

PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland

ABN 23 133 271 593
www.pascasworldcare.com
Australia

Bs +61 7 5594 0479
www.pascashealth.com
Em: info@financefacilities.com

20 November 2023

ONE
SMALL
STEP



Look for deeper understanding and truth.

Seek to understand what it is about the feeling.

Long to know what is underneath the feeling.

Ask, beg, pray, long to know the truth above all.

Underneath each discovered layer is another!

Until we go back to our time of conception.

Our feelings are our truth - our soul based truth.

We are to express all that we feel, good and bad.

This is the beginning of our FEELING - HEALING.

Then always ...



The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003
 Mary Magdalene:

The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.



Feelings First with Mind to follow in support.

Pathway Forward

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

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

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

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

Our Heavenly Parents simply desires for us to ask for Their Love.

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

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

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

***WHAT ENTERS EMOTIONALLY
IS TO BE EXPRESSED
EMOTIONALLY WHILE LONGING
FOR THE TRUTH TO BE KNOWN
ABOUT WHAT IS BEING FELT!***

*it's all about
Experiences
&
Feelings*

*Be Feeling
Expressive*

John the
Typist



SPIRITUAL HEALING:

We incarnate into Rebellion, and by default become untrue to ourselves. The truth of which we are to see through our Healing. And once seen, then we will no longer be of the Rebellion, being a true, happy, perfect and all-loving personality.



The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, then your soul and God will transform you out of being untrue and into becoming your true spiritual Celestial self, be that in the physical or when you do your Healing in spirit.

OUR HEALING PROGRESSIVELY BENEFITS OUR CHILDREN:



As we heal our emotional injuries and errors of belief, this directly benefits our children relative to their age. And as we do this, the benefits pass on down through the generations thus progressively reversing the imposts of the Rebellion and Default that we have slowly sunk deeper and deeper into over the past 200,000 years. Our journey out of the Rebellion and Default is anticipated to mostly be completed during the coming Avonal Age of the next 1,000 years.

What our parents instil into each of us during our early forming years commencing from the moment of our conception, we adhere to and practice for fear of bringing upon us their disapproval, until we die! This we also impose upon our own children and so we stagnate generation after generation.




It is yet to be recognised that a newly forming foetus is always in perfect condition as it is the making of our soul which remains perfect no matter how we have been corrupted by our personal involvement in the workings of the Rebellion and Default. It is the combination of a newly forming embryo's physical parents with other carers' emotional injuries and errors of belief that distorts the circulation of soul light through our spirit bodies then into our physical bodies and then its return back to the soul that impedes the formation of the embryo in perfection. Thus, we as parents bring about all the deformities, early childhood illness and all that troubles the newly arriving personality through the combination of our emotional injuries and errors of belief that we have not addressed through Feeling Healing. The embryo commences life in a perfect state, we as parents cause the newly forming child all of its issues. By and through our own healing we can mitigate these issues and events. This insight is just the beginning of comprehending just how incredible this **One Small Step** is for all of humanity.

We learn by doing!

Introductions to Feeling-Healing may be considered by going to www.pascashealth.com then the Library Download page and within the Feeling Healing section, click on to open:

-  [Feeling-Healing introduction James Moncrief.pdf](#)
-  [Feeling-Healing presentation Samantha McCabe.pdf](#)

Kindly considered as you please topics firstly within the first four headings, however explore and share as you please. Particularly, consider these two Pascas Papers:

-  [Pascas Care Letters One Small Step.pdf](#)
-  [Pascas Care Letters One Option.pdf](#)
-  [Pascas Care Letters Our Healing Path.pdf](#)

As parents benefit their children through their personal embracement of Feeling Healing, certainly up to their age of 28 years, then it is constructive for parents to be in attendance with their children in any counselling session a child may have, as well as any court appearance of their children up to their age of 28. The child is a mirror of its parents – consequently should a child or young adult be drawn to the courts then the parents may be the ones' found wanting!

Aspiring to Living Feelings First

*Brain Iverach, Faizel Hassan, Graham Golding, Helen Adam, Ian Dowling,
Jim Baker, John Doel, Lachlan Riddell, Lillian Nielson and Peter Wildin*

Pascas Foundation (Aust) Limited



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

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

Library Download – Pascas Papers

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

PARADISE

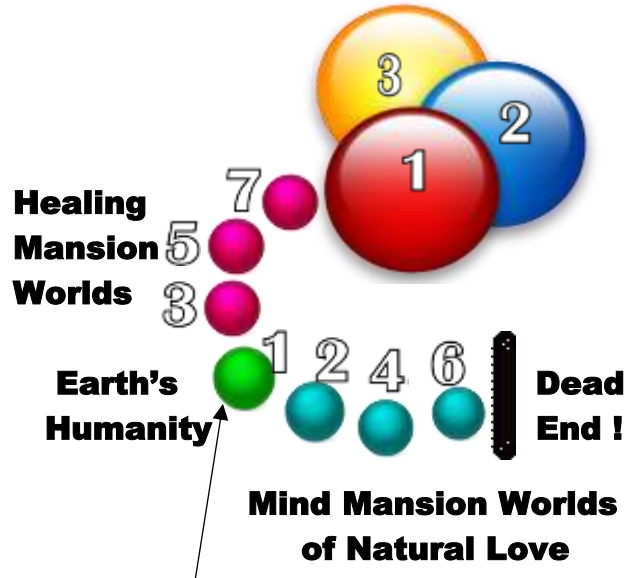
Home to our Heavenly Mother and Father



**We are to progress through NEBADON,
our Local Universe, and then onwards - -**



**SATANIA - System
Earth is #606 of 619 humanities.
Celestial Heavens Spheres**



Upon death of our physical body, we all transition to the 1st Mansion World

Hells



EMOTIONS, FEELINGS, BELIEFS and THOUGHTS are things!

Thoughts are things! They are just as physical as sticking a pin in the hand. Thoughts are things and may be miracles or crimes in action. Thoughts project their influence far and wide.

We may find in the material world: envy, strife, selfishness, greediness, avarice, all being the children of man (of man's creation). Longsuffering, kindness, brotherly love, good deeds, are the children of the spirit of light (of the Mother and Father's will). Love in one's life is more fulfilling than material things. To love and be loved, to help another person feel loved, to go through a day with the spirit of love is to know happiness and joy and deep, lasting contentment. True happiness comes to us as we connect with the more eternal things of life: love, friendship, kindness, gentleness, making a difference in another person's life, and so on. These are the things that bring us contentment and peaceful happiness, but nothing matches stepping away from being self-reliant to being reliant upon the Source Soul, our Heavenly Mother and Father and Creator.



WE are to recognise that light continually emanates from our soul to our spirit body and onto and into our physical body and if we are in perfect harmony with truth then that light passes intact back through our spirit body and returns to our soul also in perfect harmony and balance.

When harmony with truth is lacking then the light returned is out of balance. This out of balance and disharmony eventually emerges as the underlying cause of our physical discomforts, pains, illnesses and diseases that we experience throughout our physical life. There is one single and simple underlying cause of all that ails us – our emotional injuries and errors of belief!



WE are to express our feelings while always longing to, asking, praying to know the truth behind that we are feeling – both good and bad. We are to literally talk our injuries and errors out of ourselves to someone who is open and willing to listen to us. **THAT** is the pathway of our Feeling Healing.

The progress that we make in our healing also benefits our children and consequently subsequent generations, thus what had been passed down through generations can now be reversed and healed!

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

TALKING IT OUT to a COMPANION

Through our Healing the truth comes to light of our childhood, and so we have to feel as bad (and good) as we felt, all so we can complete knowing the whole truth of how we felt during our childhood.

So we are to go with our darkness, allow ourselves to be that horrible unloving person we've always secretly dreaded we are. Just allow ourselves to feel all we feel about it. Bring up all those dreaded evil feelings, bare our soul, confess it all, and like the poison it is, GET IT OUT!

This is how to love our self. **This is being truly self-loving, and as we are loving of our self, so will we love others. As we unconditionally accept all we feel, so too will we unconditionally accept them, and so all they feel. We will allow them to be the true expressions of our selves. We'll stop**

yuk

all those controlling mental things we do that helps us deny these bad feelings. We'll be happy to allow everyone to express all their yuk, as we express ours.

We are not to act upon what we feel. The gift our listening companion is providing us with is the opportunity for us to fully express injuries and confusions that we have mostly unknowingly held within ourselves that need to be emotionally expressed. Yes, we will get very animated as we realise how dreadfully we have been treated!

LET'S TALK IT OUT

One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend whatever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



Celestial assistance reaching down to assist with our Healing

14 July 2022

“Many of the Celestial spirits want to help those spirits lower in the spirit Mansion Worlds, almost like a reward, like they are saying on behalf of God to spirits like myself (in 1st Mansion World) who are doing their Healing, I am with you, I want you to bring out all your pain, I want you to bring to light all the truth of why you don’t feel loved, I want you to feel as bad as you feel, as bad as you’ve always felt yet refused to feel, or if you have felt, to help you know why you felt it, and I will be with you every step of the way.”

“It’s about how fucked we are because of being subjected to an unloving Rebellion, and how its caused us so many problems going against Mary and Jesus (Creator Daughter and Son, co-regents of our local universe, Nebadon) and our (Heavenly) Mother and Father, and then the Healing of it. That’s the part that many spirits might want to know about, because most of Nebadon has not been tainted by rebellion. All of us who live on Earth in our rebelliousness in this universe, and even so far in Creation, are living a rare event, so we are offering a whole other experience that such true and loving spirits haven’t lived. (There being 3,840,101 humanities throughout Nebadon.)”

To be able to freely express to a companion who is open to receive and not judge is the gift that brings about the beginnings of healing. “But by allowing myself (a lady) to be free to ‘explore’ such hidden feelings, even just in my imagination, wow, that greatly affected me; and when I woke up after my ‘down-time’ sleep, I was assailed by so many bad feelings I had to rush to Michelle (my healing companion) so I could allow them (my feelings) to come out. I won’t go into it all, but essentially it was about how furious I was coming to understand how suppressed I was by my parents and by my Catholic upbringing. What if I had been freer to express myself, and so my feelings, I still might not have wanted to have anything sexually to do with women, but that’s not what it’s about, it being about how heavily controlled I was to fall into line, all of which severely restricted what experiences I might have had.”

“So much rage, fuck I don’t think I’ve ever been so fucking angry, I wanted to smash and kill my parents, tearing them apart for preventing me from having so much more in life. And I can see it through my whole life, I lived a very limited life, experience-wise. (My companion) could hardly contain me, mostly just allowing me to rant and rave, and I was surprised at the venom that poured out of me. The more I expressed, the more I raged it out thrashing verbally about the Healing room, the more I could ‘remember’ and awareness of myself feeling such rage returned, and I could just remember times with my mother and father being so angry with them, but with them both coming down hard on me not allowing me to express it at them.”

“All our feelings are so important, and we are to follow them like walking down a golden feeling path, and most importantly, our bad feelings.”

Angel guides 15 July 2022

**Enters emotionally -
is to leave emotionally!**



CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.

Sage and the Healing Angels of Light by James Moncrief

NOTE: There is no progressive appearance of improvement or relief until we are finished our Healing.



PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false gods caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need to do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow. When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2 Jesus 25 April 2003

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



ALWAYS BE TRUE TO OUR FEELINGS

LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings – I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

It is through our feelings that we know – feel – how to live the Will of God.

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

Your bad feelings are real and true. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother**.

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

Suppression of feelings being the core cause!

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

The Drama of Life:

'I had a pretty good upbringing' in comparison to other people!

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**

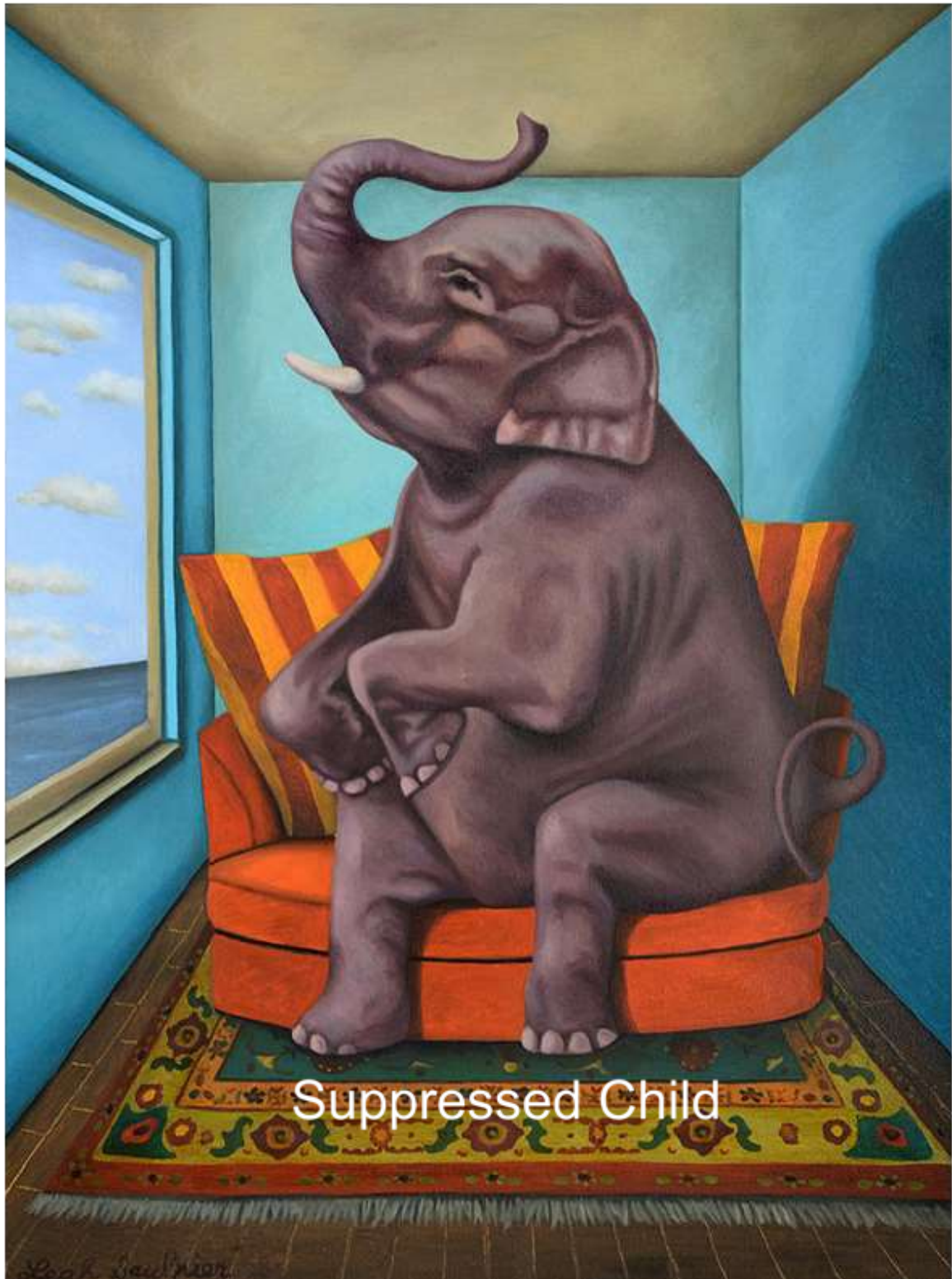


We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced world-wide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



Suppression & Repression = Universal Depression

Childhood Suppression is the elephant in the room!



Suppressed Child

Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

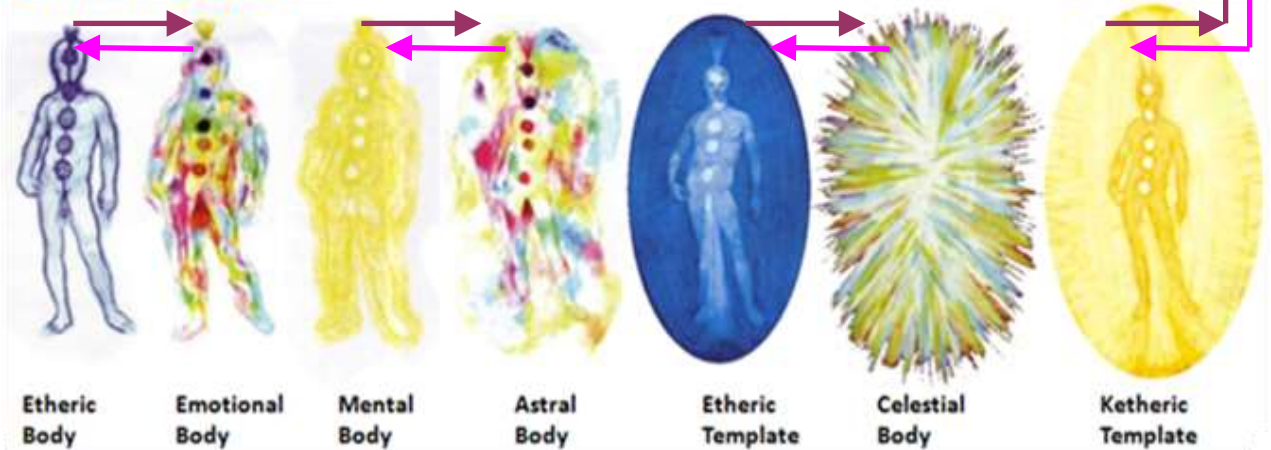
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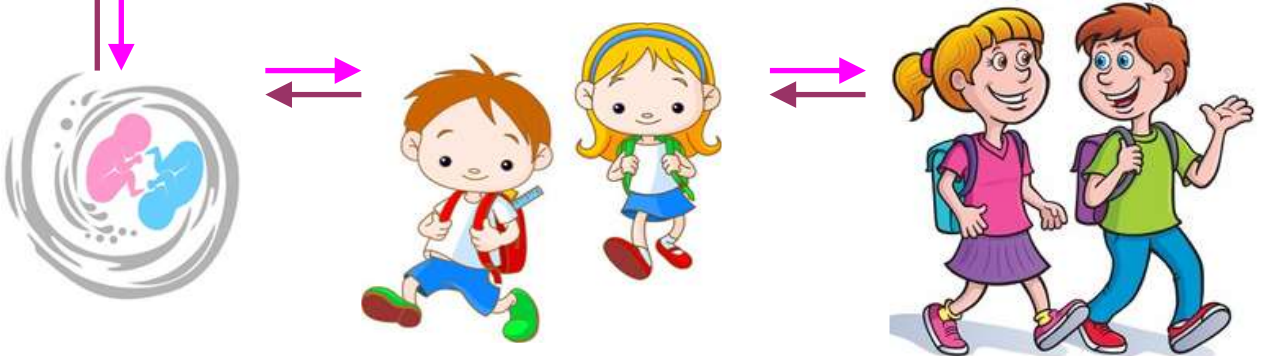
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



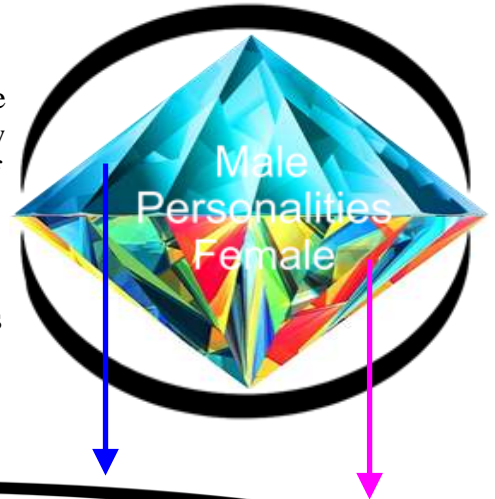
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



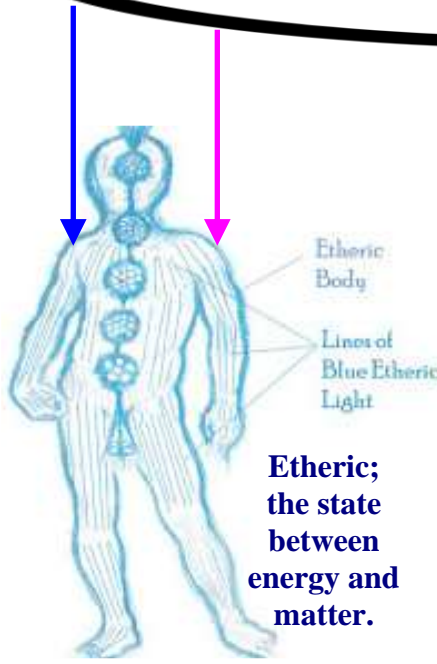
Childhood Suppression



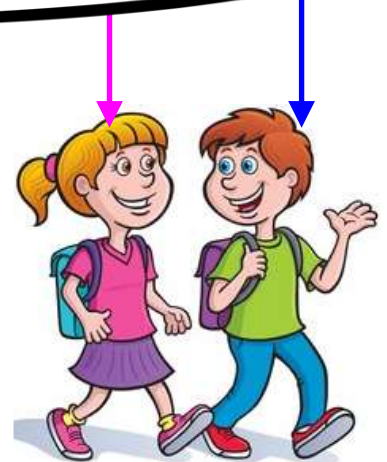
Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

Illness need not occur!

If you want to experience illness then ignore Childhood Suppression!

If you prefer to experience mental illness, cancer or any of the more than 10,000 illnesses, diseases, pains and discomforts, then continue with suppressing your emotional injuries and erroneous beliefs. That is, continue with suppressing your feelings and living mind-centric – just like how our parents and carers taught us to live.

The elephant in the room is our Childhood Suppression! Suppression of our true personality begins at the moment of our conception and relentlessly continues through to age of six years.

From conception we are being infused with our parents and carers emotional injuries and errors of belief. It is through the pattern of these emotional errors that we then go on and live our lives whilst manifesting our illnesses through these distortions to our soul light that circulates from and through our soul, spirit body and physical body and back.

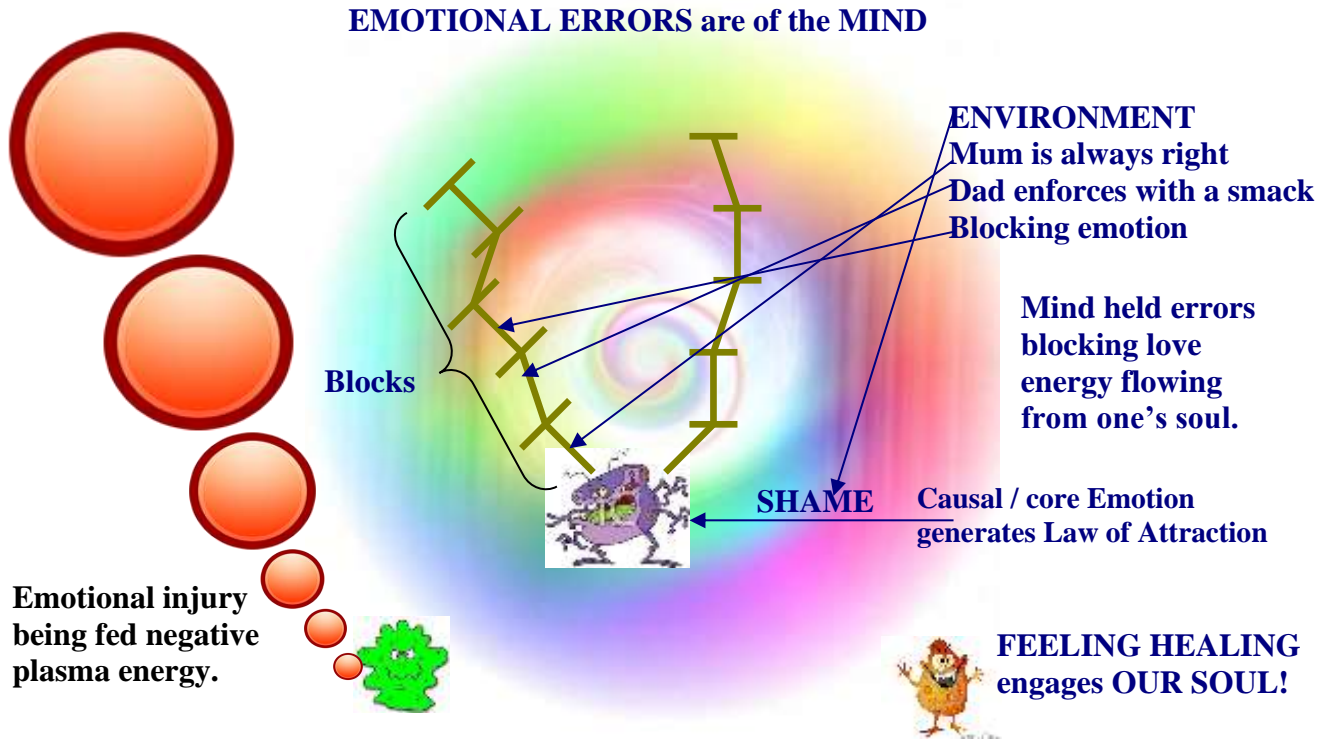
We are to change the way we live. We are to aspire to living Feelings First. Then we are to embrace our Feeling Healing. We are to express our Feelings, both good and bad, to a companion, whilst all the time longing to know the truth behind those feelings and also then express them – layer after layer. The truth that comes up in us from our feelings allows us to perceive, so ‘see’ deeper into ourselves and each other.

We are to replace in some way all the gunk (withheld emotions and erroneous beliefs) that are clogging up our mind. One feeling leads to another, like a cascade of feelings with us falling deeper and deeper into our self. We will always come to understand a little more with each feeling being expressed.

When we are completely healed of our Childhood Suppression we have no further need to experience illness, diseases, pain, discomfort or mental illness. This we can achieve while living in the physical!

We created our illnesses and social issues be being in Rebellion against ourselves, our soul and our Heavenly Mother and Father. Now we can step away from this hellish way of living!





Worldwide Level of Consciousness based on the Map of Consciousness

see Power vs Force by Dr David R Hawkins

6,000 years ago	72
At the time the Vedas were written	74
At the birth of Buddha	90
Prior to the conception of Jesus of Nazareth	100
After the birth of Jesus of Nazareth	147
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President 4 Mar 1861	190
Lincoln was shot and killed 14 Apr 1865	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2008: Current observation as we move forward to an apparent evolutionary jump, which will be a slow, steady process	212
2020 January 3: World population is now 7.8 billion. Humanity as of this date calibrates overall at	219
This increase is wholly attributable to two soulmate pairs who have significantly progressed with their Feeling Healing	219
2021 March 31: 3 people have completed Healing	220

78% of all parents calibrate under Moc 220 !

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

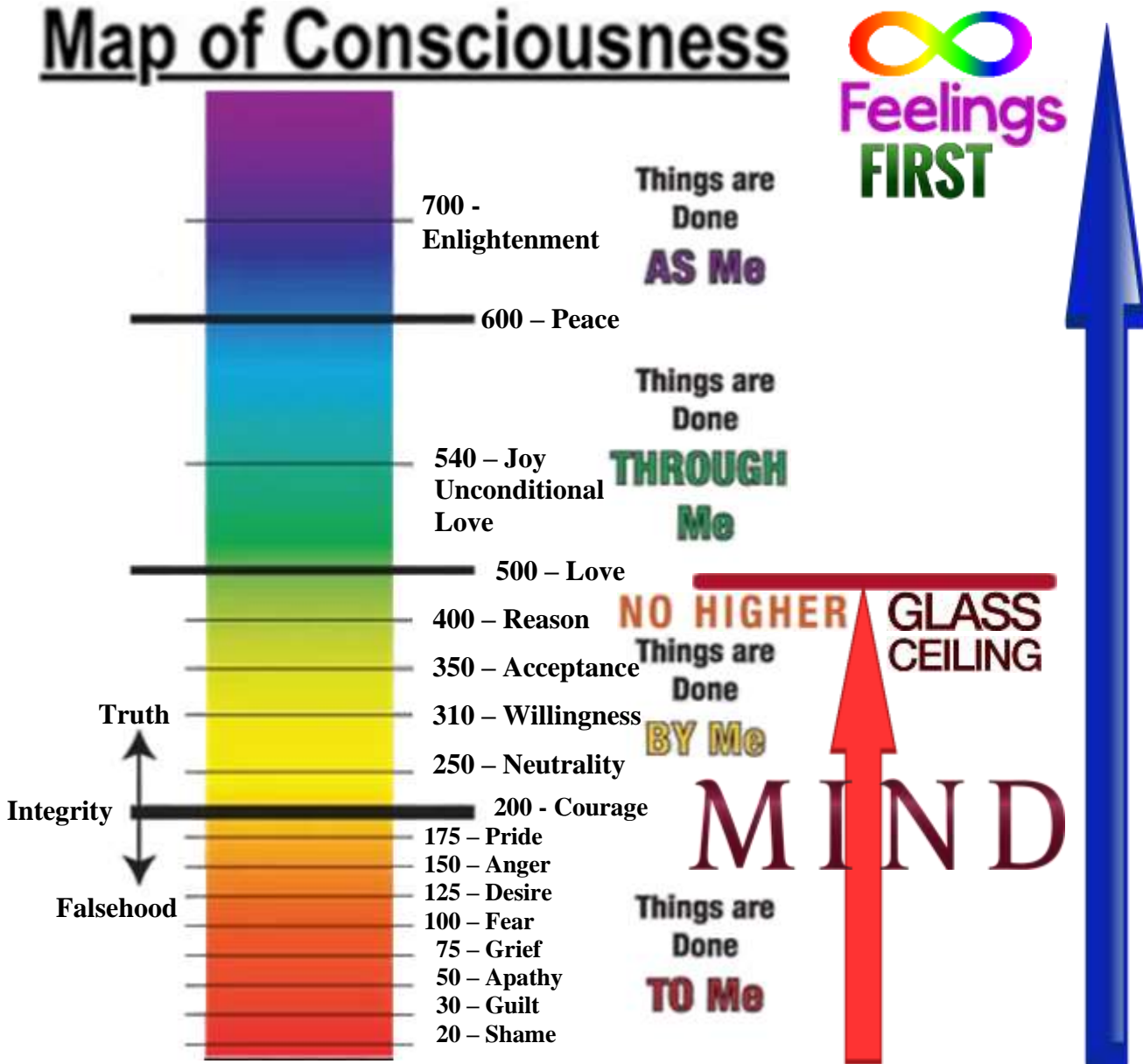
Fear dominates all motivation.

Suicide is possible and probable.

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

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

Map of Consciousness



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

For nearly 2,000 years humanity has not been able to progress with their evolutionary development. For all of that time, with humanity calibrating below 200 on the Map of Consciousness; at the level of 190, the potential for total self-destruction prevailed. Only at a level greater than 200 is humanity able to survive. We are not going to self-destruct. We are going to move into the next spiritual age. However as we are to leave behind all the systems and way of life that has prevailed these past 200,000 years of Rebellion and Default, everything will change. We will not be allowed to fall back to the ways of living that we are accustomed to. Thus our environment will change. This we experience through the marginal increases of temperature worldwide and other changes and events. Nothing will remain the same. All institutions and ways of living will collapse around us as we need to now evolve.

Utilising kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness, possibly several hundred families, each individual member thereof, were calibrated as to their individual level of consciousness. The pattern was obvious. Children progressively degraded in consciousness level from their conception through to the age of six years at which time they then calibrated at the level of one or the other parent, should the parents be calibrating at differing levels to each other. Further, should the calibration be differing significantly between the parents then divorce was likely to unfold.

Consequently, the life pattern of the child was recognisable by the time they are six years old!

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

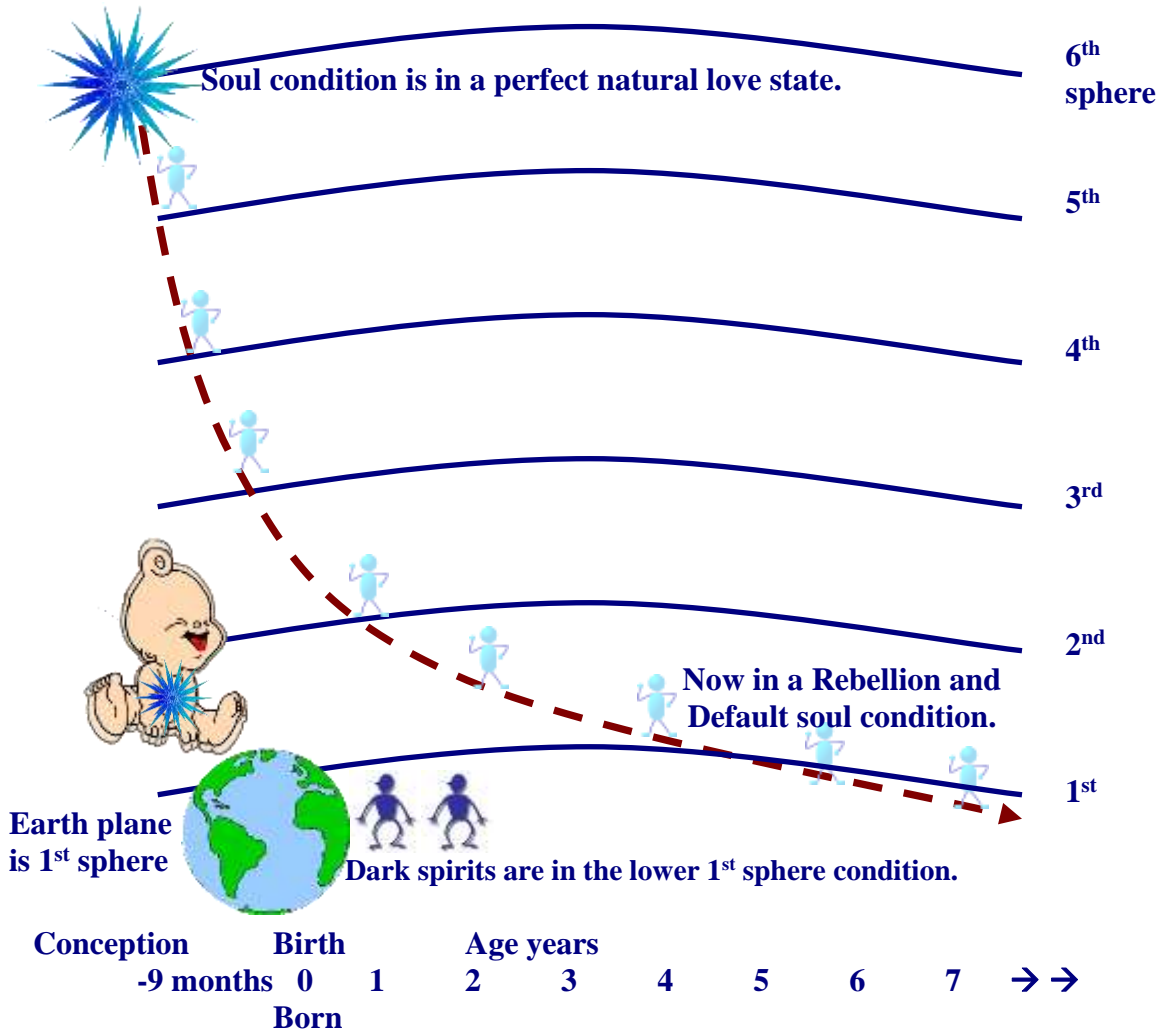
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

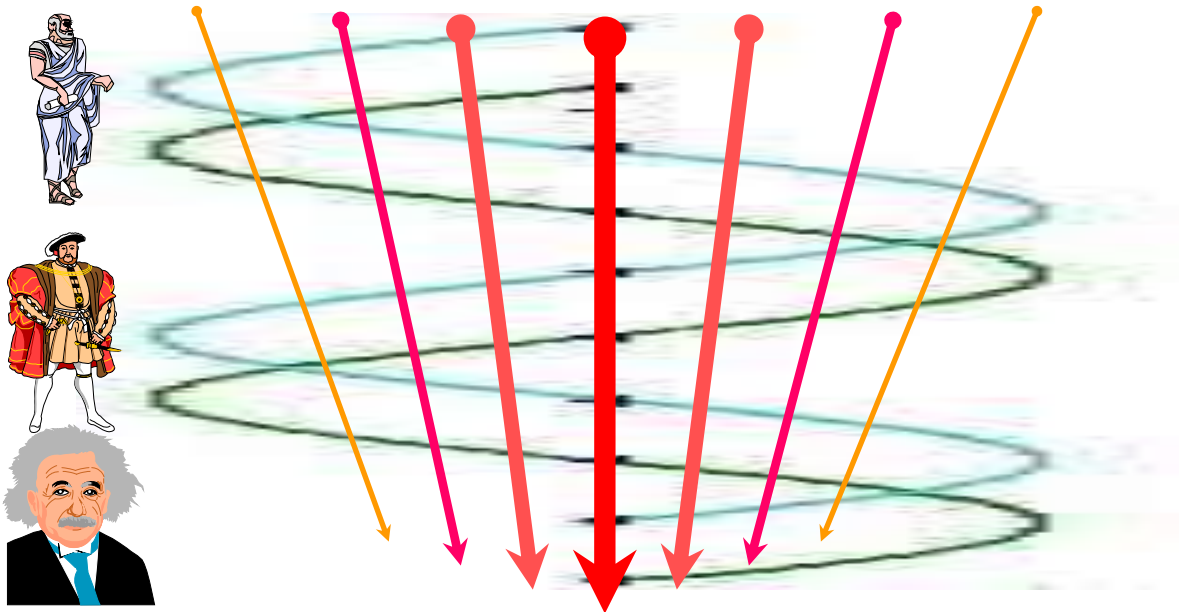
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



To assist baby, as well as our self, work and pray to express our blocked emotions.

Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.

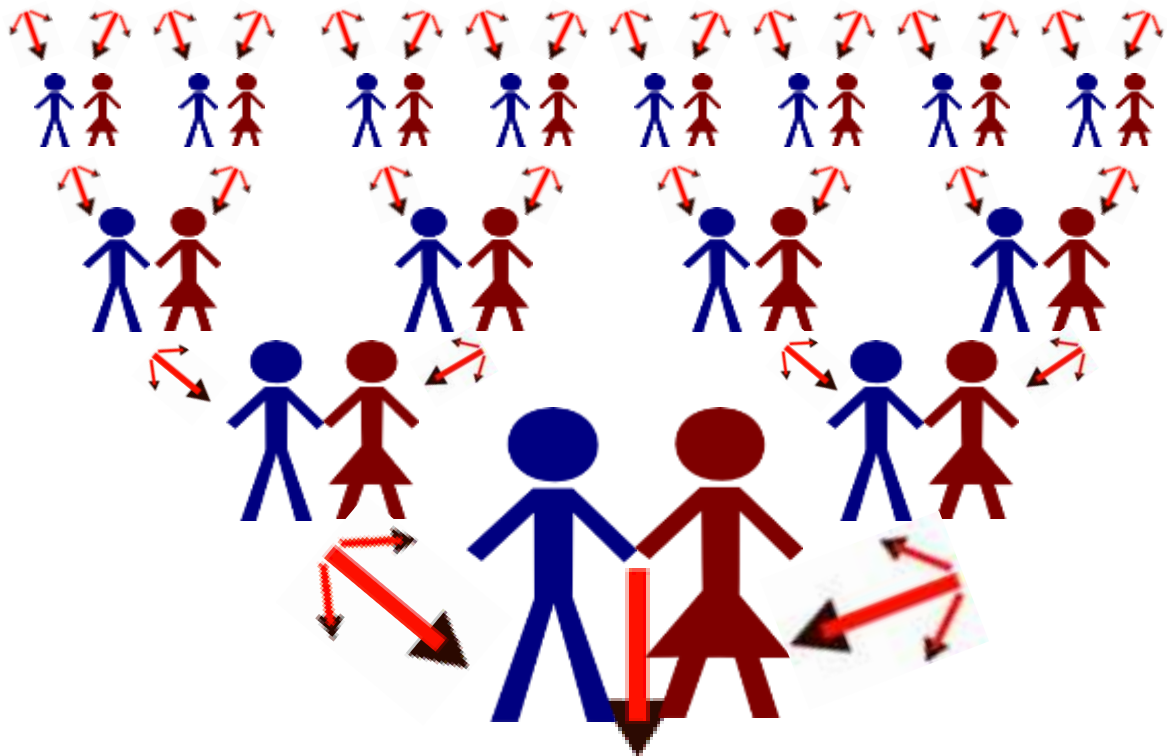
Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.


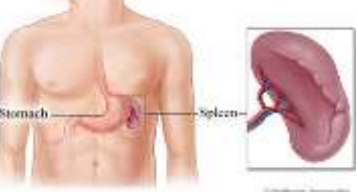
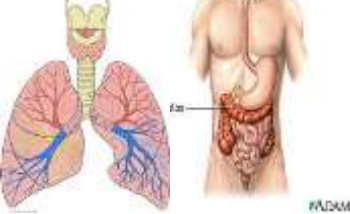
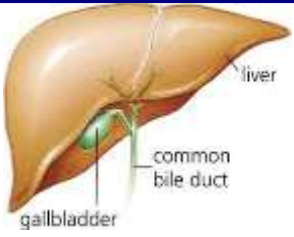
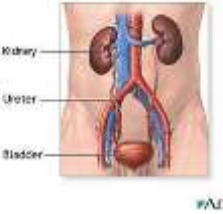
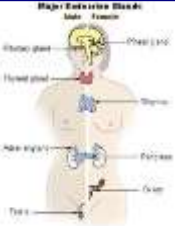
In turn, we are a reflection of our parents' soul condition, and their parents' soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly thereafter. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within ourselves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally be related to parents' emotional issues.



EMOTIONS affect SPECIFIC ORGANS:

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

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

What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. Dr. Susan Berry 12 Oct 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.



An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception.**

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-366bcac072c1>

SOME NUMBERS:

Currently, each year we have:

- 130 million live births
- 44 million abortions
- 50 million or so miscarriages

224 million conceptions / incarnations per annum.

6.5 million child deaths per annum. About 5% of those born do not make adulthood.

123.5 million of those incarnated make it to adulthood.

55% of those incarnated make it to adulthood.

45% of those incarnated do not have an adulthood life experience.

Natural love and divine love, and indeed soulmate love are quite different energies. Soulmate love is not natural sexual love. Soulmate love is the only natural love that matures and continues with us into the Celestial Realms being beyond the 7th spirit Mansion World.

Just to step back a little to the above statistics. For each abortion there are at least two adults involved. As there are 44 million abortions each year, then 88 million adults may be involved in that process. That indicates that two out of every three live births, that is 66% of adults, become participants in abortion.

Further, the number of reported abortions are an under estimation of actual events.

Global estimates of INDUCED ABORTIONS:			
	1995	2003	2008
World	45,600,000	41,600,000	43,800,000

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

BABIES born Each Year; 130,000,000
It is estimated that there are approximately 130 million babies born throughout the world each year.
http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year

Miscarriage reportedly occurs in 20 percent of all pregnancies. This may be an inaccurate number. However, many women, before realizing a life has begun forming within them, may miscarry without knowing it. Therefore, the miscarriage rate may be closer to 40 or 50 percent.
<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

World murder rate: 7.6 per 100,000 people per year.
 The NUMBERS: Violent deaths worldwide, 2004:

Total:	740,000
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

http://www.dlc.org/ndol_ci.cfm?kaid=108&subid=900003&contentid=255032

Over one million people die by suicide every year. There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.
<http://en.m.wikipedia.org/wiki/Suicide>

DEATHS worldwide per annum: 60,000,000
Pollution causes about 40% of deaths worldwide, i.e., are caused by water, air and soil pollution.
<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

The demonstration of love for children is apparent in as much as nearly one half of all conceived children do not survive early childhood due to the lack of love coming from their parents. Further, it is the emotional injuries and erroneous beliefs of parents that directly impede the circulation of soul light through the spirit body of the foetus and the physical foetus thus distortions occur in the energy circulation bringing about deformations and illness in the newly emerging child. Miscarriage is a consequence of this function. We, as parents, bring upon the child all of its issues throughout its life due to our own lack of healing. This is why this curriculum for the awareness of Feeling Healing is being introduced! We NOW can address ALL of the social issues confronting humanity worldwide. These revelations have never been understood previously in their entirety as they now are.

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



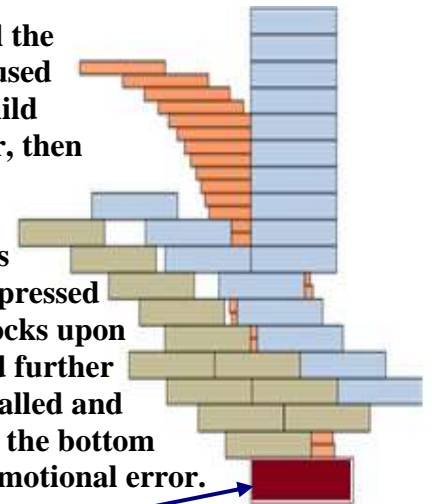
We arrive into the physical world (at conception) with a pure, free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self-expression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



OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



PASCAS PAPERS

Negative Spirit Influence blocked
22 March 2017
Law of Compensation quickening
22 May 2017



Rebellion and Default officially ended
31 January 2018
Mobilisation ready
22 July 2023

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

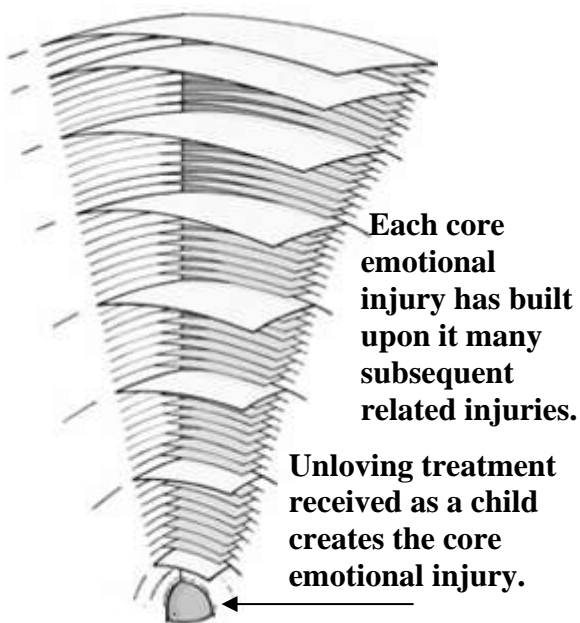
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work addresses only the top layers over the core childhood repressed injuries. None of the modalities reach down to the mother injury, the core of the suppression, thus the relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, and this assists in addressing the physical health issues at hand. However, we need to go further, much further.

To heal ourselves is to simply 'look' at the feelings we are refusing to feel, and accept them instead of denying them. And to fully accept them, we need to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make us feel bad.

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? You must always reach to the core issue, and that occurred during your Childhood.



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

Journey of Earth's Humanity

Years ago:

993,500 **Andon and Fonta - aspire for human perfection.**

950,000 **Andonites reach Tasmania - southern Australia.**

500,000 *Caligastia - Lanonandek - appointed Planetary Prince
Daligastia manifests on Earth with staff
Sangik Family - Northern India - 6 colours*

200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary
Caligastia draws Earth into Rebellion*

38,000 **Adam and Eve manifest on Earth
Adam and Eve default their mission**

1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS
Commences end of Rebellion & Default**

7 BCE **Jesus of Nazareth born**

2 BCE **Mary of Magdalene born
Creator Daughter & Son Bestowal**

1914 - 1923 **Padgett Messages - second coming**

1925 - 1935 **The Urantia Book - history of humanity**

1944 CE **Bretton Woods Conference - funding**

2002 - 2022 **James Moncrief - Revelations**

Avonal Daughter & Son Bestowal

Avonal Age of 1,000 years begins!

4,000 Years Unfolding

1980 BCE

Machiventa Melchizedek

1900s BCE

ABRAHAM

MM Jesus
2 BCE 7 BCE
46 CE 29 CE

Bestowals from Paradise:

Creator Daughter and Son
Mary Magdalene and Jesus

1914-1923
1925-1935

PADGETT MESSAGES
THE URANTIA BOOK

1950 & 1960

Incarnation of the Avonal Pair

2018 Jan 31

REBELLION & DEFAULT

FORMALLY ended 31 JANUARY 2018

2020s+ CE

Bestowals from Paradise:

Avonals - Magisterial Daughter and Son

Machiventa Melchizedek, to this day, continues to oversee the plan that was evolved more than 4,000 years ago to progressively open cracks in the Universal Contract governing the Rebellion and Default instigated by Lucifer 200,000 years ago. With 'federal' authority, the Creator Daughter and Son brought about the Lucifers and Satans' spirit world imprisonment 2,000 years ago, and set the Avonal bestowals in place.

The commencement of the Padgett Messages on 31 May 1914 triggered the bestowal of the Avonal Pair for Earth's humanity. The Avonals' 'state' authority brought about the Caligastias and Daligastias spirit world imprisonment in 1993. The Avonals' healing of what they have taken on of the Rebellion and Default ends the Rebellion and Default. Now we can all follow and progress on the pathway to Paradise.

Life After Death



We are more alive than ever – when we are dead!

The life after death is no different in the essentials than the mortal existence.

However, our capabilities are about three fold of what it is when now as we are living in the physical.

We may come to look upon our physical body as though we living as a potato, or maybe like we are living in and through a heavy rubber suit. Even being the Michelin man may come to mind.

Our physical brain is the interface between our spirit body mind and our physicalness, thus upon death of our physical body we lose nothing! Our personality remains as we know it and life is far more fulfilling in the spirit Mansion Worlds than living on Earth. We all arrive in the 1st Mansion World.

Every mortal gain is a direct contribution to the enrichment of the first stages of the immortal survival experience. Everything we do in this life which is good contributes directly to the enhancement of the future life – as it does now throughout our physical life! Death is definitely not to be feared, because what awaits us on the other side is a much more amenable way of life, even if it is still all within the Rebellion and Default.



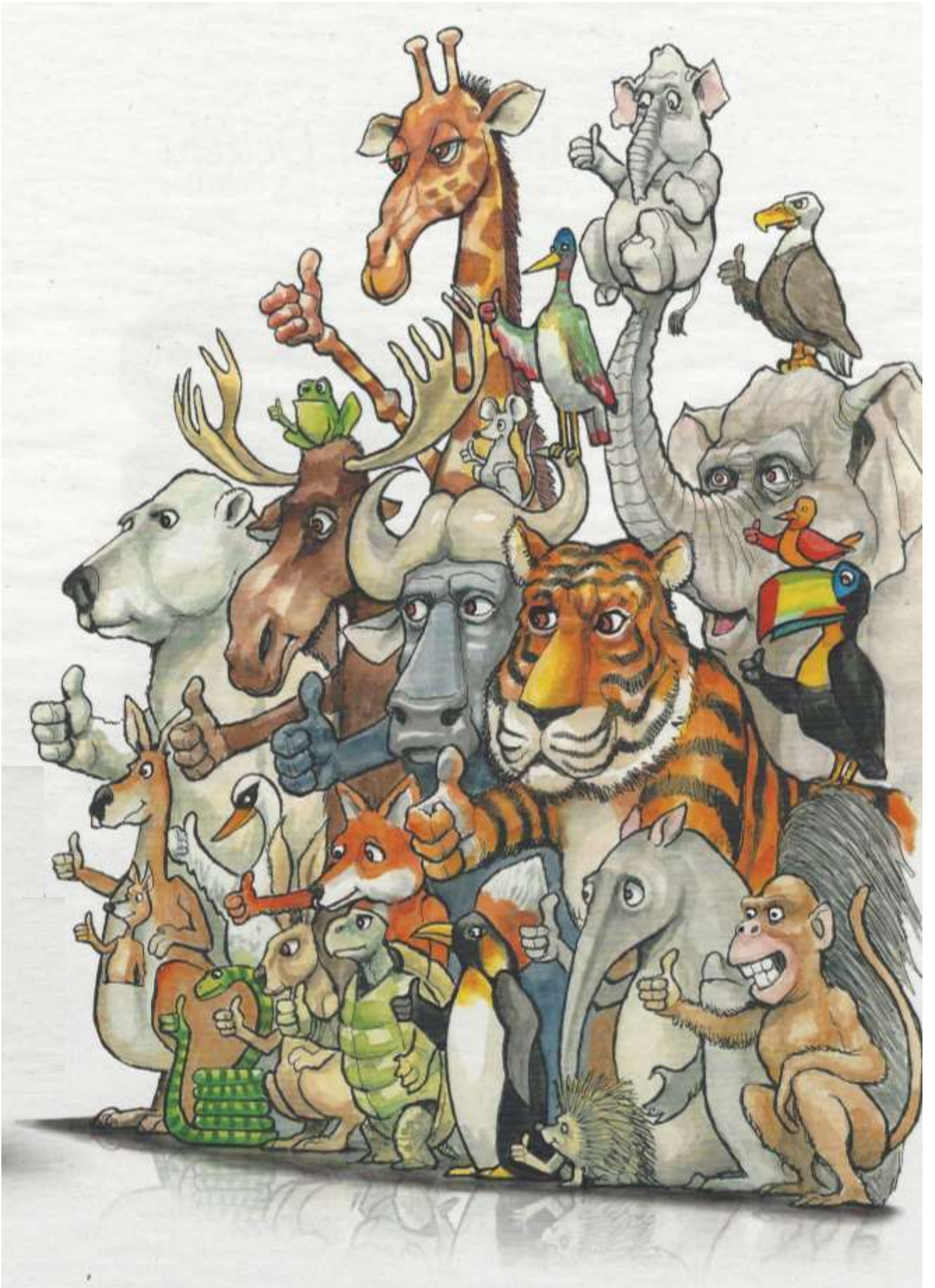
While we are living on Earth, we are spirits having a physical experience!

Our physicalness restricts our capabilities to around one third.



All our feelings are so important, and we are to follow them like walking down a golden feeling path, and most importantly, our bad feelings.

Angel guides 15 July 2022



WE EACH NOW CAN CLIMB TO
INCOMPREHENSIBLE
LEVELS OF CONSCIOUSNESS



ONCE YOU KNOW -
YOU CANNOT UNKNOW!

Mary Magdalene



Artwork by Joel Rea, of Tallebudgera, Gold Coast, Australia

**ALL
SYSTEMS
ARE GO!**



perceived truth MoC 940 – relative truth potential MoC 1,480