

# PASCAS CARE

## Journey to Feelings

### - Adults



“Peace And Spirit Creating Alternative Solutions”

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

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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 Doel with others!*

Pascas Foundation (Aust) Limited



***“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***

## The NEW WAY – FEELING-HEALING SPIRITUALITY

Do you ever wonder why life turns out the way it does?  
Do you wish you could change your life?  
Or is it set in stone and that's just the way it is.

That's pretty much how I was up until a couple of years ago. Then I talked to a guy called James Moncrief and his partner Marion.

Two extraordinary people living way down south in a place called Phillip Island in Victoria, Australia.

And what makes them quite different from you and me is the way they live. And by this I don't mean they live a fancy lifestyle but unlike almost everyone on Earth they live Feelings First.

This means that instead of living in their heads where the mind dictates everything we do, they are led by their feelings and instead of ignoring or suppressing their feelings they “go with them” and importantly they stay connected to the feeling and importantly they want to find out the truth of the feeling and often this truth goes way back to their early childhood.

They help each other by expressing what they feel – out loud to each other. And because they each have a longing for the truth they allow each other to say exactly what they are feeling to each other which to be candid isn't always “a bed of roses” ... but they know deep down that this is the only way to dig deep down into all the feelings that everyone of us has either suppressed or had repressed by our parents when we were very young.

But hang about, “I had a great childhood and my parents loved me very much...”

Well that's what we think but it's not true. And it is ONLY by getting in touch with our feelings and longing for the truth behind what we feel that we reveal that in fact our parents weren't as loving as we pretend they were but had their own agendas to make us like “mini-me's” ... moulding us into a shape that they thought (with their minds) was the ideal way **they** wanted us to be. That's wrong and on so many levels not least of which it suppressed our expression of how we wanted to be ... what is in each of our souls (each embedded in our soul wanting to be freely expressed) but instead these emotions were suppressed never allowed to see the light of day and this is the damage that each of us carries and basically creates the type of life we each live into our adult years.

Graeme: Does it all boil down to this:

"I have to feel all my bad emotions and long for the Truth of them ... from my Heavenly Mother and Father."

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: Yes it does.

Graeme: So how do you start this Feeling-Healing?

Firstly let me talk about EXPRESSING what you feel to someone who is willing to listen. Now the part about expressing them to someone / anyone. The ‘anyone’ is not quite right because you can endlessly express your pain to anyone and never get anywhere near the truth of why you’re feeling those bad feelings. People do it all day long within their families, with friends, with their therapist. So you need someone who’s on your side, is interested in you, is wanting to know how you are feeling and why. And even though Sam (Samantha in the UK) is doing her Healing by herself, still she is expressing her feelings to her Mother and Father, to someone, who in herself, even to herself, that does want to know

all how bad she feels. Our parents, the very ones who should have wanted to know all how we felt, didn't want to know, hence our denial of our feelings and the belief within us that no one wants to know, including ourselves. So we need to express our bad feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

**We are to find the whole truth of ourselves through our feelings.** And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

Let me digress for a little bit... On 28<sup>th</sup> November 2018 my mother Lorraine passed into the spirit world. As way of background I'd been her full time carer for the previous 3 years. After she passed I received a message from a Celestial Spirit who goes by the name Nanna Beth. This is what she told me:

29 November 2018: “And one last thing before I go, a friend sent you this message “Do not give in to the sadness, the frustration or desperation of what you are going through on this day.”, however you understand that from our perspective we'd counsel that you do the opposite: DO give in to the sadness, the frustration or desperation of what you are going through on this day. However that's not to say that you have to Graeme. It's just to understand that denying feelings is wrong, no matter how you do it, and yet as you are all so heavily entrenched in that, then that too is what you need to do until you work through your Healing and end such unloving controlling patterns.

All my love to you Graeme – Nanna Beth.”

Consider reading:



[Rejected Ones via James Moncrief.pdf](#)

Go to:

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

Library Download then to Medical – Spiritual References

<https://www.pascahealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

**FEELING versus EMOTION  
and emoting such emotions through your feelings:**

It is important to **emote** your feelings to a partner or to your Heavenly Parents.

Just be the feeling. When you feel the feeling, try to stay with that feeling.

The other person you are engaging with can assist you to experience and express the emotional event that you are feeling coming to the surface. They'll assist you to stay with that feeling. The other person is to encourage you, to prompt you in describing, expressing, talking about – **emoting** – that feeling leading you back to discover the truth of an experience that was an emotional event in your life, most likely an event in your early childhood, and even more likely to be a childhood suppression of your expression of your true personality by one of your parents.

What ever you are feeling, describe it. Once in the feeling stay with the feeling – become the feeling – become the emotional event. Express, talk about it, that being the experience of how it really unfolded.

Feeling is what you feel now. Emotion is the result of an event that happened in the past (even the recent past). The emotion is the pain within you. Once you begin to become that painful emotional event then the feelings thereof can be expressed, talked out of you – for ever!

The more often you drop into these past emotional events, you'll find the resistance to do so will subside. Your childhood events will become more readily alive in the present.

You will begin to long for the truth of these childhood repressions and these suppressions will become memories, but no longer painful memories as you talk out each such suppression of your true personality that being what was imposed upon you since your conception. You will be aided by the Spirits of Truth of the Avonal Pair as you become to know and embrace them.

**SPIRITS OF TRUTH**

**Avonal PAIR**



## PASCAS CARE JOURNEY to FEELINGS – ADULTS

We are to live through our feelings first then with our minds to assist with the implementation of what our feelings are guiding us to embrace. Our feelings are always in truth.

# WHY SO SERIOUS?

The spiritual guidance for the humanity of Earth seduced our naïve populous into worshipping our minds and to follow these fiends' dictates on the false assumption that we could become mini-gods – that was 200,000 years ago – that was the time of the Rebellion. Ever since then man has struggled in its depravity and disillusionment. Only now, in the years 2019 / 2020 has spiritual guidance, with authority, become available to us so that we can embrace the way to heal ourselves of this gross error and live Feelings First.

We could be serious however this crime against all of humanity is so heinous that all you can say is 'kiss my tail' and be irreverent in regards to all who have kowtailed to the seductive ways of the Evil Ones. Now it is time to kick their butts into to the dim past of history.



**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

These Evil Ones' deception has been all persuasive. Spirit personalities within the more progressive Mind Mansion Worlds numbered 2, 4 and 6 assisted in the charade by influencing people in the physical to embrace misleading ways, rituals and practices. Our minds are extra-ordinarily powerful. When engaging in mind orientated healing processes, great relief may be experienced through the mind's capacity to mask the pain thus creating the feeling of being healed whereas the benefit is only temporary putting the true healing off for another day.

So why contemplate or even consider a Journey to Feelings, that is Feeling Healing, and better still Soul Healing which is Feeling Healing with Divine Love?

In the early 1990s the last two pair of Evil Ones – Lanonandeks – were spirit imprisoned and finally the Celestial Spirits have been given the authority and have now blocked malevolent spirit interference with us from the Mind Mansion Worlds, as from 22 March 2017. Further, high level spirit personalities with authority are now showing us the way to heal ourselves of the Rebellion and Default.

The problem being, how you think everything should unfold and go, is not how it's going, and that is where the inner friction comes from giving rise to all the bad feelings that rightfully should be embraced, expressed and the truth sought. How do we undertake the Great U-Turn and put our mind into second place and subordinate to our soul based feelings?

# AN IRREVERENT CURIOSITY

Let us now explore The New Way, however before we do that, here is a stepping stone, a bridge so to speak.

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

# The 9 Steps to the Physical Journey

## Adults

1. Guide your partner down the staircase into Source.
2. Take Magical Vehicle on Journey of Discovery.
3. Walk around and explore the region.
4. Uncover emotion and associated memory or people.
5. Guide partner through Memory Process.
6. Guide partner through Campfire Process. Dialogue, empty out and forgive.
7. See how region has changed/get advice from the body.
8. Take shuttle back to doorway where we started. Farewell to mentor.
9. Guide partner back up steps to waking consciousness.

## Staircase into Source:

*(Whenever you see .....(Pause) give your partner sufficient time to fully experience it and then move on. Lengthen capitalized words)*

Allow yourself to find a comfortable position, and when you're ready, you may close your eyes ... As you feel yourself sitting in your chair ... and as you hear the sounds in the room ... and as you feel your breath gently going in and going out, you may begin to feel yourself RELAX ... And as you hear the sound of my voice ... and as you feel your back resting against the chair ... and with every breath you take, you may begin to notice that it is CAUSING you to RELAX ... deeper and deeper ... more and more relaxed ... into your very essence ... into the vast, boundless presence of your own self ...

Imagine a downward facing staircase in front of you ... there are 10 steps ... Can you see it? ... or get a sense of it? ... *(let answer)* ... Good ... This is a very magical staircase because it can carry you ever deeper into the vast, boundless presence that is your own essence. And the good news is, you don't have to do a thing ... just step onto each step and the staircase will carry you ever deeper. So when you're ready, go ahead and step onto step number 10, the top step ... Now step onto the next step - step 9 ... now 8 ... With every step you take it is drawing you deeper and deeper into the boundless presence that is Source ... Now step onto step 7 ... 6 ... Just allow yourself to relax ever deeper with every step you take ... 5 ... 4 ... 3 ... expanding and allowing yourself to go deeper and deeper ... 2 ... and now, as you get ready to step onto the bottom step, step 1, allow your awareness to expand spaciouly in front of you ... Now feel a boundlessness expanding behind you ... a vastness expanding infinitely to all sides of you ... a spacioussness opening beneath you ... and a vast expansiveness above ... Just rest in the ever-deepening boundlessness ... as a vast open sky of presence ... opening ever deeper into the boundless embrace of Source ...just rest here ... *(let your partner rest here for a few moments then move on)*



Now, imagine a thermometer in the ground. It has numbers going from 1 to 10 ... 1 is the deepest you can open into Source, and 10 is more shallow. If you can't exactly see the thermometer, that is perfectly fine... Just get a sense or knowing that it is there ... Now, if 1 is the deepest and 10 is more shallow, can you get a sense of where you are on the thermometer? ... You may actually hear a number, or see it rise to a certain level, or just get a sense or a knowing of the number you are at ... So where are you on the thermometer? ... *(let answer)* ... Go ahead and let the thermometer rise by a half point ... Have you done that? *(let answer)* ... Great ... Now let it fall by 1 point ... Have you done that? ... *(let answer)* ... Good ... Now that you know exactly who's in charge, what number would you like it to rest at? ... *(let answer)* ... Great! ... You can just allow that to happen naturally of its own accord, letting the same part of you that makes your heart beat, your eyes shine and your hair grow draw you ever deeper into your deepest self, into the vast, boundless presence in the core of your being ...

As this is happening naturally, imagine a door in front of you ... behind that door is a great blazing light ... the light of your own Being ... the nature of this light is boundless love... Also behind this door is a mentor – it could be someone you know, or someone you would like to know, or someone imagined ... a saint, a sage, an enlightened master but it is someone in whose divine presence you feel safe... Someone in whose wisdom you trust. So, when you are ready, you may step through the door into the light of your own Being and greet your mentor ... *(give time)* ... Have you stepped through? ... Good ... Have you greeted your mentor? ... Great.

## The Magical Vehicle Ride:

Now imagine a very magical vehicle in front of you ... what makes it so magical is that it can carry you to *any* part of your body – no matter how small or large, and not only that, it knows exactly where it wants to go ... It can go inside your organs, bones, veins, muscles or tissues – anywhere! – in a very graceful, safe and protected way ... Now go ahead and let you and your mentor step inside ... Are you inside? ... Good ... Now strap on your seat belts, and when you are ready push the green button and let it take you to your first stop – it may not be where you expect to go – so just allow the vehicle to be your guide. It is powered by your own body wisdom ... so let your wisdom take you where it wants to go, and when you arrive, be sure to bring it to a full stop, pull on your handbrake, take off your seat belt, and let me know ... (wait for answer)

## Discovery Process:

So, do you have a sense of where you've arrived? ... *(let answer)* ... Great ... With your mentor go ahead and step outside the vehicle with big flashlights (torches) in your hands ... What does it feel like under your feet? ... What does it look like? ... Describe what the area is like? ... Do you get the sense that you are inside or outside the organ? ... *(if outside, and they would like to go inside, read the following – “Imagine a small doorway somewhere, and let you and your mentor step directly into the core of this organ (or muscle or tissue)”)* ... Now put your flashlights, your torches on high beam ... What's it like in there, ... just explore the whole region ... get a sense of what it's like and describe it to me ...*(be encouraging and let them continue to describe the area as they look around)*... check behind you ... and in front of you ... are there any areas that sort of stand out to you – that look different to the rest of the region. You don't have to see it exactly, just get a sense or knowing that it is there.

Now, go over to the area that is somehow different and stand there, right next to it and allow all the feeling that is there to spontaneously come pouring over you and your mentor now ... If there were an emotional feeling beginning to flood you now, what might that be? Allow it all to come flooding and then ask yourself, “When have I felt like this before?” and in answer to this question, in your mind’s eye, look down at your feet and see what, if any, shoes you are wearing ... “When have I felt like this before?” and in your mind’s eye look down at your feet and see what you’re wearing or not wearing. Look at your legs and your clothes ... Get a sense of how old you feel yourself to be, and where you might be ... Who else is there? ... Do the person or people evoke a certain memory or a series of memories? ... *(give sufficient time to answer)* ... Great. (go to Change Memory Process)

*(If series of memories arise, put whole series up on the screen and then go straight to Change Memory Process. If when they look at their feet, no memory arises, repeat the above paragraph and if they still don’t get a sense of the memory, just go straight to the campfire and they can welcome people at that time)*

## **Change Memory Process:**

Now that you have uncovered a memory or series of memories ... go ahead and put the whole scene onto a big movie screen, but for now let the screen go blank, knowing that you can have access to this memory in a moment ... Is it on the movie screen? ... Good ... Have you let it go blank? ... Great.

Now imagine that you and your mentor are sitting by a campfire right here – right where you are in this organ. The nature of this campfire is unconditional love and peace – Source itself ... You and your mentor are filled with the love and peace of your own Source as you sit here by this fire getting ready to view the scene or series of scenes being played on the movie screen ... When you are ready, go ahead and play the scene, and when it’s over, let the screen go blank and let me know ...

*(give lots of time)* ... Please describe to me what took place in the scene ... *(let answer)* ... Now let the younger you step down off the screen and come over to the campfire and sit with the present you and the mentor.

As you all sit embraced in the peace at this fire, ask the present you or your mentor what kinds of resourceful states **would** have been useful in the scene ... *(give time to think and come up with resourceful states – be encouraging ... let them name them, and write down. If needed, make helpful suggestions, but they need to decide if they're useful and wanted)* ... Now go ahead and put these resources into a bouquet of balloons and hand them to the younger you. As the younger receives each balloon, breathe in the quality of the balloon ... let it suffuse your whole body and being. You should have a whole stack of balloons!

Now, step back onto the video screen and this time play the scene the way it **would** have happened if you'd had access to all these inner qualities and resources. Notice how even though the external circumstances might not have changed, still your internal response is much more healthy and wholesome ... so how is the scene playing itself out now? Please describe it to me ... *(be encouraging)* ... Good

Now let the younger you and the other people step down off the screen. The younger you probably has some things that need to be said which were not said at that time, and the other people in the memory have some things they need to hear.

## Campfire Process:

“Now, remember the campfire ... it is set up right here inside the organ or tissue ... You and your mentor are present at this fire ... Now bring to the fire the specific people who are involved with your issue ... Do any other people need to be at this campfire? ... *(let answer)* ... Who else is there?” ... *(let answer, and write down all the names so you can refer to them specifically)*.

“Ask the younger you or the mentor of the people involved with your issue, to which **one** would you like to speak today? ... in the knowledge that anyone else there will hear what needs to be heard ... To whom would you like to speak?” ... *(let answer)*

## Dialogue and Empty Out:

*(Processor says)* “Sitting in the presence of this protective fire of unconditional love with your mentor, I’d like to speak to the younger you. This younger you has gone through a lot of painful emotions *(you can even name them)* and it’s time to give the younger you a voice; a chance to really empty out all of these strong feelings that you may previously not have felt safe to express. Feelings that you may not have had a chance to speak out before and let the other people at the campfire open and listen. Let the younger you or the mentor choose which person sitting at the fire you wish to speak to”.

“So if the younger you could speak from the heart, really open up and let come up and out what needs to be said, to get it all off their chest and out of their cells, what might the younger you say? Let the younger you empty it all out” *(make sure they speak out loud. Give plenty of time to answer, be encouraging and ask them to speak in the voice of the younger them, in the first person and once emptied then say)*.

“Knowing that the other person was probably doing the best they could with the emotional resources they had at that time, what might they respond if you could give them a voice. Let them speak *not* from the ego or personality, but from some deeper place... *(be encouraging, let the other respond)*

“If the younger you could respond, what might you say?” *(let them empty out)*

“If the other person could respond, what might they say?” *(again let them respond... keep dialoguing and continuing to empty out until both parties are **completely** empty)*

“Now ask the mentor, if the mentor has anything that needs to be said? What might the mentor say?” *(let answer).*

“Now it’s time to go to the present day you, and if the present day you could really open up, get it all off your chest, out of your cells, what might the present day you say to this other person... *(let answer)*

“And if they could respond, what might they say?... *(let answer) (keep dialoguing until all are empty...then ask)*

“If the mentor had anything to offer, what might the mentor say?” *(let answer then say)*

“Is there anything else that needs to be said by anyone in order to feel complete? Let them speak that now” *(let them empty out more if needed).*

## Forgiveness:

“Now say to the younger you ‘even though you might not be able to condone the other person’s behaviour, even if it’s totally unacceptable by *anyone’s* standards, I’d like to ask you if you’d be willing to completely forgive the *soul* of the other person from the bottom of your heart?’ (*let answer*) then go ahead and forgive them in your own words, out loud, from your whole heart (*let them forgive*)

“Then ask the present day you the same: ‘Even if you in no way condone this other person’s behaviour. Even if it’s not acceptable by *anyone’s* standards, are you willing to completely and utterly forgive the soul of this person with all of your heart?’ (*let answer*) Then go ahead and forgive them in your own words, whole-heartedly, out loud (*let them forgive*).

“Now if *you* need to be forgiven for any reason let the younger you open your chest and let the other person forgive you wholeheartedly... And you can let the present day you do the same”

“Now it’s time to let that person and any others sitting by the fire merge now into the light with a prayer for them that somehow they can find forgiveness for themselves” (*let your partner speak aloud this prayer*)

“And now there is just the younger you, the present day you and the mentor here at the campfire and there is still a short dialogue that needs to happen here.”

“So letting the present day you turn to the younger you and repeat after me ‘I am so sorry for all the previous pain you went through...you just didn’t have access to the wisdom that I do now, and I promise you will **never** have to go through that previous pain again because from now on I will love you and protect you and you can have access to this wisdom, this love, this forgiveness any time you like. And I forgive you for anything you need to be forgiven for’... *(let them speak that out loud)* Now hugging the younger you, let the younger you merge inside, growing up now in this love, acceptance and forgiveness.”

## **Final Advice:**

“Now, let the campfire disappear ... Only you and your mentor are left ... take out your high-beam flashlights (torches) and shine them all around ... What do you see? ... How are things changing? ... Check the entire area ... How are things continuing to change now ...*(be encouraging and give time)* ... Great ... If there were any final communication the organ, area or tissue itself might want to make, what might that be? ... *(give time to answer fully)*... Great! It’s up to you to follow your own advice ...

Knowing that your body will continue to heal perfectly, automatically, of its own accord and that the part of you responsible for making your heart beat and your eyes shine and your cells replicate will continue the healing process perfectly, without you even thinking about it – the way it does all the time, quite naturally while you are sleeping ... you and your mentor can leave with grateful hearts.”



## **Back to Waking Consciousness:**

“Having completed your healing Journey for today, get back into your magical vehicle and let it take you and your mentor back to the doorway you first came through. Now step outside it and thank your mentor with all your heart, knowing you can go on this inner Journey any time you like ... Now walk through the doorway ... there you will find the staircase and the thermometer in the ground ... Can you get a sense of what number you are at? ... Great, that’s perfect.

Now, step onto step 1 ... and as you step onto each step you will feel yourself becoming more refreshed, alive and joyous ... 2 feeling more at peace, everything integrating ... 3 feeling grateful for having forgiven, grateful for all the balloon resources that are now a part of you ... 4 ... you can stretch and let your body feel more energised ... 5 ... 6 ... 7 ... becoming relaxed, refreshed, ready to come to full waking consciousness ... grateful to yourself for having taken your inner Physical Journey ... 8 ... feeling alive, whole and at peace ... 9 ... and you may open your eyes ONLY as soon as all parts of you are fully integrated and ready to continue the healing process naturally on its own ... 10 ... you may open your eyes.

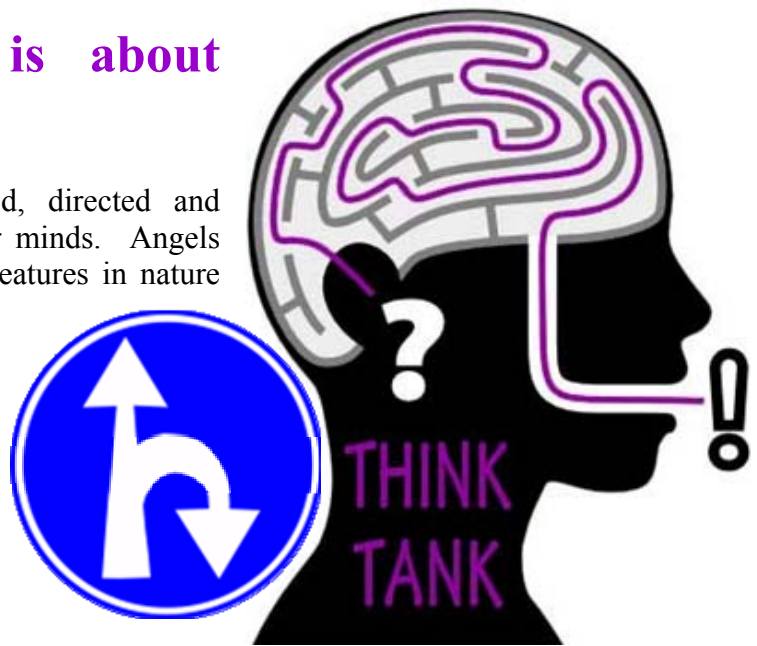
Congratulations! Beautiful work!” ...

*(Take a moment or two to take some deep breaths. You may want to move about some, get some water, stretch and to share with your partner your joint experiences and then if you like, you can switch)*

**NOW LET US TAKE THIS JOURNEY to OUR FEELINGS:**

## Living Feelings First is about making a Great U-Turn!

We have been taught, guided, prompted, directed and continually disciplined to live through our minds. Angels live through their minds, in fact all the creatures in nature live through their minds – but we are not of their making and it is not our destiny to be mind dominant, let alone submit to our erroneous minds that cannot determine truth from falsehood. Our minds are addicted to control – control of others and everything that we can dominate – and look at the chaos, misery and shit that’s all about us. Now for a U-Turn!



If we keep going straight ahead as our minds want us to then we are going to repeat all the errors that our parents have made, and their parents and so on back for the past 200,000 years. We have now been shown how to live our lives through Feelings First and how to heal ourselves of the repression and suppression of our childhood upbringing. This is the start of the Avonal Age of Living Feelings First – this is our pathway to Paradise.

**Alice Miller**, born as **Alicija Englard** (12 January 1923 – 14 April 2010), was a Swiss psychologist, psychoanalyst and philosopher of Polish-Jewish origin, who is noted for her books on parental child abuse – was the first person to begin to understand what is now termed Feeling Healing as defined by James and Marion. We have reviewed, in varying degrees, some 160 healing modalities and all continue to embrace the mind as the pathway – these are not the ways to heal ourselves but Feeling Healing is and Journey to Feelings is an introduction.

Firstly, what is the mind? It is not our brain! Our brain can be likened to a dumb computer terminal. When we die we do not lose our intelligence, we do lose our brain and a lot of weight but our mind continues on with us as part of our spirit body. Upon death we continue on without the encumbrance of our physical body – many, if not most, do not realise that they have died when they arrive in spirit – in the 1<sup>st</sup> Mansion World. The death of our physical body comes about by us having separated from the physical body and that is what ultimately brings about the death of the physical body.

Our intelligence, memory and personality are soul based. Our soul is always in truth. Our feelings emanate from our soul, they are always in truth. We are truth loving personalities. Our personality is unique and is bestowed by our Heavenly Parents. Now that is a twist – Heavenly Parents?

We are made in the likeness of our Heavenly Parents. Our soul is unique, there are no others like it throughout all of humanity, well all humanities. Our soul manifests two personalities, one a female and the other a male – always! The soul never splits however there are always two spirit bodies with two physical bodies that incarnate – at different times. Our Source is our Heavenly Mother and Father, our Heavenly Parents and now that you are aware of that you will be able to relate to your true Mother and Father and begin to interact and commune with them separately or together. Isn't that great!

We are to live through our feelings, not our minds. Our feelings are what we are to live by as they are always in truth. Our mind does not discern truth from falsehood. We are to embrace our feelings and to have our minds follow and assist in implementing our feelings and promptings that come from our soul. We are self contained – our soul has everything that we need.

While we live through our minds, we are going against our true selves. We are rejecting our true personality and presenting a persona that is built around what our physical parents imposed upon us. We have repressed and suppressed our true personality and this is what our journey to Feeling Healing is to bring about – the discovery and release of our truly dynamic self – our real personality that has been imprisoned into the dungeons of our controlling mind.



From the moment of our conception, which is at the moment that the embryo first began to pump blood – around day sixteen from conception – to around the age of six years – we have been subjected to the impositions of our physical parents, as well as those around us during our forming years, to their dictates and endeavours to mould us into a personality that they consider ‘best’ for us. We are subjected to childhood suppression and repression for around seven years. Then comes our schooling, our religious institution, our employers and on top of all of this control is the government – what a wonderfully crap life we endure – everyone shutting us down. This is what we are to heal.

### **Prescriptive**

There is nothing prescriptive about how one goes about their Feeling Healing, or Soul Healing which is Feeling Healing with Divine Love. It is a way of life. How we are to live is through our feelings, it is so much easier, you do not end the day being ‘mentally’ exhausted, you can still enjoy a glass of your favourite beverage and kick on.

How long will this take – a damn long time – the rest of eternity! Generally speaking it does not matter how long you take, 10 years or a 100 years, the reality is that we will ALL eventually work our way through our Feeling Healing and if we want to progress into the Celestial Heavens (which we do) then you will also embrace our Heavenly Parents’ Love, their Divine Love and that is a hoot! Time wise, consider around 15 years, it could be much shorter than that but this is no contest nor does it matter. The main thing is to be aware of what this is all about and you can do some healing and drop it for a time and then come back and so forth. Please enable yourself to be aware of what it is all about.

### **Dynamic Personality**

What emerges out the end of one’s Feeling Healing with Divine Love, Soul Healing, is the opening for all to see of the Dynamic Personality that you truly are! Yes, that suppressed and demented you that timidly goes about life living it through a retarded mind suddenly gives way to the real you. The facade you is put in the bin for ever. Your soul based truth emerges for all to see and benefit from. Those who complete their Feeling Healing while here in the physical will emerge as leaders of the world. They will not necessarily take positions of leadership, they will counsel those in leadership roles as to how best go about matters for the benefit of all of humanity.

**DYNAMIC**  
**Personality**

With healing, all fear and suppression of expression goes. Harmony throughout the bodies emerge.

## **It is about Feelings, not the Mind**

Emotions are those energies resulting from events, both good and bad, in the past. Emotions are energies in motion. It is this energy of repression and suppression that is held within our spirit and physical bodies that ultimately bring about all of our issues, difficulties, discomforts, pains and illness – all stemming from our childhood treatment that we have experienced. All our problems stem from how our parents influenced our minds – as they were also influenced.

We are to follow our ‘gut feelings’! Our soul based feelings emerge in the area a little lower than our heart – so in our upper stomach region. However often have you said, “I should have followed my feelings” – well always do so.

## **Get unstuck by questioning your assumptions**

Your mind cannot discern truth. Assumptions are at best 2% correct. They are mind generated. Put making assumptions aside. Okay, they are handy when you use them to investigate things but do not apply them. Your mind has been trained to do the begging of the mischief makers!

## **Expressing our Feelings, both Good and Bad**

Yes, the only way to release the energy within us from any past event (which is also an emotional issue or experience) is by expressing it, by talking it out. And by talking it out is best with and to a companion who is personally interested in you. Talk out all your shit to a close companion – got that! If the person is not interested in your story, your personal life, then do so with someone who is. As incredible as this may sound this is how you heal yourself of all that is wrong with you mentally and physically as well as spiritually. We have years of talking to do!

The person to whom you share your events with, both good and bad, is not to be judgemental or trying to placate you in your personal pain, they are to help you express what you are feeling. Just let it all flow and then dig deeper for more until it’s all done with. Then in a few days time you may have more of that event come to light, then continue, and continue, and continue – until whammo – all done! Long for the truth behind what you are feeling – it will come to you – you will be told! It’s best to express your emotional memories with a person of the opposite sex. However it does not matter who it is as long as they are personally engaged with your goodwill and development of your true personality, your true self.

Our Heavenly Mother and Father will always listen. You have with you at all times two nature spirits, two guardian angels, two spirit guides, your indwelling spirit and a host of invisible friends – if you haven’t anything to say then have a party with them – they will not empty your fridge. We are never alone and we are not meant to be. That is why we are able to express everything that we feel.

## **Long for the Truth**

This has been one of the major, missing links in our ability to heal ourselves. Long for the Truth behind your feelings, both good and bad. LOOONNNNGG and long again – we will be told! Why do I feel so shitty about what happened to me the other day? Just ask and the realisation of what that was all about will come into our awareness. This is why when we express the pain of a particular event that sometime later there is more to be talked out of us to a companion. Long for the truth of what is behind the disgusting event that we have suddenly felt and need to talk about.

## Forgiveness

Oh dear. Here comes the ‘oh my God’ moment. All of these shitty emotional issues keep stepping back to what happened to me in my childhood forming years. You will remember what unfolded around you while you were in the womb! For a while your parents did not even know you were around and they just kept on being who they were and you felt all their lack of concern and no possible love for you. As you progressed – well nothing much changed on any of those fronts – and here you are, one messed up bag of yuk!

yuk

Yes, we will progressively forgive ourselves for all the unloving crud that we have imposed upon ourselves and also forgive those who think they love you for the harm and pain they have imposed upon you. This will be a long and difficult aspect of our Feeling Healing.

The most incredible and beautiful thing about undergoing our Feeling Healing while we are in the physical is that what ever progress we make in these endeavours will flow onto our children who follow on from our progress in Feeling Healing. Even if we are only incrementally making progress and not going all the way then our children will benefit accordingly.

It is the process of self Forgiveness that is associated with our Feeling Healing that progresses us up through the Feeling Healing spirit Mansion Worlds equivalent while here on Earth.

Yes, as our memories and feelings of what unfolded with us during our childhood forming years will bring about great difficulties with our parents. There are no exceptions and that is what the Great U-Turn is about, the ending of 200,000 years of Rebellion and Default.

## Now What?

As we advance, all mind based systems will dissolve. This is so because they are founded on the precepts of the Rebellion and Default which has now ended. On the 22 March 2017 connection and communication from malevolent mind spirits from the spirit Mansion Worlds was blocked by the Celestial Spirits from the Celestial Heavens. We are observing a waning of interest and involvement with mind founded systems on Earth, in fact we are seeing absurd activity through all of society’s leadership around the world. The way of living life through Feelings will start to emerge as we engage in our soul based truth.

Longing for the Truth of it takes you into the spiritual side of it all, to discover the Truth of yourself and of our Heavenly Parents, that is by looking into the truth of our feelings.

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

**in conjunction with**

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

### **New Agey platforms are MIND CONTROL Orientation Mechanisms:**

The New Agey mind side of things is only mucking around in the mind and using it to pretend to do one's healing, and sure it can obviously connect with feelings and might be emotionally driven by some people, and that might help them, but the whole thing is just about sweeping it under the table through a bullshit contrived mind forgiveness. New Agey modalities are so obviously feeling denying and mind controlling and consist of all the usual crap that composes the Rebellion! We want to U Turn out of the Rebellion and Default thing as much as we can, not promote it at the same time. And then so far as subjecting children to yet another false forgiveness thing, do you really want to add to screwing up children even more?

I don't think we should get directly involved in people's actual hands-on Healing like the Journey Process appears to do? It is preferable to educate putting in a foundation from which people later in life can advance into their Healing if it's a strong desire within them. To help them understand it's about self-expression, relationships, growing in truth, 'healing' oneself looking to one's feelings; and then doing the full Healing of it either in life or when in spirit.

Do we rework some of your Pascas Papers making them into part of a course that can be taught? And a course for children and one for adults that anyone can take and use to learn about it all. We are to be self-employed without any controlling imposts.

Visualising it is all part of the Wrongness that's led us to believe that it can help 'heal' us. It's okay to say imagine your guide is standing in front of you and wants to speak with you, and you write or say whatever it's saying to you, however that's about as far as anyone may and could want to go in it.

Work to develop a 'Process' for the schools. One that's not so much based about trying to heal specific issues or emotions as such, no visualisation taking you deeper into your mind's control over your feelings, and instead one that looks to raise feelings to the level of importance they should have. Including how to express and when to act upon them, and the consequences of living a more feeling-led life: such as, how it might antagonise relationships within the family and society; and if that's the case, then how to just keep them to yourself and deal with them personally whilst allowing you to still maintain the mostly feeling-denying relationships and ways of life.

A clean, clear approach without any reference, relationship or transference from any of the 'emotional processing' modalities will enable an understanding of Living Feelings First and Feeling Healing without any confusion being generated. This is what we will embrace and establish.

## JOURNEY to FEELINGS

Graham Golding wrote:

12 June 2019

It is quite some time since I read *The Journey* and have had sessions performed on me or by me. Therefore my understanding of the full process is a little scratchy.

My understanding of *Feeling Healing* is also less than perfect.

However, from the very beginning of introduction to Feeling Healing, I have felt there are many similarities between the two which can be beneficial.

As I recall the Journey process starts with the “patient / friend” in a semi meditative state. They are asked to describe the issue that is affecting them the most by the “practitioner”. The practitioner then asks the patient / friend to describe the feeling that comes up. Once done, the patient is then guided to experience the feeling, and then look deep into that feeling to identify what feeling is “underneath”.

This process will continue until the patient / friend can find no further supporting / hidden feelings, and then their thoughts will typically be directed to a specific childhood event.

At this point the practitioner will organise a “camp fire”. This is where the patient will take themselves to that childhood scene, expressing the age of the child at the time of the event, and “invite” other personalities who were there at the time to the camp fire.

Each person attending the camp fire will be asked, through the patient’s consciousness, their perspective of the event.

For me, the result was an understanding of the event from several different perspectives. This was helpful because it took away some of the emotional charge I had to that event.

The goal was to clear the event of all negative connotations, thereby removing any further influence it has on you for the rest of your life. And therefore any disrupted psychic or energetic patterns that are resulting in disease.

The problem for me was, at times when I was explaining how *The Journey* had worked for me to other people, my feelings would go back to that event and I would become very emotional about the situation again. It is almost as if *The Journey* is attempting to “transcend” all feelings associated with that event but failed.

With Feeling Healing, the process is similar to begin with. Look to the feelings you are experiencing at a particular time, go deep into that feeling experiencing it intensely, and then look to the underlying feeling held within the first feeling. You cascade down to the bottom until you come to a specific event in life. Much as with *The Journey*.

From here, instead of organising a camp fire and inviting different personalities, you long for the Truth from our Heavenly Mother and Father.

The Truth forthcoming, in my limited experience, seems to be much more about how and why that feeling experience came to be. And how it is affecting your life patterns.

So for me, the processes are similar except, *The Journey* wants to erase any negative reactions associated with the childhood event, where Feeling Healing wants to uncover the Truth of that event and how it has, and will continue to affect your life.

Feeling Healing recognises that a single childhood event may hold many, many emotional threads and may trigger many different habitual patterns on many different levels. Each to be dealt with in order to understand the Truth of who we are.

In my experience, *The Journey* has not “cleared” me of emotions attached to a particular event because I have gone back to that event from differing life patterns.

Feeling Healing does not purport to “clear” you of feelings or emotions associated with a childhood experience. How can it? We are a personality, with everything we experience for eternity, creating the experiential being we are. Nothing can be “erased”.

The process for both *The Journey* and *Feeling Healing* are very similar in the early “discovery” phase.

Express the feeling immediately affecting you at the time.

Go deep into that feeling experiencing what it is like.

Ask what that feeling “feels like”.

Go deep into the newly uncovered feeling and experience it.

Continue to drill down until you come to a childhood event.

Go deep into that event and experience it over again.

From there, the camp fire should be dropped completely and in its place, the patient / friend should seek the truth from our Heavenly Parents, our true Mother and Father.

For me, the benefit of associating with The Journey is that the practitioners will already possess many skills required to help the friend / patient discover the Truth for themselves. And there are many Journey Practitioners in many countries.

However, a Journey practitioner needs to overcome the belief that they are “treating” someone, or “healing” someone. They are merely being supportive guides and listeners – Emotion Unblockers!

GG



**The New Way, Feelings First Spirituality**  
**Feelings are your own truth and personality**





**TRUTH**  
Emotions

They each  
construct  
their own  
network.

**ERROR**  
Emotions

They each  
construct  
their own  
network.

SOUL  SPIRIT BODY  PHYSICAL BODY

Our memories are stored in our soul, they are then expressed through our spirit body and then our physical body. Our mind can cause, express and keep us bound up in our emotional injuries, erroneous beliefs and bad feelings. Our soul remains in truth at all times. It is within our spirit body mind circuits that our negative unloving patterns take hold and control and dictate our wayward life.

When an error enters our spirit body mind, it sets up a pathway for more error to enter and manipulate our patterns of living. And when truth enters our soul, it sets up a pathway for more truth to enter our soul. Our Healing is the bringing to light the errors of our mind so our soul can transform them into the truth of ourself.

Our Healing sorts our mind out bringing it into harmony with our feelings. And once that harmony is gained, our soul is free to express the truth we are to live.

**The New Way, Feelings First Spirituality**  
Uncover the Truth of yourself through your Feelings

**BREAKING the BARRIER of the MIND – ENGAGING the SOUL!**



# **D**YNAMIC personality

Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with your soul and enables you to live a Celestial Soul Condition while you live on Earth.

Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.



ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.

## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.** Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.



Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE  
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR  
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING  
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU  
FEEL, THINK AND ARE.

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



**in conjunction with**



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

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

This is how to love yourself. This is being truly self-loving, and as you are loving of yourself, so will you love others. As you unconditionally accept all you feel, so too will you unconditionally accept them, and so all they feel. You will allow them to be the true expressions of themselves. You'll stop all those controlling mental things you do that helps them deny their bad feelings. You'll be happy to allow everyone to express all their yuk, as you express yours.

We are told that it's good and loving to be unconditional, but to do it, or try to be it with only your mind, is wrong, it's false and it's very conditional. Dump the belief, certainly want to be that way, but understand that it only comes naturally as you submit to all your bad feelings, loving yourself by allowing yourself to feel them. Anything you try to do with your controlling mind, trying to control yourself, give up – or at least want to. Occasionally through your healing you'll feel you have to assert your will and it can take a lot of considerable effort to do it, and you will so need to apply your mind. But as you will feel, such motivation will come from a deep feeling, a feeling of wanting to assert your will this way, and when it's there, you can do it. And it's all the same, simply going with and accepting how you feel.

Self-love through feeling acceptance will help your mind give up its control. This will hurt, be hard to do, but the controlling patterns can be broken. Acceptance as always is the key: accepting being one of the main attributes of love. Accepting yourself is loving yourself – ACCEPT ALL YOUR FEELINGS, ACCCPET ALL YOU FEEL YOU ARE, ACCEPT YOURSELF. Love.

Doing your feeling-healing is telling your story.  
It's telling the truth of your whole story.  
And it's all for you.

Living true to your feelings:

It's to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place, because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 Apr 2018

## LIVING THEIR WILL:

We can choose, in each and every experience, to live true to one's self; true to our feelings, and by doing so, we can also choose to live true to God and Their Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings, acting on our feelings in the moment, doing what we feel we want to do, while all the time longing for the Divine Love, the Truth, and wanting to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered, and its not an artificial empowerment like many people try to achieve by positive thinking and trying to be positive and wilful using their minds, it's real feelings of ourself, our will, and our wanting to live with God, our Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

**FEELINGS**

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want

to do it. It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.

## FEELING HEALING

**Note:** The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

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

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

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

This is how we are also to be, as adults!

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



## 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.

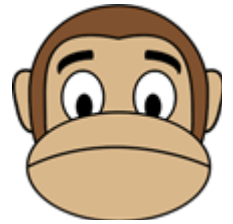
Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling 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 ourself, true to our feelings, we are living true to God. It's that simple.**

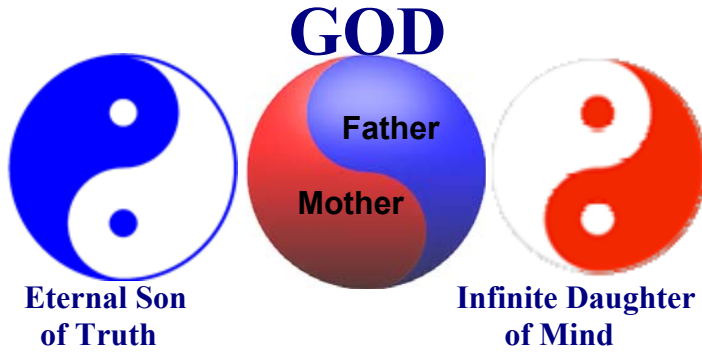
James Moncrief 18 March 2018

Important recommended reading is:

by James Moncrief

**The Rejected Ones – the Feminine Aspect of God**

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



**CREATION of SOUL and SPIRIT:**

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

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

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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair



Angel



Spirit Person



Nature Spirit



# NON SEQUITUR

Panel 1: A woman with a skull on her shirt asks, "WAIT... THERE ARE MULTIPLE EARTHS?" A man with glasses replies, "YES, IN PARALLEL UNIVERSES, AND EACH ONE IS A BIT DIFFERENT FROM OURS".

Panel 2: The woman asks, "HOW CAN YOU TELL?" The man replies, "FROM THEIR NEWS BROADCASTS I PICK UP HERE". She asks, "OH... DO THEY WATCH OURS, TOO?" He replies, "YEP. WE'RE VERY POPULAR".

Panel 3: The woman asks, "REALLY? WHY?" The man replies, "WELL... SOME WATCH OUR NEWS FOR COMEDY".

Panel 4: The woman asks, "AND THE OTHERS?" The man replies, "AS A SAD, CAUTIONARY TALE". A yellow box at the bottom says "TO BE CAUTIOUSLY CONTINUED".

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Panel 5: The woman asks, "HOW MANY OTHER EARTHS ARE THERE?" The man replies, "I'VE COUNTED OVER A THOUSAND SO FAR".

Panel 6: The woman asks, "WHAT ABOUT ME? AM I THE SAME EVERYWHERE?" The man replies, "OH... KINDA SIMILAR". She asks, "WHAT DOES THAT MEAN?" He replies, "WELL... TAKE A LOOK". A sound effect "CLICK CLICK CLICK" is shown.

Panel 7: A split-screen view shows two versions of the woman. The one on the right has a shocked expression.

Panel 8: The woman on the right says, "GAH!! I LOOK LIKE MY SISTER!!" and "AND THE SIMILARITIES ARE USUALLY IRONIC".

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Panel 9: The woman asks, "THE PARALLEL UNIVERSE REVELATION CONTINUES". The man replies, "WAIT... WHO'S THAT?" She asks, "THE PRESIDENT OF THE UNITED STATES ON ALTERNATE EARTH 325".

Panel 10: The woman asks, "OH... DID ANY OF THEM ELECT THE SAME GUY WE DID?" The man replies, "NOPE... WE WERE UNIQUE IN THAT".

Panel 11: The woman says, "OH...".

Panel 12: The woman asks, "UNIQUE IS GOOD, RIGHT?" The man replies, "UM... YOU KNOW THERE'S A DIFFERENCE BETWEEN LAUGHING WITH AND LAUGHING AT, RIGHT?"

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Panel 13: The woman asks, "HEY THERE, DANAE... WHAT'S NEW?" The man replies, "WELL... JEFFREY HAS A MACHINE THAT GETS THE NEWS FROM ALTERNATIVE EARTHS...".

Panel 14: The woman says, "...WHO ARE ALL LAUGHING AT US 'CUZ WE'RE THE ONLY ONE WHO ELECTED A TV REALITY SHOW STAR, AND I'M A GOODY-GOODY ON A LOT OF THOSE DUPLICATE EARTHS! GAH!!".

Panel 15: The man says, "AND, NO, YOU CAN'T TRADE PLACES IN PARALLEL UNIVERSES".

Panel 16: The woman says, "GAH!".

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**Non Sequitur Dialogue Expanded Upon:** Amazingly, the messages in cartoons are often profound in the way they introduce potential truths.

As spirit personalities, we can only be in one place at a time. And it's the same for our Heavenly Parents. Not even Creator Daughters and Sons or Avonal Daughters or Sons be in more than one place at a time. However the Spirits of Truth of Creator and Avonal Daughters and Sons can be accessed by all personalities within their domain; just as our Mother and Father send to indwell us a spirit fragment of Themselves, thereby allowing us to feel close to Them all the time and for Them to personally be involved directly in our lives.

Above, Jeffrey was telling Danae that he had counted over 1,000 Earths so far. Well Jeffrey, there are 1,000 inhabitable Earth like planets in our 'system' which is called Satania. If you look into the night sky and count about 1,000 stars then you may be gazing at our system. Each star has between none to three inhabitable planets, an average of one per star. Of the 1,000 inhabitable planets in our 'system' some 619 are inhabited and we (Earth) are numbered 606, a young inhabited planet. The higher spiritual guidance of our system was assigned by our Local Universe leadership to Lanonandeks named Lucifer with his deputy Satan. Lucifer rebelled against the leadership and hence we followed by being seduced by these Evil Ones. This took place 200,000 years ago. The humanities on 37 planets Rebelled – following Lucifer's wily ways. When the Adamites came to uplift us, they Defaulted, so out of the 37 humanities, we, the humanity of Earth, are the only ones to have Rebelled and Defaulted.

So there are 1,000 inhabitable planets in a System, 100 Systems in a Constellation, of which 100 Constellations make up a Local Universe. Our Local Universe consists of 3,840,101 inhabited planets of which Spiritual Parents are the Creator Daughter and Son, namely Mary Magdalene and Jesus, so being in Rebellion and Default we crucified the Regent of Nebadon, being our Local Universe. Now we have to do the Great U-Turn and heal ourselves of all our mind driven evilness.

Jeffrey was also talking to Danae about news broadcasts and how ours is watched by other humanities. Our invisible spirit friends not only watch, they receive their images in three dimension and on such big screens that is clearer for them than what it is for us in physical life. The events on Earth of humanity are not only broadcast to the 1<sup>st</sup> spirit Mansion World and into the three Divine Love Healing Mansion Worlds numbered 3, 5 and 7, they are also broadcast into the three Celestial Heavens which are occupied by those who have completed their healing with Divine Love. Broadcast of greater significance goes on throughout the Local Universe and to Salvington, the headquarters for the Creator Daughter and Son and beyond our Local Universe. So there you are, comics are a source of truth, much more so than our corrupted and controlling minds!

The Creator Daughter and Son are Regents for all the humanities of our Local Universe, Nebadon, and as such are our spiritual parents to lead us through and beyond the Celestial Heavens and then out of Nebadon on our way to Paradise, our Heavenly Parents.

In the meantime we are to embrace the Spirits of Truth of the Avonal Pair, Daughter and Son, also from Paradise as are the Creator Pair. It is through the teachings and guidance of the Avonal Pair that we are heal ourselves and be led to the Celestial Heavens. The Avonal Pair only assist one humanity, that is, there is a specific Pair for Earth. The Creator Pair assist all humanities and those who are healed to progress through the Celestial Heavens and then out of their Local Universe. Two entirely different duties.

This is why we have had to wait for the Avonal Pair to show us how to heal ourselves before we could follow, and follow we will.

**MONITORING and MANAGING the HANDOVER to the AVONAL PAIR:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Central Soulgroup of the Council of Elders have established a 'Battle Room' on each of the Celestial Heaven spirit worlds and each of the Divine Love spirit worlds. From 'hot wired' connections on Earth, including the 'Engine Room' on Earth, events are recorded and broadcast live throughout these worlds. This enables spirits of all 6 spirit worlds to interact and engage in the changes that are now being implemented at an ever increasing rate.



Council of Elders now around 20 Soulgroups



Rebellion and Default officially ended 31 January 2018

Camera Crew



22 March 2017: Negative influence from Natural Love Spirit Mansion Worlds 1, 2, 4, 6, was cut off to Earth.

22 May 2017: The quickening of the Law of Compensation commenced, thus the beginning of earthing the Spirit Worlds.



**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 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.

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!



# Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1<sup>st</sup> spirit Mind Mansion World where we typically suppress our poor state and remain in the Mind Mansion Worlds indefinitely. Some have a period in the ‘hells’ compensating for the pain they have caused others. Many continue their ‘mind worshipping’. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

## GATEWAY

Transitioning into the Celestial Heavens is also out of:

## ISOLATION



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

Kevin 18 Feb 2019

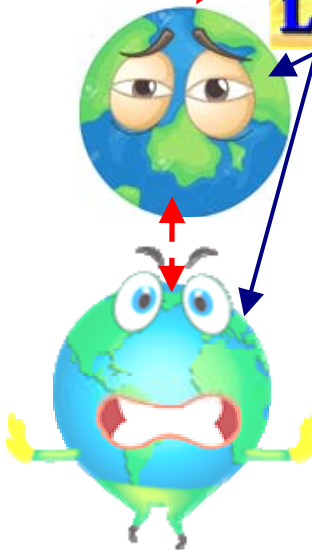
## Law of Forgiveness



## Law of Compensation

If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation; and as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin 18 Feb 2019



The minor ‘hells’ are the lower levels of the 1<sup>st</sup> Mind Mansion World whereas the more severe are the Planes of Isolation being the 2<sup>nd</sup> Earth plane with the severest being the 1<sup>st</sup> Earth plane. Pain caused to another is the pain that will be endured before returning to the 1<sup>st</sup> Mind Mansion World, all then to consider your Feeling Healing.



**FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:**

Through our Healing we work our way up to a Celestial Soul Condition whilst retaining all our erroneous patterns. We express out of us all our repressed emotions and blocked feelings showing us the truth of why we have them, we change and feel much better about ourselves, becoming more self-aware and self-accepting. Then when we've uncovered the whole truth of unloving state, our Healing is completed as our erroneous patterns leave us.



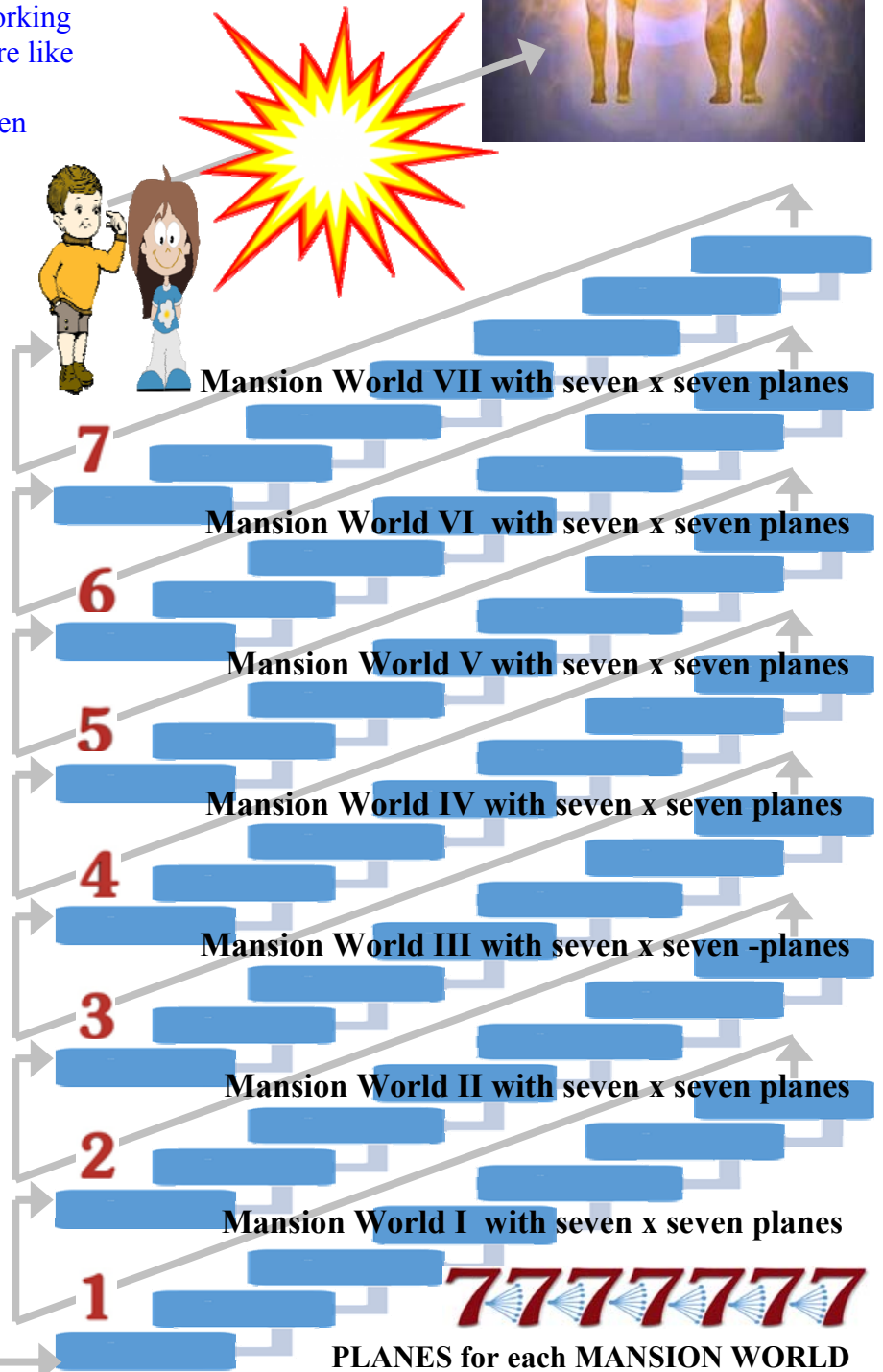
So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

And by the time we get to the top, we're fully cognisant of our 'sins and errors' and why we've felt all the bad feelings we had and how our negative beliefs kept us strapped within our truth-denying state.

Our Healing is our seeing the whole truth of our distorted way of being. And once we've seen it, then our soul transforms us out of our negative truth-denying state into a positive truth-loving one. We are still the same personality, only we're now living happily with ourselves rather than unhappily against ourselves.

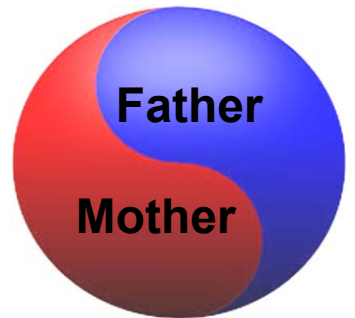
Our final transition from being of a rebellious condition of mind to a Celestial Soul Condition of feelings, is glorious.

**Mind  
Worshipping  
Zombies in  
a Stupor**



# MUM & DAD THIS WAY

# GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.

Unknown number of spheres to progress through to reach Paradise.

Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.

INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.

ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.

CELESTIAL HEAVENS are spheres 8, 9, 10.

Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!

We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



AVONAL PAIR

MARY & JESUS

GOD

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

### OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



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

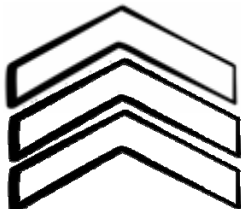
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All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)

## The CHOICE is OURS to MAKE:

### Celestial Truth:

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

Kevin 26 Sep 2017

## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

**Kevin: So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

**Note:** The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

**Note: Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

**FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!**

It is through our feelings that we connect and communicate with our Heavenly Mother and Father. It is Their Truths that we feel. This is our pathway to freedom, to a joyous existence, a way of living that is so wonderfully light, in as much as our steps forward are always with ease and a true expression of our real personality.

Feelings First is a way of living that liberates all that is unreachable via our minds.

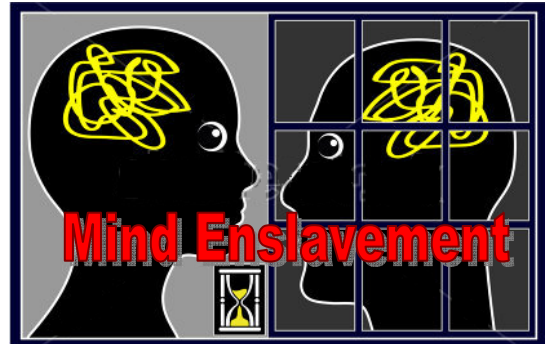
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2018, we have been provided with the way to liberate our true personality.

We are to embrace our feelings, our soul based feelings, and through them we will find our freedom, and within this freedom we will find the way to heal ourselves of all our repression and suppression, most stemming from our forming years, our childhood from conception through to around the age of six years.

Oh the wonders of becoming superkids. That is, to begin to naturally express ourselves, that being truly the personality of who we are, the personality vested upon us by our Heavenly Mother and Father.

As emotional feelings begin to emerge, we are to long for the truth behind such feelings, both good and bad. It is the longing for the truth of our feelings that has been ignored by us for all these centuries. Instead we have subjected ourselves to our minds that cannot discern truth.

As we shed the encrustment of errors and injuries imposed upon us by the misbeliefs of our physical parents, we can ask for and receive our Heavenly Parents' Love, Their Divine Love, and in this way we will begin to divine ourselves, leading us to the Celestial Heavens.



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



**SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**  
**Self Revealing**  
**Self Loving**



**Feelings First**

## **DIVINE LOVE – what does it do?**

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raise one's quality of life and also of all those around such a person who is seeking and receiving this Love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8<sup>th</sup> sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in mansions worlds of the Celestial Heavens.

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

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

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

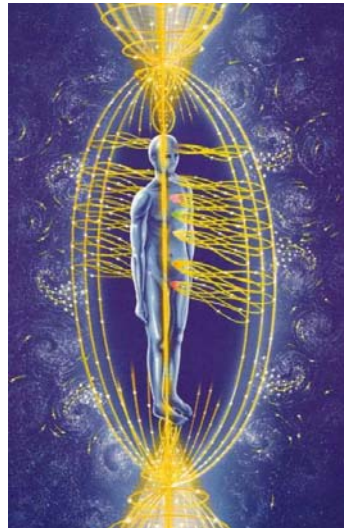
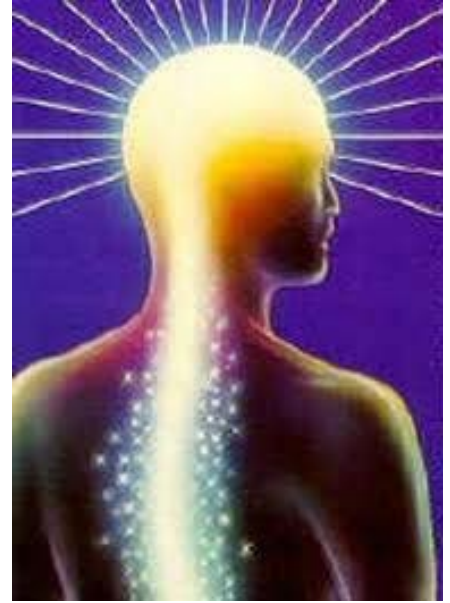
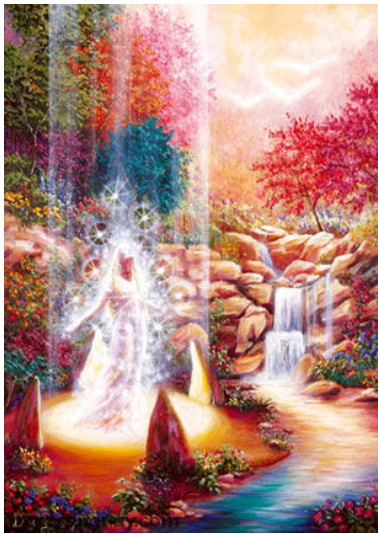
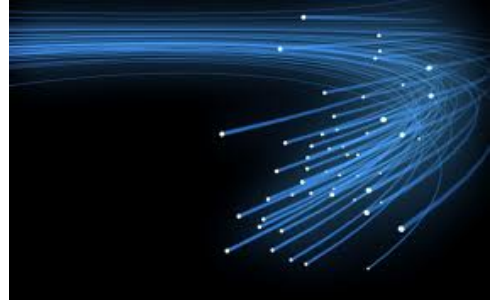
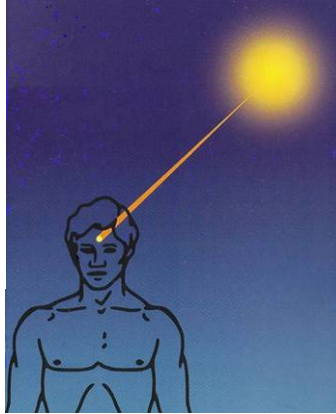
**By living true to ourself, true to our feelings, we are living true to God. It's that simple.**



**CONNECTION with GOD:**

**Holy Spirit / the Spirit  
infusing Divine Love.**

**Progressive escalation of  
Divine Love flowing.**



# ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. This was added to by the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

## REBELLION & DEFAULT **200,000** YEARS

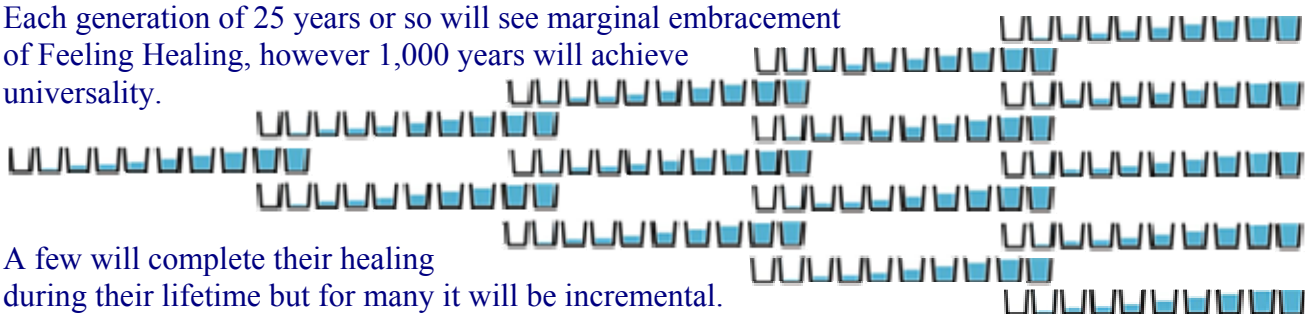
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

## Avonal **AGE 1,000** YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

# 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 The New Way, Feelings First Spirituality 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

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

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

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

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

*Living the New Way of Feelings First Spirituality*

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

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

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

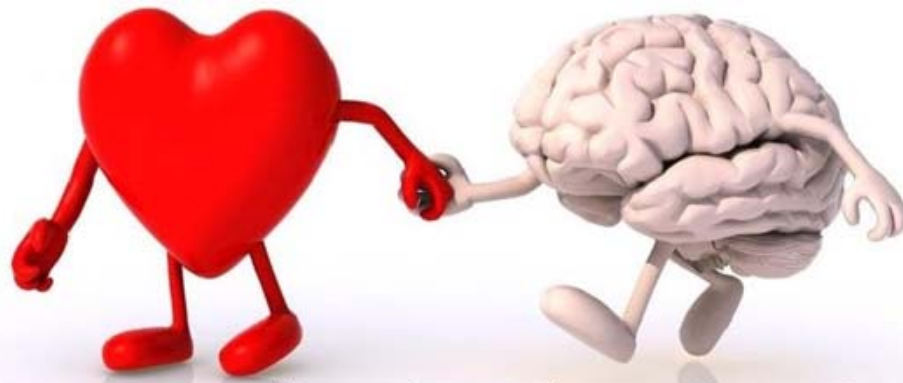
Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your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

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

# THE New Way

## Feelings First Spirituality

<p><b>By living true to ourself, true to our feelings, we are living true to God. It's that simple.</b></p>
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Sometimes Your Mind Needs More Time  
To Accept What The Heart Already Knows

Heart logic and mind logic are often  
two very different things.



It has to feel right and make sense to  
move forward with ease.

If it doesn't feel right, but it seems to  
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,  
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

**Feelings!** first

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

# Heartfelt TRUTH

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

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

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

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

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

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

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

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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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





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



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

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

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

Feelings First Spirituality is the True 'religion' for humanity.  
It embraces all people.  
It completely unifies the world.



Everyone can relate to everyone else through their feelings.  
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.  
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

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

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

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

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

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



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

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

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

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

**The New Way, Feelings First Spirituality**



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

**HOME**

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

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

Spiritual Development: <http://new-birth.net/spiritual-subjects/>

Padgett Books: <http://new-birth.net/padgetts-messages/>

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

<http://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 them selves and doing their Healing.

**Feeling Bad? Bad feeling are GOOD**

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

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

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

**Sage – and the Healing Angels of Light**

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

**Religion of Feelings  
Feeling Healing**

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

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

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

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

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

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

**[PASCAS – document schedule.pdf](#)      downloadable index to all Pascas Papers.**

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

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

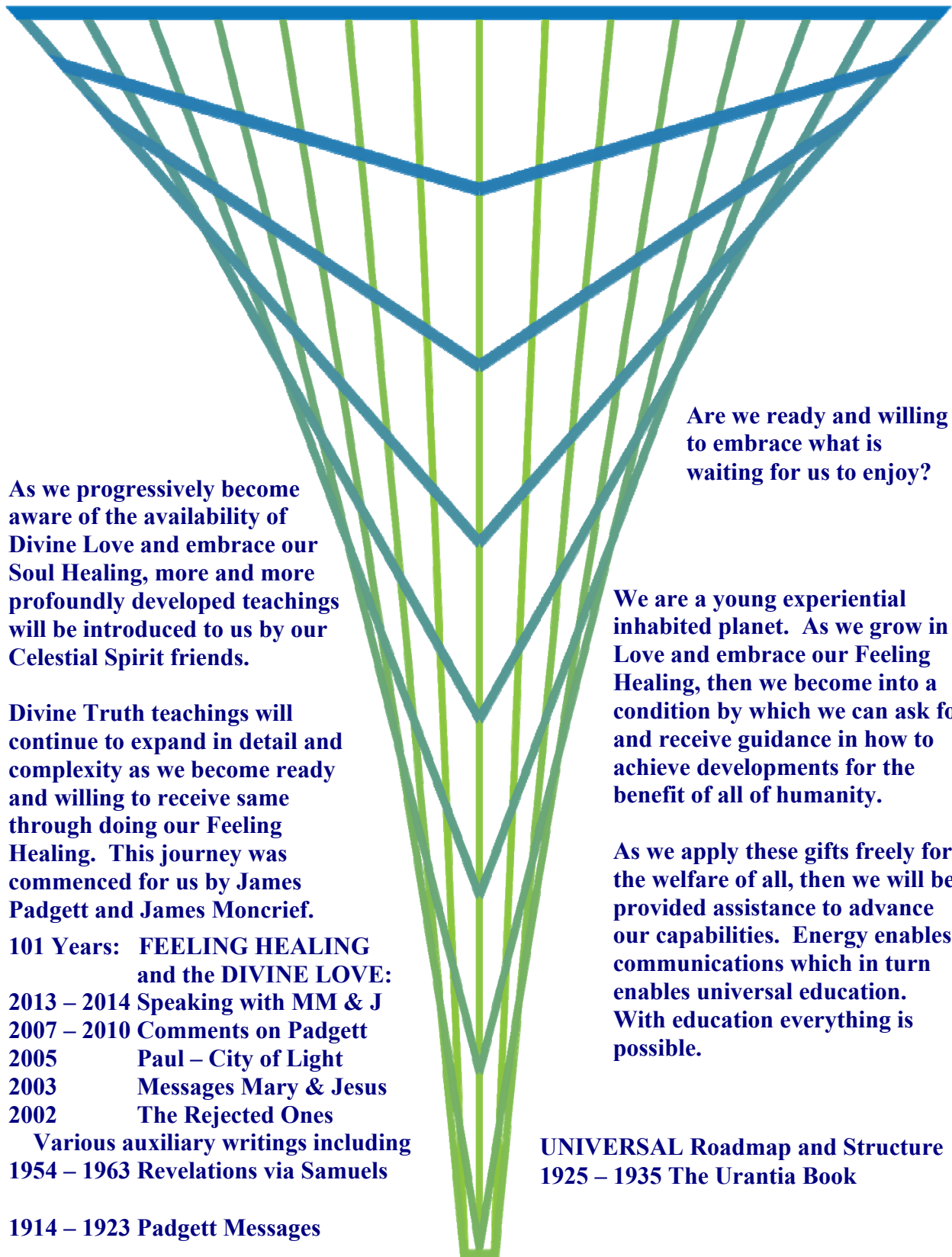
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

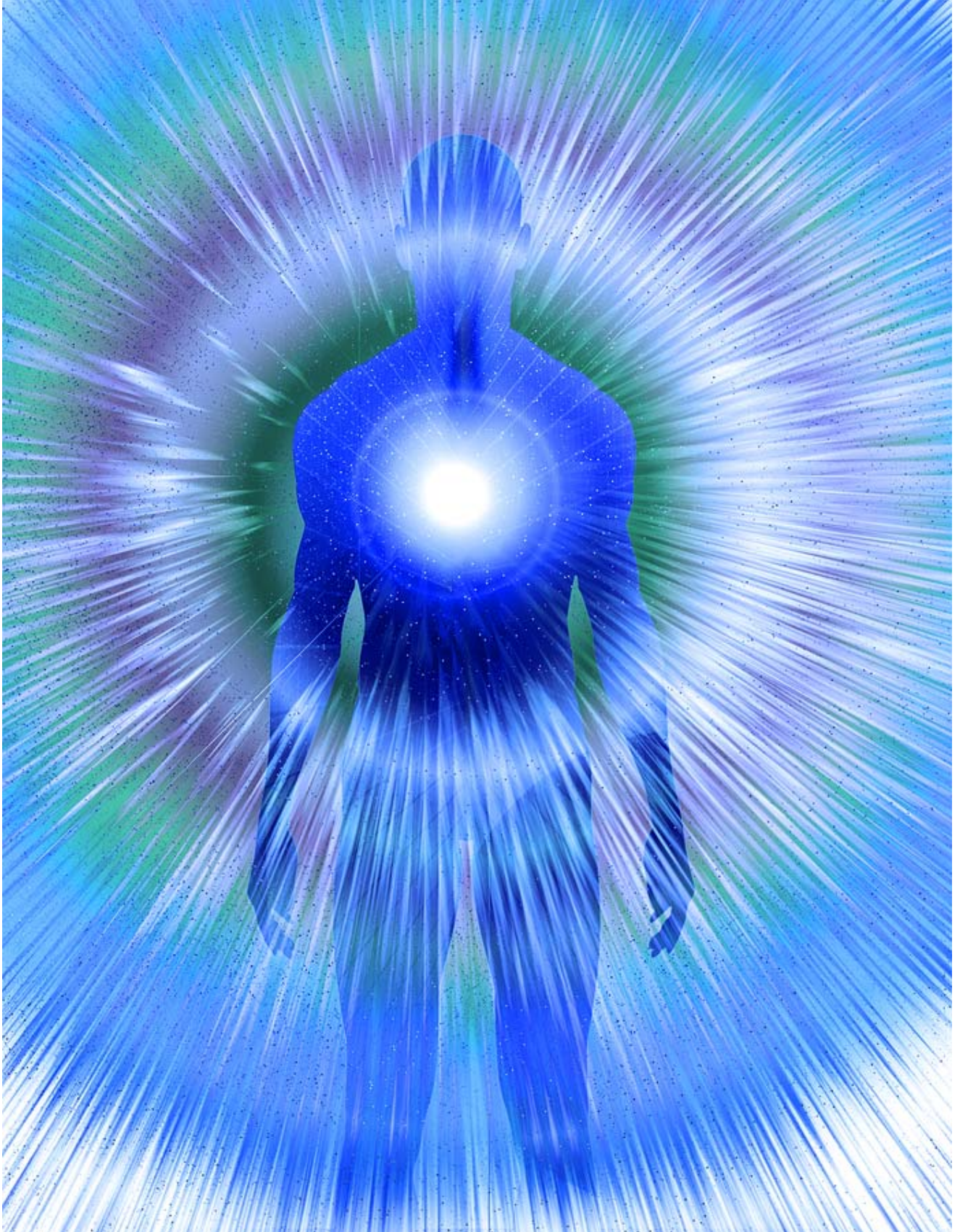
**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**





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