

PASCAS CARE

Journey Process and Feelings First



“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 the Feeling Healing process and Divine Love.” JD

JOURNEY PROCESS and FEELINGS FIRST:

James Moncrief, having read ‘The Journey’ by Brandon Bays:

Sunday, 19 August 2018

With John bringing to my attention **Brandon Bays and her healing Journey Process**, I downloaded her free ebook to see if I could gain something of an understanding about what she and her Process is all about. <https://www.thejourney.com/free-ebook/> And having read it, these are some comments I wish to make.

To begin with, the fact that on the very first page she has quotes of support and praise from the likes of Deepak Chopra, Anthony Robbins, two people I’m familiar with, says it all – more mind control stuff.

Overall for me, she and her Journey Process is another mind-based healing system, which on the surface looks very appealing in its simplicity and with amazing results from so many people who’ve done and still do it, it being very alluring and seeming like one is heading in the right direction; both physically, by supposedly healing oneself of one’s traumas and issues by looking to the relationships that one had mostly during childhood that created them, and spiritually, by feeling like you are making good progress toward becoming at-one with your True Self, and yet, is all part of the Great Deception.

Again I want to add, this is only my feelings and thoughts about it, and how do I know that I am right in how I see it; and for all I know, the Soul-Healing and Feeling-Healing I advocate might be only a far more laborious bad-feeling-indulgent exercise that could all be happily cut short by doing Brandon’s Journey Process. I’ve tried to look at her way objectively, and by reassessing my Healing, all I feel is there are too many things about the Journey Process that grate on me and I don’t like.

However, having said that, I also want to say, hey, if it makes anyone feel happier and better about themselves, even if that’s still only within their delusional mind system of self-denial, then it’s not for me to say that they can’t go that way, it being the same as feeling sick and going to the doctor and being helped, the same as an angel waving its magic wand and you’re immediate problems are taken away from you, all so you can carry on feeling a little better about yourself.

Still, on the spiritual side of things, I think the whole thing is crap and succeeds in leading one further astray, deeper into the Wrongness of one’s controlling mind, binding one further into one’s self-denial and feeling-denial, denying the truth of yourself that your feelings are to bring to light, burying you deeper in the mind world’s controlling state.

I think it stultifies one’s true spiritual search, sucking one into believing one is growing and evolving, when all one is doing is taking oneself closer to the edge of conceited oblivion as represented by the sixth Mansion

World and the spirits who want to indulge in their self-appointed mastery over their feelings by taking their mind control to such extremes that they are in effect declaring to themselves and the whole of Creation that they are god; they don’t need or want to know about the Mother and Father, although paying lip-service to such notions that they have a soul, something or some part of themselves that



mysteriously seems to call the shots, but they are the smart ones who've found the secret way to tap into it, being able to harness its life force thereby making them feel by default that they are in control of it.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Child like

Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

We are trying our hardest to perfect our rebelliousness, this being what we mistakenly believe is 'being spiritual' because that's all we know, we being conceived into the Wrong, want to perfect with it with all our will; and by doing so, believing that we're living God's Will, the Will of our Soul, becoming at one with Source (however you want to say it), all of which is fully embracing being wrong and working with it within yourself so it no longer makes you feel bad that you are going against your real Mother and Father and the Truths of Creation, because you've been able to bring the 'power of your mind' to vanquish and banish forevermore all those bad feelings, all those signs and signals being given to you to alert you to the fact that you are on the wrong track.

Brandon, of course, believes she is on the right track. She's hit upon – a way, a method, a Journey Process, something that you can learn and apply to yourself, that will help you rid yourself of all your problems, all your pain, ending all disease and dysfunction, however the very fact that you have to pay for it, that it's structured in a way that includes doing these few simple steps, which in theory everyone can do, means it's yet another mind-controlling way that's a symptom of and indicative of our wrong approach to really and truly healing ourselves.

She's helped me feel even better about the Feeling Healing even though as I progress in it I feel worse and more at sea and feeling like I don't have a clue about any of it, which I also understand is right, because that means I'm getting closer to the truth of myself, the truth of how it was for me through my forming years, as I didn't have a clue, it was all about rejecting the truth, rejecting me, making me feel completely unloved. And as much as I want to do my Healing so I can end all my pain and wrongness and feel completely loved, I understand that it's not about finding some easy method to do that, it's about systematically uncovering the whole truth of myself through my feelings, which is leading me to become true to my untrue state; which means, it's helping me feel, and so know, exactly how it was for me, that it IS how I am, that I am still it, and will be so until my Mother and Father decide otherwise, and that there is NOTHING I can do about how I am other than my keeping on accepting it, submitting to my feelings, allowing them to be, and accepting the truth they give rise to. And I know this might sound very similar to what Brandon advocates because some of the principles are the same, as it's like we're both describing and pointing out that we have a thing called an arm, how the arm works involving

many of the same processes, yet how we actually use the arm is very different, even opposite to each other.

Briefly, as she doesn't go into much detail about her Journey Process, there are two main aspects to it: the Physical Journey and the Emotional Journey.

The **Physical Journey** involves, so I understand, somehow visualising that you can go into your physical body, by entering into a space shuttle and moving around inside the body, wanting to be taken to where your physical problem is – where your pain or disease is. And when you get there, which amazingly for some people seems to happen very easily, then you see the problem with your organ or whatever part of the physical you're looking at. And then you can ask yourself by getting in touch with your 'infinite wisdom' what's wrong, what is it all about on deeper emotional levels that's causing this problem.

And then, as so many people experience, the emotional problem or memory comes to you about something that happened to you in the past, which invariably involves something bad you yourself did to yourself or other people did to you, and so you then imagine inviting those antagonists to come and sit with you at a campfire and you vent and express all your pain, bad feelings and trauma to them. And then you ask them to tell you from their side what was happening in their lives that make them treat you so badly. Which incredibly they explain to you, and then as you see it from their point of view, and mostly how bad it was for them, how much pain they were under and that they couldn't help doing what they did to you, then as it all makes sense and you feel compassion and sympathy for them, so you can forgive them – FORGIVENESS BEING THE BIG THING – often involving a cathartic physical / emotional release, like great sobbing, as the 'truth' comes to you, and you are set free from being bound up in this problem, free of them – you've let them go as you let yourself go.

So your body can get on bringing into being the new you, the you that no longer is carrying the destructive cellular memories of the trauma, thereby making your illness and pain go away, with Brandon herself and many other people experiencing remarkably quick physical healing, all of which amounts to a miracle. And really, on the surface of it, wow, how incredible that the body can respond so quickly to things on the mental and emotional level, and upon seeing others and experiencing such healing for yourself, why wouldn't you want to keep going that way rather than having to rely on ignorant and invasive medical practices. (And I will add here, many other people in effect do the same things Brandon talks about with remarkable healing results. She says a woman completely healed herself of all her cancer, her whole body riddled with it, in a matter of hours, confounding the medical staff – although she doesn't say how the woman did it. So it's there to be done, it's a way we live, something we can try and work out, even exploit. Just as we are allowed to do all sorts of major invasive physical things that medical science has developed over the years, so too it would seem we can do all sorts of major invasive emotional things to ourselves that alternatively minded people have achieved. So we've been given a lot of room in which we can play around with ourselves on the different levels. I can imagine that in future people might take Brandon's principles for example and develop other such 'healing' versions, so in the end the emotional clearing ways become just as complex and varied as medical science has become. It seems we're only just beginning to look to accepting our bad feelings, and so who knows what all sorts of weird off-shoots that might lead to?)

The **Emotional Journey** involves dealing directly with a bad feeling. You 'Present' to it, which is one of the weird things people say, that I hate, like 'feeling into it' and our soul being 'nested in our spirit body', so you 'Present to grief', 'Present to fear', which means you accept it, be it, allow yourself to fully feel it, which again on the surface of it at least is good, as you are no longer trying to deny it. However, then the denial comes in. Once you have Presented to it, which I guess really means

identified it by allowing yourself to feel it, by ‘Welcoming it’, you then don’t dwell on it, you don’t let it engulf you, you don’t wallow in it, you just quickly embrace the problem, pain or bad feeling wanting to go quickly to the next underlying layer. So you ask yourself, or the person helping you asks you: What’s beneath that? And up comes the next bad feeling. So you ‘Process it’ by welcoming it, by being it, by Presenting to it – and then what’s beneath that, and on it goes.

John – I reckon you can replace ‘feeling into’ with something like: submitting to our deeper feelings, or embracing our emotions, embrace, or, being true to. Embrace or accept our emotional injuries.

One lady experienced it like this; she’d been plagued with depression for years and her layers unfolded:

Depression
 Hopelessness
 Helplessness
 Desolation
 Despair
 Anxiety
 Fear
 Nothingness
 Blackness,



which was the big one for her and where she kept baulking at. So then with Brandon’s encouragement, Brandon telling her to allow yourself fall into it, surrender and just let go and relax into it, and then TRUST that you’ll come out the other side, so she managed to, and suddenly she was through it all with lots of crying and sobbing and she felt FREE, saying “I’m in love, it’s God, I’m free, she didn’t know what it was, only a great relief, and that it’s herself – her True Self as Brandon says she’s now connected with, the idea being, that we’re all True and Pure to begin with and have been subjected to all this shit, so if we can get through the layers of it, we’ll connect back to our True Self, with your own Source.

So as you can see, it all sounds very appealing, lots of people can apparently do it and gain immensely from it. And to complete the Emotional Journey, that if whilst you were dropping down through the layers you felt any blocks, extra pain and trauma that needs to be worked on, then you go back to it (once you’ve ‘found your True Self’) using the campfire visualisation and work through it, doing your ‘memory processing’ and reaching your point of forgiveness and releasing yourself from it.

So truth and understanding about the problem comes at the moment of release, all of which helps the person gain some awareness about their yuk, but from what I can see, that’s about all. And so you keep doing the Journey Process as required, just as you keep going to the doctor as required. So for some people it’s a lot, others only every now and again.

However there is no focus on wanting to uncover absolutely every tiniest detail about your fucked relationship with your parents and yourself, nothing about developing a very personal relationship with yourself and your Mother and Father, nothing about including the Divine Love and ascending in truth to Paradise, not really that much about longing for and wanting the Truth.

So for me it’s all as I said, just about making life easier for yourself in your mind-controlling ways, having a neat little Process that deals quickly with all those annoying bad feelings, all so you can get on and be more the great one in your own little self-delusion, it being all part of the fantasy, just shuffling around the pieces of the puzzle so as to suit yourself better. So for me it’s just like going to the doctor for help, all so you can patch up your emotional self so as to get on better in your normal everyday wrong existence. I can’t see that it’s helping you become more right, although no doubt a lot of people do change very positively through the emotional releasing, yet still I think all within their negative state.

So instead of going to the doctor and hospital to undergo horrendous physical operations, you do the Journey Process getting closer to the underlying causes, and everything is hunky dory. And so within our wrongness, as an alternative to regular medicine, why not, if I could afford it I'd like to do it before going to the doctor. However only as last resort do I want to do either of them or anything else.

The other part about it that interests me is, well, if it is 'only' a mind-controlling thing, how and where does it fit in within the mind Mansion Worlds? And in thinking this over, it seems to fit nicely – for myself – within the fourth world, it going like this:

Mansion World one: just the general confusion of spirits living their wrongness the best they can, trying to not be bad, trying not to hurt others, thereby staying out of the hells and lower Earth planes.

Marion World two: Starting to work more with one's controlling mind, with the focus being on Service, you are to use your mind to be more loving, to help selflessly others, to put others before yourself, to not want for yourself, only wanting the good and betterment of others. And to have loving thoughts, to not think badly of anyone, to keep 'being good' in your mind at all times. To think positively, to use your mind to control your feelings so as to make yourself be happy, to bring your full success out, to celebrate your god-given gifts, all for the good and benefit of all.

Mansion World four: This being where Brandon's approach fits in. It being where you've had enough of being of Service, giving yourself to everyone else, and decide that you have to start looking more after yourself. So you look to working more closely on yourself, you still have bad feelings so you set about working to resolve the emotional issues through whatever means you can. And they involve emotional releasing / clearing through some level of feeling-acceptance, as you can't get rid of them that easily, yet overall you're working to bury them once and for all, so deal with all your memory processing, deal with your traumas, do all your massive forgiving, which sets you up in a power position because you are the great one forgiving everyone – those people who did wrong by you, so you feel more in control, freeing yourself from your controllers, telling them – You are forgiven, giving them your blessing, feeling you no longer need to be bound into those patters, and feeling like you've found and are bringing out more your True Self, your true self which I reckon is more of the spirit you that's deeper in your mind control.

Mansion World six: This is where you put it all together, you've achieved mind 'ascendancy', the perfection of your negative mind-controlling state, specialising in your area of interest, being in bliss and true love and happiness – all mind derived, all of which is resulting from your mind saying you are at-one with Source, God, Soul, whatever the term, which is just your own controlling mind. Your mind is god, and it's calling the shots, keeping all your repressed feelings away, without you having to address any personality imperfection resulting from your bad parenting. Because you believe you've fixed all of that, you no longer have bad feelings within you, you've forgiven the evil ones in your life, you're now wholly in control making your reality be as you want it to be through your mind.

And then what happens? Are we to do the Journey Process every time we feel a bad feeling? At least you'd get your money's worth learning how to do the Process because you'd be having to do it three or four times a day at least if you want to address all your bad feelings like how much they come up for Marion and myself. Unless of course, that Process is so good it quickly removes or clears you of all your bad feelings so there aren't that many of them.

And if it was your True Self that you are connecting with each time you drop below all those terrible feelings, and you are growing in truth, then why aren't such people advancing in their relationship with

God to the point of following Mary M and Jesus and embracing the Divine Love? They seem happy with looking to themselves as Source (I am Source, Source is within me, which equals – I am god. And by the way, god I hate the word ‘Source’ as well). And talking in all their spiritual-mind-dictums not wanting to look at such things as The Urantia Book, the Padgett Messages, as they might throw a spanner in the works.

John reckons that a bridge might possibly be found that would help people come out of their mind controlling levels to the Divine Love and the deeper Soul-Healing, however I doubt it, I think it will possibly be an individual thing that happens when a person gets to the end of it and realises they haven’t made the progress they believed they had – and so, then what? That which happens so we’re told in the Mansion Worlds, with people giving up and asking for help and then a Celestial comes, or something like that.

So do we (Pascas) even bother with the Journey Process? And what about Brandon’s work with children, there is nothing about that in her book, and is it that she is giving children a way to deal with many of their bad feelings, whilst inadvertently at the same time, sending them off down yet another road deeper into their mind control? And does it matter, children being forced to that anyway through their families, and surely being more aware of feelings and even if one ‘Presents’ oneself to them, is better than outright denial of them?

James: Nanna Beth, do you have anything to add?

Nanna Beth: No, you’ve about covered it.

James: But of course you’re going to support me in it?

Nanna Beth: We’re the ones ‘feeding’ you your insights and helping you put it in perspective and within the picture you already have.



James: I don’t know about it all, for as I said, the further I go down my track, the more things seem to not make sense and the harder in some ways it’s getting, and yet the picture keeps growing and making even more sense.

Nanna Beth: You can only keep going expressing all you feel James. And, as mad as you feel in it and not understanding it, is all part of it, it’s how you were as a child, and that’s what caused you all your problems, and as you’re to see the whole truth about it, connecting with it fully, understanding that how it was for you back then is still EXACTLY how it is for you now, and that nothing will ever change because it didn’t back then, and accepting that – all you feel, is all you can do. Which arrives you at a point of then giving up, understanding you’re not in charge of any of it – any of yourself, that the Mother and Father is, the exact opposite to how you say the sixth world spirits live. You are to live understanding it’s how your Mother and Father wanted it for you – your whole childhood, and that as an adult it’s how They want you to be. And when it doesn’t make you feel good, then to seek the truth of why, through your feelings. And when you see through your feelings the whole truth of your unloved state, then They will bring about the necessary changes to end it. You can’t force yourself to do anything, your feelings are really in control, even when it seems like your mind is. So if you are meant to do Brandon’s healing, then that’s what you do, and if you’re not, then you won’t. And there’s truth to be had in it all because it all involves feelings. So just keep longing for the truth of them as you keep working to express them, and you’ll do whatever it is you are meant to do.

James: I hope so.

So who am I to judge Brandon or anyone else? Perhaps all Marion are I are doing is just another version of running away, she feeling so much happier lately only because she's able to stop doing all the things she hated doing, yet it's all still running away, still not facing the pain and dealing with it like Brandon is trying to do.

And this will remain my dilemma until my Healing ends, not knowing for sure if what I am doing really is getting me anywhere or whether it's just one massive self-denying fantasy.

Afterthoughts: Having written that, and then dealing with more bad feelings, (and I'll add here, the word having 'processed' more bad feelings came to my mind, and I hate using 'processing' in that context that our feelings are just something we mechanically 'process') I really have to wonder if I'm not actually doing my Healing my way to avoid facing the real horror deep inside me, the deepest fear, the blackness of feeling so unloved and abandoned like these people face through Brandon's Process? However I no more want to do Brandon's three days, than I want to go to the doctor. So I will continue on my track, even if it ultimately proves to be just more feeling avoidance, and I'm forced in one way or another to do something else. And that's where I am, it's coming to crunch time, getting older, my body not working as well, feeling less and less able and willing to try new things – the thought of even driving to Melbourne to do a workshop, driving to Melbourne for anything, is enough for me to chicken out and say no. I can't do it, don't want to do it, so I'm stuck doing my way because that's all I can do.

And I wonder: is the surrender Brandon talks about, just surrendering more to your mind control and not actually to God; or is it real surrender? And what I think is surrender, is when it takes you to the point where you've tried everything and you have to give up because you simply can't go any further hitting the brick wall, not being able to do anything else. And Marion and I seem to be approaching this, to where we can't do anything anymore, we give up, being ground down into it, and leaving it all in God's hands, because it is, relinquishing all our mind control – the rebellion. So does our Healing take us to a point of true surrender, rather than false mind surrender? So we're both waiting to see what is going to happen, the end is surely coming in one way or another: the end to our bullshit self-deception and we do fully Heal ourselves; or we're shown up and have to accept that our Healing is yet more self-deception. And what's so annoying is, you can't know until you do, we don't have Celestials in flesh sharing their experiences of it – it's so hard.

I think getting to the point of not knowing and REALLY not knowing, having all you thought you knew crushed out of you, is possibly getting close to the end and full acceptance of our wrongness, because that's how it was for us at conception. We had no idea. We're conceived into beginning without love – NO LOVE, what could be worse; and to then live that state as an adult fully aware of it, fully feeling all the terror of it, is where we have to get to in our Healing. And no avoiding it. Not using our mind to tell us we're not of that state, when we are. So forget feeling blissful, full of love and so happy being in your True Self with Source, putting that on the shelf whilst longing hard to be with fully with your Untrue self, and with no love, no Mother and Father in your life, just how it was for you at conception. We have to go back to the beginning, and understand how it was then for us – love or no love, and if some love, then how much and why only that much.



MAP of CONSCIOUSNESS calibrations:

Utilising Dr David Hawkins' Map of Consciousness table:

| | | |
|--------------------------------------|---------------|-----|
| The Journey by Brandon Bays | calibrates at | 785 |
| The Journey for Kids by Brandon Bays | calibrates at | 880 |
| Freedom Is by Brandon Bays | calibrates at | 780 |

The Journey Process is a fourth sphere – Mansion World concept based on Natural Love.
The Journey Process in practice generally calibrates at 600 which is conducive to short term healing with the assistance of natural love mind spirits.

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

| | Energy Calibration |
|--|--------------------|
| LIGHT BODY HEALTH SCIENCE | |
| Young Living Essential Oils | 690 |
| Neurolink – Kinesiology | 680 |
| Magician Way – William Whitecloud | 640 |
| Resonance | 640 |
| Ho'oponopono | 620 |
| Svaroopaa Yoga | 615 |
| Asana Pranayama Mudra Bandha Yoga | 610 |
| Body Cleanse – full body cleanse | 610 |
| Flower Healing Essence (practitioner + modality) | 605 |
| Consciousness Levels Calibrations – Kinesiology | 605 |
| Sekhem | 600 |
| Pranic Healing | 600 |
| Peak States of Consciousness | 600 |
| Orion Healing | 600 |
| Light Body Work (practitioner + modality) | 600 |
| Journey Process | 600 |
| Clinical Kinesiology | 600 |
| Homeopathy Soham Foundation (practitioner + modality) | 550 |
| TWELVE-STEP RECOVERY PROGRAMS | |
| Alcoholics Anonymous | 540 |
| Kundalini Yoga | 510 |
| SCIENCE CLINICAL | |
| Energy Enhancement System | 500 |
| Nutri-Energetic System | 500 |
| Psychoanalysis (Freud) | 460 |
| Psychoanalysis (Jung) | 460 |

| | |
|--|------------|
| Energy Medicine | 460 |
| Pharmacology | 450 |
| America's Best Hospitals | 450 |
| Surgery | 440 |
| Internal Medicine | 440 |
| Medicine, General | 440 |
| Medicine, Holistic | 440 |
| Practices Network Chiropractor | 440 |
| Psychiatry | 440 |
| Kriya Yoga | 410 |
| Acupuncture | 405 |
| Oriental Medicine | 395 |
| Hatha Yoga | 390 |
| DBT Psychology | 385 |
| Clinical Psychology | 380 |
| Psychiatric Hospitals | 355 |
| Reiki as a concept modality | 340 |
| Homeopathy General | 200 |
| Nursing Homes | 200 |
| Hospitals | 180 |
| DRUGS & ALCOHOL | |
| Alcohol Addiction | 90 |
| Cigarettes | 85 |
| Marijuana | 80 |
| Cocaine, Heroin, Methamphetamines | 6 |

The peak of the Earth planes, the 1st sphere, is the equivalent to 499 on the Map of Consciousness.

Note:

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

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

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

Thus the energy differentials are in fact enormous!

Possible relationship of Map of Consciousness (MoC) with Mansion World Spheres:

| | | |
|------------------------------|----------------------|---|
| 8th Sphere | 1,081 – 1,251 | Achievement of at-onement on reaching 1,081 |
| 7th Sphere | 921 – 1,080 | Divine love only, transmission to at-onement and Celestial spheres |
| 6th Sphere | 841 – 1,000 | Natural love mind world – perfect Natural love |
| 5th Sphere | 781 – 920 | Divine love Mansion World |
| 4th Sphere | 651 – 840 | Natural love mind Mansion World |
| 3rd Sphere | 500 – 780 | Divine love Mansion World |
| 2nd Sphere | 500 – 650 | Natural love mind Mansion World |
| 1st Sphere | 1 – 499 | Natural love mind world predominantly |

World 1 embraces the regions of disharmony as well as introduction to Divine Love. All humanity awaken in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 212 on the Map of Consciousness.

MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

The level of truth of a topic or subject is reflected in the calibration. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 in its purest presentation. This has never been previously achieved.

| | | |
|---|---------------|---|
| God, our Heavenly Mother and Father | Infinity | Location being Isle of Paradise |
| Celestial Heavens peak | 1,500 | 3 rd Celestial Heaven (10 th spirit Mansion World) |
| Feeling Healing / Divine Love teachings | 1,480 – 1,500 | 3 rd Celestial Heaven spirit supported |
| Now at one with Heavenly Parents | 1,081 | 1 st Celestial Heaven entry at Jerusem |
| Feeling Healing with Divine Love | 1,080 | 7 th Divine Love transitional sphere to Heavens |
| Natural Love peak | 1,000 | 6 th spirit Mansion World peak – can't go further! |
| Pascas WorldCare (as a platform) | 880 | 5 th spirit Mansion World healing Divine Love. |
| Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs) | 880 | 4 th spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings. |
| Koran | 700 | 4 th spirit Mansion World equivalent. |
| Torah | 550 | First five books of the 24 books of the Tanakh. |
| Cookies made for Family | 520 | Made with love (this supports cooking shows). |
| Enter EITHER natural or divine pathway | 500 | 2 nd natural love OR 3 rd Divine Love spirit world. |
| Peak of mind total orientation | 499 | 1 st spirit Mansion World peak. |
| King James Bible (from the Greek) | 475 | |
| Roman Catholic Church | 450 | Church (worldwide) – mind controlled. |
| Home cooked sea fish + organic salad | 410 | |
| Home roasted free range chicken + salad | 410 | |
| Wine or Beer | 330 | (in moderation!) |
| Roman Catholicism | 305 | As an institution in year 2004. |
| Tea green | 300 | |
| Humanity | 212 | The population of the world overall. |
| Vegetarianism | 205 | |
| Muesli | 205 | Above 200 is pro-life – positive. |
| Food | 200 | At this level and above food is life enhancing. |
| Food, Commercial Cat | 192 – 202 | Below 200 is anti-life – negative. |
| Food, Commercial Machine-made | 188 – 200 | Energy dense but nutrition poor. |
| Black Tea | 185 | Refining of most foods removes nutrients. |
| Percolated Coffee / Cappuccino / etc | 165 | |
| Corn Flakes | 85 | |
| Fish (all living in ocean) | 20 | |
| Bacteria | 1 | |

WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

I'D TURN BACK IF I WERE YOU!

The Natural love spirit Mansion Worlds as to how they have been for all these hundreds of thousands of years and as they are set up currently, are to help spirits advance to the fullest of their self-denial that they can. That is, so as to become as evil as they can. And all under the guise of being 'loving'.



It's why they are called the mind worlds, namely Mansion World / spheres 1, 2, 4 and 6. That is because the spirits are using their minds to complete their rebellion – denial of self and feelings, and rejection of our Heavenly Parents as well their Creator Son and Daughter. So yes, the top of Mansion World sphere 6, spirits are the most evil, the most in rebellion, the most in default, the most wrong and unloving and untrue, even though, they appear, because they've trained their mind to do so, to be the most loving, but it's all false and contrived – such as the Eastern gurus. Total mind over feelings, blocking all the bad ones and using your mind to only make you feel good.

Typical of those on their way up in the mind worlds are not open to anything, they do not want to know about feeling bad and going with their bad feelings looking for their truth, because that scares them, that's not nice, that doesn't make one feel good, it threatens their control, they reject that preferring to stay in their nice safe space. Which is how it is for these Natural love mind spirits using their minds to control their feelings.

We've all got to take responsibility for our evilness even though we were made to be that way and rebel by default, but there is no getting away from it, and it has to be compensated right to the last farthing, which is what being in the hell planes is all about, and which keeps being applied right the way through the Mansion Worlds. **In the mind worlds you can continue to use that inner pressure requiring compensation for your bad deeds, to further contrive love and pretend you are all holy and loving and not hurting anyone anymore, which on the surface of it you are not, but underneath still are, all the way up through to the sixth world; or, you can allow it to keep working on you right the way up through the Divine Love Mansion Worlds doing your Healing.**

And apparently what's going to happen is the Natural love mind Mansion Worlds are going to be divided, so within them, there will be spirits doing their Feeling Healing – without the Divine Love, and still limited to the sixth Mansion World, but looking to be true and end their rebellion. And then there will be those still carrying on denying themselves as they have always done. So you will have spirits in the Feeling Healing Natural love sectors that will truly perfect their Natural love; and those spirits still in the mind sectors perfecting their wrongness. The opposites or extremes living side by side. And then you'll still have the Divine Love Healing Mansion Worlds, being spheres 3, 5, and 7, doing their Soul Healing.

And as for a summation: "Divine Love Mansion World / Sphere 3 is the waking up to the truth that one is not loving, also their being a lot of assistance. Sphere 5 is then about going right into the depths of feeling how unloved you feel and seeing how unloving you are and how that makes you feel, also this is a time when one can then progress and manage their own progress through their Feeling Healing. Sphere 7 is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, this is a time of great realisation and comprehension with much of the prior experiences starting to be drawn together.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

It is agreed that the lower worlds are about waking up to what's involved, however from then on it depends on how it's all structured for the individual in their negative state as to how much ongoing assistance they might need. Some need help all the way along, whereas others have been able to work with their feelings, themselves, right from the beginning.

And yes, each of the Divine Love healing Mansion Worlds, 3, 5 and 7, are equally painful to work through, just focusing on different aspects of yourself and your Feeling Healing with Divine Love. And then in the higher planes of the 7th world comes the transition, where one's pain starts to end, and you start feeling so much better about yourself, you are fully accepting of your negative unloving state, you are fully unloving although even starting to become more loving – truly loving, of yourself, God, and then other people.

Then onto the Celestial Heavens by progressing into Sphere 8 and then onwards further, all the way home to Paradise.

Maybe something like 6 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

The 1st and 2nd Spirit Mind Mansion Worlds / spheres are jammed to the rafters.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

Nanna Beth, 3rd Celestial Heaven

Sunday, 18 June 2017



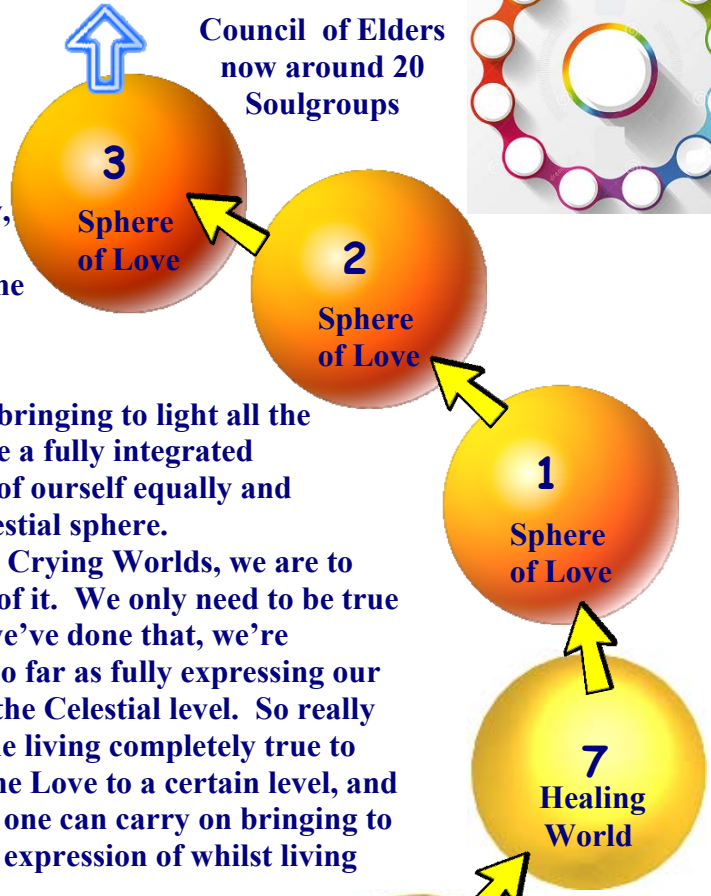
CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



Celestial Heavens are the Spheres of Love. One has to be a fully integrated personality, as in expressing all the aspects of one's self equally and lovingly, before one can leave the 3rd Celestial sphere – Sphere of Love, after having embraced the Way of Feelings.

When in the Celestial Heavens we work on bringing to light all the attributes of one's personality. We are to be a fully integrated personality, as in expressing all the aspects of ourself equally and lovingly, before you can leave the third Celestial sphere.

While we progress through the Divine Love Crying Worlds, we are to live true to our untruth, by living the truth of it. We only need to be true and perfect to our untrue state, and when we've done that, we're Healed. Even though we're still imperfect so far as fully expressing our personality, all of which we then perfect at the Celestial level. So really to qualify for the Celestials, that is about one living completely true to one's wrongness, and partaking of the Divine Love to a certain level, and then once that's done and being a Celestial, one can carry on bringing to light all those parts that one was denied the expression of whilst living untruth to oneself.

We are to uncover the truth of our untruth through the Healing crying Mansion Worlds levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).

Earth has been subjected to the Rebellion and Default until now! As a soulmate pair progress with their Feeling Healing, the Rebellion and Default conditions are being cancelled.

We all arrive into the 1st Mind Natural Love Mansion World. Most continue their way of living without any awareness of the Feeling Healing process and the availability of Divine Love.

The 1st and 2nd Mind natural love Mansion Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



WOMEN are OUR SPIRITUAL LEADERS!

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home

We men generally CAN'T do our Healing by ourselves, we need the help of a woman and / or women.

Women ARE the true spiritual leaders, they ARE able to live true to their feelings, and need to be recognised as such, appreciated for being so amazing in that capacity, and so supported and put first, something the man finds hard to do because of all his rebellious programming about being the superior dominant one.

If we men want to ever Heal ourselves of our wrongness, well we are going to have to fully honour women, we are going to have to ASK THEM FOR HELP. Women innately know the Way of their Feelings, whereas we men don't. Men spirits in the Divine Love Healing Mansion Worlds (3, 5, 7), all do receive help from fellow Healing women spirits or from higher Celestials (Sphere of Love 1, 2, 3). They all do, all of them. Not one man has done his Healing as Marion or Samantha are doing theirs. James Moncrief 20 Aug 17

The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary Magdalene might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings, and then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause.

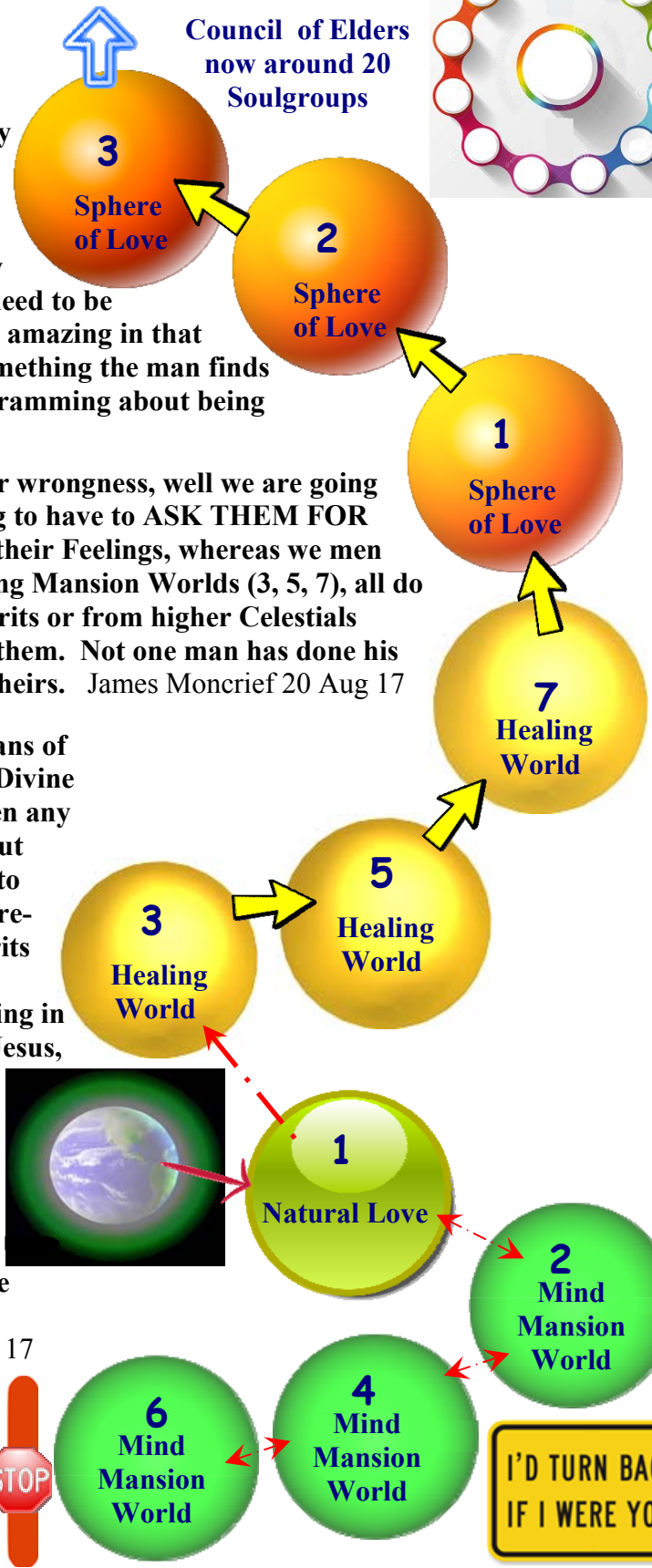
And then throw in their contrived Islam, and you have more male domination and the subjugation of feelings – of the woman.

Helen 20 Aug 17

The 1st and 2nd Mind Mansion natural love Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



Council of Elders now around 20 Soulgroups



JOURNEY through HISTORY to FEELINGS FIRST:



Jesus of Nazareth was born in August 7 BC. He was the first born into the family that Mary and Joseph had been trying to commence for some time. Jesus' mother was not a virgin. ...So there was no Immaculate Conception.

Mary of Magdalene was born five years later and was also first born into her family. Both Mary and Jesus were born free from sin. Mary and Jesus are soulmates.

Jesus and Mary being a Paradise Creator pair did not need to and don't fuse with their Indwelling Spirits – so neither do the Avonals. Paradise Pairs are already divine, unlike ascending mortals that are of Natural love and need to embrace the Divine Love and fuse with their Indwelling spirit to become divine. So when they come of age they express their divine soul without needing such inner help anymore. They still partake of the Divine Love when on bestowal so as to transform their Natural Love, but really they are so different to other people because of their inherent soul difference.

When the Paradise Pairs 'become of age', meaning of the Celestial level of truth, then they no longer need the personal guidance from their Indwelling Spirit within them, so their Indwelling spirit leaves becoming fully individualised – personalised, never to indwell another spirit. And from that personalised state, the Indwelling Spirits can still advise the Creator or Avonal Pairs should they need such advice.

But the whole thing about the Creator and Avonal Pair is that when they become Celestial, they are fully of their Paradise status, so they are literally in that light 'God on Earth', meaning, they no longer need or have the inner god – the adjuster's guidance, they get all their guidance directly from their soul, so direct from the Mother and Father, Eternal Son and Infinite Daughter, they being essentially 'Paradise on Earth'.

So when you see the Daughter and Son, you are seeing 'God on Earth' and when you hear the Daughter and Son, you are hearing 'God on Earth' which is why they are such a big deal and so different to ascending mortals. And so for an ascending mortal to choose to follow the Daughter and Son, they are choosing, for all intents and purposes, to follow the God's that Daughter and Son represent. So by choosing to follow Mary and Jesus you are choosing to follow the Mother and Father and the Eternal Son, so the Divine Love and the Divine Truth; and with the Avonals – the Eternal Son and Infinite Daughter, so the Divine Truth and the Divine Mind.

Jesus was the first of the two to come into full Sonship and that was in 26 AD or CE, which ever you please. Then Jesus commenced his public ministry and that is marked by the 'christening' with John the Baptist. That event was to celebrate the commencement of his ministry.

Jesus was assassinated in March 29 CE.

Mary of Magdalene was two years older than Jesus when she came into full Daughtership. Thus it would have been 33 AD when she also became at one with our Heavenly Parents.

Mary Magdalene died aged 48 (born 2BC died 47CE). Both Mary Magdalene and Jesus died virgins. The Catholic Church has got the wrong Mary as the virgin. Well, as we know, the Catholic Church has not got anything correct. Even its name is in question by some.

Mary had travelled to Egypt for safety where she lived the rest of her life. She taught small groups of women how to heal themselves of their childhood repression and suppression. Five of these ladies were the first to progress through the Divine Love healing worlds, being 3, 5 and 7. They were the first to progress into the Celestial Heavens. These five ladies then attracted their soulmates to also heal themselves. And later their soulgroups were formed. A soulgroup consists of 12 soulmate pairs, 24 individuals.

These five ladies with their soulgroups were the first to progress beyond the Celestial Heavens, being spheres 8, 9 and 10. Now they are in the first soulgroups to progress beyond Nebadon. Only by embracing Mary Magdalene and Jesus can one find their way through and out beyond Nebadon towards Paradise.

A soulmate is ALWAYS of the opposite sex. Mary Magdalene and Jesus are regents of Nebadon. It is through their Spirits of Truth that we are able to connect with and receive our guidance. While we embrace others who pretend to be them, then we are unable to connect with the Spirits of Truth of Mary and Jesus. Impostors can block our progression if we embrace them.

Mary Magdalene did not have a public ministry. In the first century, women were chattels of the male. Women were subservient and suppressed by the male. This is how it has been throughout the 200,000 years of the Rebellion and subsequently the Default. The circumstances made it impossible for Mary to have a public voice. Mary's subjugation was her 'assassination', the equivalent to that of Jesus being nailed to the cross. Her's was just a longer more drawn out affair, but basically achieved the same end, that she couldn't express her truth as neither could Jesus, his truth expression being cut short.

Mary and Jesus did not come to the humanity on Earth exclusively. They came for all of the humanities throughout all of Nebadon. What they did do is sow the seed for what is now unfolding to end the reign of the Rebellion and Default. 37 worlds joined in the Rebellion but only Earth went on to subsequently Default, thus we were and still are in the worst mess. The whole of humanity is presently walking around in a stupor. Our childhood repression and suppression is universal, no one misses out.

We have been taught, generation after generation, to embrace our minds. Our minds cannot discern truth. Further, our minds are addicted to control. Thus you can now see why we continue in the mess.

It is only by living through our feelings that we can start to recognise truth. And it is through our feelings that we can go on and heal. Worshipping one's mind is imprisonment to the extreme.

Those who have read the Padgett Messages in chronological order will recall that the last fifty pages or so it is repeated often that there is more to come. Some current writers allude to the belief that they are the 'more to come' writers. They have not been the one

The second coming of Mary and Jesus commenced on 31 May 1914 and completed in 2014 AND there is much more unfolding.

Yes, our soul is a duplex. The soul manifests two personalities. One personality is always female and the other always male. The soul may seem to split, however it has no need to and apparently does not, remaining in a different dimension to that of our spirit bodies, and further, our physical bodies. The soul connects to both the male and female personalities via cords of light to each of the two spirit bodies which in turn are the templates for the physical bodies. We are the personality of the soul. Our true self is the personality that our Heavenly Mother and Father gave us. This is what we are to bring into full awareness – not the personality that our physical parents impose upon us.

Starting from the moment of the bringing about of the embryo, our newly forming spirit personality is being smothered by the emotional errors and injuries of those closest to it, typically the mother and father. This unwelcome intrusion and submersion of our true selves continues throughout our forming years, through to around the age of six when our indwelling spirit arrives. By that time we are reflecting all the issues of our parents, if not both, then one or the other. We are no longer who our Heavenly Parents intended for us to be and who They know us to be. We have to heal ourselves of this suppression and repression.

Throughout the length of time of the Rebellion and Default, some 200,000 years, no one has healed themselves. It is only now, yes now in the decade centred around 2018 / 2019, has a soulmate pair with spiritual authority been able to complete their healing and show us the way to heal ourselves here, while we live physically on Earth. Yes, there is another bestowal pair now physically here on Earth. This pair is a Paradise Daughter and Son. Not of the same statue as the Paradise Daughter and Son, Mary and Jesus, but with the spiritual authority to bring the Rebellion and Default to an absolute end and provide a pathway for us all slowly but progressively to commence our healing. This is what the coming spiritual age of 1,000 years is all about.

By embracing our Feelings First, that is by living Feelings First and then embracing our Feeling Healing, we start to go in the right direction. Further by longing for the truth behind our feelings, both good and bad, we will be told. It is through embracing our feelings with the truth of them that we can then express and release our injuries, thus beginning to heal ourselves – PERMANENTLY!

Then by longing and asking for the Love of our Heavenly Parents, Mother and Father, we will begin to receive the substance which is Their Divine Love. This is taking the Feeling Healing process to the level of Soul Healing. We are now beginning to bring our soul into a condition where it will eventually be fitted to enter the Celestial Heavens. This is the beginning of our pathway home to Paradise, the home of our Heavenly Parents, Mother and Father.



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3rd Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self-denying and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love

will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more

essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

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.

Love from us all over here – your Nanna Beth.



The JOURNEY for KIDS with LIVING FEELINGS FIRST:



What Do Kids Feel Sad About?



Being Unloved and Rejected!

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetrating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Journey for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



SUPERKIDS

Natural self Expression through Feelings

Self Empowering
Self Revealing
Self Loving



Feelings First



I'm a
free
spirit.

MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

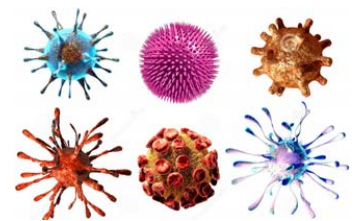


Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.

Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

LONG for the TRUTH!

Above all else, “Longing for the Truth” has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to our self, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling about any emotional event or issue so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!” This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

LIVE FEELINGS FIRST



PRAYER
is not asking. It is
a longing of the
SOUL.

**DIVINE LOVE does not TRANSFORM one's SOUL
FEELING HEALING is what TRANSFORMS one's SOUL**

The Divine Love does transform our soul from Natural love into Divine Love. It's our Feeling Healing that 'transforms' or heals our erroneous expression of Natural love. We have to 'heal' and so perfect our Natural love, so it can then be transformed by the Divine Love.

Divine Love does not even begin the real work of transforming one's soul, for those who focus upon receiving Divine Love to the exclusion of embracing one's Feeling Healing, they are just expanding their mind's control over themselves. Should this be one's passion, then upon passing into the spirit Mansion Worlds they will find that they can continue along this path all from within the Divine Love followers segment within the first natural love Mansion World! Yes, only from within the first natural love Mansion World.

Most of humanity on Earth does not want to face the very truth their feelings are making them feel every day of their life. So if they want to keep living in the spirit Mansion Worlds as they did on Earth, in complete denial of their feelings and the truth they are to shown about their wrongness, they can.

However, for those who have embraced Divine Love and begin to engage in their Feeling Healing process to begin the transformation of their soul, they will be able to sense the Divine Love already within their soul 'driving them on'. One's understanding and adjusting will be changing rapidly to that of embracing all about the Healing and doing it – all being supported by the Divine Love that one may have received previously. All one may have done with the Divine Love may make their introduction into their real Healing, by using their feelings, much easier than it is for other spirits from the mind worlds who are at the same time having to wrestle with many of their old religious beliefs or mental programming, having to take on a whole new mind-set which one could see would take some of them years, whereas for someone who has been longing for and receiving Divine Love for some time it may be only a matter of weeks. This also applies to those living in the physical.

It is the Feeling Healing process that transforms one's soul towards perfection, towards the ability to fully express one's true personality as given to us by our Heavenly Parents, it is the Divine Love that then fits that transformed soul to be able to enter the Celestial Heavens.

Reference: Pascas Care Letters – Divine Love does not Transform

SUPERKID POWER
NATURAL self EXPRESSION



FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

MIND

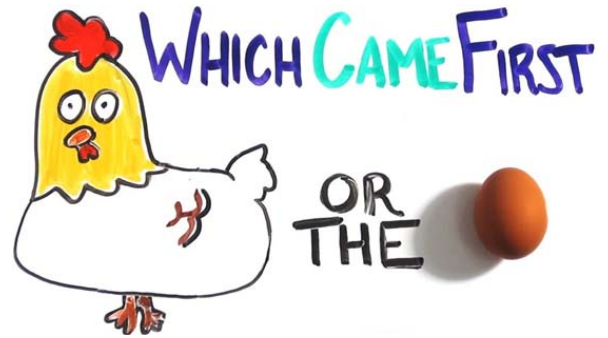


SOUL



FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to embrace our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.



Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.



Suppression and Repression:

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

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

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

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



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

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

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

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

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

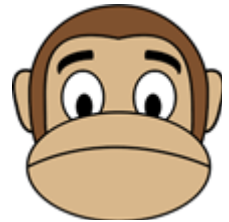
Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling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

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time

ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

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

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



And to spiritually help us, we are to understand:

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

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

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

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

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

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

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

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

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

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



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

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you do, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

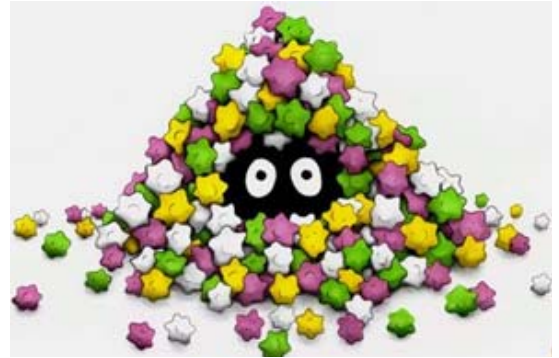
James Moncrief 18 March 2018

FEELINGS FIRST For Kids

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.



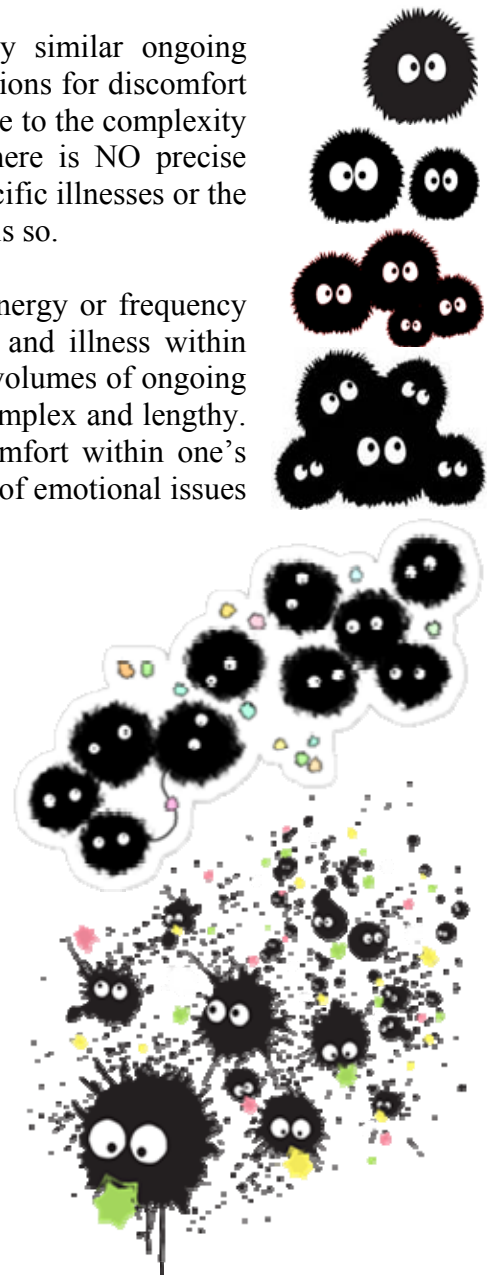
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.

The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty in managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018

Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.

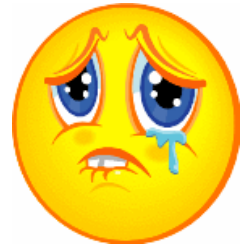


Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

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PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



Spirit Mansion World 3 equivalent on Earth: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.

Spirit Mansion World 5 equivalent on Earth: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Spirit Mansion World 7 equivalent on Earth: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



Accept, express and long for the truth of your feelings.

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

BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

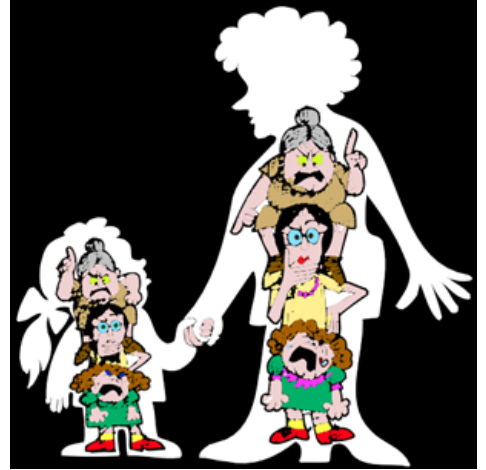
However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.

So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.

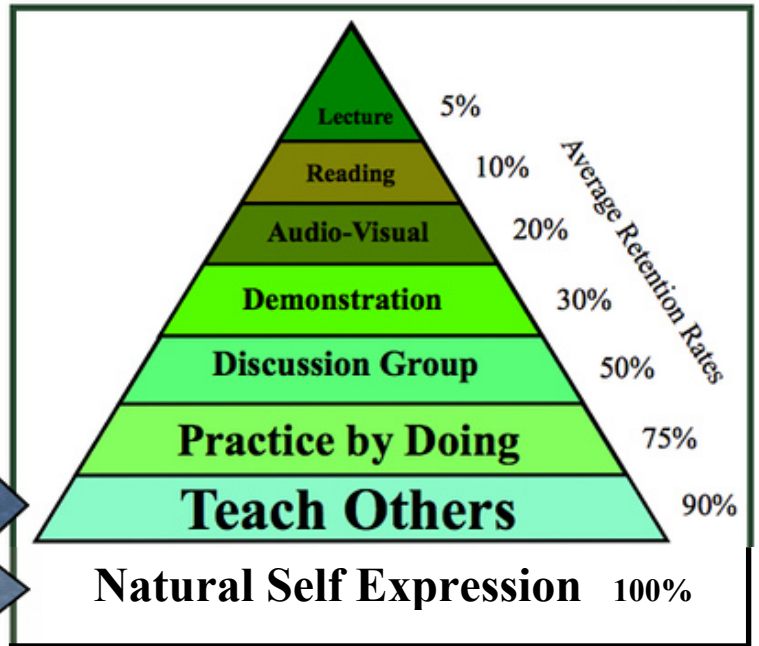


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Feelings *first*



The Learning Pyramid



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Avonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing

| | | |
|--|--|---|
| Primary recommended reading: | consider commencing with: | Paul – City of Light |
| The Book of Truths | 1914 – 1923 | xxx – Joseph Babinsky |
| containing the Padgett Messages or | | |
| Little Book of Truths | | – Joseph Babinsky |
| True Gospel Revealed anew by Jesus Vol I, II, III, IV | xxx | – Geoff Cutler |
| The Rejected Ones | 2002 – 2003 | xxx – James Moncrief |
| Messages from Mary & Jesus | 2003 | xxx – James Moncrief |
| Paul – City of Light | 2005 | xxx – James Moncrief |
| Mary Magdalene and Jesus' | | |
| comments on the Padgett Messages | 2007 – 2010 | xxx – James Moncrief |
| Speaking with Mary Magdalene & Jesus | 2013 – 2014 | xxx – James Moncrief |
| Sage and the Healing Angels of Light | 2017 | xxx – James Moncrief |
| Road map of Universe and history of Universe: | | |
| The Urantia Book | 1925 – 1935 | xxx as primary reading |
| Divine Love supporting reading: | | |
| Revelations | 1954 – 1963 | – Dr Daniel Samuels |
| Judas of Kerioth | 2001 – 2003 | – Geoff Cutler |
| The Golden Leaf | 2008 | – Zara & Nicholas |
| The Richard Messages | 2012 – 2013 | – James Reid |
| The Divine Universe | 2012 – 2013 | – Zara & Nicholas |
| Family Reunion Afterlife Contact | 2014 – 2015 | – Joseph Babinsky |
| Traveller, An Immortal Journey | 2014 – 2015 | – Zara & Nicholas |
| Destiny, Eternal Messages of Divine Love | 2015 – 2016 | – Zara & Nicholas |
| Feeling Healing | 2017 | – James Moncrief |
| Religion of Feelings | 2017 | – James Moncrief |
| The Way of Divine Love | | – Joseph Babinsky |
| Divine Love – The Greatest Truth in the World | | – Joseph Babinsky |
| The Human Soul | | – Joseph Babinsky |
| Divine Love Flowing | | – Joseph Babinsky |
| The Truth | | – Werner Voets |
| Through the Mists, The Life Elysian, The Gate of Heaven | | – Robert James Lees |
| Life in the World Unseen | | – Anthony Borgia |
| Gone West | | – J M S Ward |
| Post Mortem Journal | | – Jane Sherwood |
| After Death / Letters from Julia | | – William T Stead |
| Thirty Years Among the Dead | | – Carl A Wickland |
| A Wanderer in the Spirit Land | | – Franchezzo |
| Life Beyond the Veil Vol I thru to V – Rev George Vale Owen | | – Geoff Cutler |
| The Holy Bible from the Ancient Eastern Text | | – Dr George M Lamsa |
| Available generally from: | | |
| www.lulu.com | www.amazon.com | www.bookdepository.com |
| For Divine Love focused websites and forums: | | |
| Pascas Health: | http://www.pascashealth.com/index.php/library.html | |
| Spiritual Development: | http://new-birth.net/spiritual-subjects/ | |
| Padgett Books: | http://new-birth.net/padgetts-messages/ | |
| http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm | | |

James Moncrief's books, the Padgett Messages and The Urantia Book at:

DIVINE LOVE SPIRITUALITY – DLS:

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945
The Urantia Book (see suggested papers to read below)

James Moncrief Books:

| | | | |
|---|-------|---------------------------|-------|
| | MoC | | |
| The Rejected Ones – the Feminine Aspect of God | 1,490 | Nov 2002 – Jan 2003 | 228 |
| Messages from Mary and Jesus book 1 | 1,485 | Feb – Apr 2003 | 189 |
| Messages from Mary and Jesus book 2 | 1,485 | Apr – Oct 2003 | 170 |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 | | Aug 2007 | 164 |
| Messages from 31 May 1914 – 12 January 1915 | 1,495 | | |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 | | Sep 2010 | 177 |
| Messages from 13 January 1915 – 29 August 1915 | 1,494 | | |
| Speaking with Mary Magdalene and Jesus blog – book 1 | 1,490 | Jan – Apr 2013 | 206 |
| Speaking with Mary Magdalene and Jesus blog – book 2 | 1,489 | Apr – May 2013 | 229 |
| Speaking with Mary Magdalene and Jesus blog – book 3 | 1,490 | Oct – Jan 2014 | 187 |
| Speaking with Mary Magdalene and Jesus blog – book 4 | 1,491 | Jan – May 2014 | 191 |
| Mary Magdalene comments on Revelation from the Bible KJV | 1,485 | Dec 2013 – Jan 2014 | 84 |
| | | This group being pages of | 1,825 |

| | | | |
|--|------------------------|---------------------------|-------|
| Paul – City of Light | 1,488.5 | 2005 | 149 |
| Ann and Terry | | 2013 | 235 |
| Feeling bad? Bad Feelings are GOOD! | feeling-healing book 1 | 2006 | 179 |
| Feeling bad will make you feel BETTER – Eventually! | feeling-healing book 2 | 2006 | 159 |
| Breaking the Golden Rule. | feeling-healing book 3 | 2006 | 168 |
| Feeling-Healing exercises, and other healing points to consider. | | 2009 | 175 |
| Cathy and Mark – a novel introducing Feeling-Healing. | | 2010 | 151 |
| Introduction course to Divine Love Spirituality | | 2006 | 139 |
| Speaking with the Dead, Death and Dying | | 2009 | 173 |
| Spirits and their Childhood Repression Healing | | 2010 | 179 |
| With Verna – a nature spirit | | 2008 | 279 |
| Communication with spirits – meet a spirit friend | | 2010 | 37 |
| Introduction to Divine Love Spirituality website | | | 362 |
| Sage – and the Healing Angels of Light | | 2017 | 260 |
| Divine Love Spirituality | 1,500 | 2017 | 201 |
| Feeling Healing – you can heal yourself through your feelings | | 2017 | 153 |
| Religion of Feelings | 1,500 | 2017 | 47 |
| | | This group being pages of | 3,046 |

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

This includes specific examples of Marion and James working on expressing particular bad feelings, again with the hope that it will help others gain something of an idea as to what's involved in doing your Feeling Healing.

Sage – and the Healing Angels of Light

Through Sage who's 13 years old, the story is primarily about the two aspects of healing; that being, with the help of our angels, and the full Healing we can do by looking to our feelings for their truth.

**Religion of Feelings
Feeling Healing****Welcome to LOVE – the Religion of Feelings
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

A collection of ‘papers’ that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one’s awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

PASCAS INTRODUCTION NOTES: *All papers below can be found at Library Downloads link.*

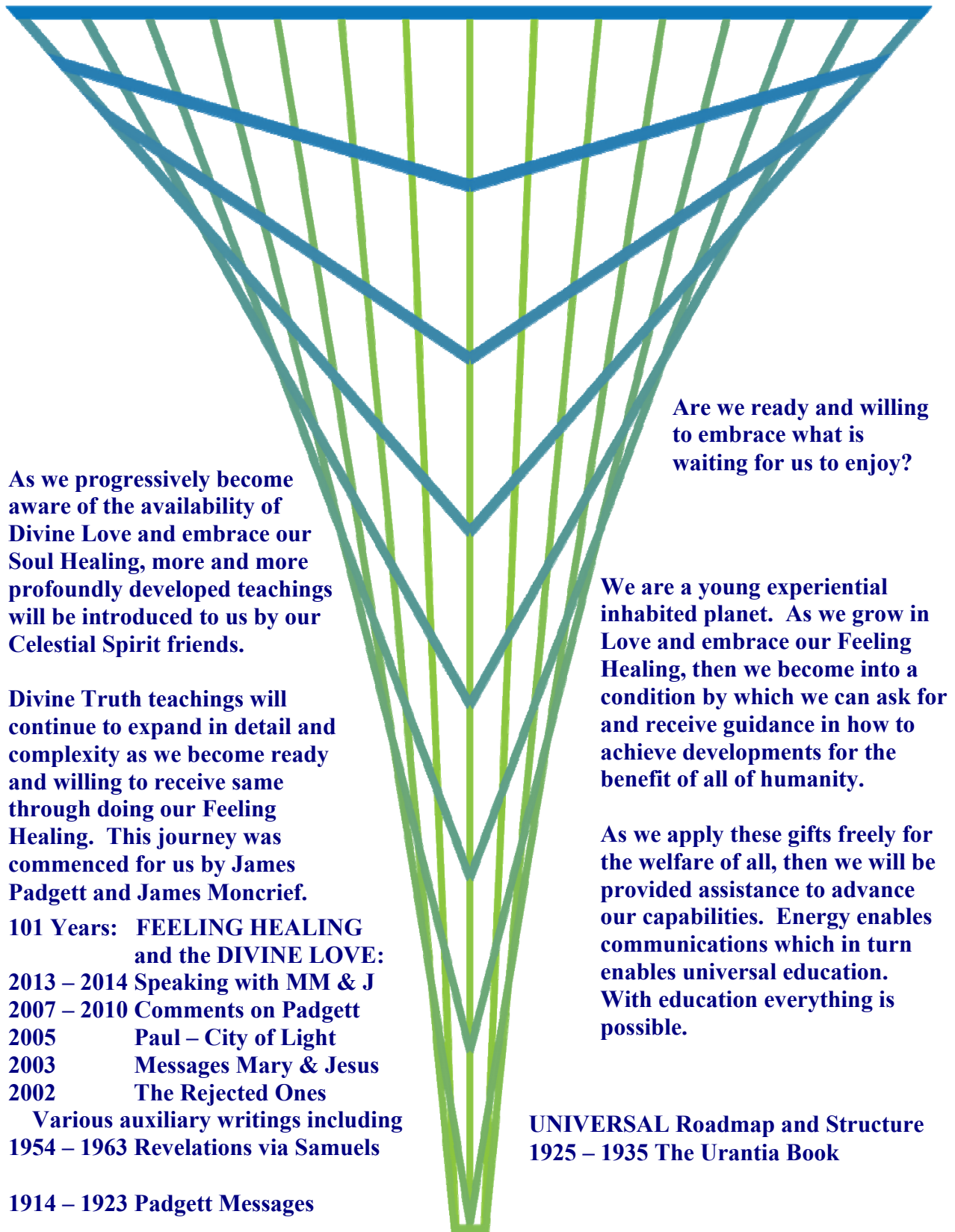
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women’s Liberation and Mother

MEDICAL – EMOTIONS:

Pascas Care – Feeling Healing
Pascas Care – Feeling Healing All is Within
Pascas Care – Feeling Healing and Health
Pascas Care – Feeling Healing and History
Pascas Care – Feeling Healing and Parenting
Pascas Care – Feeling Healing and Rebellion
Pascas Care – Feeling Healing and Starting
Pascas Care – Feeling Healing and Will
Pascas Care – Feeling Healing Angel Assistance
Pascas Care – Feeling Healing Being Unloved
Pascas Care – Feeling Healing Child Control
Pascas Care – Feeling Healing Childhood Repression
Pascas Care – Feeling Healing End Times
Pascas Care – Feeling Healing is Rebelling
Pascas Care – Feeling Healing Live True
Pascas Care – Feeling Healing Mary Speaks
Pascas Care – Feeling Healing My Soul
Pascas Care – Feeling Healing Perfect State
Pascas Care – Feeling Healing Revelations X 2
Pascas Care – Feeling Healing the Future
Pascas Care – Feeling Healing Trust Yourself
Pascas Care – Feeling Healing Versus Cult

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:





perceived truth MoC 880 – relative truth potential MoC 1,480