are pushed up into something of a corner with our backs against the wall of our wrong state of being, and being there with nowhere else to go, we are just as we are, the yuk that we are, the yuk people our parents made us be, with our minor yuk compulsions and physical difficulties, just accepting them, expressing all we feel about them when the bad feelings come up, and doing nothing more. Not trying to change ourselves, we've done that, we've gone this way and that, we've tried to apply our minds and will to change and stop doing the things we've believed to be wrong and haven't want to do again. And for years the things might stop but then we start doing them again. I still bite my nails a bit. I've worked at stopping it, I've given in and chewed them to where they fingers are hurting all the time, then stopped again, and started and stopped, but now I don't care, I do what I feel, and keep working to express the bad feelings about them when they come up. And if I ever stop, I will be amazed - I will be even more amazed if my Healing ever finishes.

And we both need our minor difficulties and compulsions. I can hardly move currently with every muscle being so tense; Marion has just managed to stop feeding the birds yet again, another huge accomplishment for her, but one that just happened, suddenly she felt, no, no more, there were too many bad things about it outweighing the good, and suddenly she didn't need to feel wanted and loved by the birds because they came fifty times a day knocking on the door wanting her attention. Now she feels more loved by herself, not needing such outside false love, so the birds have gone and we both feel better about that. We don't want to interfere with nature anymore than we do by our Western way of life, and we certainly don't want to do things just because we feel so desperately unloved. Yet through our Healing we have done what we've needed to do trying to gain such love, trying to feel loved as our feelings of feeling so unloved have surfaced. But now as we've expressed so much of that pain out of us, and as we're more self-loving, so we don't need to look so much to outside sources for love, even from each other, when that love is really no existent and only a fantasy we're making up.

And through the years, so many of what we through were bad things about ourselves,

have in fact turned out to be good things. Nothing has turned out to be as we thought it was meant to be. Everything has been the opposite to what we'd been trained to believe was right and the best way for things to happen. Marion has gone against it all, and her persistence in staying true to her bad feelings, feelings most people would dread, and yet feelings we all have, is paying dividends. She is now so much happier, and it's real and true happiness, feelings she's never felt before. She was never happy, she can't even remember being happy in her childhood, other than the few times she went horse riding and had her cat with her. But now she is happier each day, and is even having things that she was never allowed to have, her parents forbid such things or they were scorned and not part of her early life, or she never had the money as an adult. But now on the pension and I still being on the dole, and as our life and what we want has changed so much, we are able to save and she can have many of things (currently oudh perfumes) that she's never been able to have before. And the perfumes are helping her express yet more of herself, taking her out into a life she never knew existed, one that explores all the beautiful smells and fragrances, and it's helping her express herself even more freely as she writes reviews on the fragrance websites, expressing how the perfume makes her feel.

And like everything else, when all she needs from the perfume finishes, she will move on leaving them behind... however who knows what is in store, she might always like then if she can still get the ones she loves. And is it right buying such expensive luxuries delighting in the artificial and not being just natural? Should one pluck their facial hairs as one gets older, or leave them sprouting out all over the place? Should I stop shaving and grow a beard because that is what God has given me; should I keep cutting my hair and trimming my nails; should I...? And on and on it goes: what is being spiritual, and what is not? Should I eat meat or should I be a vegetarian? And we've worked through it all, and the conclusion is, it doesn't matter what you do, all so long as you keep attending to all the feelings that are involved, keep expressing them and seeking their truth. Because you will go this way and that: yes, today I am eating meat; no, tomorrow - oh how disgusting killing another creature for my sake and pleasure... however I'll have that sausage, and now I won't, and what are my feelings I am feeling? And how do I feel about feeling them? And oh, here is more truth, and the truth today which is compounding and leading me in life, is now, all these years later, making me know and feel: no, I don't want to eat meat, it's as simple as that. Oh, and if that's called being a vegetarian, then that is what I am. However I'm simply not wanting to eat meat now, and I'm also open to that changing should my feelings change, but my feelings are first. I am not trying to fit myself into being a vegetarian by using my mind, nor are Marion and I trying to 'be spiritual' by doing certain spiritual practices and rituals, or by not doing certain things. We are trying to be

who we are NOW, based on all we feel NOW, and keeping our mind out of it. And if we have a problem with any of it, we will feel bad, and then we know what to do with those bad feelings.

And I am writing this now expressing all the feelings it makes me feel, and if I get to the point, which I have done before where I feel no more, I'm sick of writing about all of this, and what's the point, who's going to read it, and it's all just me thinking I'm someone important, and it's part of my affectation and wrongness, then I will go with those feelings; but for now, being half way through the book, I still feel I want to keep going so I will. Feelings are the Way, nothing else.

And to end this section, many people will not have the time to complete their Healing whilst on Earth, and will be able to continue with it in spirit, when their new spirit life begins. And other people, being perhaps too old, or simply not wanting to bring about such disruptions to their relationships by having to start facing and dealing with the truth and realities of not actually feeling as loved by their parents as they felt, or being unloving to their own children, might at least be able to learn about it all, as to what's involved and what they will be setting out to do when perhaps they find in their spirit lives, that as things are already disrupted having physically died, they can set about looking more closely at doing their Healing, even deciding that they want to commit themselves to.

And then there will be people who will manage to Heal themselves whilst on Earth, and then live being of a Celestial or pure Natural love truth, thereby having an affect on the world around them. All of which will no doubt end up causing humanity to slowly change, for it can't remain as it is, we've gone far enough in our untruth because the truth of how to Heal ourselves is now present. So we're been told the end is now here, at least the end individually, should one choose to do such work on themselves setting out to Heal themselves of their rebellious and default state.

Healing yourself through your feelings

Acknowledging, accepting, focusing on, expressing - sharing your feelings - every one of them, including all your bad feelings.

Not doing anything to deny any feeling.

Expressing the emotion of the feeling, whilst longing for the truth of it.

Wanting to know why you are feeling the feeling you are currently feeling.

Wanting your feelings to take you ever deeper into yourself.

Wanting your feelings to guide and lead you in life, not your mind, thoughts and beliefs.

Being free in your feelings.

Acting on your feelings, and seeking the truth of such actions through your feelings.

Looking to your feelings for their truth.

Understanding that the way to your true self, to your soul, and to God; to understanding your own personality, is through your feelings - and not by using your mind.

Your mind will only lead you astray - further against and away from yourself, if you allow it to control your feelings.

Your mind has taken over your feelings, as shown by you refusing to allow yourself to feel all your bad feelings. If you are stopping yourself feel all your feelings, then you are being untrue and living with your mind in control.

Your feelings are your real self; not what's in your mind.

So the above sets the Feeling Foundation, upon which more spiritual information and understanding below, can be built

Part 2:

Technical aspects of Divine Love Spirituality

Not all people are interested in the technical aspects of living true to our feelings.

However, a general awareness comes about as one progresses through ones Healing. And as Marion shows, you don't need to know and understand and believe all the stuff below, so as to be spiritual - it's all mind-food. However, I love it, and it's helped me greatly, giving my mind a picture from which it can relate, so as to keep the Healing in context.

Marion can freely move with her feelings not needing any defined pictures, the truth of her feelings giving rise to any pictures she needs. I however (am not as evolved as she is?), need mind-pictures, so as to feel more secure and understand what it's all about and why we've been put in the yuk, and where I'm going spiritually.

The main spiritual texts DLS draws from

How my writings and DLS have come about

I started being interested in spiritual things through the New Age back in the late 1980s. Channelled books containing 'messages' from spirits intrigued me, as I thought surely spirits must know more than we do on Earth, they at least being closer to the Source. And through one of the books that helped the reader speak with spirits, I found I could quite

easily do so in my mind. This giving rise to lots of weird ‘spiritual experiences’. And so I found about reincarnation and astral travelling (I wished I could do it but couldn’t), yet really wanted to know, what it - us and life, were all about. I wanted to know the truth, because so much of what was written supposedly by spirits was contradictory: so why was that, when surely they were all living in the same ‘heaven’?

Some years later, my brother returning from America brought with him the book: *The Angelic Revelations of Divine Truth*, which contained a selection of the Padgett Messages. And upon reading these, out the window went reincarnation and most of the New Age rubbish, and in came Jesus’ truths about longing to our Heavenly Father for His Divine Love. It all felt so right and made perfect sense. And so the Padgett Messages became the first major source of material I have drawn from. (Jesus and other Celestial spirits talk through automatic writing to James Padgett in America around 1914.)

Then having integrated the Padgett Messages into my spiritual life, the Mother started to make Herself known to me, along with Mary Magdalene coming and speaking with me, as intense inner changes took place, together with all my relationships with all the spirits I’d previously been speaking with. Longing for the Divine Love changed everything, including leading to meeting Marion, who then changed everything again.

The other main source I’ve drawn from is The Urantia Book, which although is heavily weighted in the mind side of things, still has lots of useful and far reaching information. The Urantia Book perplexed me for years trying to work out exactly where it’s coming from, why there is so much what I feel to be good genuine helpful information, and yet also crucial stuff, like that which it says about our evolving soul, which I very much disagree with. However, now I am settled in understanding that it’s for people wanting to advance their minds using it to become yet another ‘bible’, so I’ve taken what I like, and added to it.

Other books that I’ve had the same relationship as the UB are: Barbara Brennan’s healing books, and Alice Millers books about Childhood Repression. Barbara is heavily into reincarnation and the mind way of things, yet her insight into our aura is stunning and very enlightening. And Alice focuses heavily on our unloving Childhood, yet doesn’t have any understanding about the spiritual side and how it relates to our Healing. (*See links to these books on my links page on the main DLS website*)

However mostly I’ve only used these books as guides, relying more on my own feelings,

Marion, and speaking directly with many spirits, including Verna a nature spirit, all who have enlightened me no end to the mysteries and wonders of it all. All of which has helped me to develop and build the picture which is Divine Love Spirituality.

Marion has been the greatest source of information and understanding concerning feelings and our Healing of our untrue state. She is a constant fount of revelation, and her intuitive understanding and how she instantly knows anything and everything about feelings is astounding. She has helped me far more personally than any of the books.

The writing I do with spirits is what can be called 'Inspirational Writing' whereby the spirits inspire and impress their thoughts and sometimes feelings on my mind, and I write what amounts to probably a collaboration of my mind with theirs. It's not a perfect way of speaking with and recording what spirits, angels or other universal personalities have to say, however it's sufficient enough to get something of the 'message' across. So much of my work I feel will be 'worked out in the wash' as people evolve, and greater understanding and skill in spirit/mortal communication develops through people Healing themselves. Marion is not interested in speaking with spirits, only with the Father and sometimes the Mother too, yet it all being one way, as she doesn't hear Them speaking back to her. Marion doesn't want the interference, although the few times when she tried to speak with spirits and her angels, she's surprised us both as to how easy it is for her. It being far easier for her than it is for me. However as I said, she doesn't want anything to distract her from her feelings, so nothing that is going to require more of her mind.

And even though it goes without saying, everything can be used to help us feel feelings, which can in turn lead us more to the truth of ourselves. These are just the books that I've found helpful, however of course all sorts of help has come from many sources. But what has become apparent, and in keeping with what is said about it in the Padgett Messages, there is definitely a current division in the mansion worlds, there are spirits who are only concerned with advancing their mind and who aren't doing their Healing, and those spirits wanting to live true to their feelings and are doing their Healing. The spirits who look to their mind, believing like many people on Earth, that the way to God is through the mind, I generally refer to as 'mind spirits'. And as far as I'm concerned, only add confusion to those people and spirits who are sincerely seeking the truth through their feelings. They don't use their feelings to uncover the truth, doing all they can with their minds to 'advance themselves', which is even easier to do in spirit than here on Earth, so using their minds to dismiss and keep denying their bad feelings. The mind spirits have provided much useful information regarding what living in the mind mansion worlds is

like, and what we can expect upon waking up in the spirit worlds, however it's the Divine Love mansion world feeling spirits that I'm interested in, those spirits who are intent on doing their Healing. And then of course also the Celestial spirits, the ones who've completed their Healing. And with a little experience, it becomes quite easy to discern all the mind spirit stuff, which is the bulk of the New Age, spiritualism and the existing religions. However only up until now, the Divine Love spirits and Celestials have not been allowed to reveal the truths of the Healing, because humanity has not been ready to receive them, but now that is changing and people can do their Healing and talk readily with spirits also doing it or have done it, being able to speak openly about all it entails.

The Padgett Messages

Jesus tells us that we can long specifically to our Heavenly Father for His Divine Love, this being his Second Coming of the Truth that he promised all those years ago. And we have to partake of the Divine Love so as to transform our soul from its current Natural love and in the image of God mortal state, into becoming immortal and of the divine essence of God. I will not go into all that the Padgett Messages say here, as it is well worth reading the messages for yourself, but essentially, without the inclusion of the Divine Love in your soul, you can't leave the seven mansion worlds and move into the higher Celestial spheres. And it's a two fold process: We need to do our Healing, and long for and receive the Divine Love. And through our Healing as we perfect our Natural love, so the Divine Love can act upon it gradually changing our soul. The Padgett Messages are misleading in saying that all we have to do is partake of the Divine Love and all our sins and errors will simply dissolve away, because they are not about revealing the truth of our Healing. So many people stall their spiritual growth because they are erroneously believing their wrongness is being transformed out of them by the Divine Love, and are not actively doing their Healing. For myself, I couldn't understand why my problems were not going away as I had been partaking of the Divine Love for some years before I met Marion. Then she told me about the need to uncover the truth of my problems through my feelings, and I realised that not all was said in the Padgett Messages, and that indeed there was a lot more.

There is currently something of a small 'Divine Love Movement' who are staying true to the Padgett Messages not wanting anything to interfere with them, believing Jesus did reveal all the truth we needed to know, however that is not apart of what Divine Love Spirituality is. And there are also other people supposedly 'working with' the Divine Love, saying they are one thing or another, even the reincarnation of Jesus and Mary Magdalene, but these people too are not fully doing their Healing.

The limitations of the Padgett Messages and The Urantia book

As you can read in these books, Mary Magdalene is not given her true universal status in either books. And it was the same when she was on Earth. As Mary and Jesus have told me, they came in keeping with the restrictions imposed on them by the Rebellion and Default, they didn't interfere with humanity's wrongness, either back 2000 years ago or through James Padgett. And so, had Mary Magdalene been included as Jesus' equal and soulmate, then things would have been very different. But as it was, humanity has been allowed to take what Jesus said and use it to further add to our wrongness, as seen by the Christian religions, what the 'Divine Love Movement' is hoping to achieve, and along with The Urantia Book people who believe they are setting out to begin the true religion of Jesus. All of which is yet more mind delusion, all to help people further deny their bad feelings, with none of it actually helping people move closer to their feelings so as to find the truth of themselves for themselves through them.

So everything is a power-play of the mind of one sort or another, all in keeping with how the people wishing to belong and be part of such systems of belief were treated by their parents. Divine Love Spirituality doesn't engage in such mind based power plays. However it is quite probable, and really to be expected, that some people and even possibly mind spirits, will take some of what Divine Love Spiritually says, using it to further help them advance the control of their minds over themselves. That unfortunately can't be avoided, however hopefully enough people will understand the full significance of looking to your feelings for their truth, thereby avoiding the pitfalls of becoming yet more deluded by their minds. If you do your Healing properly, then your mind will be losing its power not gaining more, you'll be stripped back to the bare bones of your feelings there to be 'rebuilt' as it were, with your feeling showing you the way.

So the Rebellion and Default are heavily centred around maintaining control by keeping the feminine, the woman - feelings, suppressed, whilst elevating the masculine, the man, as represented by the unfeeling insensitive mind. So we have men in control of the systems of the world using their minds to maintain such control, and we now have women struggling along trying to be men's equals, believing wrongly that being a liberated woman is taking over from men and controlling more with their minds. For a woman to truly liberate herself, and a man also, will naturally happen as she or he looks to their feelings for their truth. Women can strive to be equals of men in an evil world and truth-destroying and love-annihilating system, but they will only cause themselves yet more mind controlling problems. For women to dominate their feelings with their minds it requires

more mind discipline and self-control, and that puts yet more undue stress upon her feeling system. However all such things can be sorted out and corrected through one's Healing.

And so whilst Mary Magdalene and the Heavenly Mother, and the whole feminine side of feelings is kept under control by the mind, nothing will ever change for humanity. So only by allowing the feminine to come up through feelings, just as Marion has shown me, will humanity be finally able to start working on freeing itself from the Rebellion and Default.

Simply 'Believing in Jesus' is not enough

To have a belief in anything, is only having a structure of your mind that you put in control of yourself and your feelings. So if you 'believe in Jesus', it's not going to do you anything good so far as your spiritual progress goes. And it will only add to keeping yourself in your evil rebellious truth-denying state of mind and will.

The Christian religions, along with all the religions, are nothing more than a fantasy. It's a fantasy or false Jesus they are 'marrying themselves to' and believing to be 'saved' by. So it's all just a mind delusion, and does nothing toward helping you Heal your soul. You might within such systems develop a genuine longing to be with God, and even unknowingly long for and receive some of the Divine Love into your soul, all of which will help you when you arrive in spirit, as to give you more of a reasonable chance of moving to live in one of the Divine Love worlds if you can shed your need and belief in needing to be a Christian, but that's about all. However, such systems do provide everyone within them with ample truth-denying experiences, all of which help their believers keep their Childhood Repressed feelings under control. All the religions are very good at helping people involved in them to advance their wrongness and their minds control over themselves. However, I don't think such people or mind spirits would like hearing they are more evil by being associated with such systems, and are not advancing their souls, as they believe they are. And so such people, as many once religious spirits can testify, are in for quite a life change when their souls say that's enough mind delusion and it's time to start bringing up bad feelings that become harder to dismiss and deny.

An example of how I use The Urantia Book for my purposes expanding upon it

The Paradise Trinity (an email to Brian who asked about the Paradise Trinity)

Thank you for giving me the opportunity of running through my understanding of the The Paradise Trinity. This is how I see it currently. I'm sorry if I've gone on a bit, but I can't help myself!

The Urantia Book introduced the notion of the Paradise Trinity to me, and I've carried on with it putting some of its terms into my own terminology. The Urantia Book I see has been masterfully presented in keeping with our rebellious minds, hence it sticks to the masculine so much like we do. I've tried to balance this as I feel it really is, bringing in the Mother and relating to the Infinite Spirit (as TUB calls Him) as the Infinite Daughter, for it simply makes more sense to me relating to Them this way.

As you know the Mother and Father (TUB only says there's the Father, nothing about Him having a SoulMate as in the Mother) created, and are still creating - or, bringing into being as They express themselves, as they express the Personalities of Their Soul, Creation. So of course all stems from Them. (As a side note to which I'm as yet still undecided: I wonder if the Eternal Son and Infinite Daughter are singular or have Soulmates, or if in fact they are soulmates?)

TUB says the Father's First Thought brought into being the Eternal Son, however I would say it was the Mother and Father's first feeling. For Suddenly, apparently, there was the Son. And then next came, as TUB calls Him, the Infinite Spirit, which I say would be better called, as it's how I relate to Her, the Infinite Daughter. So the First Parents brought Their First Children into being, Their Son and Daughter. This being the Paradise Trinity, as They are all Deities; and with the Mother and Father, and possibly also the Son and Daughter, all resident on Paradise, the 'physical' home of God - of the Existential Gods. So Paradise as we read in TUB, is a place where we are all ascending to, there to meet in person our Paradise Parents - our Heavenly Mother and Father; and along the way, also to meet and get to know personally, the Eternal Son and Infinite Daughter. We have to ascend to, and 'through' as it were, the ID and ES, before we can move onto meeting personally our Mother and Father.

So the Mother and Father delegate everything in a stepping down of light, truth and love. And so we see our Paradise Parents are love - which we know of as the Divine Love. And then from the Eternal Son comes the Truth (feelings, emotions that give rise to truth), and from Infinite Daughter, the Mind (thoughts belief behaviour fantasy imagination etc), and the two work together inextricably linked. The ES supports the ID, the truth/feelings underpins the mind/thoughts, and the ID supports the ES, with the mind helping one express one's truth, one's feelings. So with the Son (Truth), being closer to the Love (Mother and Father) than the Daughter (Mind), we need to use our minds to move to the truth so we can access the love. So we focus our minds on paying attention to and helping

us express our feelings, then we use our feelings to look for our truth, and as the truth comes, so we can then go back and use our mind to help us understand it. This being how we live within ourselves, and by doing so are also getting to know, the relationship of the Second and Third Persons of Deity. All of which helps us feel good about ourselves - is self-loving, which in turn makes us feel good about loving others, including God as the Paradise Trinity. As we love the truth within ourselves, so we are loving the ES, as we love our mind when it functions properly, so we love the ID, and we need to have the relationship between our feelings and mind, the ES and ID, within us working properly, so we can then embrace love (and our Mother and Father), so feeling loved and being able to love. And what the Rebellion did, was screw up this relationship, so within us we've been forced to put our minds first and in control of our feelings, so the ID first and in control of the ES, which doesn't work, it's rebelling against the Mind and the Truth as represented by Them, all of which then denies and so rebels against the Mother and Father - love. So we're living in a love-denying way because our feelings are not leading our mind, because we've forced them to go the other way with our mind controlling our feelings, which is dysfunctional and anti the Gods of the Paradise Trinity.

From the ES flows all to do with the Truth. All Descending Sons and Daughters of Truth; and all ascending sons and daughters of truth. So all the Marys and Jesuses - the Creator Pairs of the local universes, all the Avonal and Trinity pairs, and all the other undisclosed to us at this time Paradise Sons and Daughters, flowing down through the 'lesser' descending Sons and Daughters like the Melchizedek pairs, Life Carriers and so on as outlined in TUB. And these descending Sons and Daughters are all concerned with helping the ascending sons and daughters - all the mortals from all the experiential planets such as ourselves, ascend in truth to Paradise, all through the truth circuits coming from the ES. So really it's to the ES we need to look, which we are doing when we want to follow and be like Mary and Jesus embracing their Spirits of Truth; which we do when in our humble way we simply long for the Truth. We are really longing to know the Truth that the ES is, longing to how Him; and so as we grow in truth, with each step, each circuit, we're working our way closer to Him, and at the same time getting to know Him personally through the Truth - our truth. So really we are all concerned with and should only be focused on the Truth, it's how our souls have been designed, the Truth 'being our thing' that our souls are created to reveal. And according to TUB there is a gravity, if you like, coming from the ES, so it's as if there is a tractor-beam coming out from the ES into each of our souls, and it's steadily pulling us inward and upward toward Him. And when we embrace longing sincerely for the Truth through our feelings, we're starting to align ourselves with the beam allowing it to 'pull' us toward the ES. And whilst we're living in

rebellion against the Truth, we're doing all we can to resist this pull, putting our mind in control instead of our feelings.

Then from the ID we have the whole massive and extraordinary down-stepping of the Mind, as manifest commonly in what we call and know as angels. So there are masses of different mind-based personalities right the way from the most massive SuperAngels of Paradise, down the smallest nature spirits on Earth, and including the pair of seraphim we have as guardian angels.

And like those on the side of Truth, who are males and females as such, so on the Mind side of things there are also many who work in pairs, but more like a positive and negative (but not negative with bad connotations, just the opposite cycling light to the positive). So our angels work in pairs, manifesting themselves in forms we can relate to, so often as 'spirits' who are male and female, but really they are just mind-light-forms, or, forms of light that express the mind which we can relate to on a mind level.

So it's all those creations stemming forth from the ID that make everything happen, they are the mind that works, we even 'borrowing our minds' from the Divine Minister who is our local universal Mother Mind, and live on the mind-made 'mother earth'. So the angels and the Minister's private circuits like the Holy Spirit, carry out the good works making sure it all happens and works smoothly in Creation for those of the Truth to have experiences and fully express their feelings so they can keep revealing truth. Does that make sense? The angels of the Mind do all they can to help us ascending mortals of the Truth. (The Holy Spirit being a non-personality mind-circuit, that functions to convey the Divine Love into our soul from the Divine Minister, the Divine Love being a spiritual light we need to transform our soul into immortality and the essence of our Mother and Father.)

So in a crude way, although one perhaps in which we can relate more easily, Mary and Jesus with their Spirit of Truth are our local universal 'father' being on the Truth side of things, the Divine Minister with Her Holy Spirit is our local universal 'mother' being on the Mind side of things, with the ES being our 'Grandfather', and the ID our 'Grandmother', all to help us relate to our true Soul Parents our Mother and Father.

So the Truth is Eternal, and the Mind is Infinitely mistering to it. The Truth, the ES, eternally loves and supports the ID, the Mind, who in Her turn lovingly ensures that all is provided like a 'Mother' does, for the Truth to come forward. So really on our lowly level the angels work tirelessly for us so we can keep striving to express ourselves - our feelings, all so we can keep revealing more truth and so ascend to Paradise. And so we have to also

come to understand the workings of the Mind, through our own minds, and first in our fucked up ways, and then in our true ways when we're Celestial and fully Healed. And as we do this, so too are we actually getting to know the ID and how She is and has Her being. So in effect we have to deal with our mind first, which is going to Her first, so we can then with Her help move onto understanding and relating to the Truth and getting to know the ES, so we can then by using our feelings/mind the proper way, get to know the Love, have loving relationships with ourselves, each other, and most importantly, with our Mother and Father. So until we sort out our feeling/mind relationship and end its current dysfunction, we can never get to now the Mother and Father and feel fully loved by Them and be fully loving ourselves. Hence my focus on needing to keep paying attention for our feelings for their truth, and if we do, then all the rest will slot into place.

Brian, I hope I've not confused you or gone on too much, but they are all interrelated and I find it fascinating how it all works.

You might also like to know, if you don't already, that although it's the Paradise Trinity of Deities we can most readily relate to and get to know and interact with, there are apparently other levels of God - Deity which you can read about in TUB, most of which I fail to understand, and these are all Existential like the Paradise Trinity. And then there are also the Experiential Deity's like the Supreme Being that are slowly coming into being, and of which every thought and feeling we have contributes to His/Her manifestation. But I don't think as yet that we can personally interact with the Supreme Being, I think It has to come into being more.

Other stuff

Other things, some of which I find very odd yet other people seem in raptures over, are so far as I'm concerned, all stuff to do with enhancing ones mind, offering little so far as actually helping one develop and advance one's soul. Some of these things include: other spirit inspired religious and New Age writing, along with the Bible and old age scrolls and so on. Astral travelling, which many people do it, still it's mostly into the Earth planes or mind mansion worlds and just more of the same. Near Death Experiences, going down the tunnel to the White Welcoming light and meeting with God or Jesus who are just mind spirits playing that role. Again with nothing more than affirming there is life of some sort after death. Spirit healing, playing around in the chakras, UFOs, the so-called 5th dimension and humanity's consciousness being somehow mysteriously uplifted, so all the so-called Light Works will be translated so some heavenly paradise, is all mind stuff and mostly nonsense. With such people who believe such things, being moved into their new

spirit lives when they die, just like everyone else, there to play around in the mind mansion worlds believing in the latest things going on over there and no doubt mucking about trying to get past such 'new revelations' through some gullible wanting-some-power receiver person on earth. So there's no star gate that's going to open for the Chosen Ones to walk through, no alien beings disguised as people on earth, no reptiles secretly plotting and planning what to do with humanity, no star children, shape shifters as one would like to be. And the Nephilim are explained in The Urantia Book, being no big deal and something well in humanity's past; and the mind spirits carry on making their crop circles trying to tell us some secret message, which apparently humanity is too dumb to be able to be told direct.

And then things like A Course in Miracles, and that Jesus wrote it, which is yet again a fantasy Jesus, and at best just another mind spirit that might be called Jesus if anything, but that's about as close to the real Jesus as it gets. It's all mind controlling stuff because it's all coming from the mind spirits who know no other way, they being that way just as they were on earth, all because of how they were parented.

And then there's all the Ascended Master rubbish, or receiving messages from our space brothers and sisters, all once again mind spirits pretending to be something they are not, all to influence people back on Earth who want to be influenced in such power-expanding mind ways.

And the fact that crystals can heal you, as if they contain some magical power, when they are only a conduit to be used by spirits and angels, if anything at all. And although I love them and Marion and I have a little collection, it's for their beauty and not because they are supposedly doing anything to help us spiritually.

And New Age shop is filled to the brim with all the latest goings on that all can be attributed to the mind spirits and how we can use our minds to control us even more than they already do. And all under the guise they are helping us, that they are the way, and all good things will result. All that only leads you further from the truth of your soul and the pain of your early childhood, even if they do involve some level of emotional healing or emotional clearing or cleansing. And even though such practices and experiences can help you, still they fall short of truly empowering you by taking full responsibility for all your bad feelings and wanting to work with them to access the truth you are so desperately looking for.

The Division of the Mansion worlds

In speaking about the mind spirits, as revealed in the Padgett Messages, the mansion worlds 1, 2, 4, 6, are what I call the mind worlds. With worlds 1, 3, 5, 7 being the feeling healing Divine Love worlds. And I include the first world as being of both, because we all wake up there upon death of the physical, and then depending on whether or not we need to go lower into the 'hell' planes or higher into the mind worlds or Divine Love healing worlds, determines how we resume life in the spirit worlds. (And by the way, just to make it more confusing, the mansion world numbering is reversed in TUB.)

Upon death, an angel cuts the silver cord connecting our physical and spirit bodies, taking us across the threshold, participating in our reawakening in the first mansion world, although spirits in the mansion worlds still can't see the angels. And we 'come to', if we're not already awake, and undergo an induction into our new spirit life delighting in meeting family and friends, many of who most people thought they'd never see again. And once their orientation time is over, move to live in the mansion world equivalent of the level of feeling revealed truth or mind controlled untruth, they attained on Earth. There are plenty of very good accounts of spirit lives in both the mind mansion worlds and the Divine Love Healing worlds, as well as in the higher Celestial spirits, so I won't go into what happens to the newly arrived spirit.

Essentially from what I understand, there are two spirit earth planes, being between earth and the mansion worlds, where people who are generally called 'lost spirits' can live. These planes are mostly for spirits who refuse to acknowledge they are actually dead and no longer alive on Earth, or understand they are dead, yet refuse to let go of their attachment to the physical earth life. And some the so-called hells are contained within these planes, which are really detention planes for spirits who are in a very poor condition and heavily used to inflicting lots of pain on themselves and other people, all who have to work through all the pain they've caused others so as to see the error of their ways. But for the majority of at least well-meaning mind based people, currently the majority of people on earth, after death will more than likely remain in the planes and sectors of the first or second mansion world, there free to do as they please, progressing in their mind control, even right up to the high planes of the sixth world, should they choose to be like some of the Eastern gurus who claim they have attained nirvana, which is really nothing more than a heightened state of absolute mind control over one's feelings. So by using their mind, such spirits are able to maintain their so-called blissful state of spiritual ecstasy, being ensconced, as they believe, in the Mind of God. All of which is their own fantasy and minds doing, all taking them as far away from their still repressed and deeply buried

childhood pain as they can go. And from what I understand, as so many people aspire to be like these so called gurus, saints and enlightened ones, believing they are the true way we are to be, so these higher planes have lots of mind engrossed spirits all delighting in their 'Knowledge' as they transcended the mind planes and worlds. All destined to one day suffer a massive mental breakdown, when their mind collapses unable to keep up the pretence any longer, and they fall back to the lower worlds there to start all over again advancing their now destroyed mind or becoming open to accept that perhaps there is another way, something very different to what they thought it was all about. That way, being the way of their feelings.

Psychic eruption

One of the things a lot of people are susceptible to and so need to be aware of, is what I'd call a psychic eruption soon after they start in earnest doing their Healing. As so many people wish they were special, because their parents didn't treat them specially, then when they receive an almighty injection of spiritual light into their system that might come as they start attending to their feelings and longing for the truth and the Divine Love, so they will use this intense experience mistakenly to think that suddenly and finally they are the Great One and underway in being possibly the next messiah on Earth. So they might believe they a highly advanced spirit in flesh, or possibly Jesus returned, or the new Mary Magdalene, or one of the beings in The Urantia Book, or are a psychic healer with new extraordinary psychic powers of awareness or inner sight (which might even be true); whatever it is, with them rising up in and getting carried away by, the glory of their mind, now feeling they are finally getting above all the dross that's held them back for so long, only to be shot down in flames if they keep going with their Healing, with their ego breaking just like these high sixth world spirits experience, and all happening as everything within them goes into a spin, a huge psychic upheaval as they feel like they are having a mental breakdown, which of sorts they are.

So be aware of such things possibly happening to you. If you're swept up in it all, it's hard to see the woods for the trees, but other people who are more down to earth might be able to assist you to help you keep going expressing your bad feelings so you can work through such fanciful delusion, getting yourself back into a more stable frame of mind and able to continue with your Healing.

And unfortunately, some people will experience this great surge of light and go spinning off getting carried away with the fantasy that they are indeed someone very special believing they are one of the Chosen Ones or Jesus returned or whatever, with their

currently being such examples of these people now on earth and masses of them in the mind mansion worlds. And yet it is all what they need to experience, along with everyone involved with them. And one day they will have to eat humble pie, as they wake up out of their living dream fantasy and resume a more normal life. We all want to feel better than we are, we all want that increase of mind power, to believe that we are the most important person in the world, that which our parents should have made us feel - that we are loved; and so because we are not, it can be easy to delude oneself into believing one is greater than one is, all so as to feel some sense of power, no longer feeling like the powerless one. To be truly a great one, is to do and complete your Healing, then you will be a Celestial on earth and a true living example for all to follow who come across your path.

Humanity's problem

The spiritual Rebellion

According to The Urantia Book, long ago the higher spirits that were overseeing humanity took it upon themselves to rebel against God and Mary Magdalene and Jesus. They said they no longer want to do what God told them to do, but please themselves by doing everything they wanted to do. They said they wanted to be free, and off they went corrupting other spirits and angels of other earths and of our earth - Urantia, who wanted to join their rebellion.

The Urantia Book only speaks about the masculine rebel leaders Lucifer, Satan, Caligastia and Daligastia, however I feel they have undisclosed or hidden, partners, the feminine spirits that do so much of the dirty work, such as corrupting Eve, behind the scenes. Anyway, they are the higher spiritual instigators of the Rebellion, and have inflicted their mind controlling ways upon unsuspecting and powerless to defend themselves against them, humanity, all of which we've taken on, as seen by our evil way of anti truth and feeling denial living. And all of which each of us has to Heal within ourselves as we do our Feeling-Healing or Soul-Healing with the Divine Love.

Mary and Jesus came terminating the Rebellion, so the Lucifers and Satans were sent to detention worlds in spirit awaiting judgement of their actions, all of which you can read about in The Urantia Book. And the Caligastias and Daligastias were left with diminished powers of influence over humanity until relatively recently, when I understand they too were sent to the detention world. So technically, the Rebellion has ended, we are no longer being influenced by these higher Evil Ones, or the angels that fell ("demons") when they decided to follow these spirits into rebellion. We are finally no longer being interfered with by anyone other than ourselves, as in groups of mind spirits seeking power

over people on Earth. So we've got our own kind to deal with, which really comes to each of us individually having to end the rebellion within ourselves, this all taking place through our Healing.

So when you feel you are better than God, you know better than God, you are God, even a little god; that you are equal to God, that you are not interested in the truth that Mary and Jesus have revealed, beginning with the Padgett Messages and then moving through what they've now said about the Healing, that you know what's best using your mind to have power over your feelings, then you are rebelling against Mary's and Jesus' Spirits of Truth, and at the same time rejecting the Mother and Father. And do being in rebellion against yourself, your very own soul and the truth it wants to reveal to you through your feelings, you are going to find it impossible to ascend your soul in truth, with all you do only serving to keep your mind in control, merrily going along in its - your - rebellious ways. So until you begin to do your Healing, you are evil, as too are you still evil right the way through your Healing. Only when you are Healed, can you say you are no longer evil. And it's not a matter that: we are not evil but those people are; Muslims are evil but Christians are not because they are closer to Jesus, any of that sort of thing, for we're all in the same boat being just different expression of it. We're all conceived into the Rebellion, we're forced to take it on becoming evil and rebellious ourselves; and as I said, it's not until we choose to address our rebelliousness against love and truth as we do through our Healing, that we can free ourselves of it. So despite what anyone says, they are not being saved, will not be saved, no saviour is coming to carry them off to the Promised Land, because Jesus could have at the time when he was on Earth, but he didn't interfere with the Rebellion, only terminating the Lucifers and Satans roles. He and Mary could end it once and for all at any time, yet as it only part ended with their physical coming to Earth, so there must be another element to complete its end, this being humanity doing its Healing. Mary and Jesus are not going to do anymore than they've already done to save us, They are helping us by helping us understand the truth about the Healing, but that's all, the rest is up to us, the doing of our Healing.

And so over time, the advent of the religions of Earth have all come about through the unseen influences of these higher rebellious spirits. Nothing is original, other than all the different ways mankind has thought up to keep his feeling-denial in place. And the rebellion has to quash peoples feelings, it has to ensure that the mind reigns supreme and keeps sway over feelings, because if it doesn't, and the truth is sort through feelings, then the whole house of cards begins to crumble and fall down. To expose the ultimate conspiracy we're all bound up in and unknowingly a part of, all we need do is attend to our

feelings. And once you start breaking down the controlling structures of your mind, giving your feelings more power to express themselves and have their say, then the light of truth is shown upon the darkness of untruth, and all that's wrong and unloving fades away.

So thanks to The Urantia Book, and I suggest reading the papers concerning the Lucifer Rebellion and understanding what transpired and how it's influenced us, we can understand that Lucifer and Satan are not the same person - not the same spirit. And that there were others involved, their partners, and Caligastia and Daligastia and their partners, all producing the negative spiritual depression humanity has now lived under for two hundred thousand years. And we can see how over thousands of years they've corrupted us, turning us against ourselves, turning us against our soul, all of which we are now the unloved result of. The influence of the Rebellion has been on humanity for a very long time, so it's very strong in us, as you will see for yourself when you start trying to set yourself free of your controlling of your mind. And so it will no doubt be a very long time before all its negative effects will have been erased from us. Many spiritual ages to come, much pain, suffering and hard Healing work, trying to bring feelings to the fore, allowing the mind to fade and find its rightful place.

And as you can read in The Urantia Book, all sorts of weird and even wonderful things took place way back in the days of early mankind. With the Daligastias actually present in flesh on Earth, and then interbreeding and messing up the gene pool of the local races spawning all sorts of oddities such as the Nephilium and Giants of Old. All the ancient myths and stories and the buried civilisations stem from these negative influences on the local people, for how easy would it have been for a fallen angel - a demon - to influence a fear-ridden unsuspecting primitive man or woman, getting them to superstitiously worship all sorts of idols and false gods, all whilst slowly nurturing the rebellious humanity along, moving with it, introducing more 'advanced' religions and spiritual systems, yet all to keep the mind in control. And then having to also deal with Mary and Jesus coming, and taking what they said and turning it against them using it to control humanity even more. It's all very easy, because we have no idea who in spirit is dominating us, controlling us, able to mould us into how they want us to be. We are like little children and they the 'parents', and so what they did to us, now our parents do us. We have taken all their negative unloving truth-destroying influences, and applied them and integrated them into what we proudly call our 'advanced society', yes, advanced in the ways of the Rebellion, and not at all anywhere near starting to actually be true to our soul. We've been going downhill for a very long time, and it will take a massive change to stop that descent and then to start humanity coming back up the hill. So we wait to see what the Mother and Father have in

store. And perhaps now is the time, the End Times, the culmination of the work of the Rebellion. With all the religions forecasting the return of their messiah, now are the times when really all they are wanting is for the rebellious Evil Ones to return and save them fulfilling all promises. But the Evil Ones won't come back because they are trapped on their detention world, and so at best, it will just be people pretending they are the messiah come to fulfil the long awaited prophecy. It promises to be interesting times ahead, with many people being let down. However as humanity has to crash finally into the dead end of its wrongness, so something has to change. It certain looks like being the End Times more than many people think. And out of will come the new, and along with that, hopefully Divine Love Spirituality, for it promises to help people understand how they can free themselves from the clutch of their parents control over them, so from the clutch of the rebellion.

The Default

As if the Rebellion wasn't enough, humanity also suffered what is called a Default. Again as you can read, and should read, about it in The Urantia Book. We understand that Eve and Adam were real higher spirits that manifest on Earth with a specific purpose to uplift the local gene pool races of humanity, introducing more superior genetic material, all so humanity could further evolve itself achieving spiritually all that it was meant to achieve. Briefly, Eve and Adam (being supernatural) were meant to breed up a thousand of their order, and when done, those daughters and sons of the pair were to move out of the Garden of Eden intermixing with the indigenous people on Earth. However the evil higher rebellious spirits and fallen angels got to them, making Eve believe she was helping speed up the master plan for humanity, by going against her mate, Adam, and breeding with one of the local men. And Adam, upon understanding what Eve did, knowing her actions meant they had technically defaulted on their mission, joined her by going with one of the local women. So humanity was brought into Default through their actions. And as a consequence, is now suffering under a Rebellion and Default of the higher spirits that were meant to look after us, guiding us higher in our spiritual understanding of ourselves, our world and God. Eve and Adam didn't willingly choose to join the rebellion, they were sucked into it, so it was by default they joined. And please understand, that it wasn't just Eve's fault, that's once again all part of the ploy to keep women under the thumb. Adam was equally to blame for their separation, which is something not so well pointed out in The Urantia Book. It took them both to fall, their relationship faulted, and it was only that Eve, as she felt it was a good thing to help the dire situation they found themselves owing to the Rebellion's influences, did the 'dirty deed'. But in his mind, Adam had already abandoned his soulmate, leaving Eve alone and at the mercy of the Evil

Spirits, that were the 'snake in the tree' continually in her mind telling her what she should do. Before the Default, both Eve and Adam could easily see and speak with the rebellious evil spirits, and even knew something of what they were getting themselves into before coming to our world, but still these higher spirits, spirits higher in truth and soul creation than Eve and Adam, were able to negatively influence them and lead them into Default. So BOTH Adam and Eve are to blame - equally!

How the Rebellion and Default have influenced us all

The Rebellion and Default are what cause us all our problems. All your pain and suffering you can attribute to them. And through our Healing we are to work out just how these two events have unlovingly influenced us. And if you do your Healing unaware of them, still that's what you'll be doing.

And basically their influences can be categorised as following: How you conduct yourself in the world, how you use your will, and whether it is for good or bad, is concerned with the Rebellion; and how you conduct yourself in your personal relationships is concerned with the Default. The Evil Ones influenced the world, the whole of humanity, distorting the course of humanity's growth, whereas the Default was all about the personal disintegration and breakdown of the relationship between Eve and Adam and their children and children's children, and secondary to that, the breakdown in their relationships with other people. So we have to heal the two aspects within us. We are conceived into rebellion by default, as our parents didn't understand that their relationships were untrue and so rebellious against the truth of themselves. And mostly the mansion worlds and earth 'hell' planes, are concerned with healing the distortions of the Rebellion, so how you conduct yourself in life, and that being by using your mind to make it all 'nice and loving'; whereas the Default, is what we are heavily focused on through our Healing, as it brings you right down to how you personally conduct yourself face-to-face in all our relationships; and then even more personally, with our partner, children, nature and God. So when you do your Healing, you will more than likely be tackling both the Rebellion and Default within you. And so it's doubly hard going. Whereas, if you manage to balance a lot of your books, so to speak, paying off your 'karmic debt' (but without including reincarnation, as it doesn't exist) in spirit, then when you come to move into the Divine Love Healing worlds, you will more than likely be faced more with just concentrating on the Default within you. Which is why it seems like many spirits in their personal Healing accounts seem to work through their issues relatively quickly, at least compared to what Marion and I have done. We are working on both aspects within ourselves, and now specifically on our Default, as we sort out all the

wrongness of our relationship with each other and ourselves. Although we don't look at it like that, and Marion is not interested in such terms, but on a technical spiritual level, that's what it amounts to.

And so once again, it took nothing for a fallen angel to come in disguise as a 'Messenger of God' and impart the next stage of rebellion to humanity. And people in awe of the event, willingly took what was offered, thinking it must be what God is asking and wants them to do. But it's been the crafty unseen work of the Evil Spirits all the way along. And of course God has allowed it, encouraged it, controlled and guided it, because our Mother and Father want us to experience the depth and breadth of our evilness, of the Rebellion and Default. So we have been willing and yet unwitting participants, merrily for those in power being lead along and further astray, and the subjugation of people has continued unabated, as no one wanted the truth. Because the truth made you feel bad, and who wants to feel bad! So no one up until now, has been willing to look to their feelings for all the hidden truth they are to show us. And as we all already feel bad enough, so we've tenaciously clung onto any good thing that's come along, and so we still cling to our unloving truth-despising outdated evolutionary rebellious religions and spiritual beliefs. All of which continue to do nothing more than keep people in their untrue place, as they strive to live true (yet by doing so through their mind), believe they are living God's Will (all in their mind), when unknowingly they are living the False God's will, the wills of the Evil Rebellious Spirits.

But now the Evil Spirits no longer constantly surround us, as Jesus in his prayer for the Divine Love he gave to James Padgett said they do. With the Evil Ones having become our parents and each other, for we are constantly telling each other how to be, and how to stop feeling bad, how to keep our mind in control of our feelings, and how to keep denying uncovering the truth of ourselves through our feelings. So the Rebellion and Default from on High, have ended, now we've just got to clean up the mess that we are ourselves. So if you hear of aliens coming and threatening us, any other outside influences, it's all rubbish because humanity being in rebellion is isolated and in spiritual quarantine, so at best it's only mind spirits ganging up and trying to exert what little power over people on Earth they can raise by using their wayward minds. The Fallen Angels have all been dealt with, the Evil Spirits the same, so now we can set about concentrating on attending to the real business at hand - Healing ourselves.

If you are sincerely wanting to live true, are seeking the truth, want to end your wrongness and no longer be evil, then looking to any existing religion or spiritual way will not help

you. Only Divine Love Spirituality will help you. DLS is all about helping you end your rebelliousness, to stop being wrong and evil, and to heal all the negative affects of the Default. It is about completely Healing yourself of all that's not in harmony with your soul, with your true self and with God.

We are all evil

It's not nice to think of yourself in this way, of being evil, and yet you are, irrespective of how loving and caring you might be. And to say that this person is more evil than another because he or she murdered or stole or raped or abused children or did some other bad thing, is not true. It's just that they were subjected to a set of horrible unloving influences that caused them to become as they were, just as you were subjected to your set of horrible unloving influences, which might on the surface make you seem like a nicer and more kind and loving person, but it's just different ends of the same line, for we've all been conceived into our rebellious states by default. And by default because our parents didn't now they were inducting us into the Rebellion, they too were brought into by default, and so back through the generations. So be careful before you judge another too harshly, and put yourself in that 'evil' person's place, and consider: had I been subjected to the cruelty his or her parents subjected him or her to, would I have turned out like he or she did?

And so through our Healing we can find true compassion, understanding, forgiveness and sympathy, that is once we've brought to light all the bad stuff, the fear, the accusation, the hatred of that evil person, all that makes us feel bad. And in the end, we are all redeemed, we all save ourselves, as we can all Heal ourselves no matter how badly we've suffered, no matter how much of a wretched and tortured soul we are. And all we can do is start attending to our feelings and longing for their truth.

All will in the end be forgiven, and all past horrors accepted for what they were. And the more you connect with your true feelings feeling your own pain and suffering, so too the more you will allow yourself to feel the pain and suffering in others, and the more you can empathise with the truth of their state. And all because in your way, which might on the surface not look like the same as how they are, but in your feeling way, you will be able to reach out and connect with what's going on in them making them be the unloving deplorable person they are. And toleration and acceptance comes naturally, as you learn to tolerate and accept yourself. We don't have to try to be good, to work at being morally just, that is all still too heavily mind controlling. It all happens naturally as we express out of us all that's preventing such natural attributes of truth and love. We're fucked up in a

major way, even the so-called best of us. We all have to Heal ourselves, and sure some people might have to spend time in their hell paying off their guilt and coming to terms with the pain they've cruelly inflicted on others. But it will all balance out in the end, for why should one soul have a far harder time than an other, as we're told God doesn't have favourites? But as to why you are the way you are, and why that person is they why they are, each of us have to find out for ourselves. And we can only do that through our Healing. And when we do, and when we're all Healed and in the Celestial sphere of Light and Life, then we will understand and be openly able to relate to all we've been through.

And just who will be your soulmate, and what terrible atrocities might he or she committed during their earth life, and even carrying on trying to influence other people back on Earth from the mind spirit worlds? Who knows what is in store, and how it will all balance out, but I'm sure we'll all have incredibly amazing stories to tell.

Love and 'false love'

One of the difficulties I've had through my Healing is trying to understand what love really is. And is it true love, all those loving feelings we feel, when we're all conceived into unloving and untrue states? So is all we call love, then false or not real love? And can you even have 'false love'? So what is this love we feel in our unloving state?

Because, when you feel love, it sure feels like love, but how do you know how much of what you call love is not influenced by what you've learnt love should be? This made you feel good during your early childhood, so you went with that, it became love, because it was not all those other bad feelings. But it is real and true love - and how can you know? And in the end, does it even matter?

In my writings I have said that much of the love or what we call love, think we feel as love, is conditioned by and even a construct of the mind, so is really a 'false love'. But that is merely based on my own personal experiences, whereby all the so-called love I felt for and from my family has turned out to be untrue, and I no longer feel it. What I believed and felt love to be and feel like, just disappeared as the truth came to light that it was all artificial, all caused by them telling me what love was. So what happened to it, it's just gone, and I no longer feel those good fond loving feelings. So that love must have all been part of my mental contrivance, and the belief that I was loved by my family and I loved them, it being just more of my untruth.

But I can also look at other peoples love and say, well we didn't love each other like they

do, that is far more real and loving, I can even feel it when I'm with them. So this person is more genuinely loving, it even radiates out of them, all helping me to dispense with what my own personal love was; and yet, still I can see this loving person is still heavily entrenched in their unloving mind controlling state. I can now see through the 'nice loving' parental approach, it doesn't rub with me anymore, as I can see another whole host of problems and issues resulting from it that the poor child will have to deal with as an adult. So love, where is this true love, and is there really any true love on the world?

Jesus and Mary were truly loving, as they were perfect and not of the Rebellion and Default. Yet we're all imperfect, untrue and so unloving. And so are many or any people, as loving as they are, really actually truly loving? Can anyone stand up and claim that they have fully Healed all the Rebellion and Default out of them? I don't think so, so this love people feel for each other and themselves is a poor love at best.

However, if it's love you feel, then it's love you feel, and I'm not about to dispute that. And if it's real and true, it will remain as you do your Healing; and if not, like mine turned did, it will fade away never to return, not at least how it was, because I am no longer that way. I might end up loving my family and parents after all, once I've expressed all my yuk out of me, but until such time, I have to accept that I am unloving, I don't love, I don't even love Marion, I don't love my family, parents, friends, I don't love anything or anyone... and even further, that I don't have clue about what love is. I don't know love, because I don't feel loved or loving... and I realise that I never have, because it never happened for me during my early life. I loved the little fish I kept in my tank, but how much real love was that, and were I loving them more because they were just mine, a possession I had control over that I loved, and not for themselves specially, as beautiful gorgeous little fish they were.

And is it not ironic, that I am offering you Divine Love Spirituality, the only way so far as I believe, to Heal your unlovingness and become truly loving, and yet I am unloving and not a good example of how to be?

So what is the Truth of Love for you? Which is what you will be working out through your Healing. And so also: are you truly loving, or are you putting it on... time will tell. And all you can do is be open to whatever might happen, we have no idea what truth about ourselves will come to light as we progress in our Healing. And so we might be pleasantly surprised, or we might be shocked into hating ourselves more. But it will all be what we need to go through, so as to liberate ourselves from the unloving Rebellion and

Default.

Accepting you are of rebellion and default

I understand:

We have all been conceived into rebellion.

We have all been made to go against ourselves.

We all live false untrue lives.

We don't feel as loved as we should.

I accept:

I am rebelling against the truth of myself.

I am living denying many feelings - particularly bad ones.

I am unhappy, sick and suffering because of this denial.

I don't feel loved because I am living untrue to myself.

I understand:

I am only sick because of my repressed bad feelings.

Things only go wrong in my life because of my repressed bad feelings.

Any relationship problems and difficulties are because of my repressed bad feelings.

If I could express all my repressed bad feelings, I'd be the opposite to how I am now.

I accept:

That I can fully heal myself by attending to all my feelings.

That I can express my bad feelings out of me, whilst I long for their truth.

That I will never be true and perfect until I've liberated all the repressed bad feelings hidden within me.

My feelings are the key to my salvation, my happiness and love.

I understand:

That I need to long for the truth of my feelings, so as to bring to light the truth I need to see about my unloving state.

When I understand and fully accept through my feelings the truth of my wrongness, then I'll be free of it.

Expressing my feelings, whilst longing for their truth, is the way I can heal myself of everything that's wrong with me.

My feelings, and my longing and wanting more than anything else, the truth of them, are the key to my healing myself.

I accept:

That to end all that's wrong within me, I must look to my feelings and desire with all my heart to see what they are trying to show me.

And what they will show me is how I wasn't treated lovingly by my parents.

And because of being treated unlovingly, my parents made me feel bad.

And because I wasn't allowed to express all my bad feelings, I was forced to suppress and then repress them.

So to heal myself and become truly loving, as an adult I have to reverse what was done to me as child. I have to willingly express ALL the feelings I feel, and most importantly, ALL the bad ones, whilst wanting to know the truth they are to show me.

I want to see the whole truth of myself through my feelings.

Mary Magdalene and Jesus

Mary and Jesus

From The Urantia Book and the Padgett Messages, we can understand a little more about who Jesus really is and what he came to tell us. Yet neither book tell us much about Mary Magdalene, and not as the glowing light she really is. Mary and Jesus are equals - soulmates.

Mary and Jesus are the Creator Pair of Nebadon, the local universe we live in. So really we live in their universe, they are the rulers, the Mistress and Master, they are the one's about which it all functions. And so rightly, by living in their universe, we should respect them and be as they want us to be: which is, to live true to ourselves through our feelings, just as they live true to their feelings. They don't want us to rebel and going off on our own and not give a shit about them and their universe and everyone else who is wanting to live following and loving them. They want us all to be one happy loving family, and one that is functional, not dysfunctional. However if that is how we want to be, they won't stand in our way. They allowed the Evil Spirits to have their say, to rebel, to disrupt a number of worlds in their universe, and for those spirits to explore their unloving, unfeeling ways until enough was enough, and it was time to end it. And end it they had to, because being the ultimate rulers of our world, they understood that there was only so much evil that one can take, and anymore would start to have too severe and adverse, and even perhaps irreversible, effects. So they had to finally put their foot and say no more to the rebellious spirits and fallen angels. And I don't think anyone is going to accuse them of being

unduly intolerant. By even coming to our world, submitting themselves to the control of the Evil Ones, all so they could feel for themselves what feeling unloved feels like, all so they could see first hand its effects, and by not doing anything to stop us continuing on in our unloving ways, because there was still more for humanity to see and experience and feel in it's wrongness, shows us their great tolerance, mercy and compassion. And although all of us who are feeling so bad might be angry with them for waiting so bloody long to do anything about it, still, in the fullness of time, and once we've Healed ourselves, we will be grateful for the whole experience, and grateful for being allowed to explore it all at our own rate and in our own way.

Mary and Jesus are soulmates, you can read all they've said to me about themselves and about the truth of our Healing in by books with them. I feel they are who they say they are. Marion thinks perhaps I am making it all up in my mind, and perhaps that's true, but it's one hell of a fantasy, and way better than anything I could have thought up. And as the years pass, and I progress in my Healing and grow in truth, all they've said to me becomes clearer and makes more sense, nothing is out of place, nothing contradictory, it all ever-expanding as the picture continues to grow.

I feel love, that being as much love as I can feel, from them. I love writing with them, feeling them with me, and still I can't even comprehend the enormity of it, so I don't even try. It's easy for me to write with them, they are always willing and whenever I want them to, and they never get angry. It never bothers them how much I call upon them, they never tell me to piss off and stop being a nuisance, they being the complete opposite to how my parents treated me.

It is very unfortunate that we couldn't have enjoyed the fullness of Mary when she was on Earth, and see her and Jesus as equals, functioning together at one in their full spiritual light. However it wasn't be, because of the restrictions imposed on them by the Rebellion, as they explain through my writings with them. But at least now we can understand more about Mary and Jesus too, putting them into the right light, thanks to The Urantia Book and the various channels who've worked with them.

And although really we'd love to be able to be with them in person, to receive all their great love, help, attention and personal care, it's physically impossible for them to look after us all, and so they have liberated their Spirits of Truth, which are in a way their personal spirit stand-ins for them.

So when we long for the truth of our feelings, long for the Divine Love, long for the truth of our self, nature and our Mother and Father, we are inviting Mary's and Jesus' Spirits of Truth to come and help us understand the truth, as Mary and Jesus understand it. And that's what happens. The truths come up in us, just as did for Mary and Jesus. And they are the same truths, so in the end, as we're all attended to personally by their Spirits of Truth, which is as if Mary and Jesus attended to us and helped us understand the truths and how to live them personally, we all live as Mary and Jesus do - because we're in and apart of their universe. So they are our local universal spiritual 'mother' and 'father', who we look to and want to be like.

And if you don't embrace both of them equally and as one, then you'll not receive the necessary help from their Spirits of Truth, so you'll deny yourself the truths your feelings will help you see about yourself, and so too deny yourself your true spiritual progression, and so won't ascent the mansion worlds and Celestial spheres of truth. You won't move up through Nebadon, then to one day leave Mary and Jesus, moving out into the greater universe on towards Paradise. You will forever remain retarded in your mind's control confined to the lower mansion worlds, and there to remain in your own deluded little mind-world, until you decide that your way of life, the one you reckon is best for you, is no good, and you'd rather one that includes Mary and Jesus.

We are truth loving, truth needing, truth ascending mortal souls. Our whole reason of being is for the Truth. We are to eat, sleep, dream about truth. Without truth we are nothing and no one. The truth is what are you, and where you start, and that is what is most important - the Truth of You. And so if you don't want truth, and truth coming to you through your feelings (as it can't come through your mind), then you are missing expressing the very essence of your soul. And truth to us, is even in many ways, more important than love. Of course love is the ultimate, but without truth, we can't feel love. No Truth: No Love. You can't jump over having no truth and just be loving, that sort of love is false love, and full of shit, and doesn't do anything for anyone. Real love founded on truth is what makes us all feel loved, happy and good, and we all know it's true when it is, because we know truth when we do. So we can all know when love is contrived and false, and someone is full of shit. Truth is our language, and so that's what you uncover as you work through your truth-denying mind circuits as you do your Healing. You actively every day grow and evolve more in truth, and that makes you feel good, feeling you are moving forward getting ever closer to Paradise, the home of your Heavenly Mother and Father. And you want to go home - don't you? Back to your true spiritual home, to be at-one with Them? And so if you do, then you've got to first start by looking to Mary and

Jesus for help, which happens naturally, as soon as you start longing for the truth of yourself through your feelings.

And as you know, many people say they know what the truth is, and this is true and that is not true; and sure, they might, and it be as they say, but none of that sort of stuff matters, that's all the mind pretending it know what is true and what is not, yet it's not with our minds that we are true, it's with our hearts and souls. Our minds can help us express and live and put our truth into action, when it comes to us, but first it's got to come to us, and that's where our feelings come into it. For as I keep saying, and will repeat until you're screaming: please no more, you've said it a million times we get it: our Feelings are the gateway to Truth. If we're not living true to our feelings, then we'll not have any truth coming to us. So we have to stop denying our feelings and get on with expressing them so we can find out the truth they are to show us. And until we are completely of truth, with no truth-holes in us where we feel any bad feelings, then we'll never be truly happy. If you want to be truly happy, then truth is the way.

And we can't live truth without feelings, just using our mind. Well, we can try to, and some people believe with their mind they are successful at it, but in the end, it will not work out well for them, because we can only keep going denying our feelings for so long. And for some mind spirits, that's relatively a long time, even thousands of years, but thousands of years of feeling denial and with your mind in control is sure going to be difficult to Heal. Our minds are truth-less, just beliefs, behaviours, and understanding, mechanical, feeling-less too. The mental thought part of our minds are not to do with truth, and so what you believe, is merely, and only and forever more, a belief, it's not truth. To live beliefs as truth, as many people do, is doing yourself a lot of damage. Truth is what you know to be true, and how do you know it's true - you just do, you feel it's true, and nothing will persuade you otherwise, unless your feelings change, and you know it wasn't true after all. But whilst you know it's true, so it is - for you. And it doesn't matter about the other person, it's only about you and what you feel is true. And then you naturally live your truth, whatever level you're on, you are expressing your truth. You just are, you don't have to do anything, you are a truth-person, it's what we are, and we either have truth or no-truth we're expressing all the time. So again, you don't need to involve your mind. Your mind can help you understand what you feel to be true, and we do have to articulate some aspects of our truth, but mostly we're not even aware of our truth, we don't carry a list of the truths that we are, we just are them. And you'll find you'll surprise yourself by suddenly talking truth, suddenly saying something that other people will recognise as being true; as too will you surprise yourself, when suddenly you express a little

more of yourself into being, a bit more of the true you, as you work your way through Healing your untruth. And that all feels wonderful, because it gives you the sense and feeling that you are growing or progressing in truth. You can feel it building within you like a solid platform. You can have and understand all your mind stuff, like reading all I've written, it all being information to you, and it can expand your knowledge, and that too can be quite thrilling, however it's when you live it yourself, when it comes to you yourself through your feelings, that's when you marvel at the wonder of it all. And that's when you know you have a soul and something else working away deep inside you, something driving your whole being into existence, and that it's not just a random affair; that you are on a mission, your own special and private journey, and it's only between you and your own soul, and God your Mother and Father, and that is very thrilling.

And so by looking to Mary and Jesus we can see they are the Living Truth. They are the of the highest truth for us in Nebadon. They are what we are aspiring to be like. We want to be as true and of the truth they are. And one day we will.

So I can't emphasise how important is wanting the Truth. Longing with all your will for it. Wanting it to come to you through your feelings. It is the most important thing for us now whilst we're bound up in our untrue rebellious lives, because until we uncover the truth of our wrongness, we'll never set ourselves free of it. And until we are free, we'll never be free to freely love, to feel complete love and to love completely. We need a heart and soul full of truth, so we can then know the truth of love. We can't know the truth of love without truth. So we can't know what love really is, what it even feels like properly, until we have a base of truth that allows love to be. Remember: No Truth; No Love. And as I said, it's not about reading a book of truths such as this, this being a mental expression of my truth, and then saying you are on this or that level of truth, because you understand such things with your mind. It's the truths that come to you through your Healing that is what the truth is, and you'll know then as they come to you, so there is no need for me to say this is the ladder of truth you will climb up outlining each truth. I couldn't be bothered, and didn't even know it myself, but I know I am progressing steadily in truth, because the more I can express my yuk bad feelings out me, and the more I see the truth of the pain and horror I am in, the more I can feel I have moved on within myself. I understand and know myself more, I'm more aware of the truth of who I am. And that truth is this... I am this feeling now and this awareness of these feelings now, and I understand that in this situation, I do and say and act this way, because that is the truth I am living, the truth that I am. And as I've also said repeatedly: We are to first uncover the truth of our untruth, the truth of our wrongness, before we can then move on just

growing in truth through love. So we have to go right into our yuk and see it all and feel it all for what it is - the truth of it, and do nothing more. We don't have to fix ourselves, it's not about doing anything to change how we are, that is all mind stuff, we only have to uncover and see and be the truth, which we do as we fully accept just how bad we feel and understand why we feel that way. And when we've uncovered the truth of our wrongness, then our soul, together with our attending guardian angels and in league with our Indwelling Spirit, will fix those parts within our aura, within our personality expressing systems that have been corrupted, within our spirit and even physical bodies, they will make all the necessary inner adjustments, so you can then express the new truth that has come to light. So we only need to keep staying true to our feelings, not going off in our mind trying to work out why we are the way we are. Just allowing our feelings to take us along, and the truth will come in its own good time. And when it does, you know it's the truth and part of you, and that's how we spiritually grow.

Mary and Jesus submitted themselves to our evil

As I said above, Mary and Jesus came to Earth to submit themselves to the first hand experience of evil - the Rebellion and Default. They had normal parents, nothing supernatural, Mary, Jesus' mother, didn't immaculately conceive. They were to have the complete experience of evil, although they didn't become of it themselves, their souls kept them true and perfect. However through her life, we can see how Mary was kept more suppressed, whereas Jesus came a little into his full spiritual light, although allowing himself to be subjected to death on the cross, all to illustrate the truth of how we are. Humanity rejected Mary the Creator Daughter of Nebadon, because she was a woman, and nailed the Creator Son of Nebadon to a cross, because he didn't toe the line and do what the Jewish rules said. Both Mary and Jesus in their different ways showed us how horrible we are to the Living Truth. We hated them, we didn't want them, we rejected them, just as parents are to their children of the living truth, just as we as parents and adults keep doing to ourselves as living truth. We are the one's who nail our children to the cross and keep our feeling-selves repressed. We are the evil one's. And how we treated the Truth who Mary and Jesus are, is how we treat the truth of ourselves. So we keep nailing ourselves to the cross, not allowing ourselves to express our feelings, all so we can't live true, expressing our true selves. Jesus didn't die for our sins, that's all rubbish, Jesus and Mary died showing us the truth of ourselves. They being true and perfect were the mirror for us to look into and see the horrible truth of ourselves - if only we're brave enough to look. And we have to take ourselves down off the cross, and bring ourselves up and out, love ourselves back to true health and self- and feeling-acceptance, being able to feel and express all we think and feel, that being what we do through our Healing.

It's not all just about Jesus

As I said, Mary and Jesus are equally important, and so if you only focus on Jesus, you will not have access to or be attended to by Mary's Spirit of Truth, and so will effectively miss out on half the truth, which is obviously going to seriously restrict your soul's growth.

Many people will have issues with Mary herself, being a woman, and with her being seen in the same light as Jesus, just as many people will have issues with Jesus, being a man who has all the focus at him at the detriment of Mary. All of which will be issues coming from how such people relate to and see their own parents. It's all to do with our parents, how we see the world, but with Mary and Jesus being the Truth, so if you have any problems with either of them, don't just read my work understanding how important they are and wanting to be like them, make sure you honour and fully embrace and accept your bad feelings about them, and of course, about anyone you feel bad about. And as you use your bad feelings to uncover the truth of why you have them, so it will all come back to your relationship with your parents; and once seen, you will clear the way for you to get on loving Mary and Jesus and wanting help from them and being able to openly receive their Spirits of Truth. You might be able to perceive their Spirits of Truth working with you, and if you can, then you will no doubt be also able to perceive and feel connected to them as real people and spirits, and know that they have your best interests at heart concerning what's best for you to evolve your soul, and that their Spirits of Truth will work tirelessly with you helping you ascend through Nebadon.

So if you deny yourself one of them, then as I said, you'll be doing yourself a great disservice. You will severely restrict your soul growth, which is why Christians who only love and want to be like Jesus, don't get anywhere in their soul growth (and more so because they don't do their Healing). And they never will until they also fully embrace Mary. So ironically, and sadly, the very people who possibly love Jesus the most on the world are not actually doing as he would want, they are not living true to themselves and their feelings; and by only adhering to Jesus, and even wrongly seeing Jesus as God, they are further adding, and heavily so, to their wrongness. So the very people who believe they are possibly closer to and even the closest to God and Jesus, are possibly further way from the real God and Jesus, than people who are ignorant of or not interested in them. So such Christians are possibly locking themselves into a strong truth-denying situation, all of which is borne out by testaments from spirit who themselves were once trapped in such truth-denying states.

And Jesus isn't going to come and save all those who 'believe' in him. Why would he, when they don't even acknowledge Mary Magdalene? He will leave them to it, they are not sincerely interested in him, they are not sincerely longing for the Divine Love or wanting to uncover the truth of their wrongness through their feelings; because if they, were they'd move beyond the limitations of their religion, as there is now a lot more contemporary revelation available that is far closer to the truth than staying in their archaic out of date untruth.

Jesus and Mary have said to me that, yes, they will come again in person to Earth, but not for years in the future and when humanity has finished its Healing. That being when the Morontia Temple is 'earthed' with the beginning of the ages of Light and Life (you can read about that in The Urantia Book). And in the meantime, Jesus has said in the Padgett Messages that they are his official Second Coming of Truth, all so we can once again understand the truths concerning the Divine Love. However he didn't cross the line with James Padgett, he stayed respectfully honouring the still imposed limits and restrictions of the Rebellion, and so didn't say anything about Mary or our need to do our Healing, and nor did Mary have her say in the Messages. That was all to come later, through myself as it's turned out, all because Marion and I started to do our Healing, providing Mary and Jesus with the invitation to come and help us, because we wanted to know the truth as they know it. And so when you too want to know the truth as they know it, and begin your Healing, so just like it's been with us, they, through their Spirits of Truth, will come to you.

Many people, because of all the prophecy and expectation that something major is about to happen any day soon, get caught up in their minds and their fantasies about Jesus, even about him being here on Earth again, all sorts of odd and weird things, all in keeping with their need for power and to feel they are important, all of which is only part of their wrongness. So Jesus is not walking about on the planet waiting for the green light to begin yet another public life telling us how to live with the Divine Love. He's done all that, and there is no need for him to do it again. And as he and Mary didn't partake of the wrongness becoming wrong themselves, so they can't reveal the way and truth about our Healing. So we've had to find out about that ourselves. And for those people who believe he has reincarnated, that too is nonsense, because if he did, then it would mean through is new life, he'd be forming a new Spirit of Truth, which then upon his death, and presumably Mary's too, as she also would incarnate, their new updated? version of the Spirits of Truth would be released, none of which makes any sense, as there is only one Spirit of Truth each of them can release. And even if Jesus and Mary were somehow able

to reincarnate and go through it all again, nothing would change, the result would be the same, we'd still miss the point, we'd still accuse them of being antichrists, Mary would get stoned or simply ignored, and Jesus would get shot or quickly got rid of, and we'd not understand about the Divine Love, and that truth would be lost again, and then he'd have find someone else like he did with James Padgett in another two thousand years or so, once we'd reworked their second coming into our evilness completely denying every aspect of them, and probably even making up a second coming of the Christian religions to go along with it, none of which is going to happen. The people who think Jesus is coming again don't even understand who and what he and Mary really are. They've obviously not read The Urantia Book for starters; or if they have, probably thought it was more the Devil's handiwork. And just as they write off James Padgett's work, god knows what they'll think of all I write. The Devil sure is very busy having to keep coming up with all these new revelations.

So I think what might happen, if anything does at all, some bloke will assume the role of Jesus, the messiah returning or what have you, and he might have a whole host of mind spirits with him, so might be able to work a few miracles and make a very favourable impression, enough for everyone who wants to be able to claim - He's The One, to do so. And the End Times will get fulfilled, and everyone will be happy, and then can we please get on and get rid of those untrue religions and look to do our Healing?

So the denial of Mary and the premature death of Jesus, were all in keeping with the Rebellion and Default. Mary and Jesus didn't come to end or save humanity there and then from the evilness of these higher Evil Spirits. The so-called 'redemption of humanity' is being done in stages. This being what the introduction of the Healing is. And the Healing of humanity will take place in long stages - different ages in which humanity will make certain progress on its way to once and for all Heal itself of all wrongness. And what I've been told, and if what I say turns out to be true, and I'm not holding my breath, as so much is so wonky to do with our wrongness and I'm not true yet, so I too might still be only adding to more of the untruth will all or some of what I write, there is soon to be the Changing of the Age, and new Spiritual Age (again you read about what such an age is in The Urantia Book) of 1000 years will commence. And the Divine Love will still freely be available, and people will be able to their Feeling-Healing without the Love or their Soul-Healing with it, and then once that ages ends, so too will the availability of the Divine Love be withdrawn, giving humanity the subsequent ages to work through the mind levels completely Healing themselves doing their Feeling-Healing. And then when humanity has attained a level of Natural love perfection, when the

Rebellion and Default have been Healed through all feelings, then the next age will see the Divine Love being made available again. And then the possible beginning of the Ages of Light and Life. So humanity has got still quite a future ahead of it. All needed so as to work through all the ramifications of the Rebellion and Default, and all giving time for people to experience every facet of the Healing that's possible, so every experience and bit of truth will be gained through these Healing years, just as we've gained every bit of pain and untruth we can, through all these years of evolving the wrongness. So we are on the threshold of a New Way: Divine Love Spirituality, and that is the way of living true to yourself through your feelings, and with the Divine Love should you desire it. Which I am now putting under the umbrella of [The Religion of Feelings](#).

[Worshipping Mother Mary and the Holy Spirit](#)

We are not worship either Mother Mary or the Holy Spirit. Mother Mary was just like any other mother of her day, and there was as I said, no immaculate conception. You can read about her role and relationship with Jesus in the Life and Teaching of Jesus in The Urantia Book, and she also speaks a little in the Padgett Messages. And so to hold her up as if she has some incredible power being all but equal to God, and being able to intercede and all the rest, give visions and do miracles, is really a case of worshipping the wrong Mary. So it couldn't be more wrong, which the Catholic Church is. It is Mary Magdalene who is Jesus' soulmate and equal, not his mother. All of which shows just how fucked we are in our relationships with our mothers, with the truth, with the feminine, the whole bit. And then to base a whole religion around it, it's really quite bizarre, and only shows loud and clear just how far we can go by applying our minds at the expense of our true feelings. That we are so disconnected and so far away from the truth, that such untruth can be passed on generation after generation, is astounding. And equally astounding is the fact that no one over all these years has seen through it to the extent of really understanding that it's all a load of the nonsense and should be tossed out the window. All those beautiful paintings and ornaments and churches and so on, all the pomp and ceremony, all a fantasy make-believe created by the untrue minds of men together with the hidden controlling women spirits behind the scenes.

So it's no wonder as The Urantia Book says, that Urantia, our little world, is on show as being one amazing spectacle of untruth. We have taken the love and truth of the much beloved Creator Pair of Nebadon (Mary M and Jesus), of a huge whole local universe, and we've mocked them and turned their whole coming into some sort of weird game. And so it's 'jobs of the boys' and ways to control and keep people under the thumb, all so the evil ones can keep the ball rolling along in whatever direction they want it to go. Do your

Healing, wake up to your untrue state - set yourself free!

And just as Mother Mary is not to be worshipped, neither is the Holy Spirit. It is literally a circuit of the Divine Minister that conveys the Divine Love into our soul upon our longing sincerely and earnestly for it. And we can't get to know it, it's not a personality spirit or a spirit with a personality. You can't talk to it and it talk to you. Speaking in Tongues is not the Holy Spirit talking mysteriously to anyone; it is, if anything, simply linking up with like-minded mind spirits who are able to affect you in that way. The Holy Spirit is only Holy because of the Divine Love is conveys, but that's all it does. And when it 'comes about you' as you can sometimes feel it do, it is a lovely feeling, feeling the Holy Ghost delivering the Divine Love into your soul.

It's also said that people can 'Heal with the Holy Spirit', that it's receiving the 'Gift of Healing' and such things. But this too is not true, as the Holy Spirit ONLY conveys the Divine Love into one's soul, it of itself, as I said, doesn't do anything else. So if any such miraculous or even regular healing happens, it is either the work of mind spirits, or that of angels. Jesus healed using angelic help, it was really the angels with him that did the healing. And bands of mind spirits can come together exerting something of a spirit light that can under certain situations affects a person or other mind spirit causing what might be called a healing, yet still, even within such mind spirit healing, and often also unbeknownst to them, it's the unseen angels at work orchestrating any such level of healing.

And really, the angels themselves are then carrying out the wishes of higher authorities, namely in our case, the Divine Minister of Nebadon, who is the 'mother' of all our mind circuits. And as our physical, feeling, emotional, mental, spiritual and will systems, and all inbetween that link them up, stem from Her, any tinkering that goes on within us is all in accordance with Her wishes. And she, working in conjunction with God and our soul and our Indwelling Spirit, can effectively do whatever is necessary within us at any time. So if you are to receive a new leg to replace that deformed one, seemingly out of thin air, a new one can come into being replacing the old one. As to how this might look, I have no idea - I'd love to see it happen, yet such incredible wonders have happened, and all because of the attending unseen angels carrying out the wishes of those who are really looking after us.

However whilst we're mostly in our wrongness, so such healing miracles are few and far between, all of which might only serve to take people further away from themselves. If it

was possible for all our bad feelings to be suddenly taken away, and for us to feel so extremely happy for the rest of our lives, then what would be the point of all our pain and suffering? We'd be so happy rejoicing in our new found happiness, that we'd not want to go back into those horrible feelings, all so we can laboriously work through them hoping to bring to light some of their hidden truth. So such healing miracles might be more of a distraction, even possibly do more harm in the long run than any short term benefits. However I don't really know. There are many arguments for and against such miraculous Healing, some of which I'm currently working through, for example: perhaps someone could receive such a miraculous healing, yet on the understanding that it's only like a band-aid to help them experience other experiences they'd not have been able to experience in their condition before their healing. And that when the time comes, they can through bad feelings, sort of undo what the healing did, allowing them to go back reconnecting with the person they were before the miracle, all so they can then do their proper Healing. The few people who've been miraculously healed on Earth, have not been completely Healed of their wrongness, so they in spirit would still have to go through the Healing worlds with the Divine Love, just like everyone else who wanted to do their Healing. Anyway, this sort of healing, all the magical stuff, according to the Padgett Messages, could happen more as people Heal themselves and become of Celestial truth on Earth, thereby being able to work more closely and knowingly with the angels. So it's an interesting area that more thought needs to be put into if such fantastical things were to start happening.

Longing for the Divine Love

Jesus' main message for us in the Padgett Messages is that we can long for the Divine Love. And that the Divine Love will transform our soul currently of Natural love, that being what we conceived into life with, into being Divine. So being created in the image of God, of Natural love, we can become of the essence of God - divine. And we can't move into the higher Celestial spheres unless we've transformed our soul enough to allow us to. And being of Natural love we are technically mortal, and so will always remain, even when living as Natural love spirits in the mansion worlds. Immortality is not just life after death, that we don't die living on for the rest of eternity as a spirit, it is becoming immortal once we've partaken of the Divine Love, the Love guaranteeing our immortality. Because all that mortal might one day cease to exist, whereas all that immortal and so divine, will exist forevermore, because it's of the same divine essence of God, so if you like, a direct part of God. And becoming immortal happens when you complete your Healing and fuse with your Indwelling Spirit of God, thereby forevermore you and your divine spirit from God become at-one, so you become divine like it is.

Jesus and the Celestial spirits in the Padgett Messages stress that what is mortal and only in the image of God, might one day cease to be, whereas all that is immortal and of the Divine Love, so of the essence of God, will continue, suggesting that a time might come when a line is drawn and those people and spirits still persisting in their Natural love, even if they are true and pure in it, will cease to be, all because they kept refusing to embrace, by longing for, the Divine Love. So it sort of gives you a bit of an incentive to long for the Divine Love, if for nothing other than so you will always be in Creation. However really we should long for it, because we want to get to know our Mother and Father; and as with any relationship, it's through love we can achieve that. So we need Their Love in our soul so we can relate personally to Them, otherwise they just remain impersonal Gods that at best we can sort of relate to with our mind. But to feel God loving you, to know as part of your truth that God does love you and God is your Heavenly Mother and Father, all only comes as you partake of Their Divine Love. And it's not a mind thing, you know it, you feel it, you experience it as being true, all because you feel loved by them. The Holy Spirit conveys Their love into your heart and soul, and it has nothing to do with your mind, as you long with your will and feeling, wanting to receive the Divine Love. And with Their Divine Love within you, you feel loved by God... or you are meant to, however if you're also packed full of unloving feelings, it won't be until you Heal and work through all those unloving barriers that you'll begin to feel loved by God and anyone else.

And in speaking about someone ceasing to be because they refuse to embrace the Divine Love, I don't think that applies to people who are evil and persist in their evilness. I think that because we've all been subjected to the wrongness against our wills, so all by default, then it's not our fault, we haven't outrightly as adults chosen to rebel. We've just 'inherited' the problem so to speak, and have to wake up to what's wrong with us, and then I would imagine most people, if not everyone, would want to Heal themselves, all so they can stop feeling bad, if nothing else. So I think time will be given for everyone who is wrong to do their Healing. And so really it's to Healed people and spirits of perfect Natural love should they persist in denying the Divine Love, in the way off years to come, that might have cause for concern about their mortality. Yet as far as any of us are concerned, that's way down the track, so far it's hard to even conceive of it, for what will humanity be like be then, something so different to how we are today. And today we have no idea, we can't, because we've got blinkers on and can't see the way out of our paper bag we live in. But these people and spirits in the future... well, there's no point going on about it, is there?

The Divine Love doesn't make you do your Healing

The Padgett Messages suggest that simply by partaking of the Divine Love, all our wrongness will melt away, and what a wonderful thing to think, that we only have to pray to God for His and Her Love, and all our problems, pain, illnesses, bad relationships and all the rest of the bad things, will end. Which of itself makes the Love very appealing. However many people, now being aware of the truth within the Padgett Messages, have prayed over many years and still found their sins and errors are all alive and well. That perhaps some of them have changed or even disappeared, yet how much of that is wishful thinking and hoping that they have? No yet has stood and declared that they are fully healed and just because they partook of the Divine Love. And I don't think anyone will.

The Divine Love is as God is - it's God's essence after all, and it's as Mary and Jesus are: not interfering, you can partake of it into your soul without it actually disturbing you in anyway, let alone changing you by taking all your bad feelings away. The Divine Love, if anything and from my experience, helped me to feel bad, stimulating more bad feelings BECAUSE it didn't take all my yuk away. For about two years I prayed and longed for it, sitting in meditation three or four times a day, longing and feeling the Holy Spirit coming around me, soaking up the Love. And sure, I loved those experiences and felt good for a little while afterwards, but nothing fundamentally changed within me. And as the years passed and my sins and errors weren't being transformed out of me, I began to get angry with the Padgett Messages, with what Jesus said, with what other 'Divine Love people' were saying, as nothing added up. I couldn't contrive that I was feeling so much better, healing myself and progressing in my soul development, like I could see others were doing. They were becoming more 'loving' and more 'divine' all because they were partaking of the Love, and yet looking closer at how they conducted themselves in life, I couldn't see any genuine change, it was all put on if anything. I felt like I was doing the opposite, going down the plug hole, losing it, feeling increasingly demented and not knowing anything about any of it. Nothing made sense, I thought I'd found the answer, the key, Jesus said it to James Padgett, long for the Divine Love, that's all you have to do; and so Jesus, if that's all you have to do, and I was done with it, why wasn't I ascending and getting closer to becoming a Celestial like the Padgett Messages said would happen?

Then I met Marion, and the whole Healing side of things opened up, and then I came to understand that it isn't the Divine Love that specifically Heals us, but our search and desire for the truth through our feelings. Ah, so then I began to suspect that Jesus hadn't said all, hence my asking him and Mary in my writings, and their coming forward about the truth to do with the Healing. Much of which Marion had already said, Mary and Jesus helping to put it all in a bigger spiritual picture.

So we have to do the Healing work ourselves. And as we heal ourselves, as we perfect our Natural love, then the Divine Love has something to transform, for it can't transform imperfect Natural love because that's not really love, so there is no love to transform. And so the Divine Love apparently 'waits' within our soul until we've done enough Healing for our Natural love to be transformed by it.

And so even though we've been told about the Divine Love, really it's actually the Healing that is more important to us in our moment to moment lives. We have to Heal ourselves so the Love can transform our souls. We can long and pray and receive the Divine Love all day, but unless we're striving to live true to ourselves and do the hard work of Healing ourselves, it's not going to have any great effect on us.

And recently a friend said that the Divine Love gives us more strength and perhaps stamina to do our Healing, which might be true, however I do understand, although it waits to be seen, that people can do their Healing, that which I call their Feeling-Healing, without the Divine Love. I call doing one's Feeling-Healing with the Divine Love, one's Soul-Healing, as you are working on deeper levels because of the Divine Love. People who do only their Feeling-Healing perfecting their Natural love, will be confined to the mansion worlds, because we can only move on higher into the divine Celestial spheres with Divine Love in our souls. Mary and Jesus have said, new sectors in the mansion worlds will be made available for spirits to live in, should they or people on Earth want to only do their Feeling-Healing.

So certainly the Divine Love will transform you into the perfection of God guaranteeing you immortality of soul and personality, however, only ONCE you've brought your Natural love into perfection by doing your Healing.

Jesus' Prayer for the Divine Love, as recorded by Mr. James Padgett

I will include below, Jesus' prayer for the Divine Love, whilst adding a few notes. And even though all is said within the prayer, please don't get into the habit of habitually and ritually saying it, believing that it's all you have to if you want to invoke the Love. Please allow your feelings to have their say, don't just learn the prayer by rote and repeat it endlessly with your mind and without connecting your feelings with it, because you will not be reaching out to God or anyone else. And so you will not receive any Divine Love. The whole idea is that longing for the Love is to help us develop our very personal and intimate relationship with God, with however you want to relate to God. I started out

calling God, the Creator, all very impersonal. I couldn't cope with calling God, my Father, that was too much like religion at school, which I hated. Then strangely, after about a month of longing to God for His Divine Love, I suddenly felt like calling God, my Father, and that continued until about a year or so later, I felt also like calling God, my Mother, so then relating to God as BOTH my Mother and Father, Two different Personalities of the One Same Soul. SoulMates.

And the more I allow myself to say whatever I feel to Them, the better I feel, even if that is how much I hate Them, feeling so angry with all the shit They have and are putting me through. I long for Their Divine Love, and I long for the Truth They want me to see through my feelings. And I long when I feel like longing, sometimes often, sometime not even thinking about it for days. I gave up sitting in formal prayer or meditation years ago; I long wherever and whenever I am. And I try to express my feelings, and tell Them what I want and why I want it. I long for the Divine Love and the Truth, I long to be Healed: I long to uncover the truth of myself through my feelings, I long for my bad feelings to all come up, and I long for whatever else at the time I feel I want to long for.

Marion learnt Jesus' prayer and used to say it a lot, now rarely says it at all. Now she too just expresses what she feels, and longs accordingly. I couldn't learn the Prayer from Jesus to Mr Padgett, because I can't memorise anything like that, so I've never bothered with it other than understanding what it was saying, putting it all in my own words, and working on expressing what it says with my feelings.

Anyway, here is Jesus' Prayer for the Divine Love:

The Prayer for Divine Love

OUR FATHER, WHO ART IN HEAVEN, WE RECOGNISE THAT THOU ART ALL HOLY AND LOVING AND MERCIFUL, AND THAT WE ARE THY CHILDREN, AND NOT THE SUBSERVIENT, SINFUL AND DEPRAVED CREATURES THAT OUR FALSE TEACHERS WOULD HAVE US BELIEVE. THAT WE ARE THE GREATEST OF THY CREATIONS, AND THE MOST WONDERFUL OF ALL THY HANDIWORK'S, AND THE OBJECTS OF THY GREAT SOUL'S LOVE AND TENDEREST CARE.

THAT THY WILL IS THAT WE BECOME AT-ONE WITH THEE AND PARTAKE OF THY GREAT LOVE WHICH THOU HAST BESTOWED UPON US THROUGH

THY MERCY, AND DESIRE THAT WE BECOME, IN TRUTH, THY CHILDREN THROUGH LOVE, AND NOT THROUGH THE SACRIFICE AND DEATH OF ANY OF THY CREATURES.

WE PRAY THAT THOU WILL OPEN UP OUR SOULS TO THE INFLOWING OF THY LOVE, AND THAT THEN WILL COME THY HOLY SPIRIT TO BRING INTO OUR SOULS THIS, THY DIVINE LOVE, IN GREAT ABUNDANCE, UNTIL OUR SOULS SHALL BE TRANSFORMED INTO THE VERY ESSENCE OF THYSELF; AND THAT THERE WILL COME TO US FAITH – SUCH FAITH AS WILL CAUSE US TO REALISE THAT WE ARE TRULY THY CHILDREN AND ONE WITH THEE IN VERY SUBSTANCE, AND NOT IN IMAGE ONLY.

LET US HAVE SUCH FAITH AS WILL CAUSE US TO KNOW THAT THOU ART OUR FATHER, AND THE BESTOWER OF EVERY GOOD AND PERFECT GIFT, AND THAT ONLY WE, OURSELVES, CAN PREVENT THY LOVE CHANGING US FROM THE MORTAL INTO THE IMMORTAL.

LET US NEVER CEASE TO REALISE THAT THY LOVE IS WAITING FOR EACH AND ALL OF US, AND, THAT WHEN WE COME TO THEE IN FAITH AND EARNEST ASPIRATION, THY LOVE WILL NEVER BE WITHHOLDEN FROM US.

KEEP US IN THE SHADOW OF THY 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 WHO SO CONSTANTLY SURROUND US AND ENDEAVOUR TO TURN OUR THOUGHTS AWAY FROM THEE TO THE PLEASURES AND ALLUREMENTS OF THIS WORLD.

WE THANK THEE FOR THY LOVE AND THE PRIVILEGE OF RECEIVING IT, AND WE BELIEVE THAT THOU ART OUR FATHER – THE LOVING FATHER WHO SMILES UPON US IN OUR WEAKNESS, AND IS ALWAYS READY TO HELP US AND TAKE US TO THY ARMS OF LOVE.

WE PRAY THUS WITH ALL THE EARNESTNESS AND SINCERE LONGINGS OF OUR SOULS, AND, TRUSTING IN THY LOVE, GIVE THEE ALL THE GLORY AND HONOUR AND LOVE THAT OUR FINITE SOULS CAN GIVE.

AMEN.

Are Jesus (and Mary) our saviour?

Mary and Jesus are not actually our saviours, we are, ourselves. They have revealed certain information which we can use to help us save ourselves, but they not going to come descending out of the clouds waving magic wands carrying off to the New World the chosen 144,000, or whatever else one wants to believe is going to happen.

And Mary and Jesus didn't come revealing the truth of our Healing, not back 2000 ago, nor early last century through Mr Padgett. Not a peep was said about the Healing - nothing. And so, why was that do you think?

And is it perhaps, because it's not actually their place or role to help us that way, or for that matter, to help any humanity on the other rebellious planets throughout the systems of Nebadon. And so if it's not their place or role, simply not what they do, then who's job is it to go around fixing up the rebellious worlds by revealing the truth of the Healing to them?

And so, is it that of the Avonal Pairs, (The Avonal Sons being talked about in The Urantia Book), other higher Daughter and Son pairs to come to each of the evil worlds, take on the evil themselves, Heal it, and then reveal or make known, the truth of how others can do it and be as they are?

And so in my writings I speculate as much. And should it be so, then it would follow that any time soon, the Avonal Pair, who surely should be hear on the world if indeed it is the End Times and changing of the age, will make themselves known.

Or, is it, as The Urantia Book says, that because Jesus (and Mary) came, then there is no longer any chance or need of a bestowal Avonal Son (Pair), because what more could they do than what Jesus (and Mary) have already done? And yet, Mary and Jesus didn't reveal the truth of the Healing when they had the chance to, with Jesus even coming back to James Padgett and still not saying anything about it. Yet still, perhaps The Urantia Book is right, and there is no need for an Avonal Pair to come bestowing themselves and growing up fully subjected to the wrongness, all so they can Heal it while adding their Spirits of Truth to those of Mary and Jesus, thereby providing the way for everyone to Heal

themselves. As Mary and Jesus were able to convey the truths needed for us to understand the Healing through myself, yes, another James - must be something about that name? So are Marion and I enough? Are we the beginning, and others will do their Healing, as some people already are. And they too will contribute more understanding and information based on their Healing experiences, and even possibly themselves speaking with Mary and Jesus and other Celestial spirits about it all. And so in this way, Mary and Jesus can sort of reach down to us so we can at least begin our Healing, using whatever help their Spirits of Truth can give us along the way. For after all, this is what happens for the Divine Love spirits working on themselves doing their Healing in the Divine Love mansion worlds. They don't the help of an Avonal Pair, they rely solely on Mary and Jesus; however they to have Mary and Jesus over there with them, whereas we don't have them here. So I don't know, perhaps we await the Avonal Pair, perhaps there is no need for them? Throughout my writings up to this point, I advocate the arrival of such a pair, but now I'm beginning to wonder if they are necessary at all, and whether in due course I will have to amend some of what I've said concerning them.

Anyway, for the time being, it doesn't matter one way or the other, because people can do their Healing and that's all that counts. And time will tell, for perhaps the Avonals are here but are themselves not as yet finished their Healing, and so won't do or say anything until they do. We shall see...

Reincarnation

I have to say it again and make a point of it, there is no such thing as reincarnation, as its been made out to be. And certainly NO SUCH THING as our dying and coming back as another sort of creature.

For reincarnation to occur, having many past and future lives as different people, it would mean with the cessation of each life, so the personality of the person of that life, ceases to be. If I, James, died, only to come back as Jane, for example, then James is gone for good, as now I am Jane. And the whole oversoul thing, that James somehow becomes or is part of an Oversoul that is somewhere in spirit conducting the whole reincarnating affair, and so it's immaterial on that level whether I am James or Jane or anyone else, that I'm some sort of higher personality or something that's coming into being through all these lower personalities, doesn't add up. And for one reason, and one reason alone, and that is our Mother and Father bestow only two unique personalities on each soul. And so as I am one of the 'halves' of my soul, so I get the personality God bestowed me with, that which my parents named James, and my soulmate gets her unique personality, being given a

physical name by her parents. And I James, also get a unique soulname and personality number from my Mother and Father, which I'm not disclosing in these writings, but have recorded elsewhere. I have received my Name and Number, and I know that that's it for me, I will be the personality I am, ever growing and expressing more of it in Creation for the rest of eternity. And I won't be giving it up, saying goodbye to James, it was nice knowing you whilst I could, now I'm off to reincarnate as Jane, or Fred or Umbu or...

The person who first made the notion about reincarnation - Buddha? - didn't understand about the significance of personality, and what an extraordinary gift it is. We are a soul that is expressing two unique personalities in Creation, how incredible is that, and to say it's no big deal because we reincarnate and so live being many personalities, trivialises it all. And is just mind fantasy. To say I am not really that important because I'll only be James for relatively a short time, then I'm off to being someone else, or I'm all of my personalities in all the different time frames at the same time, and when we all die and complete the so-called Cycle of Rebirth, we'll all be happily together as the Oversoul Zonk, Zonk having his/her/its own personality too, disrespects and dismissing the importance of me as James.

So the whole cycle of rebirth, the whole having to work through your karma over many lives on your way to perfecting yourself, is all just more mind rubbish. And as I understand, there are just as many mind spirits planning out their next incarnation, as there are people on Earth who believe in it. But what happens to those mind spirits when years and years go bad and still they've not felt the call from their Oversoul to incarnate again... and they wait and plot and scheme... whilst other spirits have ditched their wacky belief in reincarnation moving on doing their Healing. Get out of your mind, it's only trying to keep you away from your true feelings! You will never get anywhere staying caught up in it's allurements and pleasures, distractions and distortions.

And as for karma, it all gets worked through as you do your Healing. The Padgett Messages speak about the universal Laws of Compensation and Forgiveness, which come into play as you do your Healing. And so you will make compensation for all the pain you have caused yourself and other person or creature. You will feel all that pain through your Healing, and possibly even some of it before, if you've seriously infringed against another's will, by having to 'do time' in the hell planes. And as you express and release all the pain that was done to you by your unloving parents and carers through your Healing, and so all the pain you have caused yourself, and all the pain you have also caused another, including pain you have caused your children, it all being the same amount of pain, then

the Law of Forgiveness comes into play and you will feel released from the agonies of it. You will feel you have been forgiven your transgressions, as much as you will forgive and sympathise with yourself, for all the harm you've caused yourself; as will you forgive others, including your unloving parents and carers who've hurt you. It all has to balance out and end well, because, even within our unloving negative fucked up states, we're still of love. We might not be able to understand that or feel it, but in the end, love will triumph, evil will go, evil being only an aberration, and imperfection, and therefore something that at best is only a part-timer. Whereas love is eternal, it's true what is said about it, and so you will Heal yourself and love will result. All the bad that you are and all the bad you've done, will be gone - compensated for through pain, and forgiven, you forgiving it yourself, as much as you are forgiven by others. And although you might even feel like God forgiving you too, God doesn't really forgive you because God is all love, and God knows what it's all been about and why you've be so bad, as God made you do it all. And so if you feel pissed off with God, good, express those bad feelings, but in the end, everything will be worked out and it will be a Happy Ending. And "Happy Endings are the Best!"

Soulmates

Mary and Jesus, as I said, are soulmates, that's what they tell me. Do I really know for sure; do I really know any of this for sure? You can be the judge of that. See what comes to light for yourself through your own Healing. And if I get to spirit and can see for myself that they are not, then I will adjust my way of seeing things, and try and look for someone on Earth, so I can say hey, I fucked up that bit, Mary and Jesus aren't soulmates after all!

Soulmates are made a big deal of in the Padgett Messages, in The Urantia Book there's no mention of them, so, why is this so? Why such a major discrepancy? The Padgett Messages are more personal with Helen Padgett telling James they are soulmates and all about them, whereas TUB, intimates that your Indwelling Spirit of God is your soulmate, which I disagree with.

For me I go along with the Padgett Messages concerning soulmates. I understand our souls are duplex, one soul expressing two personalities, one of which male and the other female, so same sex pairs can't be soulmates. And that when the time is right, the two people or spirits come together, and do whatever it is their soul wants them to do. And now the interesting bit..

As so many people long for and even believe they have found their soulmate, there is a good argument that runs along the lines of: the fact that you are living untrue, that you are doing all you can to keep yourself in denial, so too will you be doing all you can to deny your perfect soulmate relationship? Which means, if you're so fucked, how on earth could you join up with your soulmate, as you'd be doing all your could to reject and repulse them. The soulmate relationship is true and perfect, so whilst each half is untrue and imperfect, even if you came together in your wrongness, you'd still not be able to live perfectly happily and fully loving each other. You might at best be able to live completely acknowledging that you are both untrue and having an unloving relationship together, whilst you strive to heal yourselves through your Healing, yet that relationship would be a long way from the ideal perfect romantic notion of soulmates we all have. So it's more than likely that being in your wrongness, you are linking up with someone who suits you well in their wrongness, that you both get along well in your untruth, being able to help each other deny feelings, even while feeling such strong overwhelming feelings of love for each other. How many people believe they've met their soulmate feeling such a deep love for them, only to find at some point their relationship fails - so what was all that soulmate love about at the beginning?

Reading accounts of spirits doing their Healing, most relate how one of the soulmate pair is much further advanced spiritually than the other. With often one of the pair having finished their Healing and being in the Celestial spheres waiting for it's 'other half' to begin his or her Healing. And then possibly to be of help in their soulmates Healing, or having to wait until they can come together both Healed in the Celestial heavens. And reading accounts of Celestial soulmates together, and what they feel for each other and how they relate without all the yuk and problems caused by their untrue states, is so different to anything that people on Earth experience. In time we might see examples of such loving relationships in the physical, as people finish their Healing and live a Celestial truth in flesh, and should they unite with their Healed mate.

And how does one know who their soulmate is? And when you are to know, you will know, your soul will tell you through your feelings, just like with all truth. And if you are together to help each other Heal, then your full soulmate love together won't come about until you are Healed, for such intense and true love would only be interfered with and watered down by all the unlovingness within you until you've done your Healing. And were you to actually feel very good together, those good loving feelings would stop you feeling all your bad feelings that you're trying to bring out and express out you to see their truth, thereby interfering with your Healing.

And besides, soulmate or no soulmate, you have to Heal yourself, you have to do your side of the work bringing yourself into perfection. And so if you're all-consumed with the soulmate thing, it's only once again a mind distraction keeping you from the feelings you should be focusing on. And having said that, you should also express all you feel, think, wish and hope about wanting your soulmate, every step of the way until you do come together; and even after then as well.

The Spiritual Age

The Urantia Book talks about Spiritual Ages being special and specific ages of 1000 years that are all about intense spiritual focus and development. And with Biblical prophecy talking about a 1000 years peace, it all makes sense, or at least makes one think, that possibly humanity might be on the verge of its first Spiritual Age. And that would make sense, as people of the next age will be possibly focusing on doing their Healing. And so this ties in with the possible coming of an Avonal Pair, who will usher in this new and intense Spiritual Age.

And then it's said that the chains will be loosed of Satan, as he will come rising up out of the murky swamp, or something like that, the fires of Hell or wherever he's supposed to be tied up, which I would interpret as simply meaning, and without all the drama, that the availability of the Divine Love will be withdrawn at the end of the Spiritual Age, leaving humanity to go it alone so to speak, to wrestle its remaining demons, that being all the yuck still within those people who've not done their Healing. For at some point humanity needs to be left alone without any higher or outside spirit influences, so it can once and for all decide if it does want to continue being evil, and so keep evolving its wrongness, or if it really and truly with all its heart, wants to end it. So time will be needed for humanity to make up its mind. But there is not going to be any Satan or any other higher spirit coming and running amok again, because such spirits are in detention awaiting their day of judgement; and because of Mary and Jesus' coming to Earth and doing all they did by liberating their Spirits of Truth. So no other higher spirits in Nebadon can or will rebel, for if they did, they would instantly be dealt with, so there's no fear of any such malevolent spirit newly affecting Earth or the mansion worlds.

Humanity is on its own now, just ourselves on Earth together with the power-seeking mind spirits who seek to influence Earth, and the higher loving Celestial spirits. So it's all up to us as to whether or not we want to heal ourselves.

And if there is to be a Spiritual Age of 1000 years, then along with that comes the Trinity Teacher Pairs, also spoken about (but only in the masculine) in The Urantia Book. And so if things are soon to change, that would mean the Teacher Daughters and Sons are here now working with or preparing people and the mind spirits they'll be working with. What exactly they will do, and teach I don't know, but it's not hard to imagine it will be about all that is Divine Love Spirituality. So all in all, it's going to be for some people, a very enlightening time in future, and might even go quite a way to ending the impact of the Rebellion and Default.

Our Heavenly Mother and Heavenly Father

God, so far as I relate to God, is my Heavenly Mother and Heavenly Father. The One Soul, that expresses Two Personalities, who are SoulMates, all making is easy for us to relate to God, we being in Their image, we too being a soul that is expressing its two personalities as soulmates in Creation. And we can relate to Them singularly or together, and there is no right or wrong way, only your way, which is how you feel. Marion currently mainly speaks to the Father, although occasionally she speaks to the Mother as well, she speaking to Him, as I said, but He not speaking back to her in words in her mind. In her heart and soul she relates to Him, and can 'hear' Him communicate to her, and all He has ever said to her when she's asked, is: to Keep Going.

I relate to both Them equally, however of late more learning toward the Mother. I have found it difficult to relate to Her by Herself (however that's now changing too), it's mostly the Father first, which is all part of my pattern, it's always only been God the Father, so to introduce a Mother as well, it's been a whole new experience. And one that I love. I don't care if when I get into spirit and find out that it is only the Universal Father after all, as The Urantia Book says, because as They have pointed out to me, it's most important for my own soul growth and development as this stage for me to relate to Them as my Mother and Father. And I love the feeling that gives me, the feelings I get from Them both loving me and being an active part of my life. However mostly it's all an inner thing, I no longer speak about Them outside Marion and my writing, because the people I'm currently associated with are not interested in anything like that or they belong to established churches not wanting anything or anyone to rock their boat.

As I said earlier, having longed for and received the Divine Love for a while, I found, which surprised me, that I wanted to call God my Father, it just came up in me, out of my mouth, and felt good. Then as the Mother started to make Her presence known to me, coming up in my heart and speaking to me, and then finally moving to stand beside the

Father so I could relate to Them equally as One or separately, it became even easier with Them both.

Each day I speak with Them about whatever it is, and They always respond in my mind, and sometimes in my heart, and I can tell the difference when it's Then compared to when it's my Indwelling Spirit. Mostly what they says is short, a few words, succinct and straight to the point, and always makes perfect sense, showing something more about myself, and stretches my mind and comprehension, all of which I love. And to begin with and for years through my Healing, I couldn't hold substantial conversations with them, the light being too much, however lately that too has changed, it becoming increasingly easier to speak with Them. And it took me years to feel free to say to Them all I feel, to hate with the full fury of my repressed hatred, accusing Them of not loving me and being horrible Parents subjecting me to my physical parents and the shitty life I've had, it feeling very good being free to express all my feelings to Them and without any fear of reprimand or punishment of any kind. For a long time I couldn't say anything nasty to Them, They were God, and you couldn't swear at God, They might do something bad to me, as if They weren't already by subjecting me to all my shit. However with Marion's coaching and leading example, I've got better at it as I've worked through my resistance and blocks.

It took me a long time to realise that I was projecting my parents onto Them. If I just relaxed and allowed Them to speak to me answering a question I would ask Them, They often reply in a weird way, it was Their voice, but what They said sounded too much like dad or mum, and then I finally understood that it was dad and mum, that dad and mum were god for me, and the Mother and Father were helping me see that. So I'd call Them on it, and that would lead me to working through my bad feelings with Marion, all which would give rise to more understanding about my unloving relationship with mum and dad. And now as that no longer happens, so I must have worked through all the blocks and my need to project mum and dad onto my Mother and Father.

The Urantia Book says the Father (and Mother) have said we are to be as perfect as They are, and so that's what I want. I want to be my true perfect uninterfered with self, the one They created. And that has really been my driving desire all the way along through my spiritual growth, even when I didn't really understand it. I want to be my true self; I want to live true to my feelings, and I want to know that I am. And I understand that if I am true, then I am as perfect as I can be at that moment, and that's good enough for me, knowing that the further I progress, the more perfect I will get, if I one can get more perfect than perfect, but that's how it feels, and that's what I want. To ascend the levels of

perfection toward Paradise, and there to meet with Them.

The Inner and Outer God

Although both inside me, I do understand, again thanks to The Urantia Book, and I experience as such, that the Mother and Father are out there, way out there in Paradise, which is really way in there and up, if that makes any sense. Whereas at the same time, I have a part of Their Spirit called an Indwelling Spirit of God, resident in my higher mind, so it being my inner God voice.

Affectionately I call my Indwelling Spirit Bob, and 'he' has helped me no end in all matter of understanding things. He's like my constant inner companion, although I don't talk with him as much as I used to. For some years I worked a lot with him, he being the gateway to the Mother and Father, and it's been a joy to ramble on with him effortlessly in my mind.

As you can read in The Urantia Book, and I strongly suggest reading the papers concerning the Indwelling Spirits or adjuster or Mystery Monitor as it's called, it makes perfect sense that it is our 'inner God voice' that so many people have experienced talking to us as God.

The only thing I would advise being wary of concerning conversing with your Indwelling Spirit of God, is, if it's easy to do, to be aware that you might fall into relying on it to further distract yourself focusing on your bad feelings. Marion doesn't talk at all with her Indwelling Spirit, she has no desire to and doesn't want the mental distraction, not wanting to get caught up in her mind. She only wants to stay true to her feelings, so anything that might stop her doing that she doesn't do.

However, as we're all different, so far as I'm concerned, it's easy to speak with it, for myself being even easier than speaking with the spirits and the Mother and Father. So if that's the sort of thing you'd like to do, then I have written out a course designed to introduce you to who you can try and speak with on the inner realms and how you might like to go about it (The course is freely available on my Divine Love Spirituality free books page of my main DLS website - see below). As with all these things, there is no right and wrong way, only your way, and doesn't matter what you do, all so long as you keep paying attention to your feelings should you want to use them to uncover the truth of how you want to be.

I'm not going into great details about just what God is or what our Indwelling Spirits are, because you and read the relevant papers in 'The Urantia Book, and I've covered such things well enough through my writings. But I will add here, that as I see 'The Urantia Book, although initially mind expansive, as with all such books, it ultimately has its limitations and doesn't always match up with life experience. So in my writings I have taken a lot of what it says and added my bits where I have felt I've wanted more and had to go elsewhere to find out about such things. And it's a nice feeling when you feel you are doing it all yourself, no longer needing the help of anyone or of any books, which I hope you will one day about mine. And I hope you also get from my books, that I don't know it all, that some of what I say might be incorrect and need further clarification.

The last thing I want to say about the Indwelling Spirit is, according to 'The Urantia Book and my adding a bit more, should one finish their Healing, that will equate to reaching the level of fusion with one's Indwelling Spirit, which the book says means you can translate directly from Earth into the Celestial levels, because you've attained the Celestial level of truth. And if there were the case, then it would mean everyone who completes their Healing is immediately out of here, moving straight into their new spirit life without the need for the usual way we die. And although this might sound very appealing and would be one hell of an experience, still it means that humanity would lose the valuable input from everyone who does manage to complete their Healing. So I can't see this happening, because those Healed people I think are to play very important roles in the whole Healing of humanity, helping other people to wake up and do their Healing, just as the Celestials do for the Divine Love mind spirits. And if nothing else, at least being living examples or the living proof that you can actually finish doing your Healing in flesh.

And so having these thoughts, I asked my 'inner sources', who said that translation as such will not occur, and can't occur until the humanity has achieved the status of Light and Life with the descending of the Morontia Temple from the first Celestial sphere, because the Temple (or mini temples) is involved in the translation. So then I thought, I could have worked that out for myself, and so it must mean there is some way to forestall or prevent such an incredible experience: so do people actually fuse with their Indwelling Spirit when they complete their Healing, or it sort of postponed until they go into spirit?

And we shall wait and see what happens. I want to know myself through my own experiences, as I want to finish my Healing before I die. Anyway, as it's not up to me but my soul and my Mother and Father...

Living God's Will

Many people struggle with this, and some all their lives, but really it's very easy. The struggle is trying to work it out with, and then live it through, the mind, which you can't do, so the struggle is in vain. And so how you do live God's Will, which I've already written about, but will write again, is the same old refrain: 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.

And what about free will, as opposed to not having free will, it all being fated? And here again people get caught up trying to work such things out with their minds - which you can't do. So how I understand it to be is, on a soul level, which is existential, there is no free will, it's all 'Written', it's all encoded in your soul. Every experience you'll ever have, all that you will ever be throughout the whole of eternity, is put in there upon its creation by your Mother and Father. And once you start your incarnation, it's just one long continuous unfolding forever, it all perfect, so with everything perfectly happening to you in every experience, every moment as incredible as every other moment and all already planned and fated. Isn't that amazing to comprehend.

So on a soul level, every thought, feeling, every decision, when you change your mind ten times, and then once again just for good measure, all acting on your feelings or thoughts, it doesn't matter what you do, because all you are doing is all you are meant to do, all you will always do, all you would have always have done, with there being no such thing as being able to change or affect your destiny by the choices you make, as so many people would like to think. And you only have to closely observe your own life, to see that there are simply too many incredible coincidences for it not to all be perfect no matter what you do. For example: I go for my afternoon walk, I go this way and that, taking my time, enjoying the pleasure of having to be nowhere and doing nothing. I stop here for a bit admiring the scenery, I walk over there because something catches my eye, I sit and rest, I get up and keep going, time, hours pass, and then on the way home, right there in the lane-way in the unmown grass, is a copperhead snake slithering it's way along - WOW! I've seen so few snakes, and now here is one going up this little lane-way, giving me masses of feeling for me to feel and express. And I follow him, and he's not scared of me like they usually are, it crosses over to the other side, no one comes, incredible there are no other people, no dogs, just it and me. And then finally it finds the hole in the fence it's looking for, and through he goes and it's goodbye snake - WOW, did I feel lucky!

And so how about that, what an incredible experience! One I'll always cherish. All I did led me to that point to see the snake so easily like that. And I had no idea, coincidence you say, yes, but it's the same for every experience I had along the way, the snake only being one that stands out because I loved it so much. But what about all the other perfect experiences from my conception right they way through my 55 and a half years to that moment seeing that snake? All I've done, all the so-called free will choices, led me to meet that snake at that moment in my life. It's all too perfect, all perfectly laid out, and I'm living it out. So that's it from the soul level.

Then on the personality level, it's the complete opposite. I have full freedom of choice, full free will, or so it seems. I chose to do this and that all through my life, even choosing to go this way and that, to eventually arrive at the lane-way with the snake. So I might think that I'm in control, that it was all my own doing, I made all those choices. And that's what it certainly feels like when I think about my having complete free will and the freedom to choose the life I want. So it appears like I have full free will on one level, that of my personality, yet on my soul level I have none. And that's the incredibleness if it all, the existential soul level together with the experiential personality level exist intertwined, they BOTH exist together. And they both need each other. And trying to live one or the other is doomed to fail.

And again, none of it matters anyway, because all you have to want to do is keep focused on your feelings, and they will help you make increasingly the right decisions, so you can feel yourself in step with your soul. Increasingly I can feel that, although I have no idea about what I'm doing and the choices I am making and how they will effect me and other people, or effect the whole of Creation, that I am doing what is right for me, it's giving me the experiences I need, the feelings I need are there as I need them, and the truth is coming to light as I require it. And it's such a good feeling to walk in step with your soul, to know you are both on the same side, no longer battling it out trying to be the winner.

More on Free Will:

Free Will

Do we actually have free will?

On a soul level with everything being eternal and infinite and all so perfectly worked out, there's no free will, as there doesn't need to be, with even personality free will expression taken into account.

On a personality level, we do have free will, as we can chose to be true or untrue. And even though we were made to be untrue against our will through our childhood, still as adults, we are able to choose to keep being untrue or doing something about ending our imperfection and becoming true.

With the freedom of our minds, we can choose to honour all our feelings allowing them to lead us to the truth of ourselves - the truth of our soul; or we can use our mind to deny feelings. And with our patterns all unconsciously set within us from our early life, still we can awaken to the fact and strength of their control, and chose to do something about them.

Living the Will of God is then choosing to be as perfect as God is, for God is absolute perfection. So as we choose to become true as we heal ourselves by honouring our feelings truly, and we are lessening our imperfection as our feelings give rise to the truth, becoming increasingly true to ourselves and to God - slowly perfecting ourselves.

So we're slowly perfecting our imperfect Natural love, bringing it into line with the perfection of God's Love - the Divine Love. So the more our Natural love is perfected, the more we'll feel the benefits of the Divine Love we've longed for and received.

I enjoy moving between feeling like I have total free will as I make my decisions throughout the day, to feeling or perceiving that I have no free will as my soul has already taken any free will decisions of mine into account, if not even inspiring me to make such decisions in the first place. So moving between seemingly total free will, and seemingly no free will at all, with everything fated and predetermined, all of which in each moment I have no clue about, as I live my life that's been planned by my Mother and Father.

What do you do when you become aware of something you do, some behaviour you have that is bad, that makes you or other people feel bad? How do you change it? Do you just force yourself to change, or is there another way? And what if no matter how hard you try, you just can't force yourself to change, it's too hard - then what do you do?

It's misleading and wrong and doing yourself a great disservice believing that you have power through your mind to change the way you are, to create your reality, to apply positive affirmation and other mind controlling ways of being to effect behavioural change. It's easy, so many say, just stop doing it, don't do it anymore, apply your mind, your will, and stop. And for some people, this might be easy, for that's how it was for

them through their childhood, being encouraged and supported in doing this, it now being part of their feeling-denying pattern, Yet for those people who weren't falsely empowered by using their mind this way, it's all but impossible to do anything by applying your will to 'better yourself'.

And anyway, it shouldn't be done, not unless you want to actively advance and keep in place all your negative patterns and wrongness. Our minds have already been made to go against our true feelings, so by calling upon the mind to take even more control hoping to use it to iron out all one's problems, inconsistencies and imperfections, is going further against your true self and soul, it's further advancing your evilness, not allowing you to spiritually progress. It allows you to delude yourself that you are advancing spiritually, by helping you succeed in deluding yourself that through your increasing mind control over those errant parts of yourself, you are getting somewhere, when all you are doing is binding yourself up tighter to your imperfection.

How we can genuinely change and heal ourselves of our imperfections and hurtful and unloving behaviour, is by using our will to submit to all the feelings we feel about having such things, and doing such uncaring actions. To go other way, and not use our mind to increase its control over our feelings. To use it, if anything, to try and stop using it in this way, using it to try and ensure we stay true to all the feelings we're feeling, and especially the bad ones, as we long for the deeper underlying truth of why we are feeling them, looking to use them to show us that truth. And to keep on allowing them to come up, willing them to surface, longing for them to show themselves so we can go with them, and into them, plunging down as they take us into those hidden painful, murky and unwanted depths within us that we've been doing all we can to avoid.

We are to use our will to stay true to our feelings, which will then bring to light all the deeper and hidden causes as to why we feel we need to do the bad things we do, it helping us to see the truth of how we were forced to do such things through our forming years as part of our survival regime that was imposed on us by our unloving and unwitting parents, and how such negative self-destroying patterns became cemented in us.

And all we need to do is see the truth of our feelings, the truth of our unloving behaviour, nothing more. We are not meant to see the wrong we do and then try to fix it, again using our mind, we are simply to keep staying true to it, longing to our Mother and Father to keep bringing up all the associated bad feelings, and to help us see the truth of them. And in time, slowly, They will fix us, we will naturally change as our soul is able to express more

of our perfection in our lives through the increasing truth we see about ourselves.

Through our healing we are worked back to the deepest most ingrained negative patterns, feeling how powerless we actually do feel about fixing them or helping ourselves. And again doing nothing about them, just accepting them and all they make us feel, feeling the full pain, misery and despair of them, all whilst still longing to see the truth of why they are so heavily ingrained in us.

And we just keep going. Using our truly empowering will as we feel stronger about being able to submit to our bad feelings, allowing them to utterly overwhelm us taking us wherever it is within us we need to go, all so as to help us get to know every hidden nook and cranny of them.

And so the more you can 'fall' into your bad feelings, expressing all they are making you feel, willing yourself to no longer deny them but to fully embrace, accept, honour and allow them to be - to have their say, the better it will be for you, as you'll break the controlling imprisonment of your mind's beliefs. So gradually you will start to refocus your mind's direction to support expressing your feelings instead of deny and resisting them. And at the same time, any feelings based on your wrong beliefs, call them 'false feelings' - as they are not coming genuinely from your truth, will evaporate, leaving in place the true underlying feelings that your mind was refusing to accept.

We have been made to become more our minds than our feelings, and yet it's not with and through our mind that we spiritually grow. Our minds are working against our souls, being disconnected from our feelings, they are not as they naturally should be or will be once we've fully healed ourselves of our wrongness. So anything that supports or further enhances the power and control of our mind, should be avoided at all costs. And as hard as it is, to go the other way, breaking down that control, allowing yourself to feel as pathetic, stupid, meaningless, nothing, vile, futile, horrid evil creature that you are - all the worst of yourself. For contained, hidden within the worst, is the best of you - the truth of who you really are.

All your bad feelings and all how terrible they make you feel are not the real you, however for the time being and because you were formed in an unloving state, they are you, so they are not to be dismissed and denied, they are to be seen and felt for what they really are. But once you've allowed them to fully have their 'life' and say, allowing them out of their box and darkness into the light of day; once you express them out of yourself, then they

are gone, the truth coming for you to see why you felt that way, your personality changing as you become truer to your soul, and the freer you are.

Nothing implicitly tells us we are evil, and we have the freedom of will to carry on increasing our evilness or ending it. The Urantia Book tells us how the Rebellion came about and how all humanity was inducted into it, how Adam and Eve defaulted further causing humanity other problems, but we are left to understand that we are still in rebellion and default and what that really means. And what it means is, we are evil, and there is no such thing as they are evil and we are not, for we're all in it and of together. But we don't have to remain that way.

Then the book goes onto to inform us about how striving to live the will of God is the highest thing we can do for ourselves, but it doesn't say how to apply or even where to apply one's will to achieve that. But we can deduce from all it says, that naturally you'd expect to apply your will to end your evilness; yet still, how do you achieve this? And this is where our feelings come into it. And doing your Healing.

The book doesn't talk about feelings and the mind as is needed to be talked about, feelings are all part of the mind complex, which is true, however we've got their relationship wrong, creating feelings using our mind to pretend we are feeling all right, are loved and good, when we aren't. And that we need to use our will by living true to even these contrived feelings to move into and find our true feelings. That feelings are the way to the truth, not the mind.

Feelings are the expression of the spirit - the expression of the truth the Eternal Son is. The mind and it's beliefs and resulting behaviour is an expression of the Infinite Daughter, and the Son comes before the Daughter, that's just how it is, the Truth first, Feelings first, then the Mind. So to put your mind first and above your true feelings is dishonouring this fundamental Paradise relationship which is wrong, evil, and can only spell disaster. So the relationship has to be righted within the individual, by looking to one's feelings and striving to let go of the false control the mind believes it has. For really it doesn't have any such power, it only believes it does, so once those beliefs are relinquished, it will function naturally and loving as it's meant to. The Daughter will then be supporting the Son within you, the mind supporting feelings, and not overriding and conditioning them; and the Son supporting the Daughter, feelings supporting, guiding and nurturing the mind.

Having grown up with the mind calling the shots, gives one a sense a power based on

one's beliefs (albeit false power compared to the true power of feelings and the truth) and to then relinquish such control, to in a sense, abandon your mind, should, I would imagine, fill you with dread and fear, however this is what is to happen. And it will, slowly, allowing you to embrace and express and seek the truth of all that fear, and helping you adjust to your new way of living, feelings first, with the mind in support of them. And in time, the fear will go being replaced by truth, and the stronger will you become in your feeling-led life, as you will then fully and truly express it through and with such truth. And you'll look back on your old way of mind controlled life and be amazed at how insular and parochial it was, how limiting and mind-numbing, as you glorify in your new found freedom, soaring into the spiritual heights carried in upon the wings of your feelings.

So living the Will of God is living the will of your feelings. If you are living true to your feelings you are living true to your soul and so also true to your Mother and Father. And with your freedom of will you will continue expressing truly and perfecting all your feelings, as they carry you ever inward uncovering the truth of yourself and ever 'outward' uncovering the truth of our Mother and Father in Heaven.

How to pray to your Mother and Father

We are to pray with our feelings, which involves longing from and with them. Prayers in our mind don't go anywhere, however that's not to say you can't support your longing with words in your mind. I do both. But I always try to express what I'm feeling with words whilst ensuring I long. And what is longing? That is something we are to work out for ourselves. And our longing becomes stronger and purer, the truer we are to our feelings.

Mental, rote, repetitive prayer, doesn't do anything for you other than occupy your mind in the mistaken belief that it is helping you. If you are not trying to connect with your heart and soul with whomever you're praying to, then it's a false contact, and one that's not going to benefit anyone. Would you want that sort of relationship, one that is just mind-based and without any heart or feelings?

And as to what we pray and long for, is up to us, there are again no rules, it's just what you want, what you desire, what you long for the most. And through your Healing, I imagine you'll be longing for all sorts of things because your feelings will move you to.

And of course by longing to God, longing to your Mother and Father, is really longing to your Parents, you Their child is asking Them for what you want. As like a child, you can

ask Them for anything, and like Parents, it's up to Them what They want to give you.

Marion and I long for the Truth and Divine Love. Marion will also express all her bad feelings to the point of not being able to go any further with them, and then she might long and ask for specific help. For example, she might express the pain all her headache makes her feel, but then when she feels she can't do anymore, ask the Father to please take it away, which often He does. However, now He is responding more to her in this way than He did years ago, because now she's worked through so much of her unexpressed bad feelings, and is truer in what she wants.

And because we're all anti everything that we really need, so it's important that we make the effort to long. We have to come out of the belief that we don't need it, or it's not going happen, even if we ask for it, because our parent said no so often or broke their promises that we could have it, went back on what they'd said, punished us, and rejected us for asking, and so on, masses of unloving behaviour that's resulted in our denying ourselves the ability of freely expressing ourselves as a child would do. We are to be adult-children reaching out to our Heavenly Parents. And really what that means and how we are to be, will only come to us as we Heal ourselves. And by the time we are Healed and of a Celestial level of truth, then how we long and what we ask for will be true.

Ascension

We are ascending truth sons and daughters of God. We are to ascend from Earth - Urantia - in and up in light, frequency of spiritual vibration to Paradise. The Urantia Book gives us some idea of what an incredible, and incredibly long, journey it is. And we can technically begin our ascension of truth at any time, which means, as soon as we start to long for the truth; and earnestly, when we start to use our feelings to gain access to it. And when the truth comes up from our soul into our being, that truth carries a certain light, which has a certain frequency or vibration to which our whole personality, our whole being, expresses. So the more truth, the more spiritual light we carry in our soul, and the further we advance toward Paradise.

The first stage of our ascension is to move up through all the mansion worlds, which we can only do by doing our Healing. And we can do that whilst in flesh or when in spirit. And once we're Healed and having partaken of the Divine Love to the amount that transforms our soul into allowing us entry into the higher Celestial spheres, we are then free to carry on our ascension of truth, right the way through Mary and Jesus' universe of Nebadon, and then on through the rest of the Superuniverse - Orvonton, then through

the Central Universe - Havona, and then onto Paradise, the home of God. So we can begin our ascension or growth of truth now on Earth, and do our Healing to become a Celestial in flesh. And when we die, we will go into spirit moving, when we've got our bearings, to the world or sphere of truth we achieved on Earth, there to carry on with our advancement of truth. So whether we're doing our Healing or have finished it, or if we're still in our wrongness, still denying truth, then advancing our mind up through the mind mansion worlds to the high planes of the sixth world.

The notion of Transcendence and gaining Knowledge, as promoted by the East, is as far as I can see, simply progressing in your mind control, moving up through the mind mansion worlds. It is acquiring knowledge that does nothing for your spiritual growth, doing everything to keep you further from your bad feelings. It does all it can to use your mind to keep repressed your childhood pain. Being a guru is nothing to be celebrated for, even if you can perform all sorts of tricks, magic and healing, it's all what needs to be avoided if you are sincerely intent on uncovering the truth of yourself through your feelings. It is not true spiritual or truth ascension.

And the notion that the long awaited Ascension into the 5th dimension that the New Age people talk about, is just nonsense, they don't know what they are talking about, as there is no such thing, so it will never happen other than in their own mind fantasy.

Feeling-Healing; Soul-Healing

Now to bring your focus back to the Healing - because that's what it's all about if you seriously want to spiritually advance. And so reiterate once again just how important it is. You may feel there is no pressure on you to begin or complete it (and if you feel there is, then you know what to do with those bad feelings). There might still be more you have to do in your wrongness. However at some point, and be it here on Earth or when you're in spirit, you will feel the desire - feelings - within you that you want to commit yourself to it. And it is more than just a mental commitment, it becomes your life. It will take your whole life, every moment of your day and night to do it. It's not something you can do part time as if you do three hours a day on your Healing and the rest of your time is spent doing the rest of your life. Your Healing is you Healing yourself, it is your life, or will be when you begin it and fully commit to it. In the beginning you might focus on only a few bad feelings, expressing them and longing for their truth, however as you build into it, then it becomes the focus of your life - it then IS your life. Because you realise that being so wrong, you don't want to stop and go back to how bad you were. And it has to be begun at some time, otherwise you'll spend the rest of eternity, provided the Mother and

Father don't decide enough is enough, confined to the mansion worlds, never able to move higher, carrying on with your ascension to Paradise. And never knowing what it feels like to be true and free of the Rebellion, Default and having your mind control, never being free to live happily and truly in love with your soulmate. And never being able to enjoy your ever growing and deepening love of being with your Heavenly Mother and Father.

And as I said, it's conceivable that people might want to do their Feeling-Healing without the personal involvement of the Mother and Father through longing for and partaking of their Divine Love. I have no idea what it would be like not actually longing for help from the Mother and Father throughout your Healing, as Marion and I have done, but I guess it would just be longing to God for His help or however you see God, it all being kept on a more impersonal basis. From speaking with spirits, I understand that in theory one can do their Feeling-Healing ending their evilness by solely perfecting their Natural love, however having no example of this on Earth or in spirit, it still waits to be seen. Currently, and until the new Spiritual Age begins, all the spirits doing their Healing are doing their Soul-Healing with the Divine Love.

Mostly, and where I am focused, it's about doing your Healing with the Divine Love, so doing your Soul-Healing as I call it. Which is really your Feeling-Healing, yet with also the inclusion of the Divine Love. Then ensuring that not only are you Healing yourself of your wrongness, but also preparing yourself for the transformation of your soul the Divine Love will affect, and your ability to then grow in truth to the Celestial level and beyond, to achieve soul-fusion with your Indwelling Spirit of God. And as to how far one can advance in the Celestial spheres whilst on Earth, I don't know, for that too waits to be seen. However I imagine, spirits of the far off future, might be able to advance their soul in truth equivalent to advancing it right the way to Neadon, before they translate, and I would love to see such advanced mortals on the world and how they live compared to how we do in our current low standards of untruth.

So if you've not already decided, perhaps you might like to ponder these questions and see how they made you feel:

Do you want to grow in truth? Why?

Do you want to find the truth of your untruth? Being prepared to accept that you are scared, terrified of everything and everyone, terrified of your parents.

Do you want to completely heal yourself - why?

Do you want to end all your delusion that you feel loved?

Do you want to embrace all your suffering and pain and find out why you're feeling it?
 We're not supposed to be happy in our untruth - are you prepared to feel very bad as you
 express all your bad feelings?

Are you prepared to live true to your traumatised state feeling just how bad you feel?

Are you prepared to have all your buttons pressed so as to keep feeling bad, so you can
 bring up all your repressed yuk?

Are you prepared to feel and see how violated you are, how your parents violated you?

How does it all relate to you - do you want to have perfect and true relationships?

Do you want to be at-one with God? Why?

Do you feel you want to long for the Divine Love? Why?

Do you want to do your Healing? Why?

Have you chosen to end your rebellion today? Why?

Our soul

This is briefly what the spirits have told about how our soul expresses itself - we one of
 the personalities of our soul - in Creation.

Our soul is existential, it just IS, and where it is, IS. I call it for want of a better
 description, in 'soul-land'. We, the personality expression of our soul, is in Creation,
 Creation being where all experience happens. So the soul, all souls, from God's Soul to
 our souls, bring into being, or express into being through our personalities, Creation.

Our soul is always with us, it can't be separated from us. It's always expressing us in life.
 We are its expression, we are light the life of our soul being expressed as two equal
 personalities - soulpairs. We of course being one 'half'.

So what happens is, the soul sends soul-light into Creation, that light coming into the most
 deepest part of us on the personality level, deeper even than our spirit body, that being
 our will. Our will is like the deepest line of light in our spiritual system. Barbara Brennon
 calls it the Hara Line. And it comes into Creation beginning through the Heart of our
 Will, which Barbara sees and calls the Core Star, then encompassing our whole will. And
 our will, being a real thing, is very light sensitive, sensitive to soul-light, and experiential-
 light or spiritual light, the light that's generated by our experiences.

So the soul ends its light into Creation, and having first manifest our will-line or 'will-
 body', it then through that line or body continues to manifest the rest of us, all that our

aura consists of, so all our experience systems, our feeling, mind, psychic systems, our physical and spiritual bodies, and all the subtle bodies that connect us, all of these different aspects that make up being parts of our personality. So our personality is all of this, all we are being expressed in Creation by our soul. So the colour of our hair through the deepest will circuit - it's all us, all part of our personality.

We cannot cease to be, personalities being expressed in Creation, unless our soul stops emitting the mass of light needed to keep us going. And each tiny cell in the physical, each equivalent cell in our spirit bodies, and each equivalent cell in all our subtle bodies and in our will body, has the ability to receive soul-light, for without being sustained by it, it would cease to exist. And each little cell on all levels, as it exists, itself emits light, the light of its experience, which in turn shines back through the will body into the soul. So experiential soul-light is always coming out of the soul, as is experiential personality-light from every part of us and all we're constantly experiencing, going back into the soul, the perfect feedback system.

So the soul emits its light that causes us to have an experience, the experience of living or being; which then causes experiential light from our experiences, to go back into the soul telling the soul the desired experience has been lived, so the soul expresses the next soul-light, so we can have the next experience. And this goes on for the rest of our existence in the eternity. Pretty amazing - eh!

When it's said when we die the soul moves into the spirit body or into spirit or goes anyway, it's not right because the soul never moves, it doesn't have to, it's always where it is in soul-land. So all that happens at physical death, is the soul stops sustaining the physical body and associated subtle bodies that connect it to the spirit body. So the physical dies, but the rest of us carries on in spirit as our consciousness awakens in our spirit body. But our soul has not gone anywhere; and neither has our spirit body, as it's always been with us, right from conception, only mostly we can't see it or are not aware of it. But it has been developing along with our physical body right from the beginning, so when we die, it's already there fully formed and ready for us to consciously wake up in, for really we're already inhabiting it as we are the physical.

If a child dies, then its spiritual body keeps forming as it would have, had physical death not occurred, growing up into becoming a mature adult spirit. This all being orchestrated by the soul.

The Urantia Book says we don't have an existential soul (whereas the Padgett Messages do), and that we don't have a soul until around six or seven years of age when our Indwelling Spirit arrives, and that once we're working actively with our Indwelling Spirit, then our soul evolves out of the union or collaboration. And our soul continues to evolve as we do with our Indwelling Spirit once we die. However I disagree with this. And I believe the book has erroneously presented the soul in this way so as to be in keeping with its mandate that it has to abide by the restrictions imposed on it by the Rebellion and Default. I feel my soul was in existence before I incarnated, it then driving me into Creation through my childhood and into becoming an adult (as is said in the Padgett Messages). And as an adult, once we start doing our Healing, then we do also evolve our soul in truth; which means, we grow in truth as the personality expression of our soul, keeping on expressing ever increasing amounts of truth that reflect the true nature of our soul, all being as we properly and lovingly attend to expressing all our feelings while seeking the truth they are to show us as revealed by our soul.

So I relate to and feel my soul being the existential part of me, that part I can't quite define, yet can feel is guiding me and bringing me into being. I feel it as the heart of my personality, where the true essence of me is centred, and it's not just growing out of a liaison with Bob my Indwelling Spirit. I can feel my relationship with Bob evolving, as I can feel my truth growing and personality expanding (for want of a better word), as I feel more of me is being expressed in Creation. And on this level I can relate to our soul evolving, as in it growing in truth as I've said, it growing in light as I progress and so on, but still the real essence of my soul I feel, is that which my Mother and Father have created, that which I will become in the fullness of time.

To complete this section, we are not to do our Healing so as to achieve the ultimate control over ourselves, the whole notion of self-mastery is yet again a mind controlling term. We are to go the opposite way, to let go, submit and surrender to our feelings, trying to give up all control, which when done, will allow us to be fully unconditional and all-accepting, and without any desire to control whatsoever. However, that's not to say we won't live with a very strong sense of what is right and wrong, being empowered by the full strength of perfect and true will. We will be very dynamic in our feeling expression and righteous in our truth. However we will not step over the line wanting to control or influence another person. We will have complete unconditional respect them, for being themselves sin their own right, and with the right to do as they please, even if it displeases us. But we will not be walked all over, we might not fight, like Jesus, and death we will not fear, but we will express all we feel, all the time longing for the truth of it. We will end up

living a Feeling-Led life, one in which we can sense and know and understand is our soul driving us into being all the time, with ourselves being the personality expression of our soul that our Mother and Father want us to be.

Being of Service

The notion of being of service - service to others and not just a selfish self-centred person, is yet another of our mind-deluded ways of seeing things.

We are to be the child, so completely self-focused, particularly as we do our Healing. We have to be, because how can you wholly focus on yourself if you are still wanting to keep putting yourself aside and help the other person?

Being self-less, how we live it in our wrongness, is only being detrimental to ourselves. We put our feelings aside to attend to the other persons, that being said to be very noble and self-less, and an act of love. Yet it's all an act of unlovingness to yourself, and really is also not doing the other person any good on a deeper level, because you're just helping the whole rotten evil thing keep going.

Through your Healing, don't be surprised if your feelings lead you to give up being the martyr and the 'good and nice' person. You are NOT to put yourself aside, you are to put YOURSELF first - your feelings first - even to the detriment of all your relationships. Which gets hard, because you fear they all might end, and they might. However you don't have to do anything drastic, it's not a mind exercise remember, and you only do what your feelings move you to do. So you go with the flow of your feelings and see where they lead you, and you might even surprise yourself being able to change in your relationships gradually putting your feelings first, whilst also allow others to be as they feel. Nothing is black and white, and it's for you as to work out how it works for you. It really is one feeling-step at a time.

And we have to go back to being the self-centred little child that we were, that didn't get properly attended to, that didn't feel completely loved, and we have to be the good loving parent to ourselves being that unloved child. And it's a whole process, and as you fill in the outstanding gaps of your early life, so too will you mature into a true spiritual adult living the truth that's come to you. So in the end, being able to fully keep paying attention to yourself, whilst you do whatever it you want to do, which might involve helping others. And then that help will be true, pure and genuine, not based on false mind beliefs, it won't be something you feel obliged to do because of how you were brought up, believing it is

the right way to live, yet all at the expense of your own true feelings. It will be yourself, in your full spiritual light doing what you want to do, all based on your true feelings. And you will naturally express all the love of the truth you feel. It will happen naturally and easily, and you will feel very good, and know you are still attending to yourself and growing in truth, just as you help others do what they want to do. So help yourself first by paying close attention to your feelings, then you will be naturally helping others. It will all happen the right way round, because you will no longer be at odds with yourself and everyone else, you won't be forcing yourself to do anything you don't really want to do, you won't be carrying out pre-programmed patterns of belief and behaviour you're not aware of. You will be your true loving self. And it won't be about service or not-service, it will simply be your own personal expression of the love and truth that you are. Just how God created you to be.

Will Divine Love Spirituality become a religion?

I hope not. If it does, then it will probably have been adopted by the mind to the detriment of those trying to live it. And recently I have settled on the name: LOVE: The Religion of Feelings. I like that, to love the religion of feelings that is yourself. And that's about as 'religiosity' as I want to get.

Divine Love Spirituality is simply the name I've given to what I write about. I don't even consider it what Marion and I do. We don't do anything other than keep trying to bring out our feelings so we can uncover the truth of them. And we loosely call that for the time being while doing our Healing: 'Doing our Healing'.

And neither of us want to lock it down into a mind term, however it does help having specific words to relate to that express the feeling of it, and so that's why I use them in my writing. So in the end, I hope all humanity does their Healing, and simply live the truth that comes as a result. It being just life with the Mother and Father and Their Divine Love - life as I understand it to be in the Celestial spheres. None of the Celestial spirits I've spoken with have said they are living this or that religion or Divine Love Spirituality, it's just their life in spirit.

However, I can imagine people taking it or parts of it and trying to structure it, integrating it into their mind, trying to get some added power from it. However I also can see other people will be able to see through all that, and live true to their feelings and move beyond the need of such structures and control.

I have written about the possibility of what I call Paradise Houses, being places where people come to help each other understand and share what their Healing and life with the Divine Love is like, perhaps to enjoy praying and longing together for the Divine Love. And possibly certain formats could be developed to help people express their feelings, for there will no doubt be people like me who will need a lot of help in breaking through their barriers that prevent them from freely expressing themselves.

But really I don't know, nor is it for me to say how it should be. It's for people to do whatever they like with all I write. To take what I have written and apply it to their wrongness, or use to try and help themselves do their Healing. And if people can use it to help themselves Heal themselves of their wrongness, well that's great. But it's all for you, and has nothing to do with me. You are to do your Healing, not me, so you can congratulate yourself when you finish it; and I will celebrate with you in my heart, for it's a shit of thing to be subjected to and to have to extract oneself from.

A New Way

I have written that doing your Healing and then living true to your feelings is a New Way. A new way of living, and it's certainly been that for Marion and I. Each day as we change, we feel in some ways we're withdrawing further from the world, even though we're still in it. But that wrongness is getting less and less for us the more we Heal it out of ourselves. And we're feeling better and better about ourselves. And everything Marion has said would happen on the feelings and relationship level is now coming to fruition for us both.

Originally I thought I should wait and write this book summarising Divine Love Spirituality when I've finished my Healing (should that ever happen), but as it is still to be all part of my Healing, here it is, and I still have more Healing to go. So I'm sorry that I can't say - THIS IS WHAT HAPPENS WHEN YOU'VE FINISHED YOUR HEALING; AND YES, YOU CAN FINISH IT, IT IS A REAL THING THE HEALING. But perhaps if I ever do finish it, I will add a final update.

Summary:

Divine Love Spirituality

A New Way - The True Way

I love my Mother and Father and want to be like Them - true, perfect and all-loving.

Mary Magdalene and Jesus have told us we can long to our Heavenly Mother and Father for Their Divine Love; this is what I do whenever I feel I want Them to fill my soul with Their Love - the Divine Love.

I understand my love is natural love and not divine; however as I receive Their Divine Love into my soul, which is brought to me by the Holy Spirit, I am slowly becoming divine.

I want to be right, good and true, no longer false, wrong, bad and evil. I have come to understand through my life that I am imperfect, that I am untrue, that I dishonour a lot of my feelings - mostly my bad feelings; that I reject many of them, push them aside, dismiss and ignore them. I am doing all I can by using my mind to block my bad feelings out, and now I understand this is not doing me any good. And I want to stop denying these crucial parts of myself - my bad feelings.

I want to embrace my bad feelings, and all my good ones too; and fully honour and accept them, and then use them to help me uncover the truth of myself; which means: why I am denying them. I want to know why I feel bad in the first place, why I don't feel loved, why I don't feel always happy, why I feel miserable, sad, depressed, dejected, bored, anxious, scared, fearful, angry, furious with rage, guilt, shame and other bad feelings. I want to know why I don't have good, fulfilling relationships, why my life doesn't work for me as I want it to, why I am full of beliefs and behaviours that I now understand are detrimental to my well-being.

And I understand my Mother and Father have started my incarnation in the negative. That They want me to experience being evil - anti truth, anti love and anti life. All so I know what it's like to go against Them and myself. And that when I am ready, when They determine, I will no longer want to carry on being unloving to myself, nature and Them, and set about looking for the truth of my wrongness through my feelings, so as to heal myself of my rebellion against all that is good, right and true.

And I understand that all that is wrong within me on all levels - physical, all my aches pains and illnesses, emotional, mental, spiritual, and on the psychic levels - those where my feelings and mind meet, and with my will - why I can't assert myself truly and freely in life, is so because of what happened to me during my forming years. That all my problems and wrongness stem from my early years. And that all the bad feelings and emotions I was

not allowed to express when I was young are still trapped within me waiting to one day be released. The suppression of my pain and bad feelings is what is called my Childhood Repression, and I want to heal it. And heal it through and with my feelings and NOT by using my mind.

And this healing is called my Feeling- and Soul-Healing. I want to use my feelings to heal my soul. I want to use my feelings by living true to them to uncover the truth they are waiting to show me. I want to use my feelings to show me the truth of myself, of my untrue state; the truth of my relationships, the truth of nature, and the truth of God.

I long for the truth of my feelings. I ask my Mother and Father to help me see the truth of my pain and all that's wrong within me, through my feelings. I ask Them to bring up in me all my repressed bad feelings. And I long for the Truth of such feelings.

And I understand that Mary Magdalene and Jesus are soulmates and came to Earth to show us The Way. And we failed to understand most of their message, and that by simply looking to them and understanding what they said - as we long for the truth of ourselves, is inviting their Spirits of Truth to come and be active within us. And it is with the help of their Spirits of Truth that we can follow them as they've said we are to do.

And we can use the Padgett Messages in which Jesus informs us about the necessity of longing for the Divine Love; and The Urantia Book as a reference and guide to higher cosmic understanding; and other writings contained within Divine Love Spirituality, such as speaking with Mary M and Jesus and how to do our Healing, to help us grow in understanding, embracing our ascension of truth to Paradise.

[Divine Love Spirituality](#) is a contemporary spirituality for anyone who wants to develop or extend their relationship with their Heavenly Parents. And it's for the person who is intent on uncovering the whole truth of themselves; who is prepared to face that truth no matter how bad it might be; no matter how bad it might make them feel. And it's for the person who wants to dedicate their whole life to healing their wrongness. Who wants to end living the wrong and untrue way; and who wants to instead live the right and True Way. It is for the person who wants a New Way, one that is completely new, confronting all that's gone before. It is for you if you want to discover Creation and They who created you.

The whole focus of DLS is designed to help you fully express yourself - your personality - in Creation. Thereby focusing heavily on perfecting yourself expression so you can

perfect your relationships. Understanding that whilst you are not doing that, living untrue to yourself as you are, you can't have true and loving relationships. So by healing through your feelings all that's not right within you, you will gradually bring your self-expression into perfection and so have good, truly loving relationships, with yourself, other people, nature, and with your Heavenly Parents.

And by living the truth as revealed to you by your soul through your feelings, so you will know the right, true and loving way to live. You will treat everyone with feeling-respect because you'll be treating yourself that way. So morally you'll now know how to live, as you won't want to hurt anyone or do anything bad to anyone or nature, because you won't want to hurt or do anything bad to yourself. How we treat ourselves, the relationship we first have with our self, is how we relate to and treat everyone else. So we are to fix ourselves up first, then to express ourselves being true, perfect, all-accepting and all-loving.

DLS is about yourself helping yourself heal all your pain, wrongness and untruth, all through your feelings. It's about how to live a feeling-led life rather than the mind-led life we have all grown up in. It's about how to love and fully respect your feelings - which is your self - rather than continually disrespecting yourself and being unloving by using your mind to dominate and even dictate how you feel. Any feeling denial is bad, it will make you feel bad and cause all sorts of problems; and all feeling denial has to be healed.

DLS is about you saving yourself. You can't be saved by anyone else, not even Jesus or God. We have to get ourselves out of the pain we are in through our Feeling Healing, because there is a vast amount of truth and understanding that is to be gained by doing so ourselves. And we'll need that truth - the healing of ourselves, along with the experiences of what it's like to be untrue and wrong, for what we'll be doing in the far distant future. However in the meantime, as we've become evil, so with the help of Divine Love Spirituality, you can heal your evilness.

If you have one bad feeling; if you feel you have one thing you don't like about yourself or your life; if you are not completely perfect and your relationships are not making you feel the happiest most loved person alive, then you have reason to consider Divine Love Spirituality.

Help yourself first, before you help others. You are who is important - your own feelings. Pay attention to them, then you are paying attention to yourself. This is being as loving as you can to yourself. Love yourself first by embracing and expressing all your feelings and

wanting to know the truth of why you're feeling them, then you can love others. Then you can love others as you love yourself, allowing them to have all their feelings and not trying to stop them feeling what they feel. If you stop them feeling all their feelings, and if you stop yourself, then you are denying them, as you are denying yourself, the opportunity of using those feelings to uncover the truth they and you need to know.

I feel angry with the dog crying, and I feel sorry for it. However it's all a projection of mine, it's really all how I feel about myself. Really I don't care about it, as I can only care about myself. I believe I should care about it and the other person, but I can't, as I can't truly care about myself.

So the dog helps me feel like it's me crying, then I hate it for going on and on and making so much noise, just as I were hated going on and on making so much noise. So it's not actually about the dog, the dog is only helping me get more in touch with my relationship with myself and with them. So it's our self we're always seeing in the other person.

Talking out your feelings, by expressing them with the emotion of them, is the key. We have been given a voice to use to express our feelings so we can find their truth. And we need to speak them out because just doing it in your mind is not enough. If you speak it out then you feel you are at least existing, whereas doing in your mind you are not really existing, it all being nothing more than a fantasy. Doing things with only your mind, ultimately won't make you feel happy and fulfilled; only with your feelings will you feel truly good.

Scared of your own feelings

You will be scared of your bad feelings, so scared of yourself feeling them. And scared of bad things happening to make you feel bad. The worst you felt during your forming years, the most unloved, unwanted and rejected, such as like when you were in a terrible state and just left alone to cry yourself out, feeling like you are being annihilated, the worst of the worst bad feelings, becomes your lowest bad-feeling-common-denominator. So all your bad feelings you will be scared of, because you unconsciously believe they will all take you back to this worse feeling time, the Greatest Trauma. And it may be many such times that you're taking back to the worst of it, and so you never want to feel bad because you never want to feel those terrible times again. And into them you will have to go, time and time again, all so you can fully understand the sheer devastatingly bad feelings, feeling so unloved makes you feel.

This completes this introduction Divine Love Spirituality. I have only touched on the

most important aspects through the book, focusing heavily on the Healing because that is really what it's all about. I have expanded on and covered extensively all these subjects and areas and more about the Healing in my other writings, which you are most welcome to read.

Marion's and my spiritual biography (which I wrote in answer to someone wanting it), together with some examples of my writing with spirits and my very first writing with the Father

Thursday, 19 January 2017

James Moncrief - Spiritual bio:

Date of Birth - 15/5/1961. I like being a Taurus.

I was christened: James Collis Arnold; and Marion: Marion Macnab Mackay

Melbourne Church of England Grammar School. All the way through - Repeated final year 1979 (I hated every moment of school)

Melbourne University 1980 - 1982 Bsc Geology major.

Started working with a Melbourne Stockbroker Potter Partners 1984 (1 year, then left for London).

1985 - I lived in Denmark with my girlfriend, then moved to London, and Nicholas my brother joined me. (I'm the eldest, Suzi our sister is the youngest, she is heavily involved with TM - Transcendental Meditation. Since meeting Marion and beginning my Healing I've not had anything to do with my family.) Nicholas and I lived in London until Jan 1989.

1987 Monday 17 Oct - Stock Market Crash, which effectively ended my financial markets career. I'd just met a girl who introduced me to a New Age bookshop. I loved the idea of people speaking with spirits, which she said there were lots of books about. I was depressed and miserable, so thought maybe these spirits could help me understand the meaning of life. Bought all the Seth books and loved them.

Early 1988 - Stopped being a stockbroker, read all the New Age books I could get. One of the books was 'How to meet your spirit guide'. I did what it said and Zor (Zoranium) arrived in my head blasting off my meditation chair to guide me through those early years. I loved channelling and working with him. Thank you Zor.

Jan 1989 - Nicholas and I went to Los Angeles from London to meet with as many New Age people and authors as possible, and to see if we could get Nicholas' music going. I also helped Nicholas meet his spirit guide.

July 1989 - I returned to Melbourne, Nicholas remained in L.A. I started a New Age meditation group, past and present lives, visualisation meditations guided by spirits, hands on healing - all the usual stuff. Late 1989, in the large upstairs room above mum's shop, I started Milagro (after my Mexican girlfriend at the time) Meditation and Healing Centre. We never made any money, but we had incredible experiences with spirits. And it was where I first prayed for the Divine Love.

Jan 1990 - Nicholas returned to Melbourne with the *Angelic Revelations of Divine Truth* (A compilation of the Padgett Messages). I started praying for the Divine Love, and everything changed. All the spirits I'd been talking with said, as I'd now started longing for the Divine Love, they could reveal to me who they really were. So they changed all their names. As soon as I longed for the Divine Love, WHOOOSH in it flowed and I thought I was going to explode. I was sold on it! Nicholas and I would tag-team to the meditation room three or four times a day sitting in mediation for about an hour each time blissfully soaking up the Love. This was real and it was full on! In a months time with the Divine Love, the Creator, being how I'd previously related to God, suddenly became: The Father. I loved the messages of James Padgett, that was it, there was no comparison, I ditched the New Age stuff and introduced longing for the Divine Love in my meditation groups, which Nicholas and I now both ran. We had masses of incredible experiences with the angels and spirits, it was a wonderful time, I felt like I'd finally found what I wanted to do in life - this was it! I also read twice through *The Urantia Book*, which I'd become aware of in L.A., borrowing the book from a Tarot Card reader friend in Melbourne.

Mid 1990 Belen, the Mexican woman I'd started seeing in LA, came out to Melbourne to live with us - we were all living at mum's house in South Melbourne. Belen and I were, so we thought, invited to attend the annual Whale and Dolphin conference up North on the New South Wales coast in November? 1990. When we go there we were told we had to pay, we had no money; Belen being a free-lance journalist snuck into the conference tent on the beach, whilst I sat consoling myself with my spirit friends on the beach. I asked Zor: What's the highest spirit I can speak with? And then it was like the 'Cone of Silence' - Maxwell Smart - descended out of the ether over my head, and the words rang out: "I

am your Heavenly Father James, and I will speak to you.” The torrential rain started, and I sat inside the cafeteria with the Father speaking to me as I wrote my ‘first book’. Getting flooded out of our tent, which had holes in it, Belen and I caught the bus home with the Father still in my head, Belen not really understanding, and our relationship dissolved away.

During the following years Milagro ended, and we held Divine Love prayer evenings at various local church halls. Quite a devoted small group developed, and I continued channeling with the spirits, having other spiritual experiences with universal personalities, wrote channeled messages similar to what James Padgett wrote. I asked Jesus if I could speak with him, as well as other spirits in the PM, writing long hand, most of which I’ve no longer kept, they really being nothing more than what James Padgett had already written. It was also during this time that the Heavenly Mother started making Herself known to me, speaking to me, a deep feeling in my heart. I couldn’t place her in the context of *The Urantia Book*, it was odd, yet She kept coming forward, until by the end, she was ‘standing’ alongside the Father. I started to long to both of Them for Their Love, and starting toying with the notion that they were SoulMates. Also during this time, I can’t remember exactly when, whilst looking out the back glass-door into the night sky one evening when alone in mum’s house, Mary Magdalene descended introducing herself to me. I could back then vaguely discern the spirits. At that time I was living with another woman and I’d be sitting on the couch and then I feel/see them descend and they’d say: “Come for a walk James”. I did a heck of lot of walking and talking to the spirits during those years. I’d talk about whatever it was on my mind that was the latest thing I was trying to nut-out. They always gave me a little help but never the whole lot, just enough to get me to the next part to try and work out. It’s always been like that. Even writing with Mary and Jesus, mostly I’d already moved to working things out for myself then would ask them about it to see what they’d say. They’d expand on where I was up to and add a little more for me to move onto next. None of the spirits, except the Father at the beginning, just said: Here James, write this, like it was for James Padgett. James Padgett’s work was mostly on the mind level, whereas all mine has directly involved and resulted from what was happening in my life and in my mind and in my blocked feelings at the time. As I have grown and evolved, so have the spirits matched my growth in what they’ve told me and helped me understand. However most of the hard slog they kindly left up to me.

[August 1994](#) Marion went to see mum who’d set herself up as a clairvoyant, a talent she’d only recently told Nicholas and I she had, and mum advised her to the meet me. That same day mum introduced her to Zara (Nicholas’s girlfriend) who lived nearby, and Marion

saw on a chair, and then bought, a copy of *The Angelic Revelations of Divine Truth* from Zara, as we had imported all the James Padgett books we could in small numbers from America. Marion loved the book, it all rang instantly true for her; we met, and amazingly after all we've been through in our Healing, we're still together. When I picked Marion up a few days later, taking her to my meditation evening, we talked about the Padgett Messages and she was full of, not only understanding them, but taking them further based on her life experiences. She was the first person I'd spoken to about all of this - the speaking with spirits and the Divine Love, that I really felt just naturally understood it and that I could easily relate to. And even though she's never been interested in all the technical details and working it out with the mind as I have, whenever we've talked about any part of it, for her it's all just obvious, and why have I been labouring so long on it?

March 1995 - I was falling down a dark hole. My current relationship was failing - yet again; the meditation groups had run their course, nothing was making sense - surely after all this time longing for and receiving the Divine Love I would be feeling better by now, not worse, surely my sins and errors should have started to leave me being transformed by the Love - what was wrong? I longed hard to the Mother and Father to show me where I was going wrong. My relationship ended, and Marion and I decided to share a rental flat together by the beach in Elwood. Once I started living with her, and we quickly became closer than being just friends, everything changed again. She immediately helped me to see why I was going wrong. She was the Mother and Father answering my prayer for where I'd been going wrong. She introduced me to my need to do what we now call our 'Healing'. She said, you're not living true, it's all in your mind, you're not paying attention to your feelings, and it's through your feelings that you can become real and true, instead of the false untrue person you are. She holds the mirror up to me to face, and admit to the truth that she is right and I am wrong. You have to express all your repressed bad feelings, she said, as she'd been trying to do. We decided to do, all we could do, to help each other do our Healing. That became the basis of our relationship, and it's still the same nearly twenty-two years later. So everything evolved from being with Marion. She has led the way in our Healing, whilst I tried to work out what was going on. The Feminine Aspect that has been missing in my life and spiritual understanding, had arrived in person!

Prior to linking up with Marion (her parents have both died, her two sisters both younger are still alive), as I'd moved out of mum's house (my parents had divorced years ago when I was about ten? Dad remarried and died towards the end of our time at Elwood, mum is currently still alive (However I just recently heard she was dead having died possibly

almost a year ago)), Nicholas and I had less and less to do with each other, going our separate ways. He wasn't interested in the personal Healing side of things, so far as what Marion was saying. And it wasn't long, because of Marion's influence forcing me to question my motives and behaviour, that I began to see that I was full of shit about everything, and especially about my 'loving family'. And as she felt no connection with her family, we went to the local library to find a new surname, she liked Moncrief (One tree on the hill - I think it meant), and that was fine by me. [We Married 6/12/97](#); I got fired from my job at a local aquarium, we paid off her debts and the new car, and unbeknownst to the Australian Government, they have financed our Healing pretty much ever since (and are we ever so grateful to them!). We got rid of the TV, bought a grey Oriental cat (another big dose of the feminine and feline to help me with my Healing), and sat for five years mostly in the small kitchen with Marion talking endlessly about her masses of bad feelings, and her trying to prod and make me talk about mine. I've pretty much resisted her all the way along, as she's taken us deeper and deeper into our yuk. I want to do my Healing, but no I don't want the bad feelings! It was also towards the end of Elwood, that I started seriously writing 'my books' on my second hand Mac laptop.

[Dec 2001](#) we rented a house in Moorabbin, grew our own veggies, which we loved, got even more driven mad by our adorable cat, I continued to earn a little extra money servicing people's fish tanks, and we worked on ourselves and I wrote more books. Marion found in an op shop one of Alice Miller's books, which helped us feel we were on the right track with our Healing, introducing the term Childhood Repression, which Marion had been calling our repressed state anyway. We bought all Alice's books, realising her limitations because she wasn't including God and the Divine Love. Just before we left Elwood, Marion, upon my urging, decided she'd try and help people do their Healing if they were interested. I was holding another small meditation group and from this she quickly started seeing four people regularly trying to help them go deeper into their feelings. She did it for about two or three years giving it up in Moorabbin, deciding she didn't want to help anyone anymore, only herself. And that's how she's remained. It was too hard and too harrowing for these people, and for Marion, as she was flying blind all on her feelings. It was a fantastic experience, as it taught us so much about so many aspects of the Healing, but neither of us now want to get involved with other peoples Healing like that. And since then, we've been fully committed to just doing our own.

[Nov 2008](#) we were forced to leave Moorabbin due to a doubling of the rent as we were rezoned into an exclusive area called Hampton East. We moved to Phillip Island, because it was the only place relatively near Melbourne that was cheap enough for us. Currently

we're still in the same place. I got fired again from a part time job I worked at on and off for a few years on the Island at a Fishing Park. I kept writing, yet more books, up until July 2016. Then with the book Divine Love Spirituality only just begun, I'd felt like I'd completed everything so far as what I wanted to write. Only last week I managed to complete Divine Love Spirituality. And since then I've introduced The Religion of Feelings.

It's been since living on the Island that I started creating my own websites and blogs ([April 2009](#)) and trying to get people interested in Divine Love Spirituality, which by then had evolved into something I thought people might want to live. The focus being the doing of ones Healing by looking to one's feelings for their truth, whilst longing for and receiving our Mother and Father's Divine Love. I also started posting on the main Divine Love forum at the time (Doug's forum??) introducing some of Mary Magdalene's messages (<http://divinelovesp.weebly.com/mary-magdalene-and-her-messages.html>), which got strongly rejected. AJ Miller, soon after I joined the forum, sent me a private message informing me that he was Jesus reincarnated and that basically I should follow him. I said I wasn't interested, and I've had nothing personally to do with him. Over the years I've read only a tiny amount of AJ's work and have not watched any of his video's. I understood enough that he is doing something with feelings, but not like what Marion and I am. And it wasn't until only recently through the Pascas Care Papers that I've been able to gain access to some of Nicholas's work, that of James Reid, and The Judas Messages. I have indirectly been aware of these people's work through reading forum posts and visiting AJ's website occasionally (along with my posting on The Urantia Book forums and other New Age forums), more to see what was happening, if anything was - was anyone making any real spiritual progress by only partaking of the Divine Love and not doing their Healing? I got rejected everywhere I went with my stuff about the Healing, and I posted many posts on Before It's News, which helped me deal with being heavily criticised by Christians. A couple of people read my books and started their Healing, with Samantha on my Divine Love forum being someone who's completely committed to Healing herself. And she has helped me no end confirming that what I have written can be applied to one's life. I am so grateful to her: Thank you Sam.

Marion and I have basically had very little to do with anyone over the years, we have no friends as such, we don't see anyone, we don't go out, we don't go to the movies or listen to music or watch videos. I do all the shopping and necessary stuff, including having to do my Work for the Dole, and more and more all we want to do is stay at home working on ourselves.

Toward the end of last year (2016), I felt I'd completed my 'Revelation'. I'd given up trying to 'put my stuff out there' and no longer talked with anyone about it. I was hardly writing anything, bored - what next, still slogging away working on expressing my Yuk... Then Three Wise Men, came into my life, all asking me to keep writing, and to write this biography.

Marion - Date of Birth - 6/3/1951 Pisces - she loves being a Pisces

Marion went to Vermont state and high school in Melbourne. She left school at 15 (1966) and started working at Miss Melbourne knitwear department. Her family was Presbyterian, regularly attending church and Sunday school, with the minister being unable to answer many of her questions: "It's not for us to wonder why - God knows why, not us." She left her unloving home and horrible parents being rescued by her boyfriend her parents allowed her to have, moving out into a share home beginning her 'alternative life', exploring all aspects of life and anything spiritual. She married a heroin addict in her late thirties, divorced after he went to prison. Starting from 28 years old, she's been in three psychiatric hospitals in Melbourne and Sydney, and during her second stay, a psychologist Christine Terpaj got through to her making her express her bad feelings, helping Marion see the value of expressing all she was afraid of bringing to light, and that to really heal ourselves, it was about going into our repressed and hidden childhood feelings. Marion lived in Melbourne, Sydney and Brisbane, loving Sydney feeling the freest there, and also becoming involved in the Siddha Yoga Foundation, becoming their receptionist. She later moved to their Melbourne ashram working as their receptionist, and spent about a year at the main ashram in India; then she left Siddha moving to work in various jobs as a receptionist. When we met, she'd been living by herself for five and half years in a rental flat trying to say no to things she didn't want to do. She had worked hard on herself in feeling-based workshops like Genesis, and I was more than happy for her to stop work, as I was at the aquarium and we were just able to make ends meet at Elwood.

She doesn't want to have anything to do with all I'm doing with the new people coming into my life through DLS, other than what feelings it brings up for us both. She is only, and more so every day, wanting to work on herself, having less and less the desire to have anything to do with anyone else. Her withdrawing is her loving herself enough to say no, "I am putting myself first now instead of everyone else", which her parents made her do.

This is something Marion wrote during 2003 about herself when she was actively helping people try to connect with their bad feelings. Since then, as I said above, she doesn't want to have anything to do with anyone, as it only interferes with her own Healing, which is all

she wants to do.

Marion:

Since I was very young, I've wanted to live life the way God wants me to, and to be just like Jesus, full of love and kindness. The trouble was, I was full of misery and anger. My parents were very strict and intolerant, critical, and rigid in their rules and disciplinary measures – which caused me great fear, unhappiness, and repressed anger.

As I grew, I found life very difficult as a result. I couldn't 'get over' my unhappiness, my fear of people, my inhibitions – and all I wanted was to be the opposite. I wanted to be full of love like Jesus, love everybody, be kind, caring, generous, tolerant, fearless and all the good things.

No matter how hard I tried, I couldn't. I became very depressed, tried suicide, and spent a year or two in psychiatric hospitals – where I finally decided I couldn't go on, and gave up. I didn't eat for a week or two, and started fading away. All the while I was crying out inside myself to God to help me.

Then, a wonderful thing happened. Whilst lying on my bed, staring at the ceiling, as I had been for days...

I felt the most beautiful warm, honey-like energy or light, flow through me and all over me from the top of my head right down to my toes – filling me full with such a sweet glowing feeling, that I felt ecstatic! I have never felt so good. I felt fantastic. I felt like I'd been reborn – come back to life literally (well almost). Not physically dead, but dead of life, hope, strength. I'd lost a lot of weight and the nurses had been making me drink Sustagen, which made me constipated – and they were saying it wouldn't be too long before I'd have to be fed intravenously in hospital.

But the most amazing thing was that I suddenly WANTED TO LIVE – and to start my life again. I felt full of joy and love. I'd never felt like that before – nowhere near.

For the first time in my life, as far as I know, I actually felt good. I felt that I was choosing to live, choosing to be alive and to live my life. It was wonderful. At last. I never thought I could ever feel that way. I was thirty.

I know that it was God's Divine Love that poured into me and over me at that moment. I know that now. Then...well, I knew it was love of an amazing and wonderful type beyond

my comprehension, and I knew that it completely restored my soul.

Since then, I have been working through my problems, with the absolute guidance of God my Heavenly Father. More and more I know He was helping me and guiding me in understanding the truth of myself – the truth of the state I was in. He guided me to various workshops, therapies, to read many books, to talk to relevant people, in my quest to understand myself and my problems, and to see how to rid myself of them.

I have found it to be a marvellous and fascinating process – this journey to become myself.

And then, in 1995, I discovered the book, ‘The Angelic Revelations of Divine Truth’, which put everything into perspective for me, and showed me ‘the way to God – or God’s Way’ I’d been looking for all my life. I met James through this book, and since then have devoted my life (as has James) to serving Our Father in Heaven, by trying to help other people heal themselves of their afflictions and pain, as I have been healed (to some extent at least) myself.

So – this is me. I have no qualifications except my own experiences, and the things I’ve learned about myself and other people as I’ve gone along.

This (I think) is my earliest kept message from Jesus

(22/2/2003)

Good morning James. I am here, Jesus.

Mary and I do want you to write for us. In answer to your feelings over the past few days we intend giving you some messages.

We want to tell you more about our lives on Earth, what happened when we arrived in spirit, what we’ve been doing over these past two thousand years, and a little about what we’ll be doing in future.

As we have told you, but will explain in more detail, our time in a personal sense with humanity is coming to an end. We are giving over our personal involvement to others, and because of this, we want to leave humanity (and you) with a truer impression of ourselves. Our Spirits of Truth will still be overseeing people’s ascent in truth, and within them our personalities will be felt and perceived, but for the individual to readily identify with our Spirits, we want to tell you more about ourselves.

Up until relatively recently, until my speaking to Mr Padgett and Mary speaking with

you, all one has had concerning Mary and I is what is written in the Bible and what feelings that generates. We are tainted by its persuasion, making us more appealing to some, less to others. So through you, we want to try and give something of ourselves that is a truer expression, even though we are still limited by your personality and this form of communication; however, as you have grown in truth, we feel that at least we will be able to share enough of ourselves with you to shed more light on our true natures. All we want you to do is write that which comes to your mind, and if at any time you feel yourself coming up against difficulty, then tell us. And any time you want further information, or want us to explain things more clearly, please ask us. We will be monitoring your thoughts and feelings, and as you well know, there is more to your writing with us than you merely taking dictation. All we will be saying and our impact on communicating with you, will help you with your soul-healing, and developing your true relationship with yourself, with Marion, and with your Heavenly Mother and Father.

For the purposes of those who might not know, Mary Magdalene is my soul-mate. She is my partner in Creation, as I am hers. Together we are as one: the true Master and Mistress of our Universe in which you all live. I do not stand alone, as many would believe. I do not live without personal intimate company. I do not live only with the Father, or even with the Holy Spirit, or the Divine Minister. I need, as you do, a personal face-to-face partner, one who is like me, but not like me. One who is there for me and loves me, and wants me to be all that I am, and all that I will be, and all that my Heavenly Parents want me to be. I am not without personal intimate feelings. I am not so far removed from you that I am a God. I am separate from the Father – a separate personality in my own right. I am a Creator Son (re: The Urantia Book) who in partner with a Creator Daughter - Mary M - govern one local universe of time and space. I was a man, and in many respects I will always be only a man. And as a man, I do need a woman, and the Mother and Father have created my soul like yours in duality, with my other half being Mary.

Mary Magdalene is mostly thought of as a prostitute, a woman of ill repute, who came to me during my personal ministry on Earth asking me for my blessing, and for me to cast her demons out. But this is not true. It couldn't be further from the truth. So why then is it continually believed by so many people who purport to worship and love me, saying they are striving to live the truths I revealed? Mary wasn't a prostitute. It's only a story adapted by certain people who sort power over others. And still used by others who want power over other people. How dare they use her this way! The very same people who say they are righteous and good, and living the word and will of God.

On Earth I knew who Mary was, the Father told me; and when I met her, I could feel the truth in my heart, just as I still do. She came and embraced me as a loving disciple,

whom I openly welcomed into my life. I told her of her true souls relationship to me and of the restrictive conditions we both faced imposed by the Rebellion and Default, and she openly accepted all I had to say, living her part in our relationship together on Earth, patiently waiting until we could be reunited as one in spirit. Now we live and function together as the rightful leaders of our Universe, with the interests of all creatures in our hearts. We love you all, and long for you to all love us. And most of all, we love each other and our Mother and Father of Heaven. Perhaps one day we can all be united in love from Them, from the Two who are One Soul, the Two of Heaven who created us all and dearly love us. Perhaps one day we'll all be able to come together united under Their Divine Love, loving one another.

Had Mary been able to fully live and express her Daughtership on Earth, she would have revealed the Heavenly Mother of Creation to you all. This she did when she rose up in Spirit after she came into the mansion worlds; and this she does now, and has done since she poured forth her Spirit of Truth upon fully coming into her self-realised condition of soul. Together we are the true living mother and father of truth to our Universe. We are in effect, your true spiritual parents. And as I said, we are soon going to move back to Salvington, our true Universal home and headquarters, and resume complete universal ministration. This will mean that we will no longer be spending so much time here with Earth, concerned personally with the ascension of mortals and their progress through the mansion worlds, as they embrace the Mother and Father's Divine Love and strive to do their soul-healing. We will not be so visible and accessible to all, however our Spirits so Truth will remain for you to know us by, and to comfort you with truth when you are in need.

Let us finish our introduction here James, and we will continue later.
Jesus, Master Son of Nebadon.

And my earliest kept message from Mary Magdalene

From the Rejected Ones (on my DLS book page <http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>)

Message 3

(2/12/2002)

Hello James, I would like to speak to you today, Mary.

I am Mary of the Bible, as you know, and as I have not spoken to you for quite some time, and for the purposes of this work, I will begin with a formal introduction.

I am Mary Magdalene of the Bible, the one who was on Earth at the same time as Jesus of Nazareth. And, yes, we were on Earth; we are real; we did exist back then, and we do exist now living as spirits in the Celestial heavens. This might not be startling news, but what maybe of news, is that I am the soul-mate of Jesus. It is I whom is responsible for the feminine aspect of our universal Son and Daughter-ship. I am the living feminine truth. You are familiar with Jesus and his Spirit as expressed in the Truth he has revealed to humanity, but unfamiliar with my Spirit and the Truth therein.

And so it is that I want you to continue writing this work for me James. Just as Mr. James Padgett wrote for Jesus, I would like you to write for me. And in doing so, it will greatly benefit you. I, together with other spirits I have chosen, will tell you the truth I want to reveal, and it will, as you will find out, make you feel a lot better about yourself and your life. I am the missing part of The Truth to make the whole. And as you are appreciating, it's a much broader picture than what humanity currently understands. It is what humanity needs, the woman's perspective, so to speak.

It will be hard for many people to understand that having devoted so much of their time, love and prayers to Jesus, in the hope they will be saved and thought well of, that they have been only dealing with half the picture causing their prayers to be ineffectual. As to why this has been allowed to be for all these years is a matter of concern only for the Mother and Father. It was They who asked us, Jesus and I, to live as we did and be as we were whilst on Earth, just as They ask us to be as we are now in the Spirit Heavens. On Earth, Jesus and I became aware of our true identities, however I was forbidden to reveal and be my true self. I played my role of self-denial, as I steadily awakened to what the Mother and Father were asking of me, just as Jesus played his.

My focus with you will be to help show you how to uncover truth for yourself; how to look into your feelings and see what that they want to show you. How to concentrate on yourself – mind your own business – and become self-revealing. I want to guide you back to yourself so you will be able to see just how far away from yourself your parents took you. Your parents didn't mind their own business and allow you to get on with your own life, they continually interfered with you, controlled, dominated, told you how to be, what to believe, how to think; they didn't allow you to stay true to yourself. Your parents, James, caused you to lose yourself, to step away from yourself, to push yourself aside and be how they wanted you to be, and it wasn't right. Consequently you have suffered, and it's this suffering and what they did to you: how they caused it, that I want to help you see.

Jesus spoke of living the Will of his Heavenly Father, but to do this you must first live true to your will. Your own will must be in one piece; it must be able to function perfectly well. You must be able to do what you want to do, when you want to do it. If you are doing so, then you can choose with your will, for you do literally will yourself to, live

another's will, such as the Mother and Father's.

As a child you were not allowed to live true. You were not allowed to express your will, to live and therefore be true, to your own wants. You were stopped, inhibited and interfered with in many ways, all of which had the same result on you. You lost your power and gave it all to your parents. Your parents made you live their will. So what you now believe, but is unconscious within you, is your power, your ability to do the things you want to do, is all still only what your parents are allowing you to do. Unbeknownst to you, you are still only living their wills, with yourself struggling for something to do for yourself in it. You weren't conscious of this, so by the time you reached adulthood, you believed you were now the full master of your own destiny, but the wind doesn't always seem to blow when you want it to or blow and in the direction you want it to go. And why? Because there is no real YOU in the picture. Your life is merely a 'sub-life' of theirs, and will be forever until you choose to – will yourself – to do something about it. And this is extremely difficult to do, for how can YOU will yourself to heal your dysfunctional will, when your will is only a poor composite of your parents? You're pathetically trying to use your will in your life to get what you want, and yet all you are doing is living the will of two interfering people. And not only that, but they themselves are a mixed up composite of their parents wills. So in effect you are being parented by many wills: your parents and their parents effects on them, and then, if you go back even further, you're being affected by even more wills, and when does it all end? There are generations of people, none of whom have not minded their own business, all coming together through your parents to interfere in your life thereby inhibiting the true functioning of your will.

So you can see you will need to heal and be healed of all of this, to somehow remove all these interfering negative influences. All their wrongness, which defines you now, is reflected in how you function in life, all having been sculptured around your will-controlling parents, and it needs to go. And where is all this wrongness; all this will dysfunction; all the negative effects of not living as a true whole wilfully free person? Contained within your soul. And what needs to happen is for you to rid your soul of such negative influences. You need to somehow divest yourself of all negativity, and then you will be free. And true FREEDOM, is just this: YOU ARE FREE TO LIVE YOUR OWN WILL. You are YOU, right through you into the depths of your soul, and so all that you want to do, and how and when you do it, you will know, is, YOU. No one else will be consciously or unconsciously influencing you, and if they tried to do it, they would find it very difficult, for the integrity of your soul, your own feelings, would first alert you their evil intention and you would want to make them stop. There is no other true freedom. A free soul, that being one living in a state of pure love, is free being completely empowered by its own will!

Your soul James (as are all souls) is existential. It is in a state of 'Being', in a reality that is devoid of anything else except personality potential. This 'place' or 'state' or 'reality' is not in Creation, however Creation is of it, is an expression of it – an expression of Soul. Soul creates Creation. If a soul needs or wants to express itself – its personality in Creation – it needs to do something. And the first thing it does for itself is create or manifest its own will in Creation. At a moment prior to your physical conception, your soul has already started to manifest will, your will, that part of it – your personality – that's called will. And with this will it is then ready to literally 'will' the rest of its – your – personality, into life. You and your soul are one and the same. You are currently consciously focused on living and perceiving and experiencing life through Creation as you – your soul – express your personality. Once your soul – you – has begun its incarnation, it forevermore continues to will you into Creation. You are always an ongoing expression of your soul's personality. Without a will, an active part able to manifest in Creation, none of you would exist, not your spiritual or physical or thinking and feeling parts, nothing. So your will is very important, and should anything interfere with it, then that interference is going to have a negative effect on your souls ability to will you into life. When your parents imposed their wills on you, that imposition affected your will. It affected how you will yourself about in life: how you do things, how you express yourself, how to get what you want; how to live true to your feelings so you can use them to find or uncover the truth of your soul – the truth of you.

The Mother and Father are a Soul-Personality, and we have been created in Their image. They have created our soul and bestowed personality upon it. And being our Parents, They want to get to know Their children, and so we need to have our wills functioning perfectly so we can relate to Them and They can relate to us. If however, your parents have interfered with your will, then you can't relate to God, as They want you to and as your soul longs to.

If you want to be as perfect as God is, then you will have to heal your will imperfection. If you want to live the Will of God, then you will have to heal your will dysfunction. If you want to live at-one with your Heavenly Mother and Father, then you will have to first become at-one with yourself, healing all that is wrong in your relationship with your own parents. So long as you're living in a negative will state, you will NEVER be able to ascend in truth and arrive on Paradise and be with The Two, who are One, who created you.

As Jesus has revealed in the Padgett Messages, he and I were born on Earth in a perfect state of being. Unlike you, our wills remained perfect, our parents couldn't negatively interfere with them. We could not be influenced by any evil, and even though we still had to maintain a purity of mind, this was not hard to do as we felt the truth with all the feeling of a complete uninterfered with will. However, the problem Jesus and I faced was,

we weren't, owing to certain incarnation restrictions placed on us because of the Rebellion and Default, allowed to express our full wills, our full selves. Jesus could express himself more than I, as the male was more dominant, the woman more suppressed; and my life was reflective of that, being able to mostly only tend to the sick and poor. I couldn't teach and reveal truths alongside Jesus as his equal. I could only help people in my humanness and not as a full Daughter of my Heavenly Mother and Father. My 'time', as I understood it when on Earth, was to be after I died and entered the lower Mansion worlds. Then I was able to fully reunite with Jesus and reveal the truth that I had within me: that God is my Heavenly Mother. Had I been able to reveal my truth to humanity when I was on Earth, then you would know from Jesus and I that God is both your Heavenly Mother and Father – the feminine and masculine aspects being fully expressed through Jesus and myself.

Strange as it may seem, but the truth of who I really am is not hard to keep from Earth or the natural love spirit worlds: mansion worlds 2, 4 and 6 as Jesus spoke of them to Mr. Padgett. Those in spirit who wanted to know, lived in the Divine Love mansion worlds 3, 5, 7 and above in the Celestial spheres (mansion world 1 being a mixture of both and the introductory world for Divine Love). The separation between Divine Love and only natural love maintaining something of a natural barrier preventing the spread of truth. So humanity on Earth has had to wait until now for a new and full presentation of the truth of myself. Of course many have suspected and speculated about me, but until I reveal my own personal soul nature, no one can know for sure. But now you can. Mr. Padgett was unable to accept and embrace me, as Jesus began his re-revealing of the Truths of Divine Love through him, and I am beginning my revealing through Marion and you, James.

It might be difficult to believe that no one wanted to know the Truths of Divine Love, but it is so. For two thousand years nothing changed. People might have been disgruntled with what the Church called truth, and many searched for meaning, but it was all from and with their minds, and not their souls. James Padgett had a sincere soul longing to which Jesus was able to respond to. And you have had a deep soul longing for the feminine aspect of truth to which I am able to respond.

Jesus revealed through Mr. Padgett the truth that the Father is offering His Divine Love to you. I am revealing through you that both the Mother and Father are offering Their Divine Love to you. Jesus also revealed that upon partaking of this Love, one can undergo a soul transformation into the New Birth; and I am revealing through you, that this inner transformation is called your Soul-Healing. And it is something that you have to consciously make an effort to do. You have to willingly choose to do it; and in doing so, will eventually heal all your will of imperfection – all of the negative you were forced to accept from your parents. And together, Jesus and I will tell you that it is by longing for

and wanting to live true to yourself: true to your feelings, that you will uncover the truth of your negative will state and heal it. And when you are healed, you will be free to live as Jesus and I do: perfect in our Divine Love souls – as Celestial spirits living in the Celestial spheres.

Humanity has fallen from Grace. It hasn't consciously or willingly rebelled against the Mother and Father, but has rejected Them by default. This has led to the negative will state being passed on by default from one generation to another. The result is you are very confused and lost, living with little truth or real understanding about the spiritual nature of things. You have fallen the equivalent of the seven mansion worlds, so to heal yourself back to perfection, you have a long road ahead as you ascend your way in truth back up them. Your soul-healing will be very testing as you uncover the truth of all your negative will. However, humanity is now longing for such truth, and so the way is being presented for those who want to take up the challenge. Now is the time, Jesus and I are revealing to you that which you need to understand to help you; that which will answer and appeal to a sincere heart and soul longing for love and truth.

I feel that is probably enough for the time being James. I will now leave you. Mary Magdalene, 'Sister to all sisters, and soul-mate of Jesus.

This is my first writing with the Father on the beach up North at the whale and dolphin conference. (I thought it was much longer, but I must have inadvertently sent the rest back to God. I vaguely remember years ago I had a big clean out trashing most of my hand written stuff along with my earlier computer attempts. My writing was woeful back then (I hope it's improved through my Healing years), and there wasn't anything in the work that I've not brought up to date and expanded on during later years.)

November? 1990 - With My Heavenly Father

James my child, I ask of you to do only one thing for Me, and that is to ask Me for My Divine Love. I want you, if you are willing, to long to Me for My Divine Love always, to keep your heart focused on Mine so that one day we will be able to achieve the union of love that I have destined your soul to make with Mine.

Pray to Me with all your hearts longing for My Love. And remember that it is My Love alone that can ascend you through the Heavens to finally be with Me on Paradise. It is through the partaking of My Love that you will come to know Me as you come to know yourself. There is only one objective, there is only one Great Love, to be Divine as is My Love.

As My Son, Jesus, has informed you through His messages and those of the Celestials contained within The Angelic Revelations of Divine Truth, ask Me with all the sincerity of your heart for the inflowing of My Divine Love. Ask Me to direct My Holy Spirit, the carrier of My Love, to come to you - your soul, so that it may be filled to overflowing. I want you to have as much of My Love as you can in any one moment. I want you to have it always, and as much as your soul can manage at any one time. I want you to become of my Divine Essence, for I want you to become just like I am, Divine. I want you, and when I refer to you, I always mean you - your soul, to become as I am in My Divinity, Perfect. I am perfect, and I want you to be just as perfect as I am. I want you to live in and with My perfection of soul. I want your soul to be perfect, even as I am perfect, that being, perfect in Love.

James, as I have told you many times before, I want you to love Me as I love you. I want you to be of My Love and nothing more. I want you to long to Me to saturate your soul with My Divine Love. Long, long, long and then long some more.

I know in your state it is very difficult to maintain a steady and constant focus on Me, and to keep your will adhering to its longing for My Love, but just try as much and as often as you can. The more of My Love you receive into your soul the easier to stay with Me it will become. I am with you always, I have never been anywhere else, but you have not always been with me, and yet it is for us to be together forevermore that I seek and long for from you. For you to be with Me, your Father in Heaven, the Father of your soul. I want you to get to know Me, as you get to know yourself. I already know you, yet desire that you become fully yourself, so that we can once again relate personally and intimately together as if we are one.

Your Loving Father of Heaven, and Father of your soul.

Divine Love Spirituality

FREE BOOKS

FEELING-HEALING with DIVINE LOVE is SOUL-HEALING

First, consider discovering the truth of your emotional pain through Feeling-Healing. Second, consider longing for our Heavenly Parents' Divine Love, as you progress with your Healing. This is the highest and truest spiritual life you can live.

Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

James Moncrief publications: all FREE pdf downloads:
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

Please consider the following, found at the above link:

These books provide the essence of James' work and are 'suggested' reading by him.

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. A brief introduction to Feeling-Healing.

Feeling-Healing - you can heal yourself through your feelings

A brief introduction to Feeling-Healing, including people's personal experiences of doing it by expressing their feelings, whilst longing for the truth of them.

The Rejected Ones

James' first series of 'messages' from women spirits, introducing Mary Magdalene and our Heavenly Mother, and why we need to do our Feeling-Healing or Soul-Healing with the Divine Love.

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. They provide a wide range of guidance that has never previously been made available.

Paul - City of Light

A romantic introduction to the Divine Love and Healing, being James' first novel.

Feeling Bad? Bad feelings are GOOD!

More understanding about the denial of our feelings and why we shouldn't deny them, including 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 their bad feelings, with the hope that it will help you gain something of an idea as to what's involved in doing your Feeling-Healing.

Ann and Terry

Ann and Terry are doing their Healing. An example for people who might want to immediately start working on themselves doing their Feeling-Healing. A novel.

The Religion of Feelings

Welcome to LOVE - the Religion of Feelings.

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	945
The Urantia Book	(see suggested papers to read below)		

James Moncrief

		Pages
The Rejected Ones – the Feminine Aspect of God	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	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)		
Mary Magdalene and Jesus' comments on the Padgett Messages - book 2	Sep 2010	177
(Messages from 13 January 1915 – 29 August 1915)		
Speaking with Mary Magdalene and Jesus blog – book 1	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	Apr – May 2013	229

Speaking with Mary Magdalene and Jesus blog – book 3	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	Jan – May 2014	191

Mary Magdalene comments on Revelation from the Bible KJV (Dec 2013 – Jan 2014)	84
This group being pages of	1,825

Paul - City of Light	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
Course: 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	2017	250
Feeling-Healing - you can heal yourself through your feelings.	2017	150
The Religion of Feelings	2017	40
This group being pages of		3,085

WEBSITES

The Religion of Feelings	http://religionoffeelings.weebly.com/
Introduction to Divine Love Spirituality	http://dlspirituality.weebly.com/
Main website of DLS	http://divinelovesp.weebly.com/
Childhood Repression website	http://childhoodrepression.weebly.com/
DLS and CR forum	http://dlscr.freeforums.net/

Other reading to consider may include:

Condensed versions of The Padgett Messages being published as:

The True Gospel Revealed Anew by Jesus volumes 1 – 4

<https://www.amazon.com/True-Gospel-Revealed-anew-Jesus/dp/1291958665>

[Book of Truths](#) by Joseph Babinsky.

<http://www.lulu.com/shop/joseph-babinsky-compiler-and-james-e-padgett-recorder/book-of-truths-large-format-paperback-edition/paperback/product-12297372.html>

Suggested essential papers of [The Urantia Book](#) as an introduction to the book:

see post dated: 10 Dec 2016 <http://dlscr.freeforums.net/thread/158/urantia-book>

[Alice Miller: FOR YOUR OWN GOOD](#) <http://www.nospank.net/fyog.htm>

The Pascas Papers

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.

Pascas Papers are located within the Library Downloads www.pascashealth.com

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

A downloadable index to all Pascas Papers. [PASCAS - document schedule.pdf](#)

(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 the papers below can be found at the Library Downloads link above.)

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

Divine Love Spirituality
 The Religion of Feelings
 Feeling-Healing
 Soul-Healing with Divine Love
 Pascas Care
 LOVE