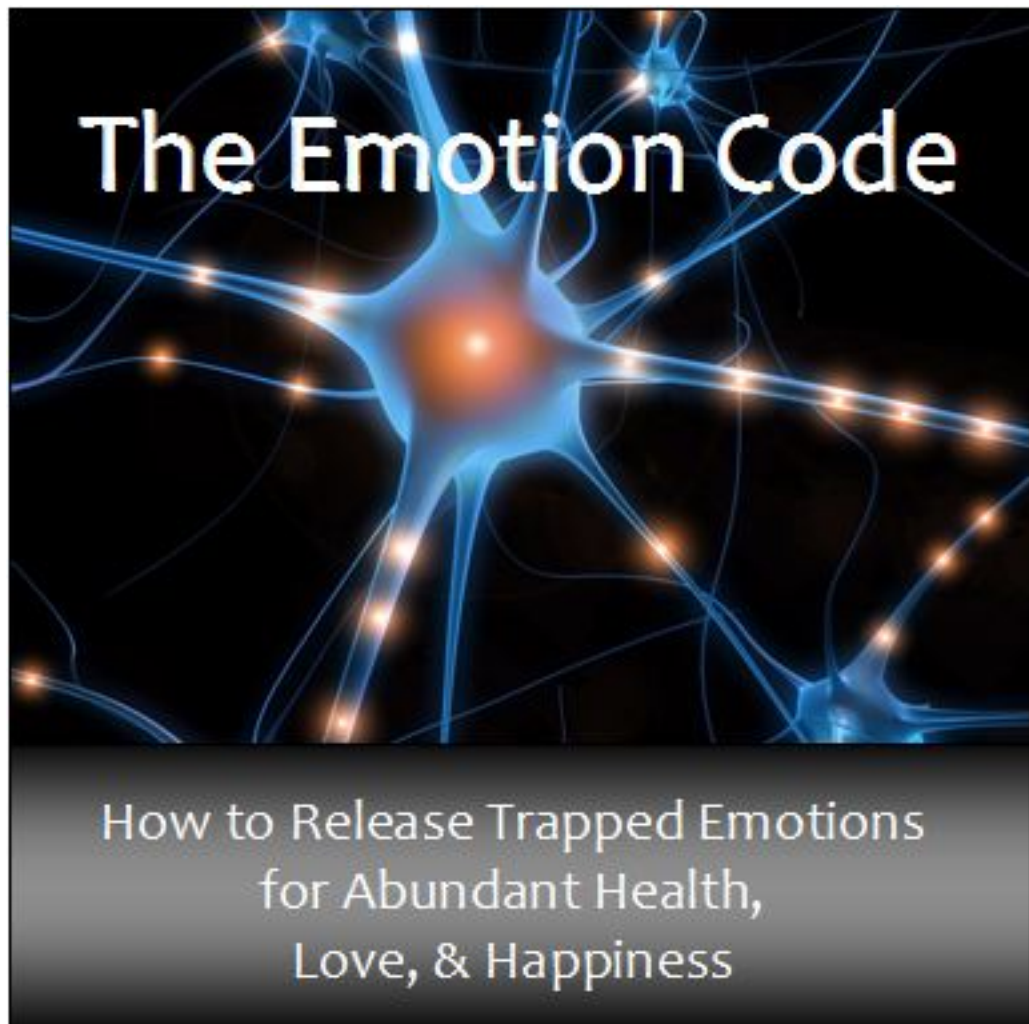


# PASCAS CARE

## *Emotion Code*

## *Pathogens*



“Peace And Spirit Creating Alternative Solutions”

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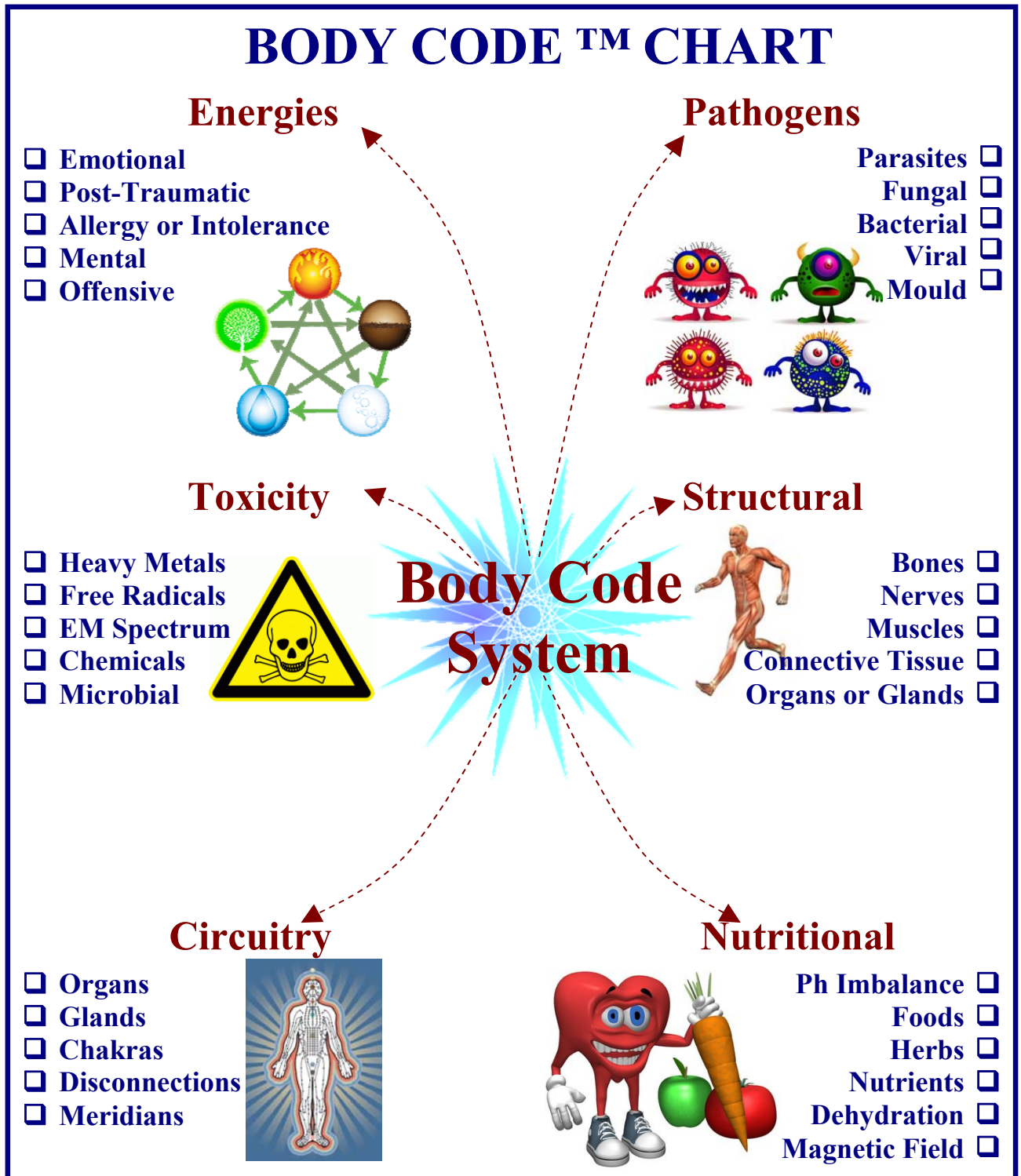
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

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

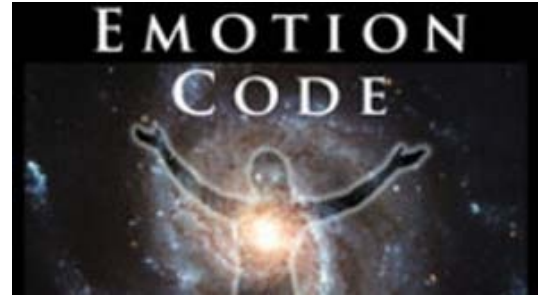
**Treatment Session =  
Management of energy flow within in our bodies  
= Release of Negative Emotions.**





## **BODY CODE – PATHOGENS:**

The purpose of this module is to help you to understand the different kinds of *pathogens*, how to detect them, and what to do to correct them. Pathogens include infections like viruses, bacteria, fungi, and mould, as well as infestations which refer to parasites.



- **Understand different kinds of Pathogens.**
- **Understand how to detect and what to do.**

### **INFECTIONS**

- **Infections: viral, bacterial, fungal, mould.**
- **# 1 killer worldwide.**
- **Trapped emotions enable these and can hamper recovery!**



### **Infections**

First of all, let's talk about infections. Infections include *viral infections*, *bacterial infections*, *fungal infections* and *mould*. Infections are the number one killer worldwide. Literally over two million people die from infections worldwide every year, far more than from any other cause.

If trapped emotions are present, they can interfere with the body's immune system and hamper its natural ability to recognise and eliminate infections. In fact, they even enable infections by distorting and unbalancing the bodily tissues, allowing the infection to grow and proliferate. One trapped emotion can decrease your immune system function by as much as 20%.

### **VIRUSES**

- **Extremely small (1/100<sup>th</sup> bacterial size).**
- **Flu, common cold, HIV, H1N1, etc.**



### **Viruses**

Viruses actually were named after the Latin word *virus*, meaning *toxin* or *poison*. This is appropriate considering how destructive they can be to the body. Viruses are extremely small – about 1/100<sup>th</sup> the size of the average bacterial cell and can't be seen with the average microscope. Viruses include the flu, or influenza viruses like H1N1 or the swine flu, the common cold, herpes viruses, Hepatitis viruses, and

HIV or the AIDS virus. Viruses actually multiply by destroying the cells of your body, one by one. Each little virus has the ability to invade a cell, where it makes a copy of itself, destroying your cell in the process. Viruses actually mutate over time, so the medicines and vaccines created to cure them are often ineffective by the time they become available. There are a lot of people who feel that the new emerging viruses are actually being created either accidentally or on purpose in laboratories. There's a book that you can read about this if you're interested, it's by Dr Leonard Horwitz, called AIDS, Ebola, and Emerging Viruses.

### VIRUSES

#### To test:

- **Ask person, "Do you have a viral infection?" or have them state "I have a viral infection".**
- **Sway forward, or strong muscle test is positive.**



### Testing for Viral Infections

To test for the presence of a viral infection, you could simply ask the person, "Do you have a viral infection?" Or you could have them state, "I have a viral infection." If they sway forward, or if you get a strong muscle test, then the test on that would be positive.

### VIRUSES

#### Best treatments:

- **Wild Oregano leaf or oil capsules.**
- **Olive Leaf Extract.**
- **Colloidal Silver.**
- **Test for dosages.**



### Wild Oregano

A lot of the time viral infections are low grade, meaning they are mild and not dangerous. In other words, often times, they won't show up on any kind of medical testing but yet they will tend to contribute to illness and make the body sick. The best treatments that I (Dr Bradley Nelson) have found for viruses are actually herbs like *wild oregano leaf* or *wild oregano oil capsules*. Wild oregano is a little different from the kind of oregano that you buy in the spice aisle at your grocer. Wild oregano, I am told, is a certain kind of Mexican sage plant that's like oregano. Wild oregano leaf actually grows in the foothills of the Mediterranean. There are several different wild oregano products you can find commercially – just muscle test to see which one your body wants. If you have an herb garden, you might want to think about adding wild oregano, but it should be easy to find in most health food or supplement stores, if not online.

## Olive Leaf Extract

*Olive leaf extract*, which is just made from crushed olive leaves, is another powerful antiviral remedy. This should also be easy to find in stores or online, but if you have an olive tree in your yard you could certainly make your own as well!

## Colloidal Silver

*Colloidal silver* is another very powerful, antiviral, anti-bacterial, anti-fungal compound. Colloidal silver is simply silver ions that are in solution – it doesn't look much different than water to the naked eye. When babies are born, the nurses will put drops of silver nitrate in their eyes, to prevent blindness and other complications in case the mother has some kind of infection or sexually transmitted disease. If you get an eye infection, you can put a drop or two of colloidal silver in there, every few hours for a day or so, and it will usually take care of the problem very rapidly. Colloidal silver is a remedy I've used for many years, and it has always been reliable, whether used orally or topically. It's a good thing to have in your medicine chest as its multi-purpose and lasts a very long time on the shelf. There are ways to make colloidal silver at home; however it is also very easy to find in stores. I would caution you to be careful with colloidal silver because it is possible to take too much of it, which will turn your skin blue. The nano-particle colloidal silver doesn't seem to do this however. Make sure to muscle test the body for the correct dosage – not going too far beyond the recommended intake listed on the label. Any natural remedy or herb can be muscle tested for the body, as well as the dosages the body needs. The body will know exactly how many capsules of wild oregano, or olive leaf, or how many drops of colloidal silver that it needs.

## Determining Dosage

Here is how to determine the dosage of any remedy for any kind of infection or infestation:

**Ask: “Is \_\_\_\_\_ the best remedy or herb for the \_\_\_\_\_ infection / infestation?”**

When you find the type of remedy or herb that tests good, you'll want to find out what dosage the body needs. So you'd ask, **“Do I need 5 capsules per day?”** or **“Do I need 10 drops per day?”**

If the answer is yes, or strong, this indicates the body needs at least this amount, so you'll want to go higher to test for the maximum dosage, like this: **“Do I need 10 capsules a day?”** and so on. If the answer is still strong, test again, **“Do I need 15 capsules? 20 capsules? 25 capsules?”** etc. Eventually, you'll get to the dosage that you need and if you go on beyond that, suddenly you'll get a weak muscle test. For example, if you need 25 capsules a day and you ask, **“Do I need 25 capsules a day?”** You will get a weak muscle test. After you determine the daily dosage, you can determine how many days or weeks you need take the remedy or herb, that way you will know how much to buy.

**Feelings first**

**LIVE FEELINGS FIRST**

**BACTERIA**

- **Larger, single cell organism.**
- **Strep, Staph, Salmonella, E.Coli, etc.**
- **Tuberculosis, pneumonia, cholera, syphilis, anthrax, leprosy, bubonic plague.**

**Bacteria**

*Bacteria* are larger, single celled microorganisms, such as strep, staph, salmonella, E. coli, and H. pylori. These organisms create diseases and problems like Tuberculosis, Pneumonia, Cholera, Syphilis, Anthrax, Leprosy, stomach ulcers and Bubonic Plague. Bacterial infections can be deadly, as you can tell from the diseases just mentioned. Most of the time, at least in the world today, what we see are *low-grade* bacterial infections. Just like low-grade viral infections, low-grade bacterial infections are mild and not life threatening. They can, however, cause a lot of problems in the body, usually showing up as lack of energy as in Chronic Fatigue Syndrome, muscle pain like in Fibromyalgia, stomach ulcers or acid reflux, skin rashes, and other bothersome but not dangerous problems.

**BACTERIA****To test:**

- **Ask person: “Do you have a bacterial infection?” or have them state: “I have a bacterial infection.”**
- **Sway forward, or strong muscle test is positive.**

**Testing for Bacterial Infections**

To identify a bacterial infection, you can simply ask the body if there is one or not. The subconscious mind knows if there is a bacterial infection present, no matter how minor it may be. You can state, “I have a bacterial infection.” The body will sway forward, or you’ll get a strong muscle test if there is indeed a bacterial infection present.

*Remember that any kind of infection is potentially dangerous, so I would advise you to seek medical assistance if it is available to you. If you are on your own, you can use one of the natural home remedies in this program.*

**BACTERIA**

- **Note: Any kind of infection is potentially dangerous! Seek medical advice if available; if not, here are some home remedies that seem to work in many cases.**



## BACTERIA

### Best treatments:

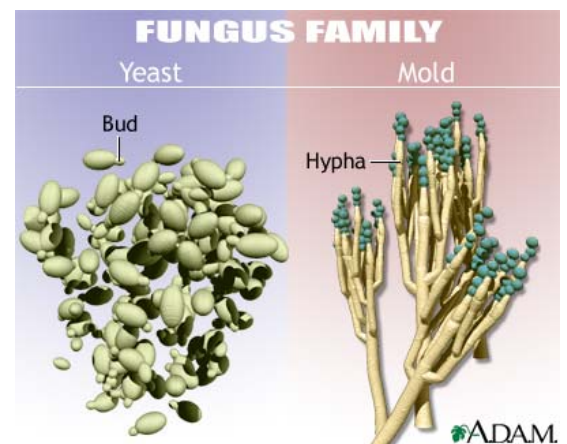
- Wild Oregano leaf or oil capsules.
- Olive Leaf Extract.
- Colloidal Silver.
- Test for dosages.



The best natural treatments for bacterial infections that I (Dr Bradley Nelson) have used are the same remedies for viral infections: wild oregano leaf capsules, wild oregano oil, olive leaf extract, and colloidal silver. Simply test for which is the remedy you need, the daily dosage, and how long you need to take the remedy for.

## MOULD vs FUNGUS

- Technically, mould is a type of fungus.
- Show up differently on testing.



### Mould vs Fungus

Technically, mould is a type of fungus but they show up differently in the body, for some reason. Because of this, mould and fungi are two separate types of infections in the Body Code and you'll want to test for them separately.

## FUNGI

- |   |  |
|---|--|
| • Most commonly Candidiasis: "The Great Mimicker"                 | • Dizziness                                  |
| • Opportunistic organism  | • Headaches                                  |
| • Anxiety / Panic Attacks   | • Indigestion                                |
| • Abdominal Gas / Bloating  | • Irritability                               |
| • Brain Fog   | • Learning difficulties                      |
| • Cravings; refined sugars (sweets), flour (bread) and/or alcohol | • Migraines                                  |
| • Constipation / Diarrhoea  | • Mood Swings                                |
| • Depression  | • Poor Memory                                |
| • Eczema  | • Rectal Itching                             |
| • Excessive Fatigue   | • Sensitivity to fragrances and/or chemicals |
|   | • Thrush                                     |
|   | • Vaginitis                                  |



## Fungi and Fungal Infections

The most common type of fungal infection we see is *Candidiasis*, or Candida. Candida is called “the great mimicker”, because it can mimic a whole bunch of different kinds of problems in the body, and as a result of this it often gets misdiagnosed as something else. Fungi in general are opportunistic organisms, which means that they are everywhere and if given the opportunity to grow, they will. Fungal organisms and fungal spores are in the air that we breathe and they are also in the body, but usually they’re held at bay by the immune system. If the immune system becomes imbalanced for any reason, the fungal spores can begin to grow and proliferate.

### Most Common Symptoms of Fungal Infection

Fungal infections like *Candidiasis* will tend to create anxiety or panic attacks, abdominal gas or bloating, brain fog or cloudy headiness. Fungal infections also tend to create cravings for sugar and starchy foods. Mould will do this too. This is because the fungi and mould feed on simple sugars like sweets, flour, bread, baked goods, and even alcohol. In fact, this can be one of the main reasons why people have an alcohol addiction. Alcohol breaks down into sugar in the body, feeding the fungal or mould infection and allowing it to grow even more. This can create a sort of downward spiral unless there is some kind of intervention – ideally the intake of alcohol should stop and some kind of remedy should be administered to eliminate the fungi (or mould).

Other symptoms of fungal infection include: constipation, diarrhoea, depression, eczema, skin infections or skin problems, excessive fatigue, dizziness, headaches, indigestion, irritability, learning difficulties, migraine headaches, mood swings, poor memory, rectal itching, sensitivity to fragrances and or chemicals, thrush (which is where you can see the whiteness of the mould with the fungus actually on the tongue), and *Vaginitis* (because mould and fungal infections like to live in the dark, moist areas in the body).

#### FUNGI

##### Common after:

- **Hormone tx**
- **Pregnancy**
- **Antibiotic use**
- **High sugar intake**
- **Diabetes**



### Common Causes of Fungal Infections

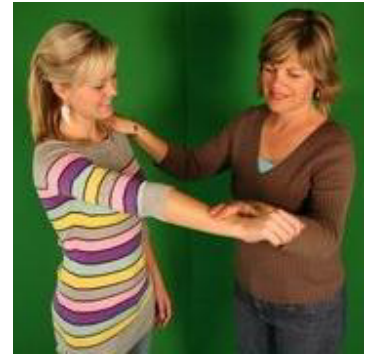
Fungal infections like *Candidiasis* and *mould* are common after hormone treatments. For example, going on birth control pills often disrupts the normal hormone balance and creates an environment where these opportunistic organisms can start to flourish. Pregnancy also disrupts the balance because of the hormonal fluctuations that occur during pregnancy. Using antibiotics will also create imbalance, allowing fungi and mould to grow. The average person has up to one and a half kilograms (3.5 pounds) of healthy flora or healthy bacteria in their gut, or in the intestinal tract. These healthy bacteria form the

majority of the immune system, keeping fungal and other infections at bay. Antibiotics, particularly broad-spectrum antibiotics, will tend to kill off not only the bad bacteria but also the good bacteria that live in your gut – thus weakening the immune system. Then when a fungus or a mould is introduced to the body, they are allowed to flourish without much interference. High sugar intake in the diet will also tend to create an environment where mould and fungal infections can flourish – the more fuel they have the more they can proliferate and the stronger they become. Diabetes also creates an environment that is perfect for these fungal and mould organisms to take off because the blood sugar levels are high.

## FUNGI

### To test:

- **Ask person; “Do you have a fungal infection?” or have them state: “I have a fungal infection”.**
- **Sway forward, or strong muscle test is positive.**



### Testing for Fungal Infection

To test for fungal infection, you simply ask the person, “Do you have a fungal infection?” Or have them state, “I have a fungal infection.” If they sway forward, or if you get a strong muscle test, then the test is positive.

### Best Treatments for Fungal Infections

The best natural treatments for fungal infections are Neem leaf capsules, coconut oil, Tai-Ra-Chi and T4. Neem is a tree from India that has leaves which are gentle and cleansing to the body, but tough on fungal infections. It should be easy to find at most health food or supplement stores, or online. *Pure, virgin cold-pressed coconut oil* can correct and prevent fungal infections, as well as keep your skin, organs and other tissues healthy. Coconut oil is the only oil you should be cooking with! Tai-Ra-Chi and T4 are two supplements that we use together to treat fungal infections. They are both made by Systemic Formulas, a company I have worked with for years. This company sells only to doctors, but you can purchase them on my website and have them sent to you. Remember you can muscle test for which one of these remedies your body wants to get rid of the infection, and then test for the correct dosage (i.e. how many bottles, how many capsules / drops / teaspoonfuls, etc.).

## FUNGI

### Best treatments:

- **Neem leaf capsules**
- **Coconut oil**
- **Tai-Ra-Chi & T4 from Systemic Labs**



**MOULD**

- **An increasingly more pervasive problem.**
- **An opportunistic organism.**
- **Omnipresent, can grow inside the body, on the brain, in the lungs, etc.**

**Mould**

*Mould* is an increasingly more pervasive problem in the world now. Like any fungus, mould is an opportunistic organism, meaning it is all around and will start growing wherever it is allowed to. It's also omnipresent, meaning it can grow inside the body – or the brain, in the lungs, in the blood, just about anywhere.

Mould infections can create a wide variety of symptoms and problems, such as joint and muscle pain, fatigue, and brain fog, along with cravings for simple sugars. Mould infections can cause most, if not all, of the same symptoms as other fungal infections, so you can refer to that list. Mould can be very dangerous to the body but it's difficult to diagnose a mould infection with regular medical testing. For some reason, we're seeing more and more mould infections than we ever have in the past. The worst mould infections usually arise because of constant and repeated exposure to mould source, such as mould growing in a house from a water leak or mould in a ventilation system where the spores are breathed in repeatedly.

**Best Treatment for Mould**

Mould infections seem to be best corrected with *Neem leaf capsules* and *cold-pressed coconut oil*.

For Neem, I like the brand Solaray and Nature's Way, but you can muscle test to determine which would be the best brand to use. I have some people who test that they actually need up to 40 Neem capsules per day for up to 6 days. When people are on a high dosage like that, the die-off of the mould may create flu-like symptoms including nausea and vomiting. More commonly, people will test for a lower dosage over a longer period of time – for example something like 10 or 20 Neem capsules per day for 2 or 3 weeks, or even longer depending on how bad the mould infection actually is.

**MOULD**

- **Is difficult to diagnose with regular medical testing.**
- **Causes a wide variety of symptoms, including joint and muscle pain, fatigue and brain fog.**
- **Best killed with Neem leaf.**



Coconut oil can be taken internally by the spoonful, rubbed on the skin or used in cooking. You can simply ask which method of administration would be best for the body and for the type and location of the infection. For instance, a skin rash caused by mould could be treated by either rubbing coconut oil on the affected area, by taking it internally, or both. You could also take both Neem and coconut oil to correct a mould infection; just ask the body what it wants!

#### MOULD

- **Test for dosage, can be up to 40 capsules per day for up to 6 days.**
- **Die-off may create flu-like symptoms, including nausea and vomiting.**



#### MOULD and FUNGAL

- **Use of cold-pressed coconut oil is preventative for mould and fungal infections.**
- **Cooking**
- **Massage**
- **Skin Care.**



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

**PASCAS  
HEALTH**



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



### PARASITES

- **Extremely common**
- **85% – 90% of population**
- **More important to identify remedy than organism.**



### Infestations: Parasites

Infestations refer to the invasion of the body by *parasites*. This is an extremely common problem and can cause a lot of difficulty, pain and imbalance in the body. It is estimated that 85% to 90% of the population in the United States of America has some kind of parasite, but it may even be higher than that. Parasites are difficult to identify on a medical test, in fact most of the parasites that infest the body don't show up at all. The body can become infested with parasites from water, food, insect bites, contact with animals and even stepping outside on the grass with bare feet. Parasites include common offenders such as the tapeworm, pinworm, hookworm, protozoa, and single cell amoeba.

Some common problems caused by parasites include intestinal problems such as constipation, bloating and diarrhoea, as well as muscle pain and weakness, fatigue, anxiety, and frequent skin rashes. Chronic and prolonged parasitic infestation can lead to severe and dangerous diseases such as ulcerative colitis and Chron's Disease. Parasites ravage the body by stealing nutrients, invading bodily tissues and creating poisonous toxic waste in the form of uric acid.

Parasites are best killed with specific herbal remedies, and the best kind I (Dr Bradley Nelson) have seen are made by Systemic Formulas Laboratory. I have found that it is more important to identify the specific remedy needed than to identify the organism itself. This is because there are so many different kinds of parasitic organisms that can infest the body. There are four different supplements made by Systemic Formulas that come together to address and kill the entire spectrum of parasites. These are called the VRM Formulas – VRM1, VRM2, VRM3, and VRM4, each created to address a different group or size of parasites. You can simply muscle test the body to see which VRM formula and how many bottles total are needed. The correct dosage will depend on the specific formula, which we'll discuss in a moment.

### PARASITES

- **Best remedies for parasites I have found are from System Laboratories.**
- **VRM 1, 2, 3, & 4.**
- **Test to see which of these is needed and how many bottles.**



### PARASITES

- **This herbal vermifuge is for the treatment of larger parasites in the large intestine. Usually used in a sixty day program, 4 cycles of 15 days: (10 days on and 5 days off); however ninety days (6 cycles) may be required.**
- **Count: 30 capsules.**



### VRM 1

VRM 1 is made for the treatment of larger parasites in the large intestine, such as tapeworms. I usually recommend that it be used in a 60-day program, with four cycles of 15 days, a cycle being 10 days of taking the capsules and 5 days not taking the capsules. However, 90 days, of six cycles may sometimes be required.

### PARASITES

- **The herbal vermifuge is for the treatment of small, blood based foreign life forms and small parasites in the G.I. tract and outer tissues. 4 cycles of 15 days: (10 days on and 5 days off): however ninety days (6 cycles) may be required.**
- **Count: 30 capsules.**



### VRM 2

VRM 2 is for the treatment of small, blood-based, foreign life forms and small parasites in the *gastrointestinal tract* and in the outer tissues. These are usually used in a 60-day program, four cycles of 15 days, a cycle being 10 days of taking the capsules and 5 days not taking the capsules, but again, you might need to do 90 days.

### PARASITES

- **For microscopic micro-organisms in the intestinal tract.**
- **Most common doses for adults are 6 bottles 3 capsules at bedtime.**
- **Count: 30 capsules.**



### VRM 3

VRM 3 is for *microscopic micro-organisms* in the intestinal tract. This herbal vermifuge assures good health in the intestinal tract by helping the body eliminate microscopic organisms. There are 30

capsules in a bottle like this. VRM 3 and VRM 4 are the two formulas that seem to be needed by most people.

#### PARASITES

- **For amoebas and other protozoan micro-organisms.**
- **Most common dose for adults is 6 bottles 3 capsules at bedtime.**
- **Count: 30 capsules.**



#### VRM 4

VRM 4 is for *amoebas* and other *protozoan micro-organisms*. This herbal vermifuge is effective in treating cases of cellular micro-organisms, and is also excellent for handling micro-organisms in the internal organs.

Again, it is more important to just identify which formula is needed as opposed to finding out which of a thousand different specific kinds of parasites are infesting the body. This will save you a lot of time.

#### Dosages for VRM Formulas

Most people will need between 1 and 6 bottles of the VRM 3 or VRM 4 formulas. For these, the dosage is just about the same for everyone – 3 capsules per night, to be taken at bedtime 3 hours after a protein meal. I don't recommend that anyone ever take more than 3 capsules per night because the parasitic die-off can cause some uncomfortable symptoms of nausea and diarrhoea if more than 3 capsules are taken. In fact, I usually recommend beginning the program with only 1 capsule at bedtime on the first night. Then, if no nausea is experienced, bump the dosage up to 2 capsules the second night, then to 3 the third night and remain at 3 capsules per night until all the bottles have been consumed. This dosage is high enough to be effective but not so high that it causes a lot of discomfort, although diarrhoea is fairly common at this dosage level. Again, this recommendation applies to the VRM 3 and the VRM 4 Formulas only.

Remember that you should never recommend that a pregnant woman take anything, especially any of these parasite supplements, as they are not proven safe for pregnancy. If there is a possibility that a woman is pregnant or may become pregnant, she should not take these supplements. If there is any doubt about whether any supplement that we have discussed is safe during pregnancy, and that includes any of the things discussed or listed in this module or the module on nutrition, please consult a physician.

Another thing to keep in mind is that parasites can develop a tolerance to the herbs in these formulas, so it is important to remember to take them as scheduled every night. If you miss a dose just take the normal dosage the next days so you stay on track.

### ENERGETIC TREATMENT of PATHOGENS

- All pathogens are pure energy.
- Think of pathogens as a cloud of energy in the body.
- Identify location of pathogen and treat magnetically.



#### Energetic Treatment of Pathogens

Western medicine looks at pathogens as being physical organisms, but in reality, what are all these organisms actually made of? Nothing but pure energy. If you think of a pathogen in this way, as just a cloud of energy in the body, then you will realise you can actually manipulate that energy just like a trapped emotion or any other kind of energetic imbalance.

#### Pathogens as Energies

I (Dr Bradley Nelson) had a patient who came to me once with a chronic cough that she'd had for over a year. The cough was so bad that her husband had actually moved to a different part of the house to get away from her coughing, and she was afraid that their marriage could end because of it. Anytime she took a deep breath, she would start to cough uncontrollably. I muscle tested her using the Body Code chart and detected a viral infection in her lungs. We released the infection energetically by rolling down the spine a few times with a magnet. She then took a few breaths and felt fine – no coughing for the first time in over a year! I then walked her up to the front desk, and the whole time she was raving about how much better she felt and how excited she was.

After she left, I walked back into my treatment room, and as I walked through the door, I felt something enter my chest. It was a subtle yet unmistakable feeling that something had just come into my body that wasn't there before. I thought about how strange that was, and right after that I took a deep breath and to my shock I started coughing uncontrollably. Somehow, I picked up the energy that I had released from my patient. Apparently it stayed suspended in the air until I walked into it. So I released the viral energy on myself and was able to quit coughing right away.

This experience was really quite eye opening for me. It helped me to understand that pathogens are really just pure energies, something that regular western medicine doesn't acknowledge or understand. For a viral infection to immediately start causing a problem like a severe cough just doesn't make any sense if you think about it in traditional and western medical terms. Viruses need time to physically incubate and grow, but their energy can do the damage almost immediately.

#### Treating Pathogens as Energies

I always recommend that you attempt to handle all infections and infestations with the correct herbs or other remedy, but if you're unable to for some reason, you can use this method.



First, you'll want to identify the kind of pathogen (i.e. virus, parasite, etc.). Then focus on the pathogen as being just a cloud of energy in the body. You can identify the location of this pathogen cloud if you want to. As you identify the location of the pathogen in the body, the 'cloud of energy' that is the pathogen will come to the surface of the body. Just as the energy of a trapped emotion will emerge from within the body and become testable, so that you can find it's size and location, you can do this same thing with any pathogen energy. Once this energy has been brought to the surface of the body, it is able to be released. Then you can simply run the magnet over the governing meridian 3 times, focusing on releasing the energy of the pathogen. And that's it!

You can also release the energy of the pathogen along with recommending herbs or other remedies – this is what I do a lot as the combination really seems to be powerful.

### **Belief and Gratitude**

Remember that the Body Code is all about belief and gratitude. If you believe that you can correct a pathogen problem just by releasing it's energy, you can do it! Just say a little prayer for help and if you believe that you can do it, and you have gratitude in your heart that this is going to work, it will happen.

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**PASCAS  
HEALTH**



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



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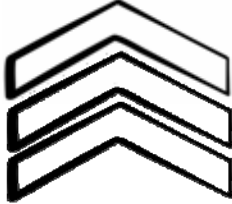
**All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

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

Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

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

Emotions, all emotions, both good and bad, consider feeling and releasing them by expressing / talking about them, and releasing them as and when they arise. Notice the sensations in your body, ask yourself three questions: What is this really about? Where is this coming from? And what's underneath this? Long for the truth of what these feelings are trying to tell you about them selves. Yes, there is always more behind the feeling experience; it will go back all the way to one's childhood experiences – eventually. Always talk about the emotional feeling, talk it out.

Expressing – talking about – these emotional feelings to a friend is what releases them from within your persona. This is all about bringing the real you into the forefront, not the contrived you that our parents unknowingly imposed upon each and every one of us. This is about discovering our full and wonderful real self, who we were created as, our unique individuality. This is about liberation of one's self and the discovery of who we each truly are. To do this, we have much to peel off of our persona. The completion of this difficult discovery process is the bringing about of a wondrous reality and freedom of expression, to live true to ourselves and to be free of pain. We are to live true to our feelings.

God is Two Personalities who are One Great Soul, that is, one soul that is both our Parents – our Mother and Father; Our Heavenly Mother and Heavenly Father being the ultimate Soul-Mates, and you can relate to God as your Mother and Father, and it's a wonderful feeling to experience.

The aim of doing your feeling-healing is to get you into a positive and perfect mind and will state, that is, to perfect one's natural or self-love. And one can do it with or without God's help. If you choose to do it without, then one day having achieved this goal a new longing will come to you, a longing to go further, deeper, to move beyond the limitations of one's natural love, and to satisfy this longing you will need God's help and love (the Divine Love), but you'll know you are ready for it. You will feel it's time, and you will start to long to know God. It's the next logical step to get to know personally the Two who created you, your soul, being your Soul-Parents.

You will have spent all this healing time sorting out your relationship with your own mortal parents, finding out what is wrong in your relationship with them and fixing it, all the while sorting out your relationship with yourself. And having once got it all sorted, then you will be free and ready to move onto dealing with what will become (along with your relationship with your soul-mate) the biggest and most important relationship in your life.

If you feel you are ready to ask God into your life (and currently and including the next forth-coming spiritual age, you can do this anytime, not just once you've finished your feeling-healing; or if you already have God in your life, be prepared for your relationship with Him (or Them to change), then you can begin to long directly to God, your Mother and Father, for Their Divine Love. Long with all your heart for Them to fill your soul with Their Love.

Feeling bad will make you feel BETTER – Eventually! By James Moncrief

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

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

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



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

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

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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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





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



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

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

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

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



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

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

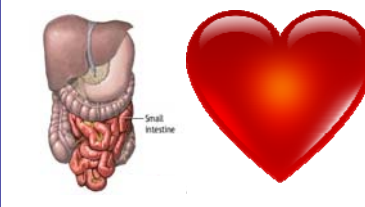
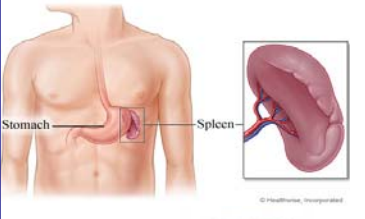
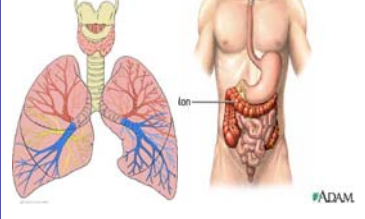
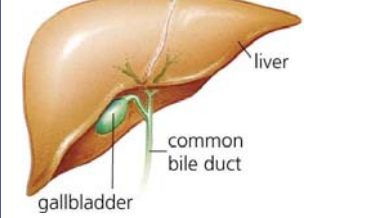
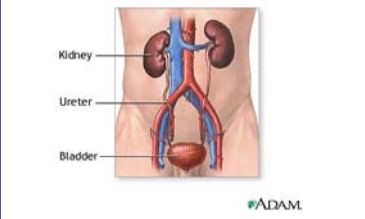
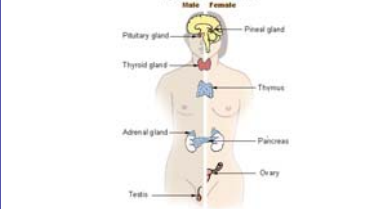
To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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