

PASCAS CARE

ALLOPATHY + 3 HALVES



Vol I



Energy
Medicine



Nutrition



Emotional
Processing



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

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.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

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

Living Feelings First, *John.*



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

Allopathy + 3 Halves vol I

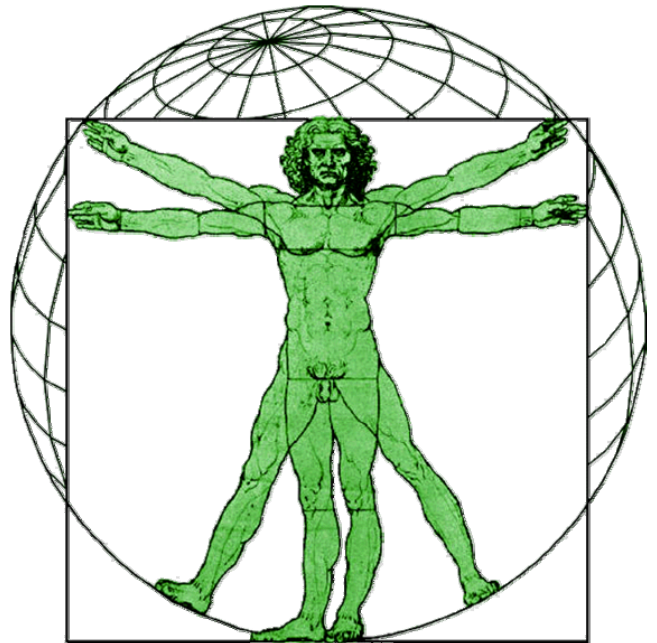
Unquestionably, a strong link exists between physical and emotional stresses and specific illnesses. This connection has been well documented, for instance, with regard to heart disease and hypertension, and the so-called A personality.

Experiences of medical intuitives, such as Caroline Myss Ph.D, have shown that emotional *and spiritual* stresses or dis-eases are the root causes of *all* physical illnesses. Moreover, certain emotional and spiritual crises correspond quite specifically to problems in certain parts of the body. For instance, people with heart disease have had life experiences that led them to block out intimacy or love from their lives. People with low back pain have had persistent financial worries; people with cancer often have unresolved connections with the past, unfinished business and emotional issues; people with blood disorders frequently have deep-seated conflicts with their families of origin.

The links between our emotional and spiritual stresses and specific illnesses are best understood in the context of the anatomy of the human energy system – the anatomy of our own soul, spirit body and physical body.

Of great significance is that “healing” does not always mean that the physical body recovers from an illness. Healing can also mean that one’s spirit has released long-held fears and negative thoughts toward oneself or others. This kind of spiritual release and healing can occur even though one’s body may be dying physically.

Learning the language of the human energy system is a means to self-understanding, a way through your spiritual challenges. By studying energy anatomy, you will identify the patterns of your life and the deep interworkings of your mind, body, spirit, and soul. This self-knowledge can bring you pleasure and peace of mind and lead to emotional and physical healing, along the way.



By gaining a fluent knowledge of energy anatomy, you will become aware of your body as the manifestation of your own spirit, and in turn, soul. You will also learn what weakens your soul, then spirit and personal power so that you can stop further loss of energy.

Generally, Allopathic Doctors (western medicine medical practitioners / physicians) are not at liberty to make a spiritual diagnosis because spiritual ideas have no authority within conventional science. Many doctors / physicians withhold their intuitive impressions because, as one put it, “hunch and proof are not yet compatible with the requirements of health insurance companies”. Drugs prescribed only temporarily mask the symptoms of the illness.

The language of energy and the practice of symbolic sight can help bridge the gap between conventional medical and spiritual views of health and healing.

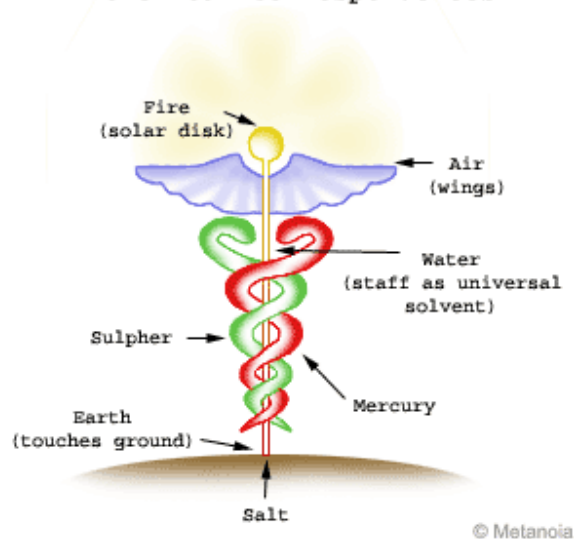
Medical intuitive skills are of the most value in the stages before a physical illness actually develops. Before the body produces a physical illness, energy indicators, such as prolonged lethargy and depression, tell us we are losing our vitality. People in such stages seek the advice of their physicians because they know they aren't feeling well – they are picking up signals that their bodies are losing energy. Frequently, however, medical tests indicate that nothing is wrong because they cannot yet identify anything happening at the physical level.

Conventional allopathy medical tests have no way of measuring energy loss, and most doctors / physicians do not give credence to the idea of energy dysfunction. Yet new, perplexing diseases that do not respond to conventional medical treatments are emerging continually. Some of them, like AIDS, can be diagnosed through conventional medical methodology, while others seem to develop as a result of the high-voltage pace of our lives and our constant exposure to electromagnetic energy from computers, satellite dishes, cellular phones, and the many other devices with which we are overloading our environment. Illness such as chronic fatigue syndrome and environmental disorders, at present, are “unofficial” illnesses; according to conventional allopathy medical standards, they lack an identifiable microbial cause. Yet they are most certainly official illnesses within the energy definition of a health dysfunction, because their symptoms indicate that the patient is experiencing a loss of power in the energy field.

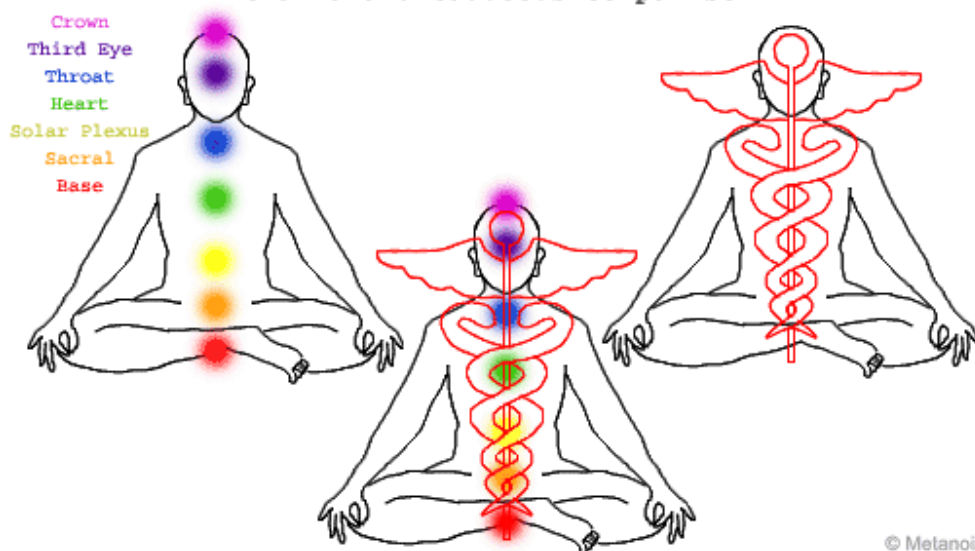
Medical intuition can help physicians who understand the human body to be both a physical system and an energy system, who have a spiritual context for the human experience, to identify the energy state of a physical illness and

treat the underlying cause as well as the symptoms. Treatment in the energy field can include an array of therapies, such as psychological counselling, acupuncture, massage, homeopathy, Orion Healing, meditation and nutrition. The essential ingredient for energy healing remains, however, the active involvement of the patient. No matter how urgently a medical intuitive warns of the probability of an illness, warnings do not heal. Action does.

Alchemical Correspondences



Chakra and Caduceus Comparison



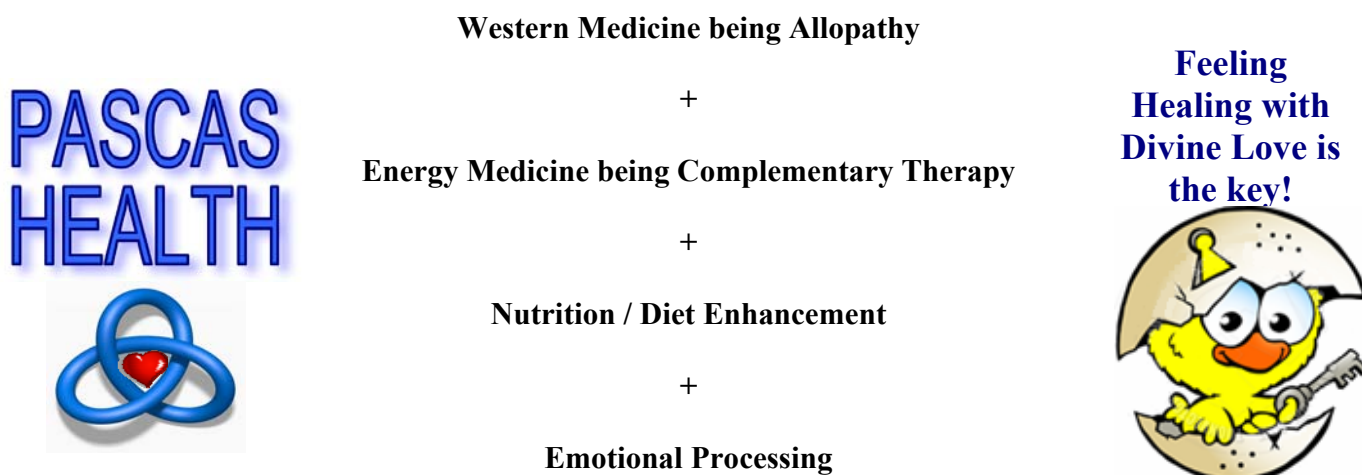
As Larry Dossey, M.D., writes in *Meaning and Medicine*, we need to practice “Era III Medicine” – therapies that combine spiritual and physical, holistic and allopathic approaches to physical and emotional healing.

The conventional medical world is on the brink of recognising the link between energy or spiritual dysfunction and illness. It is inevitable that it will someday cross the divide between body and spirit and soul.

Notes from *Anatomy of the Spirit* by Caroline Myss, Ph.D., the book MoC 770

Allopathy + 3 Halves

Treatment programs to be developed and approved by a patient are best structured in a format that encapsulates the elements of:



The last three elements do not conflict with Allopathic practices, they complement western medicine procedures.

The patient / client must take full responsibility for the program and the management of same with the support of the appropriate practitioners.

“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

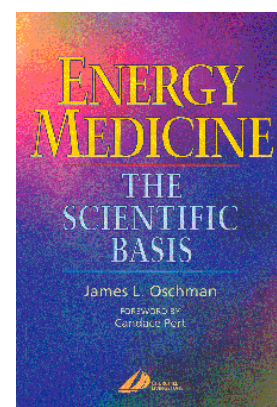
God's Divine Love: Pray for it, ask for it, and receive it.

Our salvation IS the embracing of the Feeling Healing process with Divine Love.

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

The Scientific Basis

James L Oschman, scientist, has researched for 25 years the efficacy of energy medicine platforms and published a compilation of the many research studies completed by many and various scientists and institutions, each supporting and validating elements of complementary therapies. As a whole, these studies support the claims and capabilities of these therapies.



Collectively, the discoveries of modern researchers tell a story of biological sensitivity that coincides with the daily experiences of energy therapists ranging from medical doctors using PEMF (pulsed electromagnetic field) techniques to acupuncturists to polarity therapists, Reiki practitioners, herbalists, aromatherapists and so on. The new concepts do not require us to abandon our sophisticated understandings of physiology, biochemistry or molecular biology. Instead, they extend our picture of living processes, and of healing, to finer levels of structure and function. Our definition of living matter is being expanded to incorporate the physics and chemistry of the solid state, including semiconduction, quantum mechanics, liquid crystals, and biological coherence (see for example Ho 1998, Ho et al 1994).

A few long cherished assumptions have proven inadequate. For many years biologists and physicist agreed that fields can only have effects if the energy level is sufficient to cause heating or ionization of the tissues. The threshold for all biological stimuli was assumed to be set by intrinsic physical factors: atomic collisions (heat) and noise. We now know that tiny amounts of energy at the appropriate frequency can produce biological effects, without heating or ionizing tissues, even in the presence of much higher levels of noise.

We are learning that cells maintain their organised society by ‘whispering together’ in a faint and private language (Adey 1996). The ‘whispers’ travel as both chemical and electromagnetic messages. Learning the electromagnetic codes used in these whispers has become a new and important focus for researchers, and obviously has enormous clinical importance. We will soon know the electromagnetic languages of all of the cells in the body, including those of bacteria and tumour cells. In the past, we thought the words of the ‘language of life’ were nerve impulses and molecules, but we now see that there is a deeper layer of communication underlying these familiar processes.



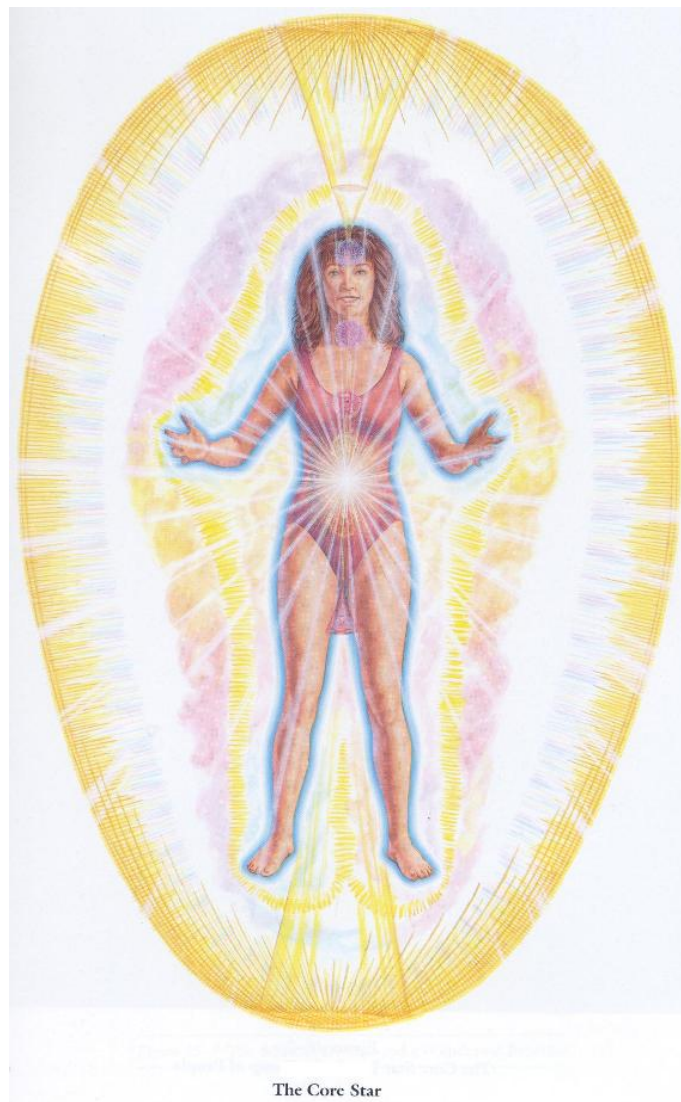
Beneath the relatively slow moving action potential and billiard ball interactions of molecules lies a much faster and subtle realm of interactions. This dimension is subatomic, energetic, electromagnetic and wave-like in character. The chemical messenger ultimately transfers its information electromagnetically. Hence the electromagnetic code is actually primary. Nerve impulses and chemical messengers are contained within the individual whereas energy fields radiate indefinitely into space and therefore affects others who are nearby. For millennia, energy therapists have had a practical appreciation of these phenomena, which are finally open to scientific research.

The electromagnetic language has two aspects, frequency and intensity. After much confusion, extensive laboratory research is confirming what the homeopathic physician or aromatherapist has known for a long

time: when it comes to triggering healing responses, 'small is powerful', or 'less is more'. The search for an appropriate essence is in fact a search for compounds with the correct molecular emission spectrum to provide benefit for a particular ailment in a particular patient at a particular time.

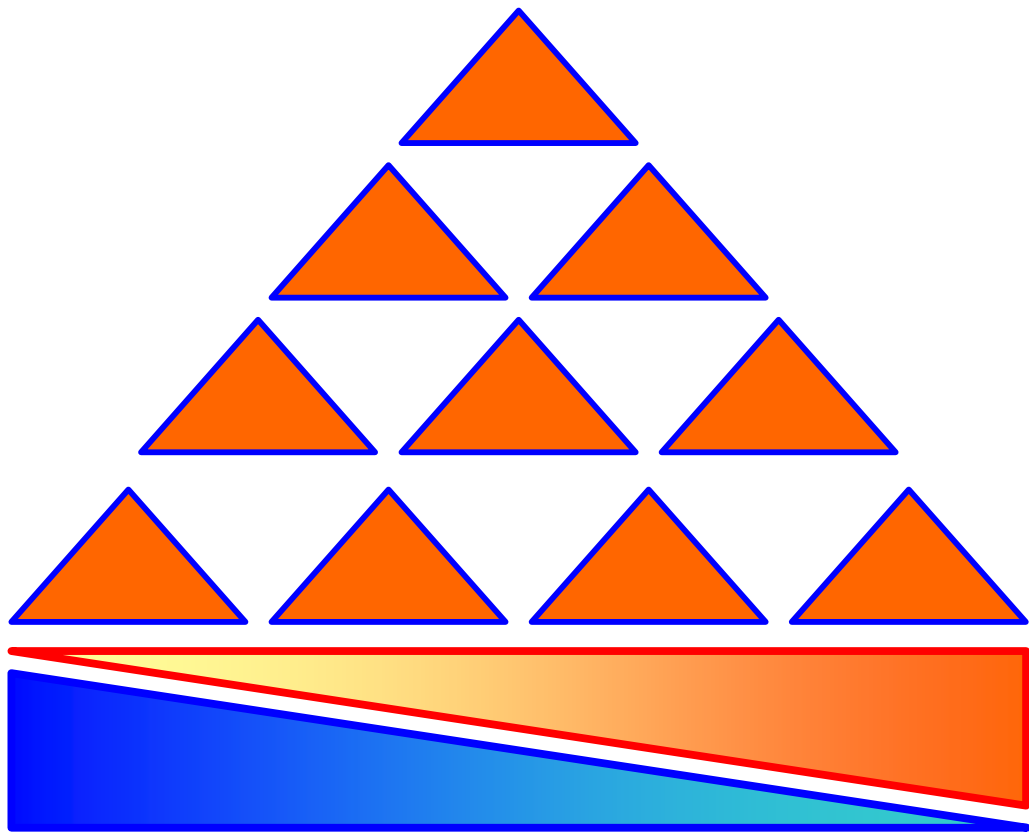
When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and joy cannot be felt.

* Herophilus 300BC Physician to Alexander the Great.



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

The HEALTH MATRIX

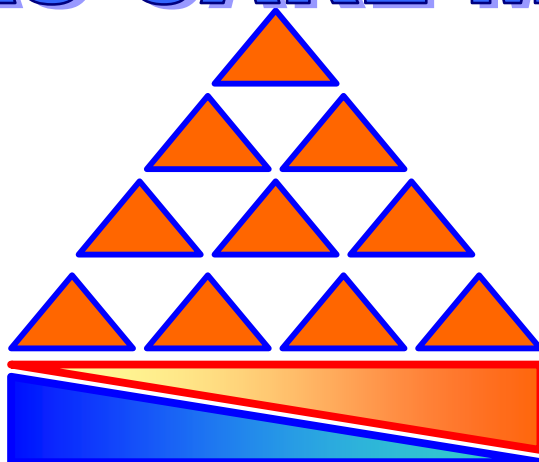


**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

'Pascas Care Clinic'

PASCAS CARE MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

FRIENDS / CLIENT / PATIENT in conjunction with FEELING HEALING	
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN	
PROFESSIONAL MEDICAL TEAMS	COMPLEMENTARY THERAPY FIELDS
Neurosurgery	Complete Therapeutic Systems
Ears, Nose & Throat – ENT	Oriental Diagnosis
Urology	Western Diagnosis
Orthopaedic	Iridology
Trauma Surgery	Naturopathy
Gynaecology	Breathing
In-Vitro Fertilisation – IVF	Hydrotherapy
General Surgery	Food & Diet
Ophthalmic Surgery	Oriental Systems
Dental & Faciomaxillary Surgeons	Chinese Herbalism
Cardio Thoracic	Japanese Medicine
Oncology – Cancer	Ayurveda
Cardiology	Tibetan Medicine
Radiotherapy	Traditional Arabic Medicine
Medical Services	Shamanism
Imaging – X-ray – Ultrasound – CAT scan – MRI	
Pathology	
Streamer – Case Manager	

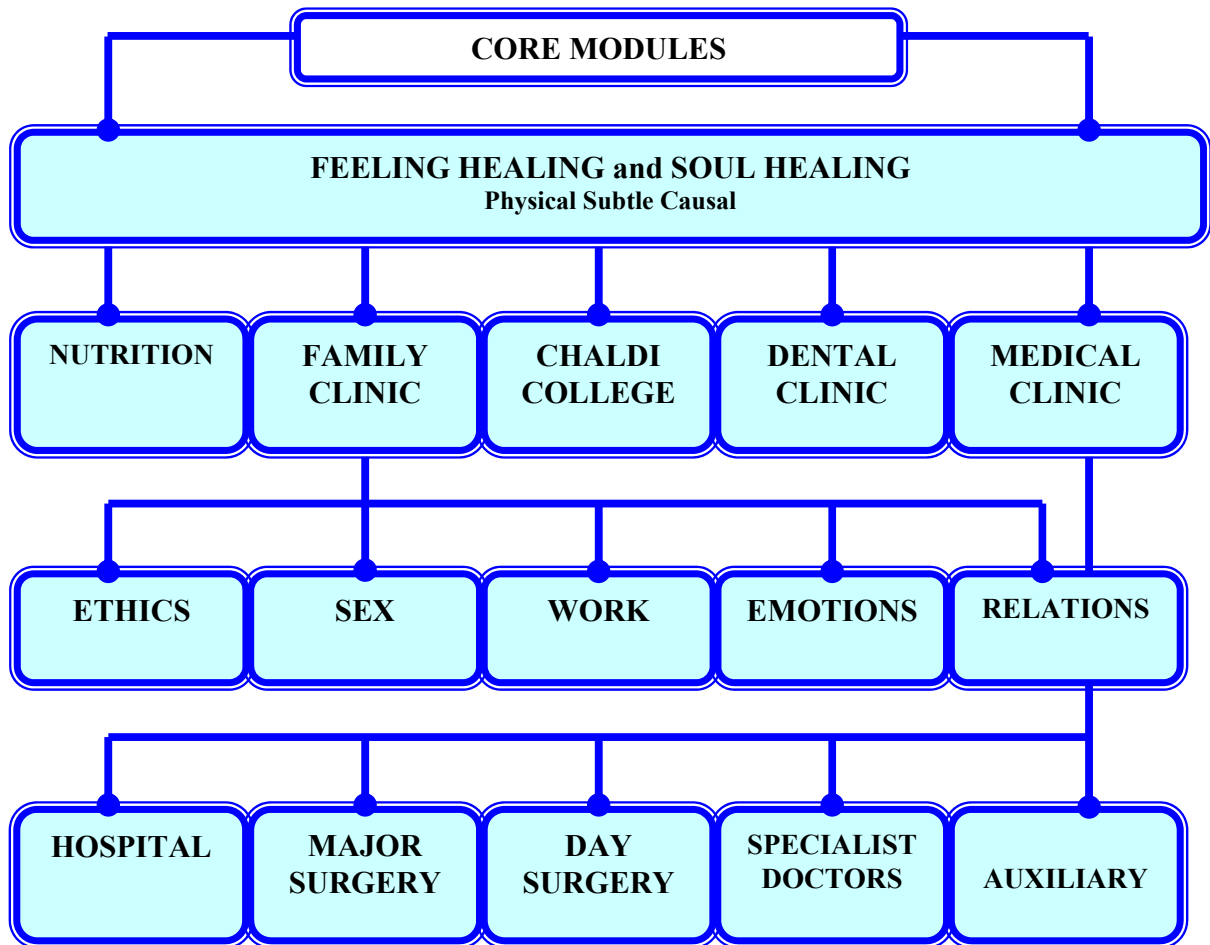


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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

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

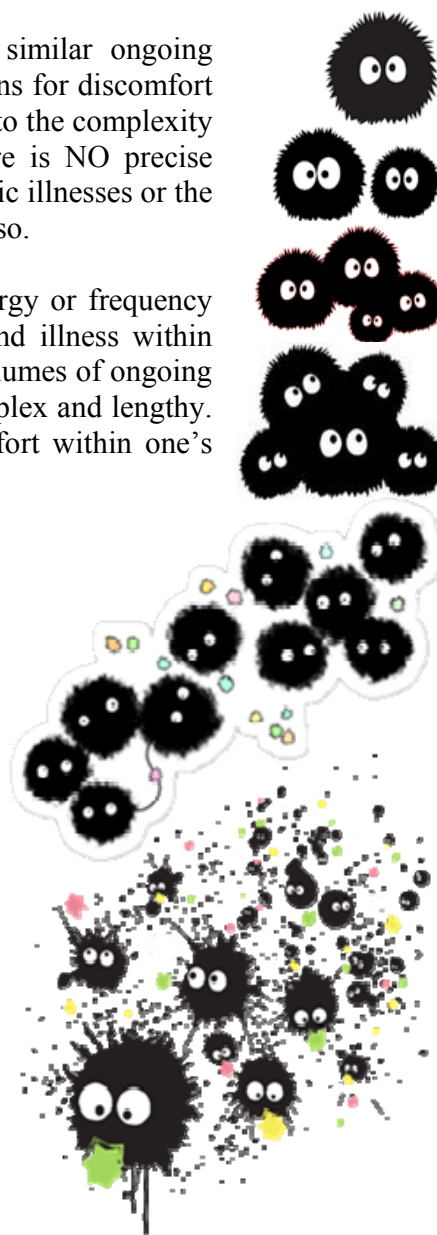
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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

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

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

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

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

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

Note from James Moncrief 2 June 2018

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



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



PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

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



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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

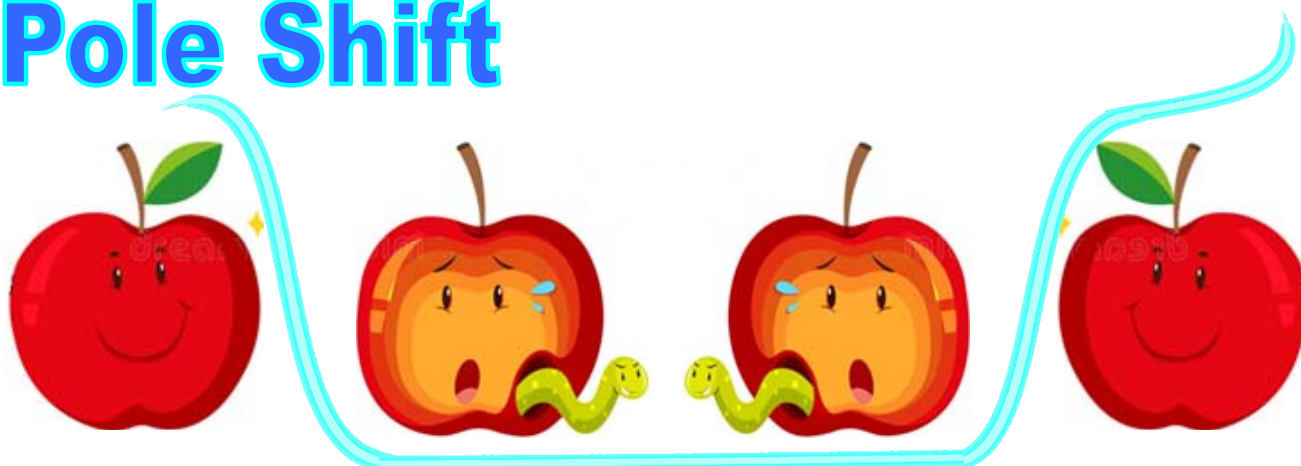


Hitting and humiliating a child

**CHILDHOOD
TRAUMA**



Pole Shift



Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.

At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into 'bad apples'. We proceed through our life experience, after our parents' well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.

Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.

We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.

This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.

Kriya Yoga	410
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Hatha Yoga	390
DBT Psychology	385
Clinical Psychology	380
Psychiatric Hospitals	355
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Homeopathy General	200
Nursing Homes	200
Hospitals	180
DRUGS & ALCOHOL	
Alcohol Addiction	90
Cigarettes	85
Marijuana	80
Cocaine, Heroin, Methamphetamines	6

Note:

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

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

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

Thus the energy differentials are in fact enormous!

Blessing your food achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

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.

PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

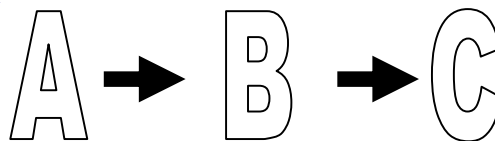
The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject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

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

Science – Quantum Physics being an evolutionary step:

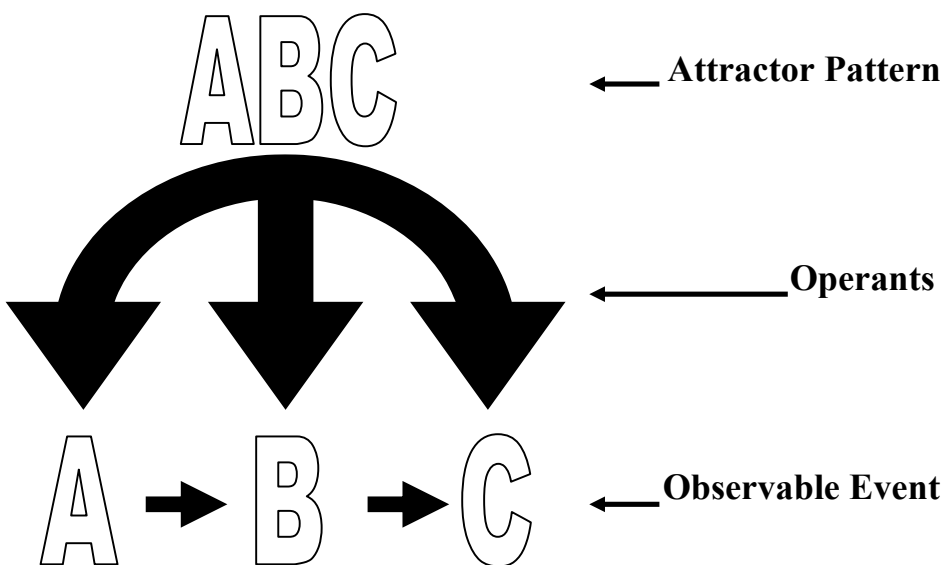
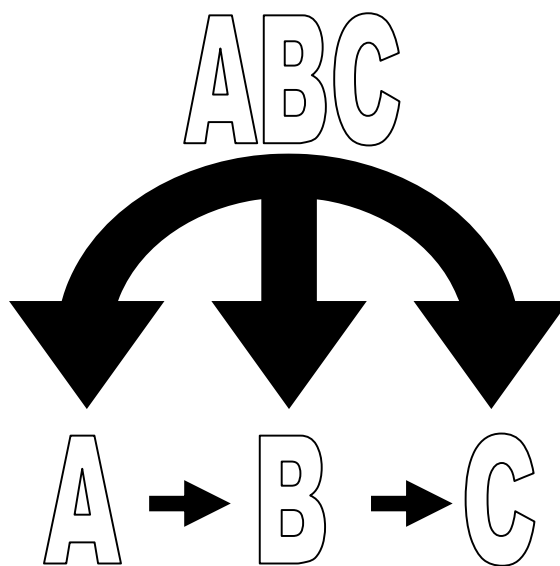
Newton’s cause and effect:

Creates a ceiling of MoC 499 for modern allopathic medicine which is depended upon physical elements.



Causality:

Metaphysics medical platforms function above MoC 600 at which level all healing is possible.



NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:

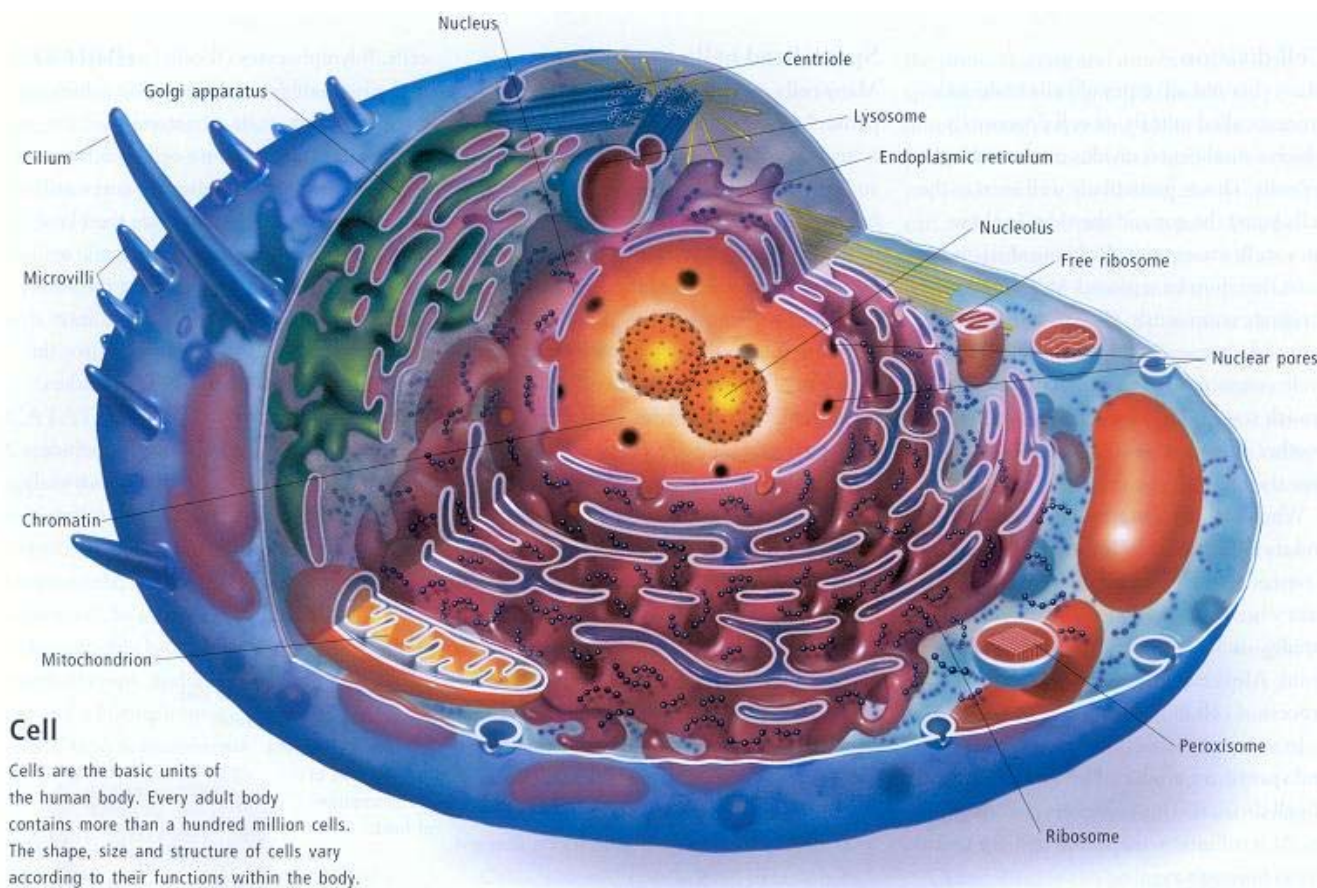
Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

Human Cell:



“The molecules of emotion run every system in our body, and this communication system is in effect a demonstration of the bodymind’s intelligence, an intelligence wise enough to seek wellness, and one that can potentially keep us healthy and disease-free without the modern high-tech medical intervention we now rely on.”

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

Energy Medicine



Medical research is demonstrating that devices producing pulsing magnetic fields of particular frequencies can stimulate the healing of a variety of tissues. Therapists from various schools of energy medicine can project, from their hands, fields with similar frequencies and intensities. Research documenting that these different approaches are efficacious is mutually validating. Medical research and hands-on therapies are confirming each other. The common denominator is the pulsating magnetic field, which is called a biomagnetic field when it emanates from the hands of a therapists.

Complementary therapies complement each other.

Phenomena that previously seemed disconnected could supplement one another, leading to a better understanding of the living body than would be achieved by any single approach.

Disturbed energy fields can now be readily detected and polycontrast interference photography (PIP) images taken, and the same energy fields can be restored to normal, thus preventing the pathology event. Disease states can be detected by measuring changes in the electrical conductances of tissues, making possible early or earlier diagnosis and treatments.

Medical interest has focused on the *magnetic* fields around the body, which are now referred to as *biomagnetic* fields. Interest in biomagnetism has spread widely in the biomedical research community. The role of other fields, including electricity, magnetism, light, heat, electromagnetism, gravity, kinetic energy of motion, vibration, elastic energy, sound, etc., play parts.

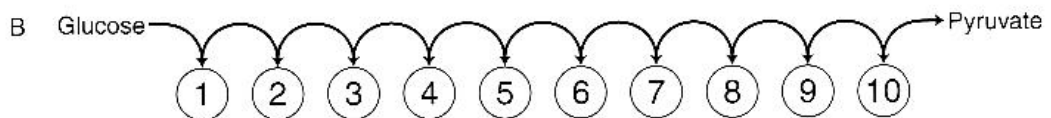
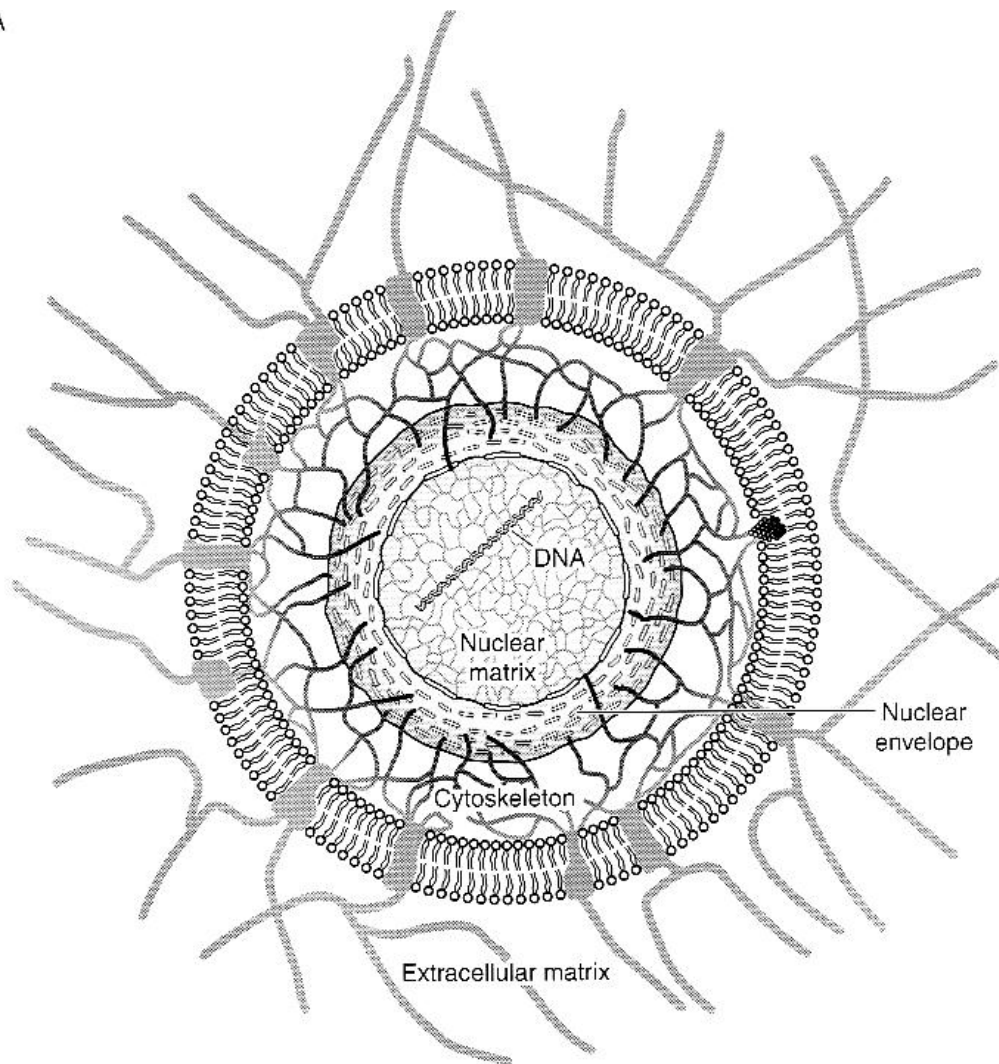
In the past, we could define an individual as that which lies within the skin; but it is a fact of physics that energy fields are unbounded. The biomagnetic field of the heart extends indefinitely into space. While its strength diminishes with distance, there is no point at which we can say the field ends. In practice, the field gets weaker and weaker until it becomes undetectable in the noise produced by other fields in the environment; but scientists are constantly developing tricks to make their instruments more sensitive and to separate signals from noise.

There are, indeed, energetic circuits in the living organism. Energy and information stream through these circuits to every nook and cranny of the body. These flows can be influenced by subtle energies in the environment. Moreover, disease and disorder alter these flows in predictable ways.

Intentions are not trivial, because they give rise to specific patterns of electrical and magnetic activity in the nervous system of the therapist that can spread through their body and into the body of a patient.

The entire living matrix is simultaneously a mechanical, vibrational or oscillatory, energetic, electronic, and informational network.

A



A Contemporary image of a cell and its relations: the living matrix. Modern cell biology has recognized that the cell interior is virtually filled with fibers and tubes and filaments, collectively called the cytoskeleton or cytoplasmic matrix. Likewise, the nucleus contains a nuclear matrix that supports the genetic material. Linkers called integrins extend across the cell surface, connecting the cytoskeleton with the extracellular matrix. The entire system is termed the living matrix. **B** Shows a more realistic model of a biochemical pathway, glycolysis, in which the enzymes are organized in sequence along the cytoskeletal structure. The reaction sequence can proceed very rapidly because reactants are passed from one enzyme to the next to the next, as in an assembly line.

Complementary therapists often solve health problems by first attending to the ‘quality’ of the matrix, meaning the way the flesh looks and feels to the touch.

By manipulating and balancing the vibratory circuits, complementary therapists are able to directly influence the body’s systemic defence and repair mechanisms.

The mainstream approach involves the use of artificial electric and magnetic fields to ‘jump start’ healing processes. Closely related ‘energy’ methods, include polarity therapy, Reiki, Johrei, aura balancing, magnet therapy, acupuncture, etc. All these methods involve similar cellular and molecular mechanisms.

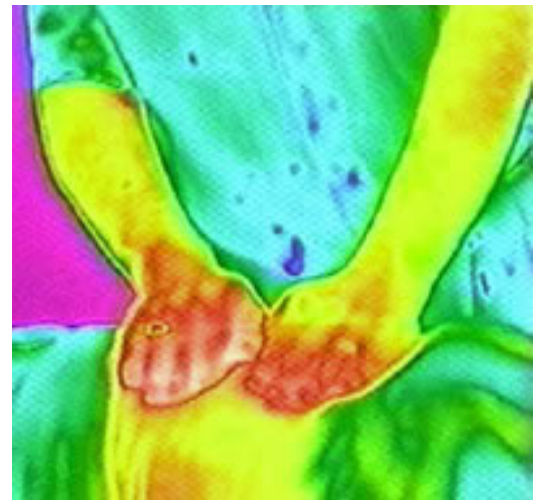
To be effective, PEMF (pulsed electromagnetic field) pulses must be of low energy and extremely low frequency (ELF). Recent research shows that comparable fields emanate from the hands of practitioners of therapeutic touch and related methods.

A therapeutic touch practitioner and his patient entered a magnetically shielded chamber containing a SQUID (superconducting quantum interference device) detector. The practitioner held his hand close to the patient, and a baseline recording was made with the SQUID. Then the therapist relaxed into the meditative or healing state that is the focus of the therapeutic touch method. Immediately the SQUID detected a large biomagnetic field emanating from the practitioner’s hand. The field was so strong that the amplifiers and recorder had to be readjusted so that a recording could be made.

The therapeutic touch signal pulsed at a variable frequency, ranging from 0.3 Hz to 30 Hz, with most of the activity in the range of 7 Hz to 8 Hz. In other words, the signal emitted by the practitioner is not steady or constant, it ‘sweeps’ or ‘scans’ through a range of frequencies.

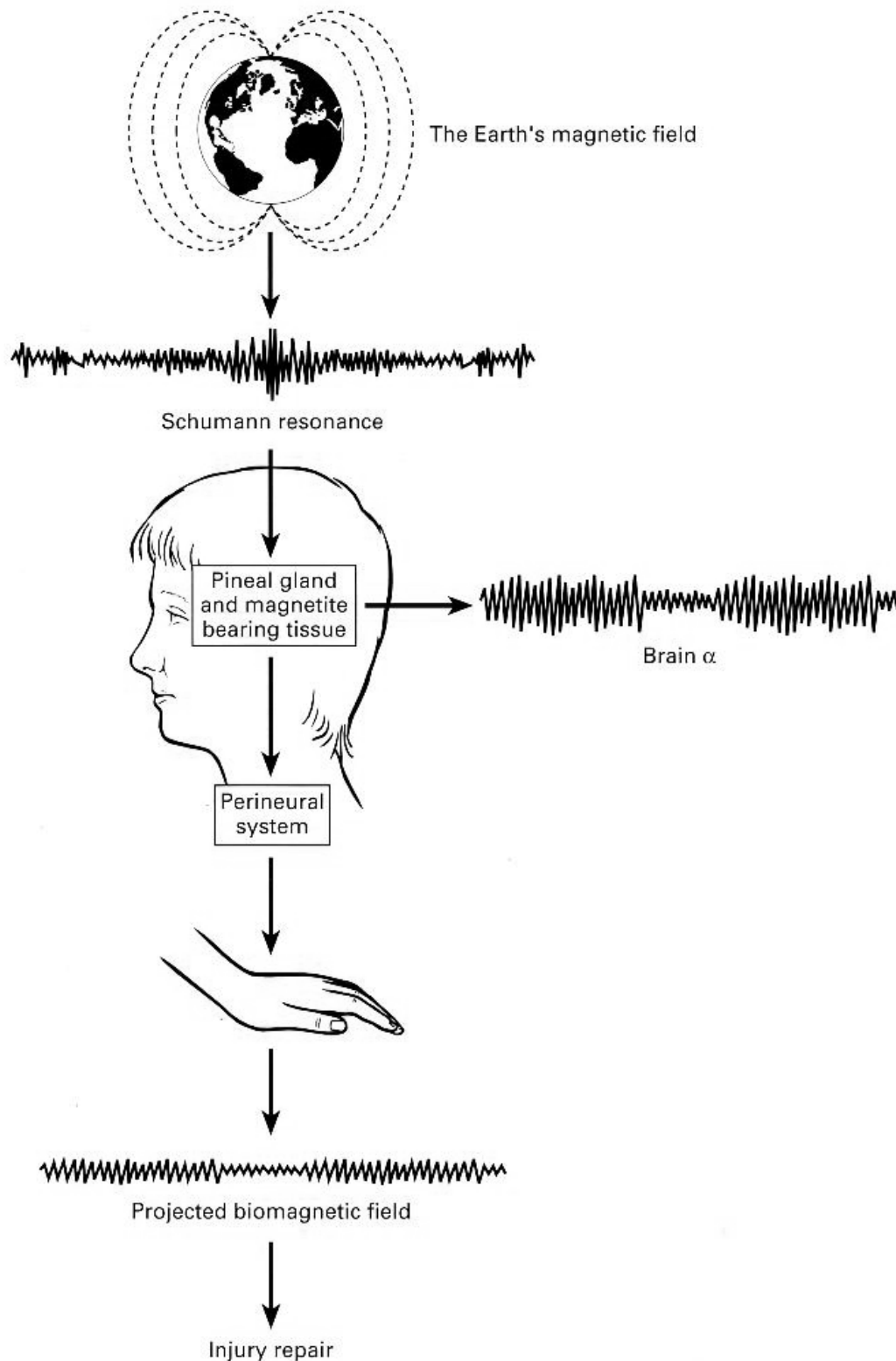
An extraordinarily large biomagnetic field emanates from the hands of practitioners of a variety of healing and martial arts techniques, including QiGong, yoga, meditation, Zen, etc. The fields have a strength of about 10^{-3} gauss, which is about 1,000 times stronger than the strongest human biomagnetic fields (from the heart).

Practitioners can emit powerful pulsing biomagnetic fields in the same frequency range that biomedical researchers have identified for jump starting healing of soft and hard tissue injuries. This implies that biomagnetism is one form of the elusive Qi energy or life force. The project fields are so strong that they can be detected with a relatively simple magnetometer.



Several studies have identified far infrared signals (heat) in therapeutic touch.

Research shows that practitioners can project measurable amounts of heat from their palms that increases cell growth, DNA and protein synthesis, and cell respiration. Practitioners can also produce ‘inhibiting’ Qi, in which infrared energy is absorbed from the environment.



A summary of the pathways involved in magnetoreception, the regulation of brain waves and therapeutic emissions from the hands of therapists. Micropulsations of the geomagnetic field, caused by the Schumann resonance, are detected by the pineal and magnetite-bearing tissues associated with the brain. During the 'free-run' period, when the

brainwaves are not being entrained by the thalamus, the Schumann resonance can take over as the pacemaker, particularly if the individual is in a relaxed or meditative state (Schumann signals are thousands of times stronger than brainwaves). The brainwaves regulate the overall tone of the nervous system and the state of consciousness. The electrical currents of the brainwaves are conducted throughout the body by the perineural and vascular systems. The biomagnetic field projected from the hands can be much stronger than the brainwaves (Seto et al 1992) indicating that an amplification of at least 1000 times takes place somewhere in the body. Alternatively, the body may simply act as an effective antenna or channel for the Schumann micropulsations. The projected fields scan or sweep through the frequencies medical researchers are finding useful for 'jump-starting' injury repair in a variety of tissues (see Table 7.1). (Portions of this illustration are after Becker 1990b, with kind permission from Robert O. Becker, MD.)



The rates of chemical reactions and other processes are affected by ambient temperature, so a warm or a cool hand near another person can increase or decrease the rates of temperature-sensitive activities within their bodies.

A common denominator is the production of pulsating magnetic fields that induce currents to flow within tissues.

The emitted field appears to sweep or scan through a variety of frequencies in the ELF (extremely low frequency) range. This is the same range of frequencies that biomedical researchers are finding for jump starting healing in a variety of soft and hard tissues.

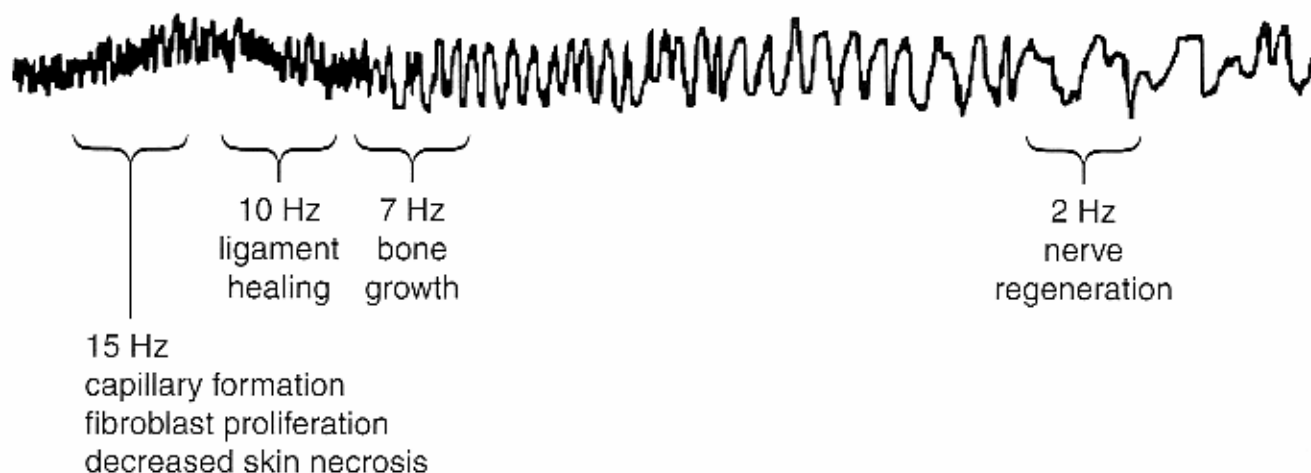
SILENT PULSES

At all levels, nature is a composite of rhythms. The vast cycles of the heavens represent an extreme of virtually unimaginable scale, with times measured in light-years. At the other limit are the minute oscillations of atoms and sub-atomic particles, vibrations of trillions of times per second. Life is immersed in this spectrum, and contributes its own unique set of rhythms. One long cycle is that between birth and death. Superimposed upon that rhythm are many cycles of replacement of the atoms comprising the body (Schoenheimer 1942). Some tissues, such as bone and fascia, are completely replaced some 10 – 15 times during a lifetime, while others, such as skin and intestine, are replaced 10,000 times during the same period. Certain enzymes last only a few seconds before they are renewed (Ratner 1979). Each organ has its own set of activity rhythms, such as the ovary, with its monthly cycle. Shorter yet are the rhythms of the cranio / sacral pulse, the breath, the heartbeat, and the brain waves, which average about one tenth of a second in duration. Even shorter are the vibrations of molecules, which spin, wiggle and shake millions of times each second.

In terms of healing, important rhythms have been discovered by medical researchers who are employing magnetic pulses for ‘jump starting’ the repair of a wide spectrum of tissues and for treating diseases. While a variety of signals are being used, medical interest has especially focused on pulsing magnetic fields of low energy and extremely low frequency (ELF). The ELF is arbitrarily defined as frequencies below 100 Hz (Miller 1986). Similar frequencies emanate from the hands of practitioners of therapeutic touch and related methods. Moreover, the fields emitted by practitioners are not steady in frequency, but ‘sweep’ or ‘scan’ through the range of frequencies that medical researchers are finding effective in facilitating repair of various soft and hard tissues. This is a recent and profoundly exciting correlation.

FREQUENCY WINDOWS of SPECIFICITY

Dr John Zimmerman recorded the signal from the hand of a therapeutic touch, the signal frequency was not steady, but varied from 0.3 to 30 Hz (cycles per second), with most of the activity in the range 7 – 8 Hz (Hertz).

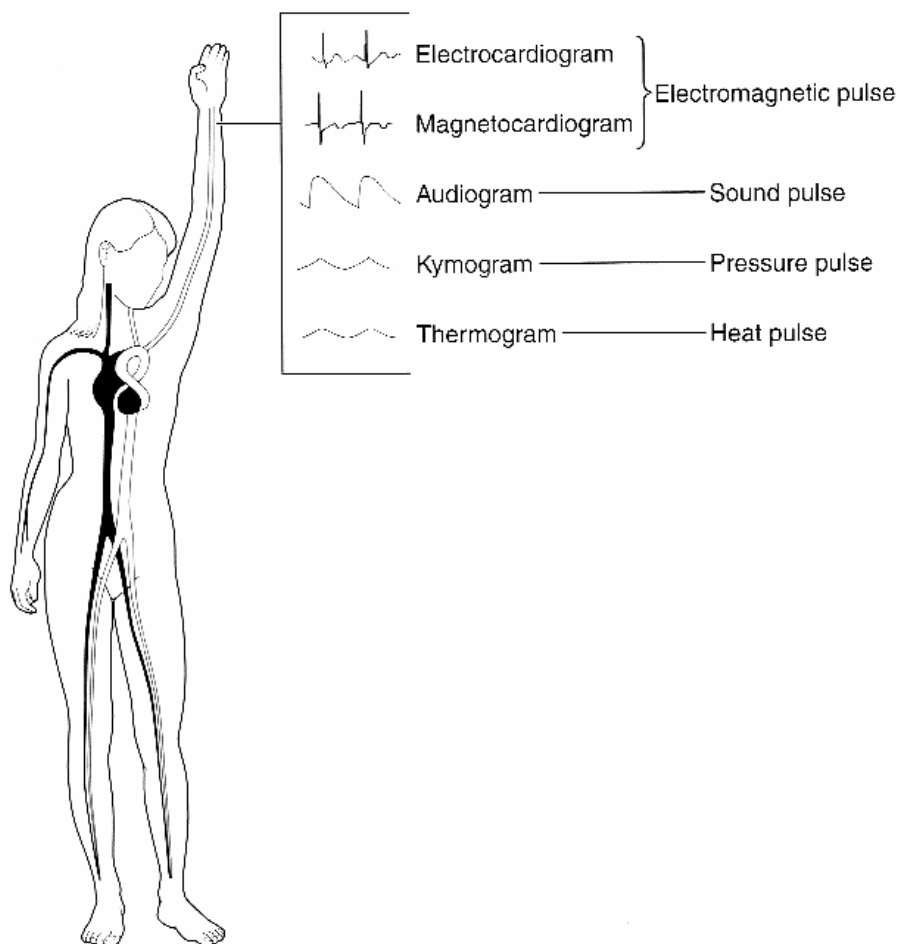


Definition and hypothesis:

‘Healing energy’, whether produced by a medical device or projected from the human body, is energy of a particular frequency or set of frequencies that stimulates the repair of one or more tissues.

There is evidence that far infrared radiation from the hands of QiGong practitioners can increase cell growth, DNA and protein synthesis, and cell respiration. There is also evidence that living systems emit microwaves (Enander & Larson 1977) and light (Ratemyer et al 1981, Popp et al 1992).

The application of healing energy, whether from a medical device or from the hands of an energy therapist, would then open the network to the flow of energy and information. Once the whole network is functioning, natural biological communications can flow freely through the entire system, from the extracellular matrix, across the cell membrane, through the cytoskeleton, to the nucleus and on to the gene level, and in the opposite direction as well (Oschman 1993, Oschman & Oschman 1994). Activation of specific processes goes hand in hand with opening of the channels for the flow of energy and information.



Heart pulses in the order of their velocities. The fastest signal is an electromagnetic pulse (recorded with the electrocardiogram and the magnetocardiogram), followed by a sound pulse, a pressure pulse, and then a temperature pulse. (See Russek & Schwartz 1996.)

Hypothesis

An ability to project and respond to healing energy, as defined above, has evolved as a natural design feature of living systems.

If this hypothesis is valid, it points to a simple conclusion: no medical device, regardless of its sophistication, is likely to achieve the efficacy and safety obtainable by imposing a naturally generated signal to living tissue.

The next mechanistic questions concern the sources of the oscillating fields emitted by the hands of various energy therapists, and the reason the signals scan or sweep through a range of frequencies. Injury repair involves a wide spectrum of biological rhythms associated with the replacement of various tissue elements.

Wound healing is a remarkable and intricate process, involving the integrated and cooperative activities of a variety of systems. Each wound is different, and the body's response must be precisely appropriate if structure and function are to be fully restored. Dynamic interactions take place between local and systemic processes. A wide range of physiological activities are activated, and all must be down-regulated when repair is complete. Some repair processes persist for weeks, or even longer, after an injury.

Hypothesis

A complete description of the assembly and operation and repair of a living system requires an understanding of the regulatory effects of both molecules and of energy fields. The genes govern the manufacture of molecules in appropriate quantities, and patterns of forces exerted by energy fields bring molecules together to produce functional structures.

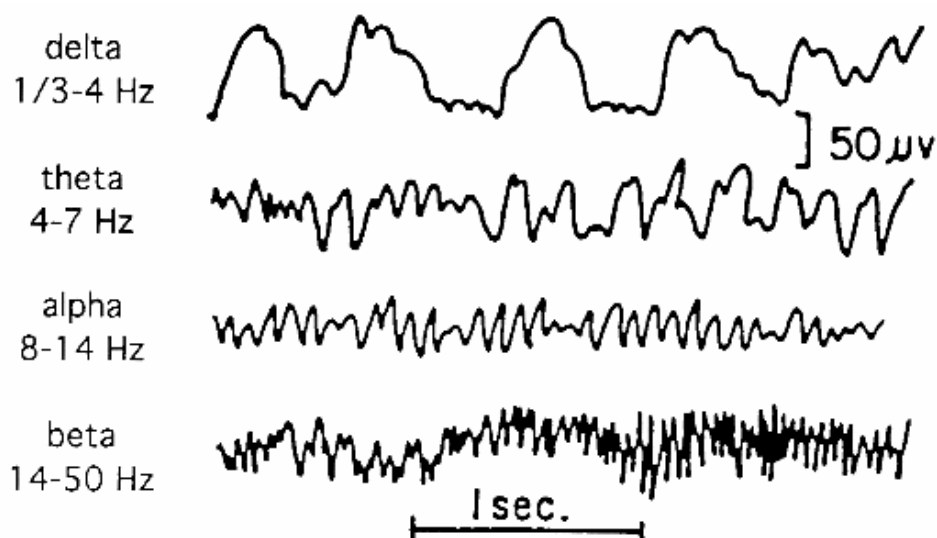
Hypothesis

A variety of electrical, electronic, magnetic and other energetic phenomena take place within healthy tissue as a consequence of the communications needed to coordinate cellular activities. The resulting energy fields are radiated from the hands of the healthy individual. Whether caused by physical or emotional trauma, 'the wound that does not heal' is a wound that is not receiving the natural regulatory signals needed to initiate and coordinate repair processes. When healthy tissue is brought close to such a wound, essential information is transferred via the energy field, communication channels open and the healing process is 'jump started'.

Robert O Becker's research demonstrated that the current of injury is not an ionic current, but a semi-conductor current that is sensitive to magnetic fields. Becker's research shows that the brain waves regulate the overall operation of the nervous system, including the state of consciousness.

Signals projected from the hands of an energy therapist, can entrain brain waves during the thalamic silent, or free-run period.

The brain's pacemaker. Calcium ions slowly leak into single thalamocortical neurons, which oscillate for 1.5 – 28 seconds, triggering and entraining the brain waves, which spread upward throughout the brain. Eventually the thalamic oscillations cease because of the excess calcium built up in the thalamocortical neurons. During the 'silent phase', lasting from 5 to 25 seconds, the brain waves are said to 'free-run'. It is probably during this phase that the brain waves are susceptible to entrainment by external fields. Eventually the thalamic oscillations begin again, after the cells have restored their calcium levels to the point where they are once again able to oscillate.



Brainwaves. Dominant brainwave frequencies recorded with the electroencephalograph, with electrodes on the scalp. The frequency of brainwaves is constantly changing. Delta activity occurs during deep sleep and in certain brain disorders. Theta activity occurs during various stages of sleep in normal adults and during emotional stresses, including disappointment and frustration. Alpha brainwaves have been associated with a normal and alert state of mind. Beta waves are normally seen over the frontal portions of the brain during intense mental activity. Beta waves of higher frequencies (up to 50 Hz) are associated with intense activation of the nervous system or tension.
After Guyton 1991

The pineal gland is the primary magnetoreceptor. Between 20% and 30% of pineal cells are magnetically sensitive. Exposure of animals to magnetic fields of various intensities alters the secretion of melatonin, the electrical properties of pineal cells, and their microscopic structure (reviewed by Sandyk 1995).

Becker found that during the healing moments the brain waves of the practitioner and client became phase and frequency synchronized with the Earth's geoelectric micropulsations – the Schumann resonance.

Whatever their beliefs and customs were, all healers registered brain wave activity averaging about 7.8 – 8.0 cycles per second while they were in their 'healing' state. The average frequency of the Schumann resonance is about 7 – 10 Hz. (Late 2019 it has been recorded as spiking as high as 41 Hz.)

The healing power of projected fields may arise from their ability to entrain similar coherent rhythms in the tissues of clients.

The thalamus maintains the rhythms, and the 'free-run' periods allow the brain waves to be entrained by rhythmic micropulsations that are tied to terrestrial and extraterrestrial rhythms. It is during these free-runs that we extract information on rhythms taking place in our environment. Hence it may be necessary to expand our definition of 'information' in the context of healing.



A Schumann signal and an alpha brainwave. After König HL 1974a ELF and VLF signal properties: physical characteristics. In: Persinger MA (ed) ELF and VLF electromagnetic field effects.

Certainly, for those who use their hands to enhance the functioning of their fellow beings, the 'free-run' periods, when allowed to happen without intellectual processing, can give rise to moments of profound insight and deep healing.

Therapists often blame themselves for periods when their work seems less effective than usual, when the real 'problem' may be meteorological or astrophysical phenomena that are beyond their control. Therapists also need to be aware of aspects of their local environment, such as the conductivity of subsurface soils, which can be an important factor in the 'reception' of Schumann resonances and other geophysical rhythms.

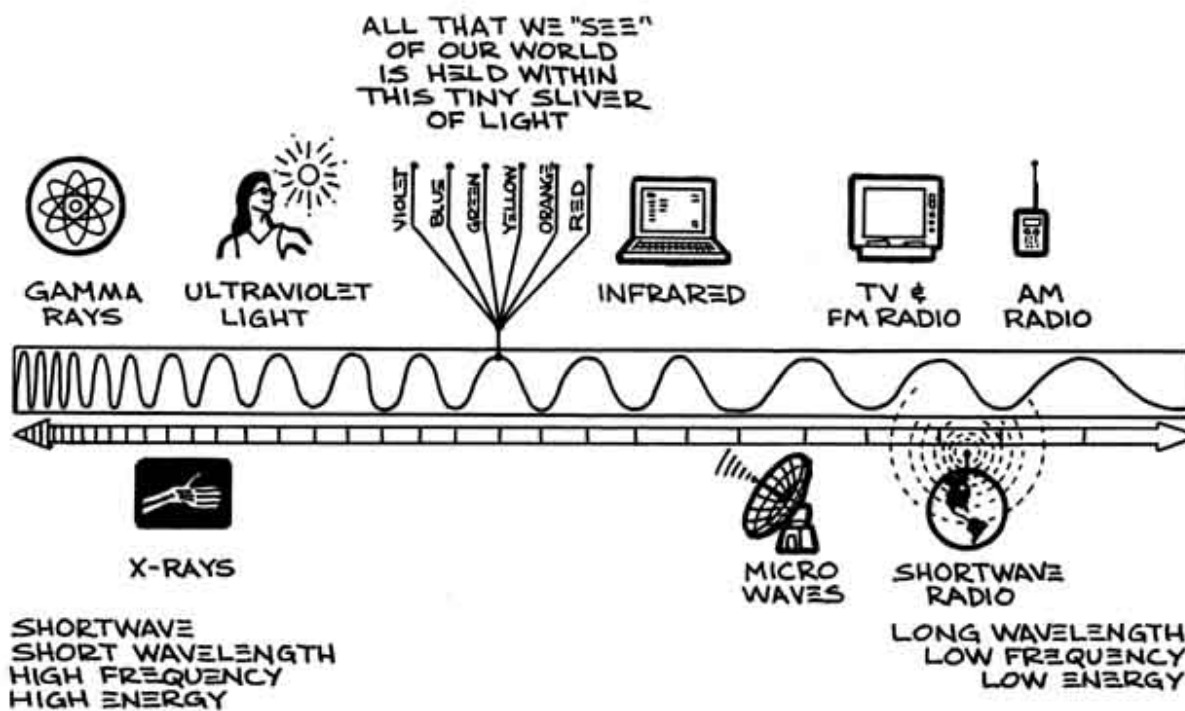
'Healing involves aligning our bodies with the larger body for the effortless flow of information.'

VIBRATIONAL MEDICINES

Vibrations underlie virtually every aspect of nature. The vibrations of atoms create sound and heat. Light arises from the vibrations of electrons in an object. At a basic level, all life depends upon molecules interacting through vibrating or oscillating energy fields. Virtually all that we know about living systems is based on the analysis of vibrations.

In the living body, each electron, atom, chemical bond, molecule, cell, tissue, organ (and the body as a whole) has its own vibratory character. Since living structure and function are orderly, biological oscillations are organised in meaningful ways, and they contribute information to a dynamic vibratory network that extends through the body and into space around it. 'Energy medicines' and 'vibrational medicines' seek to understand this continuous energetic matrix, and to interact with it to facilitate healing (Gerber 1988).

Modern researchers have confirmed that living organisms, do indeed, comprise dynamic energy systems involving the same sorts of field phenomena that physicists have been studying for a long time. Clinical medicine is beginning to employ oscillating magnetic fields to 'jump start' healing. Vibrational therapies are not magic or superstition: they are based on biology, chemistry and physics.



High frequencies include radio, television, microwaves, infrared, visible light, ultraviolet, X-rays, and gamma rays. For each of these frequencies, vibratory energy comes in discrete packets or quanta, called photons: the higher the frequency of vibration, the more energy per packet. Physicists often refer to all electromagnetic phenomena as 'light' and to their units as 'photons' even though only a small part of the

spectrum can be detected with the eye. Biological systems respond in different ways to different parts of the electromagnetic spectrum.

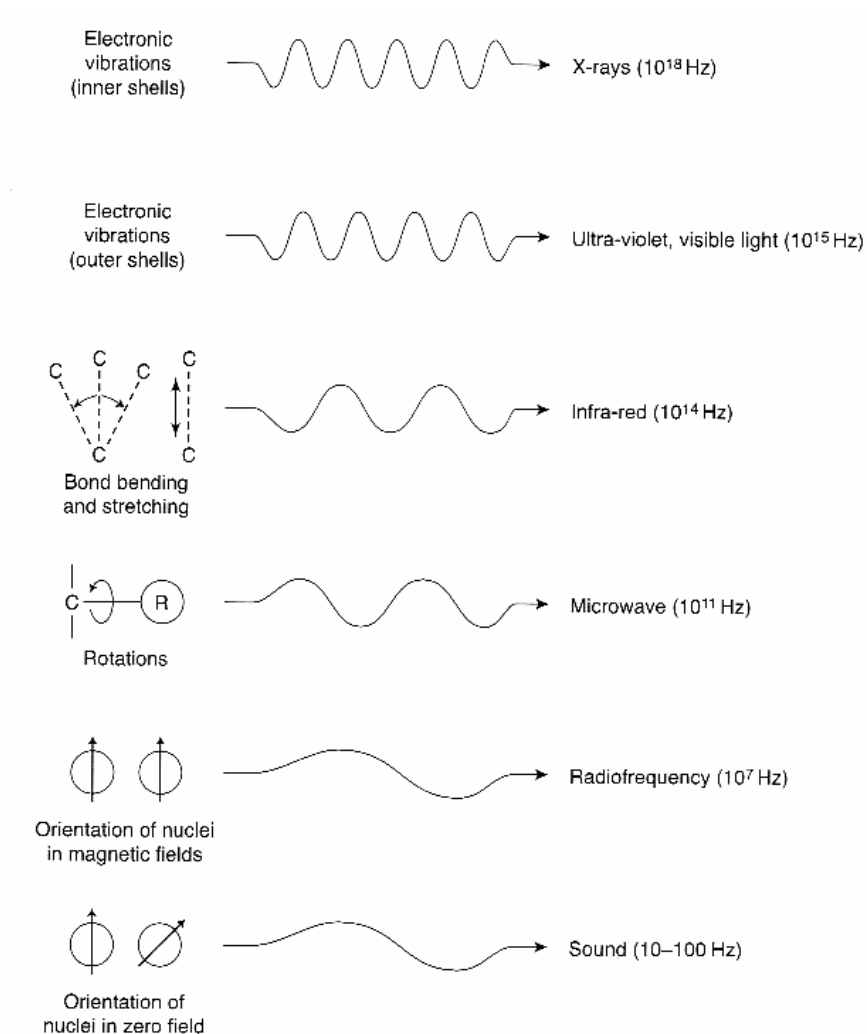
While a chemical process, such as the breaking of a bond, may look superficially like a mechanical event, at a deeper level the event is better described as a series of vibratory energetic interactions. This is the level at which the various energy therapies have their effects.

‘Molecular surgery’ of this kind is important to bodywork because it provides a biophysical basis for controversial vibrational therapies in which toxins, such as agent orange or DDT, which have been stored in the body, can be broken apart by energy fields emitted by crystals. When such a complex molecule is ‘shattered’ by vibrations, its fragments can be detoxified and excreted from the body.

A substance such as water, appearing colourless to the eye, absorbs strongly at a variety of frequencies that we cannot see. Such absorptions are involved in homeopathic and related vibrational medicines.



Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out, when one embraces Feeling Healing, of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.



Movements within molecules and the kinds of electromagnetic fields they emit or absorb. The highest frequency and highest energy motions are those of the innermost electrons, which resonate in the X-ray region of the electromagnetic spectrum. The outermost electrons, that are responsible for most of the physical and chemical properties of an atom, resonate at the ultraviolet and visible portions of the spectrum. Bond bending and stretching involves infrared light. Bond rotations resonate at microwave frequencies. The spins and orientations of atomic nuclei correspond to vibrations in the radiofrequency and sound portions of the spectrum. Usually the frequencies absorbed by a molecule are identical with the frequencies emitted when the molecule is excited. This reciprocity of absorption and emission is known as Kirchhoff's principle. Energy is absorbed by the reverse of the process by which emissions are produced, i.e. the absorbed energy causes particular motions to be set up within the molecule. The boundaries between the different frequency regions are not sharply defined. The illustration is a simplification in that it does not show the couplings that take place between different activities, such as between vibrations and rotations. (Modified from Whiffen DH 1966, Fig. 2.1, p 15, by kind permission of Pearson Education Ltd.) For more details see a chart of the electromagnetic spectrum.

Every molecule in the body, and every homeopathic, herbal, or aromatherapy preparation, vibrates in specific ways and emits a characteristic energy spectrum. Complex molecules contain thousands or even millions of atoms, and their spectra can be quite intricate. The spectrum is an electromagnetic ‘signature’ or ‘fingerprint’ of a molecule that is an extremely precise representation of the motions of the particles within it. So characteristic are these fingerprints that a chemist can use them to identify an unknown substance.

LIVING CRYSTALS

All therapeutic and scientific approaches to the body can benefit from an appreciation of the crystalline nature of living tissues. We do not usually consider our bodies to be crystalline, because when we think of crystals we usually think of hard materials, like diamond or agate. Living crystals are composed of long, thin, pliable molecules, and are soft and flexible. To be more precise, these are liquid crystals (see Bouligand 1978).

Crystalline arrangements are the rule and not the exception in living systems. Examples include arrays of phospholipid molecules forming cell membranes and myelin sheathers of nerves, collagen arrays forming connective tissue and fascia, contractile arrays in muscle, arrays of sensory elements in the eye, nose, and ear, arrays of microtubules, microfilaments and other fibrous components of the cytoskeleton in nerves and other kinds of cells, and arrays of chlorophyll molecules in a leaf.

Crystalline objects have resonant interactions with the highly ordered liquid crystals within the tissues of the therapist and the person being touched. The crystals enhance vibratory energy exchanges between two individuals.

While pathology may manifest as chemical imbalances, the underlying problem is electromagnetic. Hence balance can often be restored by providing the correct or ‘healthy’ frequency, and entraining the oscillations back to coherence.

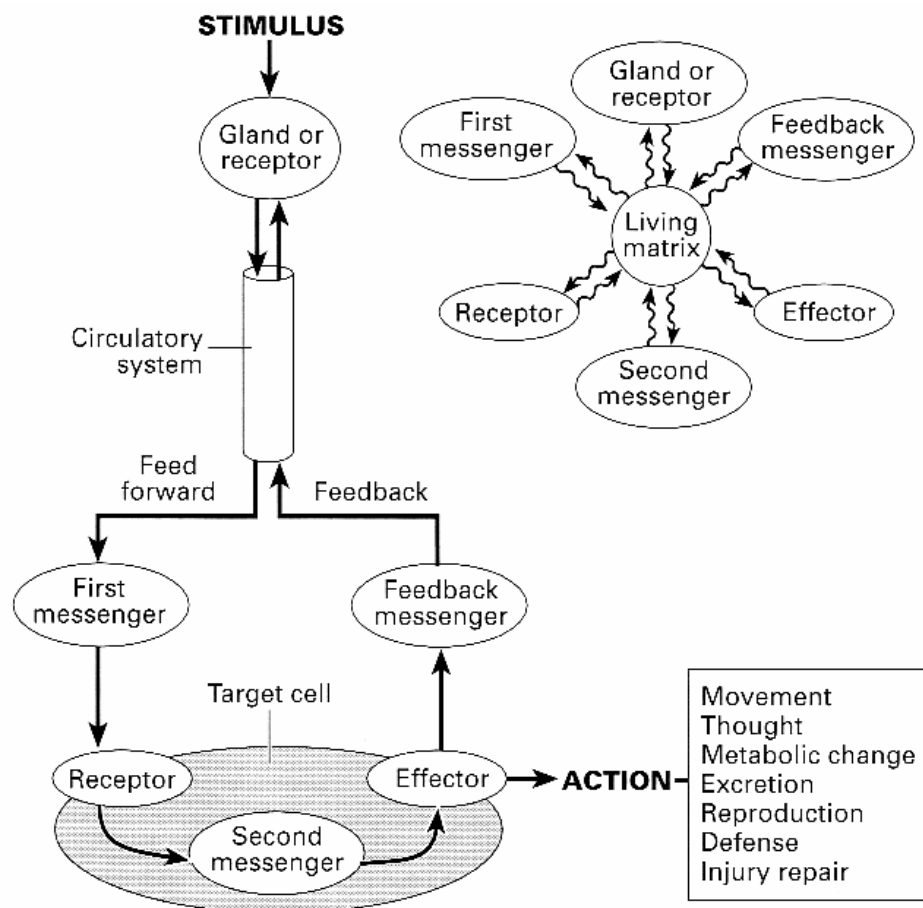
The energy fields projected from the hands of bodyworkers are in the range of intensity and frequency that can influence regulatory processes within the body of another person.



RATIONALE for VIBRATIONAL MEDICINES

Diseases and disorders alter the electromagnetic properties of molecules, cells, tissues, and organs. In addition to the familiar regulatory systems studied by physiologists, the human body contains an electromagnetic control network. Ancient methods such as acupuncture recognise, understand and treat via these systems. Modern research is determining their biophysical mechanisms and electromagnetic ‘languages’.

Vibration medicines such as homeopathy demonstrate that similar or even better results can be obtained by providing the electromagnetic fingerprint or signature of a natural substance (Smith 1994). ‘Energetic pharmacology’ distinguishes this approach from conventional chemical pharmacology.



A single regulatory loop is separated out from the web of physiological interactions shown in Figure 9.7. A stimulus or disturbance to the system (technically called a perturbation) affects a gland or sensor. This results in the release of a messenger (hormone, signal molecule, or growth factor) into the circulatory system. The messenger travels to a target cell, where it activates a receptor in the cell membrane. This activates one or more second messengers within the cell that activate an effector (contractile array, secretory system, etc.) causing some action to take place. Feedback is obligatory, as information that an action has taken place always flows back to the beginning of the cycle (Adolph 1979). The feedback messenger enters the circulatory system, and is carried back to the gland or receptor that initiated the cycle. The inset shows that each molecule in the loop emits and absorbs electromagnetic signals (photons, shown as wavy lines) as it carries out its function. These signals can be absorbed and conducted throughout the organism by the continuous living matrix (the connective tissues, cytoskeletons, nuclear matrices, and water associated with them). Some of the components of the loop may be partly or entirely electromagnetic in character. Allergies, chronic and degenerative diseases, and failure to heal can result from the disruption of such regulatory loops. We can view the loop as a cascade of chemical reactions accompanied by a cascade of electronic and electromagnetic interactions.

A substance, or its electromagnetic signature, challenges the defence and repair systems to respond, without the side-effects of pharmacological interventions. In some cases an imbalanced system is restored by introducing a signal that cancels a discordant or pathological frequency that is disturbing the body.

In bodywork and movement therapies, the emanations from a therapist's own tissues can provide electromagnetic information that opens or augments vital communications in a patient's tissues. Light and sound therapists apply energies of particular frequencies to appropriate points on the body (e.g. 'colourpuncture', Mandel 1986).

The human body emits vibratory information that precisely specifies the activities taking place within.

Homeopathy and other vibrational medicines take advantage of the water system and its great sensitivity to electromagnetic fields. Perhaps the troubling 'artifact' of water absorption actually explains how homeopathic dilutions and the body's water system absorb information from a substance. 'Water memory' does not violate any laws of physics or nature. It simply means that our understanding of water is incomplete.

In homeopathy, molecular signatures are transferred from a biologically active molecule to the water in which it is dissolved. This happens when the homeopathic physician 'succusses' the sample. Succussion is a method of vibrating or sending a shock wave through a solution. Dissolved molecules are made to vibrate intensely and coherently, and they therefore emit their electromagnetic signatures (emission spectrum).

One plausible mechanism for water memory storage, published by Smith (1985), is that hydrogen bonds hold water molecules together in a helical structure that acts like a coil. The magnetic components of fields emitted by the vibrating molecules induce current flows through the water helix. These currents reverberate within the water structure, much like the ringing of a tuning fork.

Even when the sample has been diluted to the point that the original molecule is gone, the signals stored in the water continue to vibrate for a long time. Upon further dilution and succussion, the reverberating signals transfer to other water molecules used to dilute the sample.

The ability of atomic systems to recall coherent electromagnetic pulses is known to physicists (Brewer & Hahn 1984). Several independent reports document storage of information by water (e.g. Trincher 1980).

GEM / CRYSTAL THERAPY and COLOUR THERAPY COMBINED

The resonance of gems and colours have therapeutic benefits which can be aligned for specific illnesses.

Whale Medical Lux IV electronic gem therapy transducers pulse energy at various frequency rates through high quality gems, such as diamond, ruby, sapphire and emerald, thereby stimulating and greatly amplifying the inherent vibrational healing power of the stones. This is not mere colour or light therapy. It is a therapy many times more effective than either colour or crystal therapy and the lamps are electronic gem transducers which induce energy by dielectric resonance. Contention over the above scientific facts can be dispelled by reviewing the technical operating principles behind any surgical ruby laser and a vacuum tube quartz crystal oscillator.



The most commonly used gems in gem lamp therapy are as follows:

Gem	Colour/Frequency	Healing Energy Properties
Ruby	Red 625nm	Hot, heating, drying, energizing, expanding
Carnelian	Orange 610nm	Cooling, Moist, Harmonizing, anti-allergenic
Citrine	Yellow 590nm	Warm, enlivening, cleansing
Emerald	Green 565nm	Cold, unifying and solidifying, analgesic
Topaz	Blue 470nm	Cool, soft, satisfying, antiseptic
Diamond	Indigo 485nm	Stimulating, invigorating, clarifying, antiseptic, anti-depressant
Sapphire	Violet 400nm	Cool, tranquillizing, soothing, analgesic, sedative

Applications of frequencies are aligned with the specific energy requirements of the given ailment.

STUDIES of ALLERGIC REACTIONS

Allergic reactions can be triggered by specific electromagnetic frequencies in the range of a few thousandths of a hertz to a gigahertz (one billion cycles per second). Moreover, Smith found that other electromagnetic fields, of appropriate frequencies, can halt the reaction. According to Smith, 'the pattern of allergic responses is the same whether the trigger is chemical, environmental, nutritional or electrical' (Smith 1988).

Smith and his colleagues used electromagnetic fields from an adjustable oscillator to test and treat electrically hypersensitive allergy patients. Increasing the frequency has the same effect as diluting the allergen. Eventually a frequency is reached that has the same effect as the 'neutralising dilution'.

SOME CONCLUSIONS

Scalar waves appear to interact with atomic nuclei, rather than with electrons. Such interactions are described by quantum chromodynamics (Yndurain 1983). The waves are not blocked by Faraday cages or other kinds of shielding, they are probably emitted by living systems, and they appear to be intimately involved in healing (see e.g. Jacobs 1997, Rein 1998).

The scalar potential has a peculiarity: it propagates instantaneously everywhere in space, undiminished by distance.

Virtually every disease and disorder has been linked by one investigator or another to electromagnetic pollution.

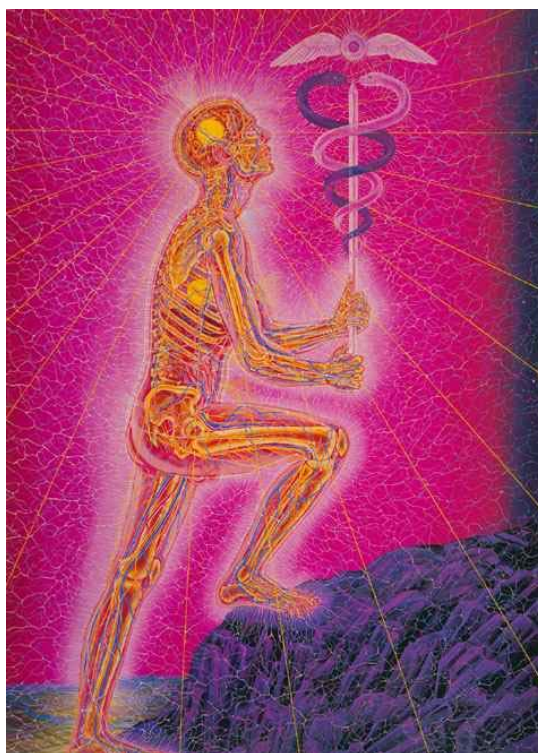
Much of the seeming magic and mystery surrounding vibration medicines is being revealed as the same mystery, that has always been associated with the invisible yet palpable forces of nature. Many of the subtleties arising in the clinical context are none other than the subtleties of human structure and patterns of energy in interaction. As new research reveals the basis for these subtleties, we obtain a much clearer picture of the human body in health and disease. The medical and chemical-pharmacological models that have served us well in the past are not being replaced, but are being viewed within a more complete multidimensional perspective. 'Subtle energies' and 'dynamic energy systems' are neither supernatural nor do they require a revision of physics. They go to the foundation of life. The molecules and energy fields in our environment can affect living systems. An understanding of these relationships, whether based on intuition or on science, is fundamental to a wide range of therapeutic approaches, including flower essences, homeopathy, aromatherapy, sound and light therapy, the use of crystals, and many others.

Living tissues are non-linear, cooperative, and coherent, and are capable of responding to very specific 'windows' in terms of frequency and intensity.

The relevance to the energy therapist is that the studies are showing that electromagnetic fields, at the frequencies and intensities emitted from the hands of a therapist, are capable of producing biological effects. It appears that the low frequencies emitted from the hands of therapists, and from pulsing electromagnetic field therapy devices (in the range of 2 to 30 Hz) are beneficial, whereas somewhat higher frequencies of the power distribution system (50 and 60 Hz) are harmful.

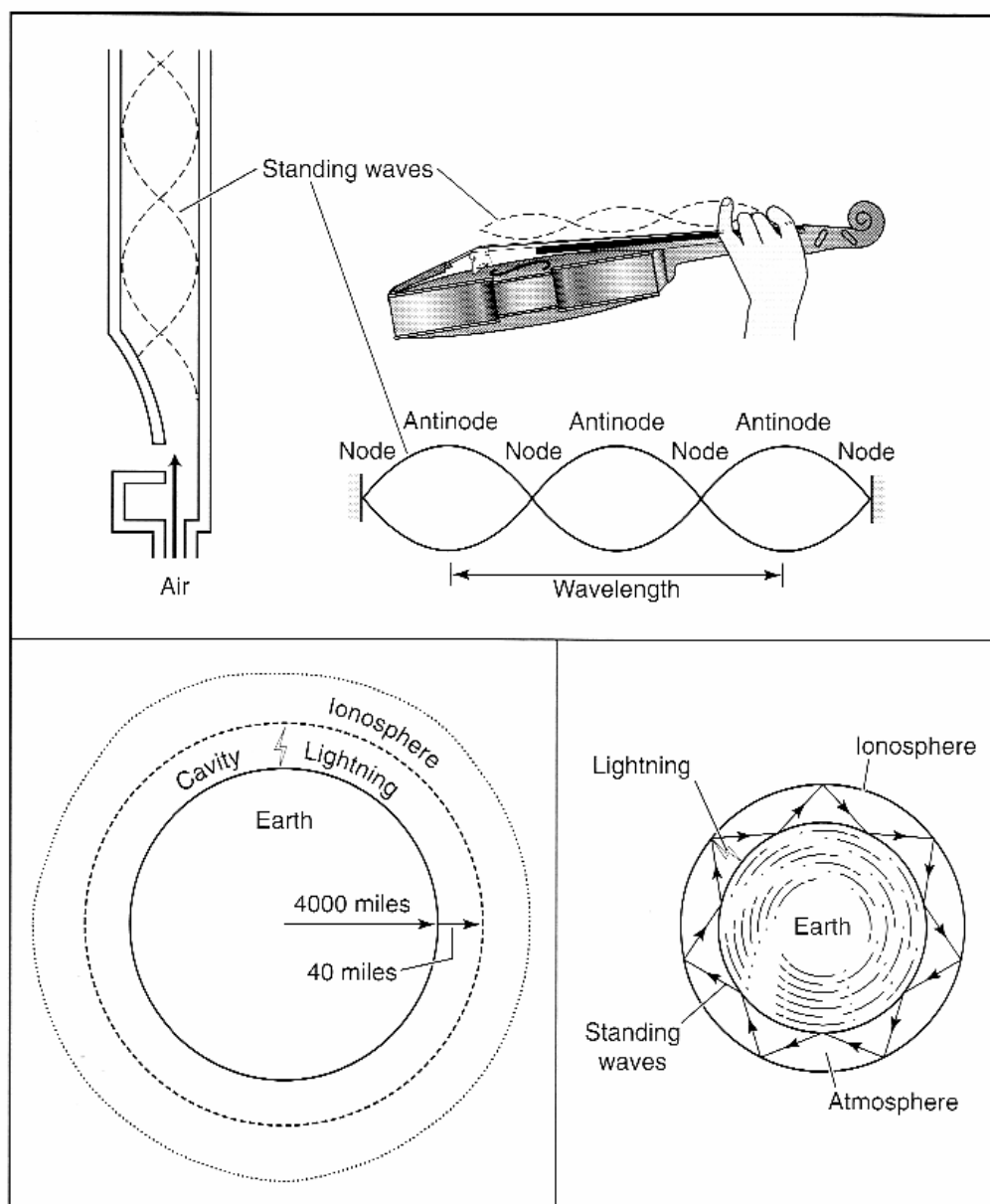


**PASCAS
HEALTH**



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





Standing waves and resonances. Organs use pipes of different sizes to produce different notes. Pressing a guitar or violin string against the fret or fingerboard changes the effective length of the string and therefore the resonant frequency of the standing waves that can be produced. Energy for the Schumann resonance is provided by cloud-to-ground lightning. To use the physics terminology, lightning *pumps* energy into the earth-ionosphere cavity, and causes it to vibrate or resonate at frequencies in the ELF range. Lightning creates electromagnetic standing waves that travel around the globe at the speed of light. These waves circumnavigate the entire planet on average 7.86 times per second. The high frequency waves are reflected from the ionosphere, back to the earth, back to the ionosphere, etc. This 'skip' phenomenon has been widely studied, because it is the basis for long distance radio communication. (The diagram at lower right is modified from Bentar 1976, Fig. 15, p. 90,

The WAY FORWARD

Collectively, the discoveries of modern researchers tell a story of biological sensitivity that coincides with the daily experiences of energy therapists ranging from medical doctors using PEMF techniques to acupuncturists to polarity therapists, Reiki practitioners, herbalists, aromatherapists and so on. The new concepts do not require us to abandon our sophisticated understandings of physiology, biochemistry or molecular biology. Instead, they extend our picture of living processes, and of healing, to finer levels of structure and function. Our definition of living matter is being expanded to incorporate the physics and chemistry of the solid state, including semiconduction, quantum mechanics, liquid crystals, and biological coherence (see for example Ho 1998, Ho et al 1994).

A few long cherished assumptions have proven inadequate. For many years biologists and physicists agreed that fields can only have effects if the energy level is sufficient to cause heating or ionization of the tissues. The threshold for all biological stimuli was assumed to be set by intrinsic physical factors: atomic collisions (heat) and noise. We now know that tiny amounts of energy at the appropriate frequency can produce profound biological effects, without heating or ionizing tissues, even in the presence of much higher levels of noise.

We are learning that cells maintain their organised society by ‘whispering together’ in a faint and private language (Adey 1996). The ‘whispers’ travel as both chemical and electromagnetic messages. Learning the electromagnetic codes used in these whispers has become a new and important focus for researchers, and obviously has enormous clinical importance. We will soon know the electromagnetic languages of all of the cells in the body, including those of bacteria and tumour cells. In the past, we thought the words of the ‘language of life’ were nerve impulses and molecules, but we now see that there is a deeper layer of communication underlying these familiar processes. Beneath the relatively slow moving action potentials and billiard ball interactions of molecules lies a much faster and subtle realm of interactions. This dimension is subatomic, energetic, electromagnetic and wave-like in character. The chemical messenger ultimately transfers its information electromagnetically. Hence the electromagnetic code is actually primary. Nerve impulses and chemical messengers are contained within the individual whereas energy fields radiate indefinitely into space and therefore affects others who are nearby. For millennia, energy therapists have had a practical appreciation of these phenomena, which are finally open to scientific research.

The electromagnetic language has two aspects, frequency and intensity. After much confusion, extensive laboratory research is confirming what the homeopathic physician or aromatherapist has known for a long time: when it comes to triggering healing responses, ‘small is powerful’, or ‘less is more’. The search for an appropriate essence is in fact a search for compounds with the correct molecular emission spectrum to provide benefit for a particular ailment in a particular patient at a particular time.

All living processes are ultimately carried out by cells and by the molecules and by the energy fields they produce. We are learning precisely which steps in the cellular / molecular / electromagnetic cascade are particularly sensitive to exogenous energy fields and which ones are not. We are also discovering how minute signals from the environment are amplified to produce large cellular effects.

In essence, we are discovering the molecular and electromagnetic basis for cybernetics being the science of communication and control. Cybernetics is derived from the Greek word *kybernetes*, meaning

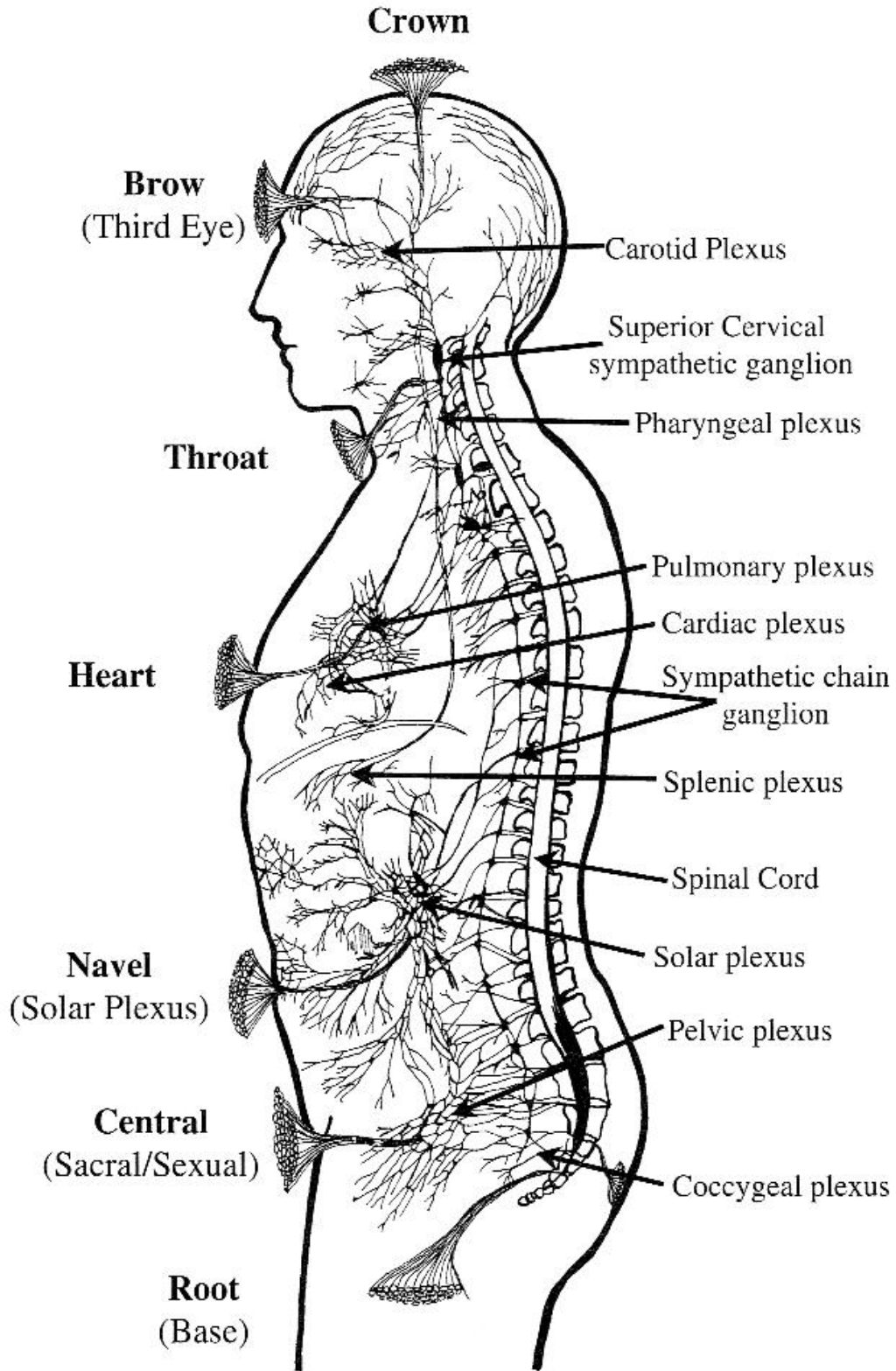
helmsman. The helmsman can change the course of a huge vessel virtually effortlessly by applying a small adjustment to the tiller. Likewise, a small energy field applied at the appropriate place and time can shift the course of an organism.

In fact, to deny direct electromagnetic interactions with living molecules would be to deny the fundamental reaction upon which all life depends, namely the absorption of sunlight by green plants. The mechanisms involved are no more mysterious than is spectroscopy, the primary method by which scientists study the structure of atoms and molecules.

To realise the inestimable promise of electromagnetic medicine, we must overcome the legacy of past dogmas and intolerances, and our fears of invisible forces. How rapidly this takes place depends significantly on each of us, and on our individual capacity to look within ourselves, our willingness to explore the ways our ideas, attitudes, and experiences of energy have been shaped by what we have been taught. Certainly, for a culture that has become accustomed to having large numbers of tasks handled by invisible currents flowing through chips in computers, and its television sets adjusted by invisible radiation from remote control devices, it is not too frightening to look at the ways our bodies are regulated and coordinated by invisible energies.

The reality is that new vistas are opening up as science and complementary medicine learn how to talk to each other.





Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

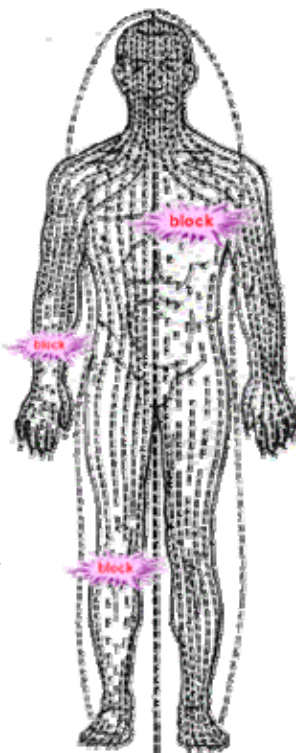
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 th chakra
Third Eye	525	6 th chakra
Throat	350	5 th chakra
Heart	505	4 th chakra
Solar Plexus	275	3 rd chakra
Sacral or Spleen	275	2 nd chakra
Base or Root Chakra	200	1 st chakra

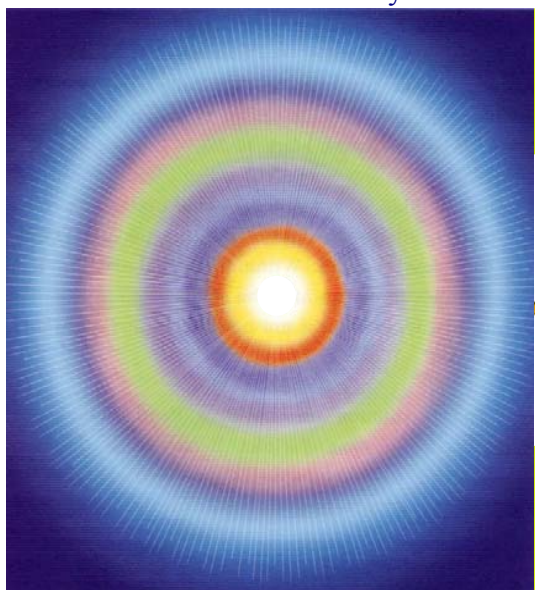
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



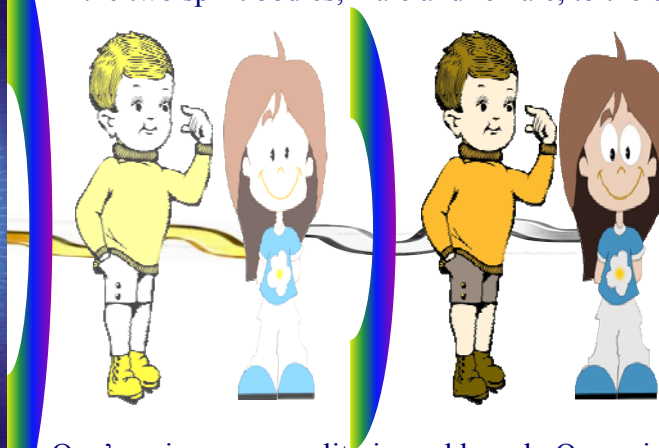
DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and female personality - it is a duplex!**

USING ENERGY FIELD IMAGING to SHOW DISEASE:

PIP – Polycontrast Interference Photography – records the auric fields, the images are digitised and can be emailed and printed.

Man on left – red and muddy coloured zones reflect illness.

Man on right is an exceptionally spiritual being.



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

in conjunction with

Longing for the Truth when also longing for Divine Love.

PIP ENERGY FIELD TOOLS show the EFFECTS of CAM MODALITIES:

PIP = Polycontrast Interference Photography

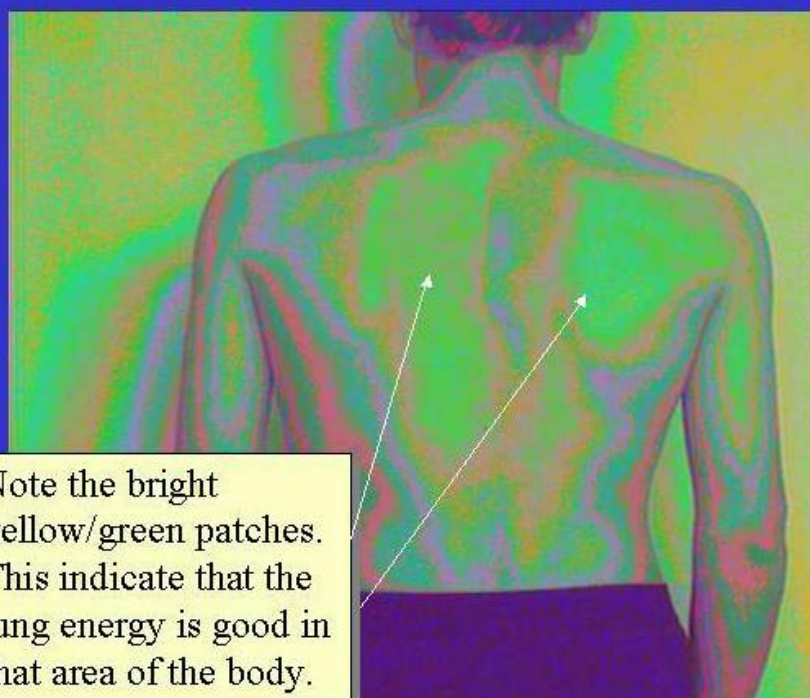


Red indicates zones of illness and also energy being drained / lost from the body.

The emerging white light is positive healing energy being induced by the energy therapists – watch this light intensify.



'LIGHT & HEALTHY LUNGS'



This is a picture of a man with healthy lungs, no problem in that area.

Note the bright yellow/green patches. This indicate that the lung energy is good in that area of the body.

Stress and Ease

Notice the difference in energy



19th October '99 - 29th October '99 at WPC India

Correlated with visitor feeling stressed on left and more relaxed on right

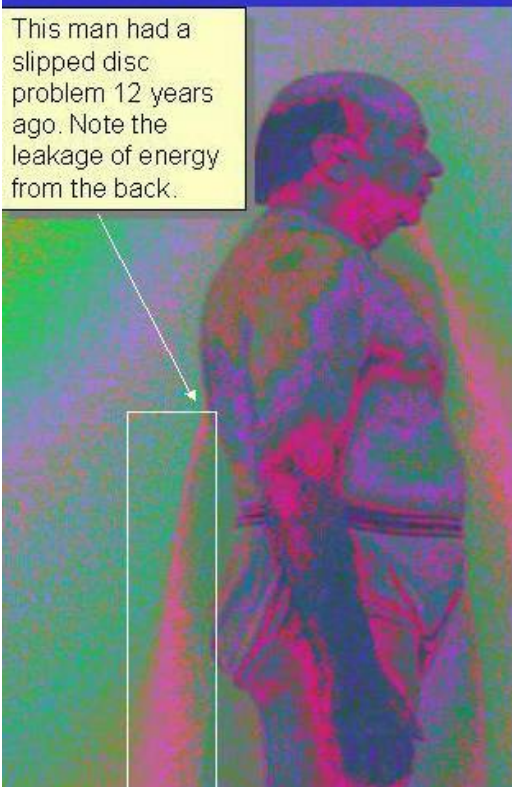
Energy projection from hands



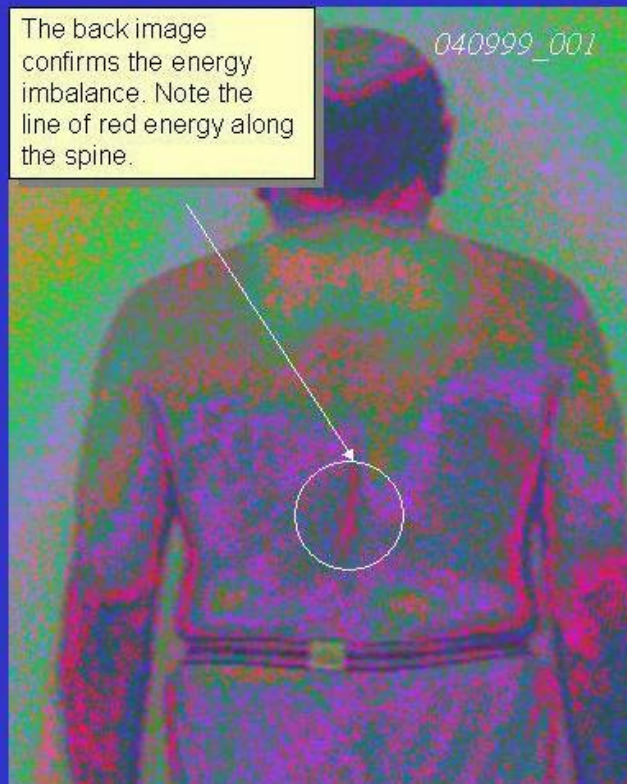
Healers can generate biomagnetic fields $>1,000$ times normal human Seto *et al*

SLIPPED DISC

This man had a slipped disc problem 12 years ago. Note the leakage of energy from the back.



The back image confirms the energy imbalance. Note the line of red energy along the spine.



evaluation system: **ESM & POLYCONTRAST INTERFERENCE PHOTOGRAPHY**

CHEFR:
Energy leakage from back of solar plexus. Note back view shows solar plexus imbalance*.

CHEFR:
Brow chakra imbalances as indicated by ESM reading of +2.

CHEFR:
The ESM readings and red patches all over the body indicate a general energy field imbalance. Note solar plexus imbalance front and back*.

C 0
B +2
T +2
H +1
S +1
N +2
B +2

Common patterns: blocked chakras



PIP Indicates Effectiveness of 'Self' Massage Less Throat Congestion After Massaging Himself



Before – During – After Self-Healing

PIP Shows Benefits of Yoga

*Notice the white light that
appears during Yoga*

BEFORE

AND

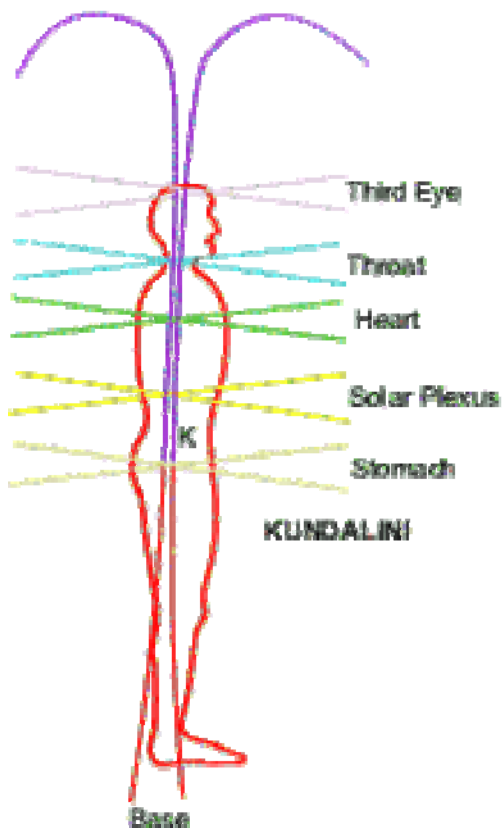
DURING



Anatomy of the Spirit by Caroline Myss p.96

ENERGY ANATOMY			
Chakra	Organs	Mental, Emotional Issues	Physical Dysfunctions
1 Base	Physical body support Base of spine Legs, bones Feet Rectum Immune system	Physical family and group safety and security. Ability to provide for life's necessities. Ability to stand up for self. Feeling at home. Social and familial law and order.	Chronic lower back pain Sciatica Varicose veins Rectal tumours / cancer Depression Immune-related disorders
2 Spleen	Sexual organs Large intestine Lower vertebrae Pelvis Appendix Bladder Hip area	Blame and guilt. Money and sex. Power and control. Creativity. Ethics and honour in relationships.	Chronic lower back pain Sciatica Ob / gyn problems Pelvic / low back pain Sexual potency Urinary problems
3 Solar Plexus	Abdomen Stomach Upper intestines Liver, gallbladder Kidney, pancreas Adrenal glands Spleen Middle spine	Trust. Fear and intimidation. Self-esteem, self-confidence, and self-respect. Care of oneself and others. Responsibility for making decisions. Sensitivity to criticism. Personal honour.	Arthritis Gastric or duodenal ulcers Colon / intestinal problems Pancreatitis / diabetes Indigestion, chronic or acute Anorexia or bulimia Liver dysfunction Hepatitis Adrenal dysfunction
4 Heart	Heart and circulatory system Lungs Shoulders and arms Ribs / breasts Diaphragm Thymus gland	Love and hatred. Resentment and bitterness. Grief and anger. Self-centredness. Loneliness and commitment. Forgiveness and compassion. Hope and trust.	Congestive heart failure Myocardial infarction (heart attack) Mitral valve prolapse Cardiomegaly Asthma / allergy Lung Cancer Bronchial pneumonia Upper back, shoulder Breast cancer
5 Throat	Throat Thyroid Trachea Neck vertebrae Mouth Teeth and gums Esophageus Parathyroid Hypothalamus	Choice and strength of will. Personal expression. Following one's dream. Using personal power to create. Addiction. Judgment and criticism. Faith and knowledge. Capacity to make decisions.	Raspy throat Chronic sore throat Mouth ulcers Gum difficulties Temporomandibular joint problems Scoliosis Laryngitis Swollen glands Thyroid problems

<p>6 Third Eye</p>	<p>Brain Nervous system Eyes, ears Nose Pineal gland Pituitary gland</p>	<p>Self-evaluation. Truth. Intellectual abilities. Feeling of adequacy. Openness to the ideas of others. Ability to learn from experience. Emotional intelligence.</p>	<p>Brain tumour / haemorrhage / stroke Neurological disturbances Blindness / deafness Full spinal difficulties Learning disabilities Seizures</p>
<p>7 Crown</p>	<p>Muscular system Skeletal system Skin</p>	<p>Ability to trust life. Values, ethics, and courage. Humanitarianism. Selflessness. Ability to see the larger pattern. Faith and inspiration. Spirituality and devotion.</p>	<p>Energetic disorders Mystical depression Chronic exhaustion that is not linked to a physical disorder. Extreme sensitivities to light, sound, and other environmental factors.</p>



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

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

Why haven't other methods been going deep enough?

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

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

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

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

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

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

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about

uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

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

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

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

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

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

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

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

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

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

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

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

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

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

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of

Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

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

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

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.

Nutrition



The energy level of various food groups as per the MoC = Map of Consciousness 1 – 1,000 calibrations.

At 200 and above, the item becomes positive. Any calibration below 200 is negative or anti-life:

Heroin, Methamphetamines	6	
Cocaine	7	
Public Hospital Meals	165	
Taco Bell Fast Food	165	
McDonalds, KFC, Hungry Jacks	175	
Food, Commercial Machine-made	188 – 200	
Food, Commercial Cat	192 – 202	
Food	200	
Food, Commercial	207	
Food, Blessed Machine-made	207	
Food, Homemade	209 +	
Food, Blessed Homemade	215	
Vegetarianism	205	
Tea, Green	300	
Coca-Cola (beverage)	305	(single serve per day)
Pepsi (beverage)	305	(single serve per day)
Quaker Oats	305	
Uncle Ben's Rice (product)	315	
Campbell's Soup (product)	325	
Herbalife (products)	340	
Raw Food = Raw Power – Byron Bay	350	(overall menu)
Roadside Farm Stands	355	
Raw Food = Raw Power food blessed	365	(overall menu)
Green Juice = Raw Power	510	
Cookies made for Family	520	

A significant finding is the calibrated difference between blessed and unblessed food. Machine –made bread from a local supermarket calibrates at 188, but when blessed, it goes up over 200. Bread from the same supermarket but from the bakery department calibrates initially at 203, and again shows a rise if it is blessed. If food is homemade, it rises from its original 200 to 209, and if blessed, it rises up to 215. This is a unique demonstration analogous to the Heisenberg principle in that the introduction of human spiritual consciousness and intention alter the field. It also gives evidence that prayer itself is more than just wishful thinking.

Truth vs Falsehood by David R Hawkins

Whole Food Signatures

<http://www.dontolmaninternational.com>

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct.

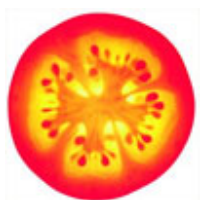
Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater.

For instance, Don Tolman notes:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Grapefruits, Oranges, and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



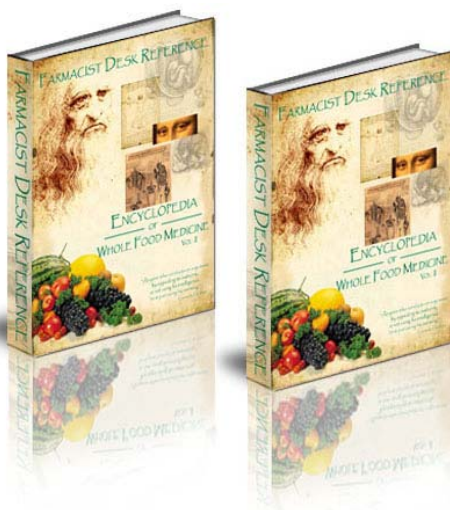
Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



Bananas, Cucumber, Zucchini and more target the size and strength of the male sexual organ. It's true!



Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.



Raw Power!

Raw Food is Raw Power!

With Raw Power you will discover:

- How to create simple, delicious, living food meals including cakes and desserts that taste better than nearly any cooked food and will nourish your body at the deepest levels.
- Why commercially grown organic food is no longer enough for peak health and what you can do about it.
- The power of “superfoods” and **green juices**.
- How to lose weight while you eat like a king (or queen).
- How to live a radiantly healthy life without experiencing the effects of premature aging and degenerative diseases which are so prevalent throughout our society. (Over 85% of all mental, emotional and physical conditions are diet and/or environment related.) You are what you eat!
- Powerful intention setting techniques for creating the level of health and vitality you really desire.
- How to effectively clear toxins and parasites from your body without using drugs.

Coupled with Raw Power food calibrating at 350 – 365 is ‘Wellness Water’ calibrating at 580 on the MoC.



Fresh is Best!

The Amazing Power Of Green Juice – calming, energising, alkalising and healing

Raw organic Green Juice is the best foundation for a raw food lifestyle. There is almost nothing on the planet that is better for your body. Use celery as the base and experiment with the other ingredients to taste.



Celery – (make this the foundation of your juice) it is very high in sodium and conditions your whole digestive tract, improving digestion. It is a much better option than carrot which is high in sugar (even organic carrots these days have 17% sugar – wild carrots if you can find them have only 3% sugar!)

Leafy Greens – (Just as important as celery, though less palatable to begin with – leafy greens are packed with chlorophyll and oxygen and are unparalleled in their ability to alkalise and heal the body. Try **Rocket, Kale, Cos Lettuce**, (preferable over Iceberg Lettuce which has fewer minerals) or any other dark green leafy veg.

Cucumber – Also a highly alkalizing vegetable and very refreshing.

Parsley – A cup of minced fresh parsley (about 100g) contains more beta carotene than a large carrot, almost twice as much vitamin C as an orange, more calcium than a cup of milk, and twenty times as much iron as a serving of liver.

Wheatgrass – What to say about wheatgrass? There are reams of information available on the healing, regenerative properties of wheatgrass. 20 ml of wheatgrass juice is the nutritional equivalent of over one kg of fresh fruit and vegetables. Wheat grass has only about 10-15 calories per teaspoon. It has nearly a gram of protein per teaspoon and includes all eight of the essential amino acids, as well as 13 of the remaining 16.

Tip: Try watering your wheatgrass using 1 part sea water to 19 parts water to get the correct balance of all 92 minerals needed for perfect health. Grass is the only plant which can absorb all 92 minerals, however, you can still add sea water to when watering all your veges and sprouts for a highly mineralized diet.

Apple or carrot – Some people find green juice a little hard to take at the beginning. To make your green juice sweeter you can add a very small quantity of carrot or apple to your juice (less than 10%) After a while when you grow accustomed to taste you can reduce or totally cut out the carrot and apple.

Water – We recommend you water down your juice 4 or 5 parts filtered water to 1 part juice. This especially important when using wheatgrass Green juice is a very powerful detoxifier and it is best to ease into it gently if you haven't been living a clean, raw food lifestyle. As you progress you can gradually decrease to amount of water to a 50/50 mix.

Detoxification – When you begin drinking green juice the pollutants which have been stored in your body will literally begin to be flushed out of your cells sometimes causing nausea, head aches or even

flu like symptoms. Be happy if this happens as it means you are on track to a healthier, more balanced existence. It can also be very helpful to be in contact with someone who has already gone through the process themselves

Quantity – Begin with 250ml of green juice a day (watering it down 4 to 1 with water) This will give you around 5 glasses to down. As you progress, increase the amount of juice and decrease the water. You can eventually increase to drinking 500 to 750mls of green juice no problems and your body will sing in total gratitude!

You will get optimum nutritional value if you drink your juice within 15 minutes of making it, however, you will still get amazing benefits if you refrigerate it and drink it throughout the day. You can even add a little lemon juice or vitamin C powder to help preserve it for up to 24 hours.

Green Juice typically calibrates at 510 on the MoC Scale.



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

Library Downloads – Pascas Papers

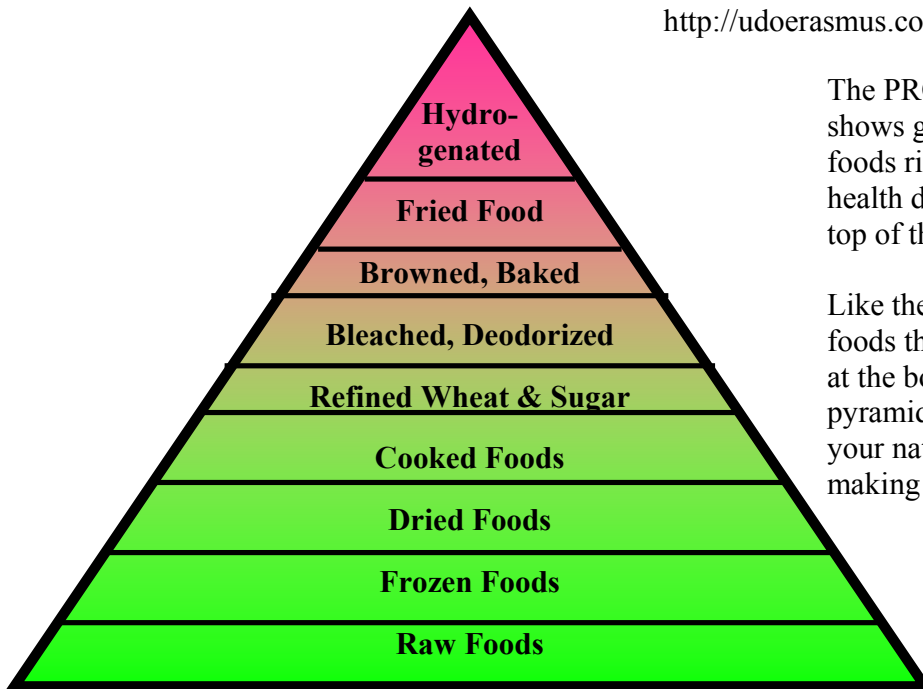
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

RAW FOOD MEALS:



Udo Erasmus CHOICE FOOD PROCESSING PYRAMID

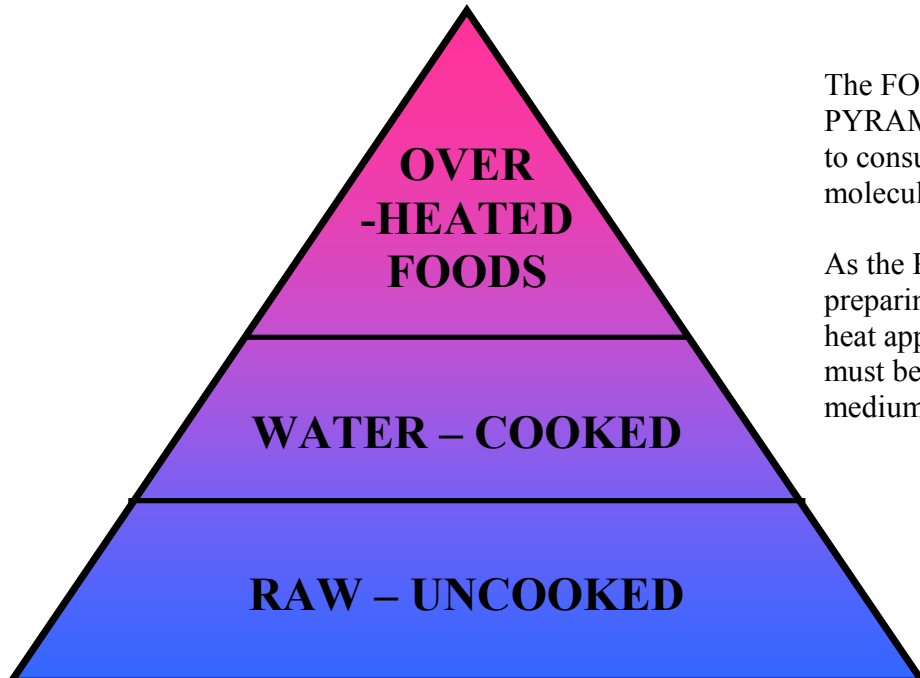
http://udoerasmus.com/pyramid/pyr_index.htm



The PROCESSING PYRAMID shows graphically how processed foods rise in toxicity and potential health dangers as they approach the top of the pyramid.

Like the main food pyramid, the foods that are most vital are located at the bottom of the processing pyramid. Remember to consult your naturopath or dietician before making significant dietary changes.

Udo Erasmus CHOICE FOOD PREPARATION PYRAMID



The FOOD PREPARATION PYRAMID simply state the best way to consume food with minimal molecular damage and nutrient loss.

As the Pyramid suggests, when preparing food, the least amount of heat applied is best. Also, if heat must be applied, water is a preferable medium to oil for cooking.

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

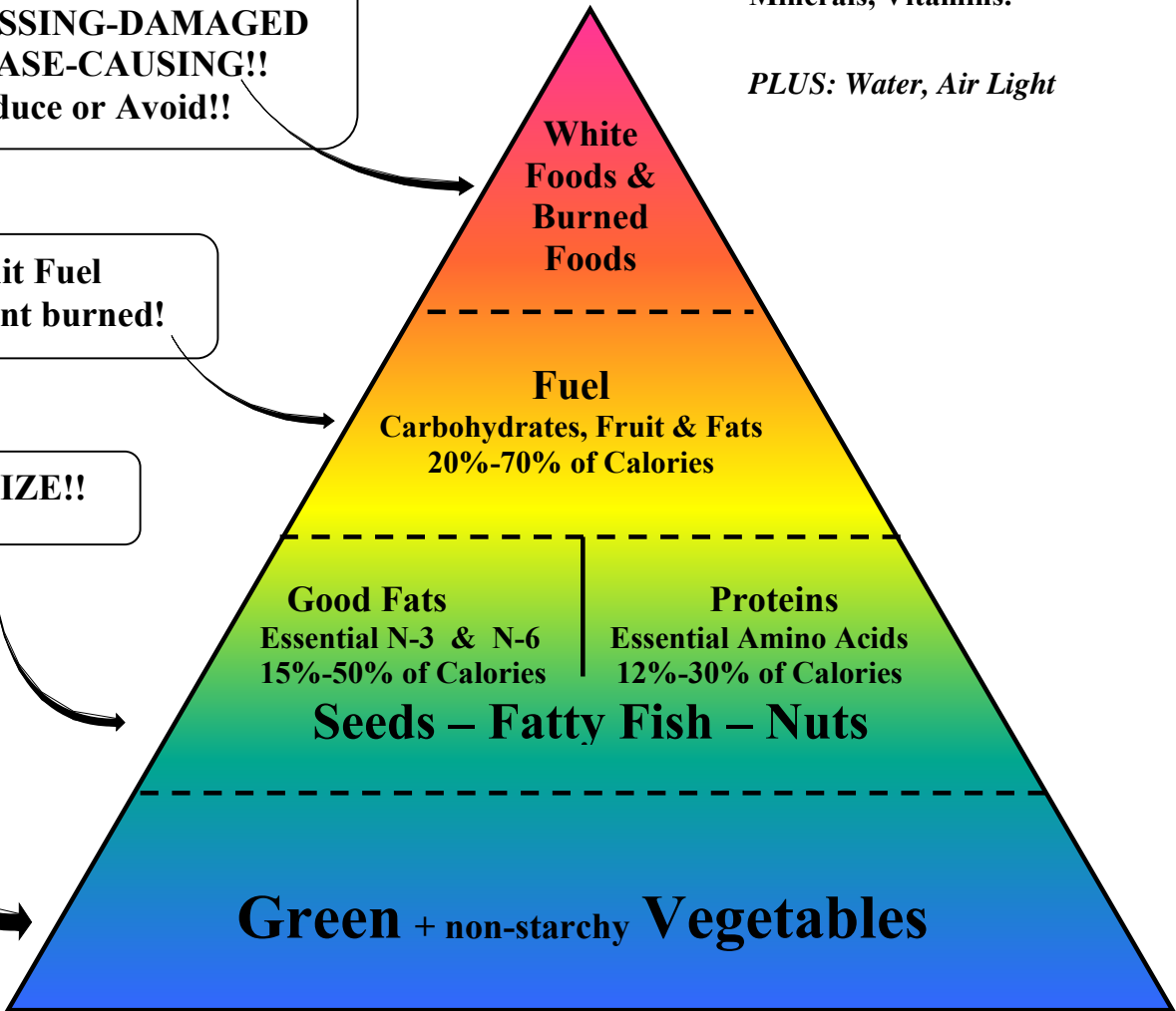
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**Limit Fuel
to amount burned!**

EMPHASIZE!!



Udo's Choice™ Food Pyramid
Illustrates health food choices as forming the base or bottom.
As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.

**Udo Erasmus CHOICE FOOD PYRAMID:
People with Degenerative Conditions**

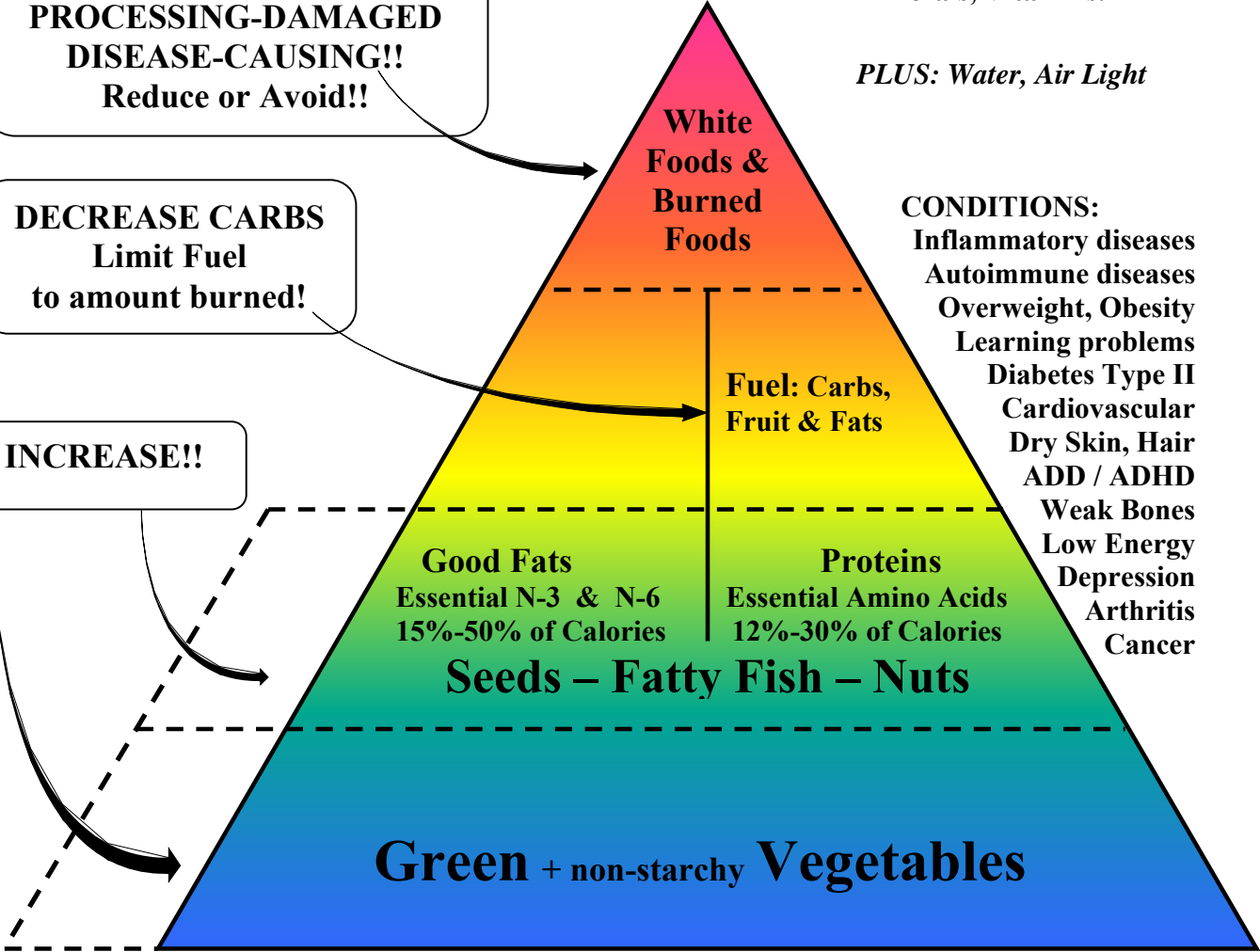
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**DECREASE CARBS
Limit Fuel
to amount burned!**

INCREASE!!



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!

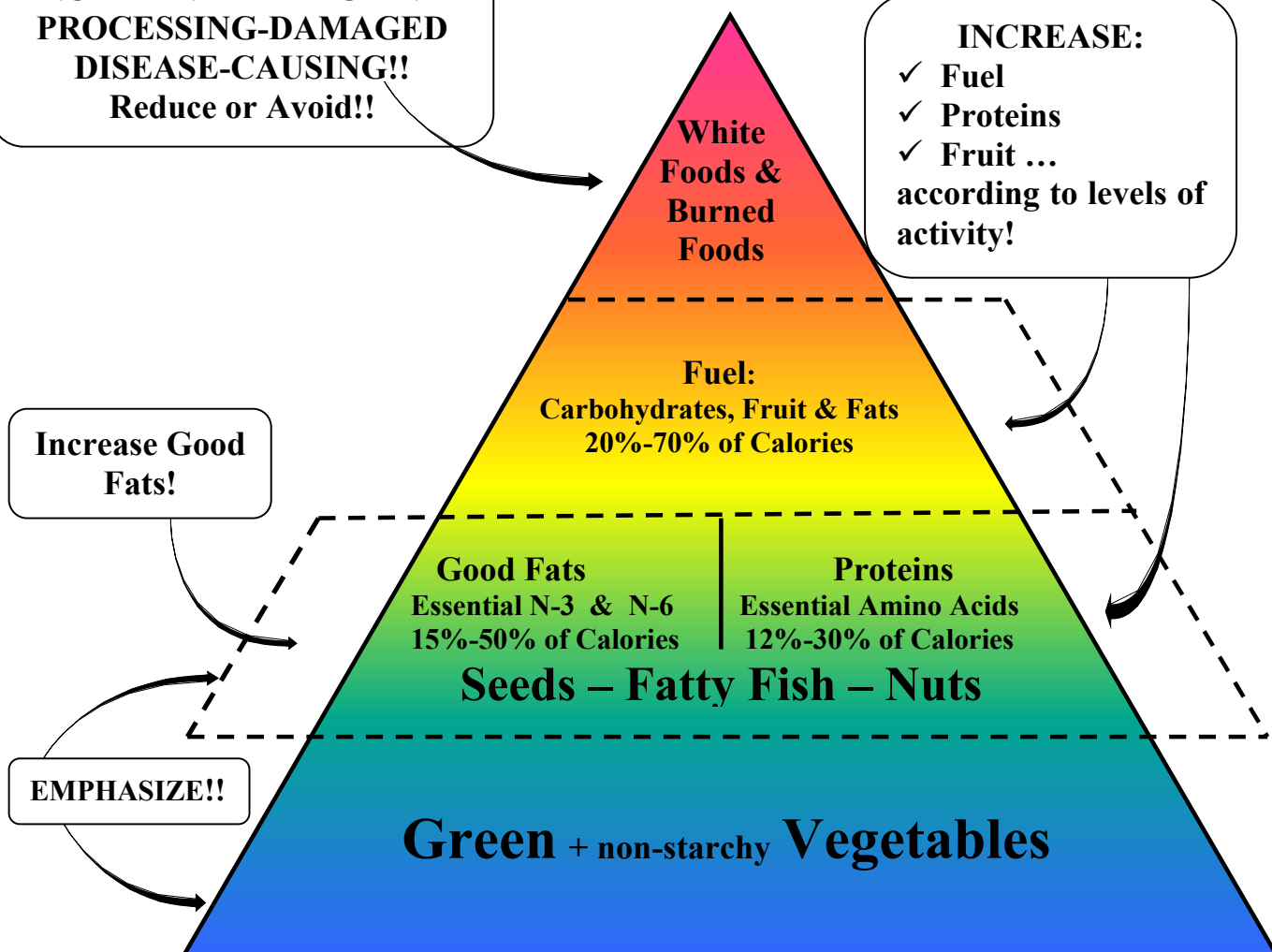
**Udo Erasmus CHOICE FOOD PYRAMID:
ACTIVE PEOPLE**

SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

INCREASE:
✓ Fuel
✓ Proteins
✓ Fruit ...
according to levels of
activity!



Udo's Choice Food Pyramid for Active People increases two food categories – FUELS for performance, and good fats and protein to build and reconstitute tissues.

Fuels which include complex carbohydrates, essential fats and other fats, can be increased along with fruit. As always with FUEL FOODS, eat only what you burn. Proteins must be increased for rebuilding tissue. As always, avoid "white foods" and foods rendered toxic by processing or overheating!

THE ACTIVITY PYRAMID

EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...

IF YOU ARE INACTIVE

(Rarely do activity)

Increase daily activities at the base of the Activity Pyramid by

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can



IF YOU ARE SPORADIC

(Active some of the time, but not regularly)

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

IF YOU ARE CONSISTENT

(Active most of the time, or at least four days each week)

Choose activities from the whole pyramid by

- changing your routine if you start to get bored
- exploring new activities

**ABOVE ALL...
HAVE FUN
AND
GOOD LUCK!**

PAPER S

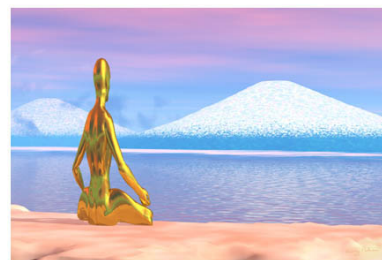
Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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.

Meditation

Relaxation



The first task is to shut down that continuous chatter / noise emanating from your mind, that melon thing between your ears. Endeavour to halt any thoughts for five seconds, then ten seconds and then fifteen seconds. The peace that emerges is delightful. Whilst achieving this, kindly keep breathing, that is appreciated. Then go on extending the periods of time without thinking – live in the now!

In stead of the continuous repetition of boring mind chatter and irrelevant noise, by halting the thinking process you will start the journey of discovery and the realisation of the wondrous nature around you and the reality of you.

We experience only two emotions:

LOVE which emanates from your higher spiritual being (auric level 4 and upwards).

FEAR which emanates from your mind and ego (auric level 3). Your mind/ego shuts off contact with your higher self, thus causing tension, dis-ease and stress.

Most people's lives are run by desire and fear.

Desire is the need to *add* something to yourself in order to *be* yourself more fully. All fear is the fear of *losing* something and thereby becoming diminished and *being* less.

These two movements obscure the fact that Being cannot be given or taken away. Being in its fullness is already within you, Now.

P.58 Stillness Speaks – Eckhart Tolle (calibration 815)

The ego is exclusive whereas the spirit is inclusive.

The propensity to error is built-in defect of the ego/mind because it selects data that supports its presumptions and positionalities and ignores the data that would suggest contrary conclusions.

The ego is capable of what can only be adequately described as colossal ignorance.

To the ego, peace sounds inactive and passive because the ego thinks in terms of 'doing' something, such as seeking control, gain, or avoidance. The ego darts through traffic, pushes the speed limit, and watches for police cars. It fumes at delays and stupid drivers; it tailgates and curses under its breath at slow traffic. It blows its horn and passes on curves. It is driven by the hope of beating time and jumping the line. It shakes its fist at the driver who moves ahead in line and vows terrible vengeance. While all this is going

on, simultaneously, the ego is planning work strategies, talking on the cell phone, and listening to the radio.

In contrast, aware mind flows with the traffic and enjoys being courteous and letting some poor soul into the traffic line in front of it. "Give the guy a break" is okay to the easy-going perspective of awareness.

P.316 -319 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

Man is therefore the victim of the inability to tell truth from falsehood as well as the seductions of the ego.

P.175 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

To live with care and kindness is all that is necessary; the rest reveals itself in due time. The commonplace and God are not distinct.

P.xxv "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

MEDITATION: What is meditation?

There are many types of meditation. The one definition that fits almost all types is... "**Consciously directing your attention to alter your state of consciousness.**"



There's no limit to the things you can direct your attention toward... symbols, sounds, colours, breath, uplifting thoughts, spiritual realms, etc. Meditation is simply about attention... where you direct it, and how it alters your consciousness.

What is the purpose of meditation?

Traditionally meditation was (and still is) used for spiritual growth...i.e. becoming more conscious; unfolding our inner Light, Love, & Wisdom; becoming more aware of the guiding Presence in our lives; accelerating our journey home to our True Self... our Spirit.

More recently, meditation has become a valuable tool for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world.



Other uses include:

- Healing
- Emotional cleansing and balancing
- Deepening concentration and insight
- Manifesting change
- Developing intuition
- Unlocking creativity
- Exploring higher realities
- Finding inner guidance



General Guidelines for Meditation

1. Put your expectations aside, and don't worry about doing it right. There are infinite possibilities and no fixed criterion for determining right meditation. There are, however, a few things to avoid. They are...
 - Trying to force something to happen.
 - Over-analysing the meditation.
 - Trying to make your mind blank or chase thoughts away.
 - Putting too much emphasis on doing it right.



2. It's not necessary – or advisable – to meditate on a completely empty stomach. If you're hungry, have a little something to eat before meditating.
3. Find a quiet, comfortable place to meditate. You can sit in a comfortable chair, on the bed, on the floor... anywhere that's comfortable. It's not necessary to sit cross-legged. Your legs can be in any position that is comfortable.

4. Eliminate as much noise and as many potential distractions as possible. Don't worry about those things that you can not control.

5. When you sit to meditate, sit comfortably, with your spine reasonably straight. This allows the spiritual energy to flow freely up the spine, which is an important aspect of meditation. Leaning against a chair back, a wall, headboard, etc. is perfectly all right. If, for physical reasons, you can't sit up, lay flat on your back.



6. Place your hands in any position that is comfortable.
7. If it does not go against your beliefs, call on a "higher source" for assistance in your meditation. Any form is all right. This can be quite helpful, but is not absolutely necessary.

Some Misconceptions about Meditation

Misconception #1. Meditation is turning off your thoughts or making your mind a blank.

Not True ...Inner quietness is experienced in meditation, but not by wilfully turning off thoughts. Quieting the mind results naturally from:

- the effectiveness of the method used... and
- an uplifting spiritual energy that is beyond our own efforts.

Misconception #2. Meditation is difficult and requires great concentration.

Not True ...Meditation can be easily learned and practiced. Meditation is only difficult if we become too concerned with doing it correctly or incorrectly. Although staying focused in meditation does become easier with time and practice, it is definitely not a requirement for beginning to meditate. Thinking that we should be good at focussing when first starting out, is essentially putting the cart before the horse.

Misconception #3. Meditation is not successful unless we see interesting things in our mind.

Not True...Although some meditations are specifically for visualizing, many are not. In those meditations, seeing things may be entertaining, but is not essential. Even visualization does not necessarily require seeing. Some people sense or feel things inwardly, and that's all right.



Relaxation Through Meditation

A preference would be to call meditation relaxation – conscious relaxation, chosen relaxation. These are words that are more universally understood, more comfortable. Constantly working toward the goal of discovering ones own ability to reach a state of serenity.

Meditating is actually easier than you might imagine. Most of us have dabbled in meditation by participating in conscious relaxation. Maybe during an exercise class or to manage pain at the dentist or anxiety before a test. We start by paying attention to our breathing. The practical effort to focus completely on our breathing takes our minds away from the "mind clutter" that constantly tries to invade our mind and eliminate feelings that will lead to a time of calm. With repeated effort the goal of clearing your mind – to think of nothing, does occur and the process of meditation takes on its own energy. The result is peace, serenity, calmness, eventually opening yourself to new insights.

Meditating for Life

Too much stress, stress reduction, chill out, let it go, detach – familiar phrases to all of us. Our world is fast, fun and exciting. It is also challenging, trying, demanding and frightening. These two sides of our lives produce stress, emotional reactions, anxiety, worry and anticipation. Our bodies and minds can tolerate only so much of any of these. After a while, each of us reaches a saturation point and the results become uncomfortable at best; for some it may be unbearable, even unendurable.

No magic pill is available to eliminate these feelings. The reality is, as the wise old man said, the answer is inside all of us. To manage these universal concerns we must go inside ourselves. Among the steps we can take is the learning and practicing of meditation.

What to Expect

With time and faith in the commitment to practice frequently, (daily meditating is ideal), during your meditation time you may "leave the moment". A feeling of separation exists where the mind is clear, clean and blank. You will still hear sounds around you, but they will not interfere with your meditation.

Sometimes you may weep -- you may not even be aware of what is making you weep. It is your own emotions having a voice of their own. Sometimes you may feel a smile across your face -- that is contentment showing itself. Sometimes you may fall asleep and awaken truly refreshed.

There is no right or wrong behaviour during your meditation. It is your time for you. Everyone deserves this kind of personal attention. This is a self-care activity; loving oneself! Teach it to your children instead of a time-out in their room or corner. Teach it to your friends, family, anyone who will listen. We can share this gift and get back as we give. We are all better because of each person who meditates. The peace and joy felt by those who meditate enters the world for all of us as positive energy. From it the world is a better place. Imagine if we all practiced meditation!



Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

“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

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, 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.

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother, Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

"True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Father and Mother, may I receive Your LOVE."



Maybe we could simply long for and ask:

Please, Mother and Father, I want some more of your Love!



MoC 1,471

SPIRITUAL MEDITATION USING COLOUR:**P.182 Destiny of Souls by Michael Newton**

Spiritual meditation as a means of getting touch with our inner self is of great benefit in healing the body. Since colour transmission is the expression of a soul's energy and that of our guides, meditation using colour is highly beneficial.

The six-step meditative exercise chosen comes from a mixture of suggested visualisations and those of a courageous fifty four year old woman whose weight dropped to sixty nine pounds (31kg) during her fight with ovarian cancer. She is now in remission after chemotherapy and the speed of her recovery baffled doctors.

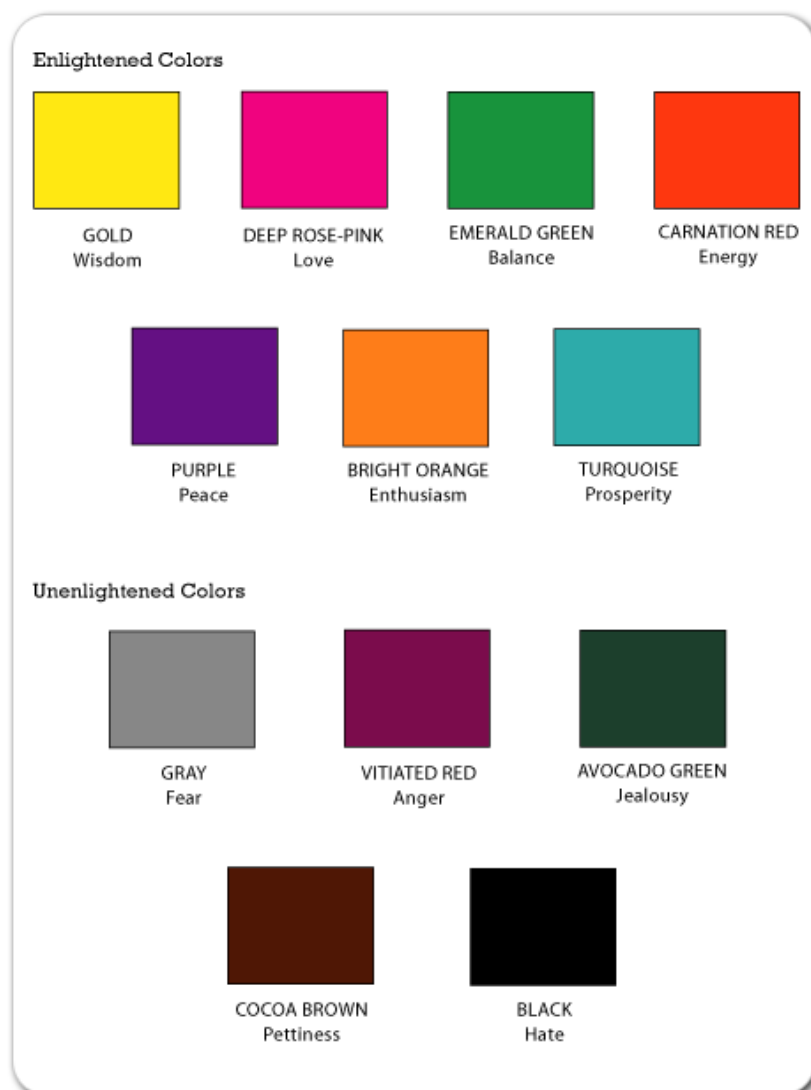
A number of Dr Michael Newton's clients generate a sense of spiritual empowerment by the use of meditation with colours. Those who have severe physical health problems tell me the best results come from meditating once a day for thirty minutes or twice a day for fifteen to twenty minutes. Please know that these steps of meditation are not offered as a cure for physical ailments. The power of each person's mind and their ability to concentrate is different, just as is the nature of one's illness. Nevertheless, it is felt that one's immune system can be boosted by connecting with our higher self.

1. Begin by calming your mind. Forgive people for all the real and imagined wrongs that have hurt you. Spend five minutes cleansing, where you visualise all negative thought energy – including fears about your illness – as a black colour. Think of a vacuum cleaner moving from the top of your head to the bottom of your feet, sucking up and pushing out of your body all the darkness from the pain and hurt of your disease.
2. Now, create a light blue halo above your head that represents your spirit guide, whom you call upon for help while sending out loving thoughts. Then spend another five minutes concentrating on your breathing while counting the breaths. Measure your breaths carefully while thinking comfort in and tightness out. You want to harmonise your breathing with the rhythm of the body.
3. At this point, start to think of your own higher consciousness as an expanding white-gold balloon to help protect your body. Say in your mind: "I want that part of me which is immortal to defend the mortal." Now begin your deepest concentration. You will pull the purity of white light from the balloon and send it as a power beam into your body organs. Since your white blood cells represent the strength of your immune system, visualise them as bubbles and move them around your body. Think of the white bubbles as attacking the black cancer cells and dissolving them with the power of light over darkness.
4. If you are receiving chemotherapy, support this treatment by sending out a lavender colour as you would see from an infrared heat lamp to all parts of your body. This is the divine colour of wisdom and spiritual power.
5. Now, send out the colour green for healing these damaged cells from the effects of the cancer. You might blend this colour with the blue of your spiritual guide intermittently during the most difficult periods. Pick your own shade and think of the green as a flowing liquid mending your insides.

6. Your last step is to once again create the blue halo of light around your head to sustain mental strength and courage over a weakened body. Expand it around the external parts of your body as a shield. Feel the healing power of this light of love both inside and outside. Think of yourself in a state of suspension and close by repeating a mantra such as “Heal, Heal, Heal”.

Meditation as a daily discipline is hard work which pays big dividends. There is no right way to meditate. Each person must find a program which links their intellectual and emotional systems in a framework that suits their needs. Deep meditation brings us into a divine consciousness and a temporary release of the soul from personality. With this liberation one is able to transcend into a different non-dimensional reality where everything in the focused mind is unified into a single whole.

The woman with ovarian cancer was able to help her doctors by bringing total mental concentration to bear on healing her body. When the mind is in pure, centred state we can find who we really are – that essence we many have lost somewhere along the road of life. Daily meditation is also beneficial as a means of connecting with the presence of loving spirits.



You Alone can Help Yourself Heal

Notes from Anatomy of the Spirit by Caroline Myss, Ph.D

Energy medicine is a holistic philosophy that teaches, “I am responsible for the creation of my health. I therefore participated, at some level, in the creation of this illness. I can participate in the healing of this illness by healing myself, which means simultaneously healing my emotional, psychological, physical and spiritual being.”

Healing and curing are not the same thing. A “cure” occurs when one has successfully controlled or abated the physical progression of an illness. Curing a physical illness, however, does not necessarily mean that the emotional and psychological stresses that were a part of the illness were also alleviated. In this case it is highly possible, and often probable, that an illness will recur.

The process of curing is passive; that is, the patient is inclined to give his or her authority over to the doctor / physician and prescribed treatment instead of actively challenging the illness and reclaiming health.

Healing, on the other hand, is an active and internal process that includes investigating one’s attitudes, memories, and beliefs with the desire to release all negative patterns that prevent one’s full emotional and spiritual recovery. This internal review inevitably leads one to review one’s external circumstances in an effort to recreate one’s life in a way that serves activation of will – the will to see and accept truths about one’s life and how one has used one’s energies; and the will to begin to use energy for the creation of love, self-esteem and health.

In holistic therapies the patient’s willingness to participate fully in his own healing is necessary for its success.

Holistic and conventional medicine take two different attitudes toward power: active and passive. The chemical treatments of conventional medicine require no conscious participation on the part of the patient, but a holistic technique like visualisation is enhanced by an active, involved patient. An energy connection occurs, in other words, between the consciousness of the patient and the healing capacity of the therapy and sometimes even of the therapist. When a person is passive – with an attitude of “just do it to me” – he does not fully heal; he may recover, but he may never deal fully with the source of his illness.

Healing is, above all, a solo task. No one can heal on behalf of another person. We can assist others to be sure, but no one can, for instance, forgive someone on behalf of someone else. Nor can any of us cause someone to release the painful memories or experiences that he needs to release in order to heal. Because the very nature of passive power is “power through attachments”, it runs contrary to an acquisitioner’s entire biology to release or detach himself from targets that are draining his energy. Acquisitioners are almost programmed for conventional medical treatment. This is not necessarily always negative; conventional treatment is the most appropriate form of healing for them as long as they remain passive.

Active power types are quite different from acquisitioners. They are “self-motivators” – they believe self-care is a priority, and their energy circuits are attached to awareness, strength, and emotional stamina. A self-motivator is able to do whatever is required to maintain the balance of body, mind, and soul.

The necessity of change makes healing a terrifying experience for many people. These individuals know, consciously or unconsciously, that unplugging their energy circuits from a power target (habit) is the same as saying good-bye to it. They enter into an unsettling limbo where they want simultaneously to unplug from their power target and to hang on to it. Some people end up trying to live in the two worlds simultaneously, not entirely inhabiting the one that no longer suits them, yet never quite moving on to the next either. Thus it is that many people journey to the well of healing but find, once they get there, that they cannot actually drink.

Healing requires taking action. It is not a passive event. We are meant to draw on our inner resources, to find the material strength to leave behind our outmoded beliefs and behaviours, and to see ourselves in new healthy ways – to take up our beds and walk.

Learning Symbolic Sight

First and foremost, focus your attention on learning to interpret your life's challenges symbolically. Find a meaning in them. Think and feel how they connect to your health.

Second, think of yourself at all times as an *energy being* as well as a physical one. The energy part of yourself is the transmitter and recorder of all your thoughts and interactions. Keep in mind at all times that your biography becomes your biology.

Third, conduct energy self-evaluations on a daily basis. After you become skilled at it, self-scanning will take only a few moments.

Fourth, when you discover an energy leak, focus on only the essentials that can help you recover your energy. Always address the question "Why am I losing power?" In healing any imbalance, whether it is energetic or physical, you must always involve both your mind and your heart.

Fifth task is to learn *what* rather than *who* draws power from you.

Sixth, simplify your requirements for healing. The requirements to heal any illness are essentially the same. Combine your internal healing with any conventional medical treatment that is essential, and stick to your program.

Do all that is necessary to support your physical body, such as taking the appropriate medicine, maintaining a daily exercise program, and eating properly.

The point is to actually make the changes that healing requires. Talking does not heal, taking action does.

Seventh, simplify your spirituality.

Emotional Processing

PROCESSING and CLEARING EMOTIONS:

It is recognised that the foundation and cause of illness, in all of its forms and variations, is the result of emotions. Specific issues with emotions have been aligned and are understood to be related to specific health issues. Thus, the diagnosis of various illnesses generally will be readily related to emotional issues that require addressing. Unexpressed harmful emotions are the catalyst to the emergence of most if not all illnesses. Unblocking our emotions and then processing them is a pathway to physical and emotional wellbeing.

Emotion is Energy in Motion, E-Motion. When energy is allowed to flow from the soul to the spirit and then material bodies, a state of harmony exists between the soul and the spirit and material bodies. When energy is not allowed to flow (i.e. controlled by the mind, the mind disallows emotion), then disharmony results between the soul, and the spirit and material bodies. This disharmony is the primary cause of unhappiness within humankind, and causes emotional sadness and life threatening sickness and diseases. The Divine Love path is about processing and clearing emotions.

A Pascas Care Clinic is to assist those patients / friends to understand the relationship between one's emotions and one's health issues. In doing so, those patients / friends who wish to resolve their emotional issues, to achieve the permanent well being of their own health, as well as of their family in general, will be supported by Pascas in everyway possible. Processing emotions is assisted by evolving a longing for God, prayer profoundly supports the patient / friend on the Divine Love pathway.

“Creator's love is not that which needs the love of man to give it a divine essence. But, on the contrary, the love of man must be completely enveloped in, or absorbed by, the Divine Love of the father in order to become divine in its nature. So, let man know that his love is but the mere shadow of what the father's love is, and that, so long as he refuses to receive this love of the father, he will be compelled to remain apart from the father and enjoy only the happiness which his natural love affords him.”

P.81 Angelic Revelations of Divine Truth, Vol I through James Padgett

One thing that will enable one to become free of emotional errors and negative practices and that is the ultimate high octane super fuel which is the light golden blue energy substance being the Father's Love, His Divine Love. All one need do is ask for it, long for, and receive it.

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

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

HEALTH DOME

The **Health Dome** needs to be viewed internally as a hologram.

Each health modality interconnects and is complimented and supported by each and every other health modality.

No one process or practice is an exclusive solution.

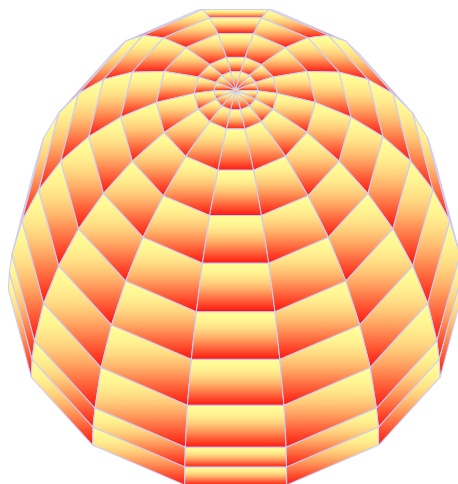
If you were to say that one practice or solution stands out above and beyond all others at the pinnacle of the **Health Dome** then that would be **Love and Forgiveness**.

The basic malady found in people is self-hatred. Self-hatred is the basic inner illness in all of us, but just how that self-hatred and non-acceptance of the self manifests is shown in our different character structures. As we work to understand our dynamics on a daily level, we can learn to accept ourselves through this process. Self-love is the greatest healer, and self-love also requires daily practice.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual malfunction. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

Finding the initiating cause of an illness is always a key part of healing.

The objective, from within the Pascas Care Dome, is to treat the cause much more so than just treat the symptoms. Re-occurrence of illness is due to the non-treatment of the cause.



ASK!
ASK!
 Ask!
ASK!
ASK!



Ask for, long for and receive our Parents' Divine Love.

The energy substance of Divine Love assist in releasing errors.

The Love will grow one's soul in radiance.

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

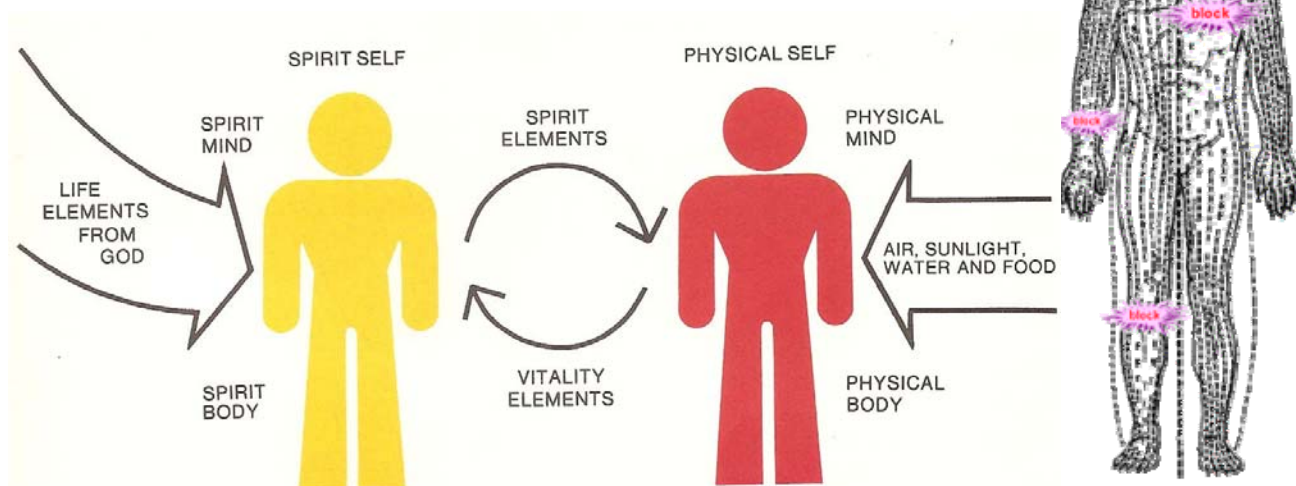
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

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

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



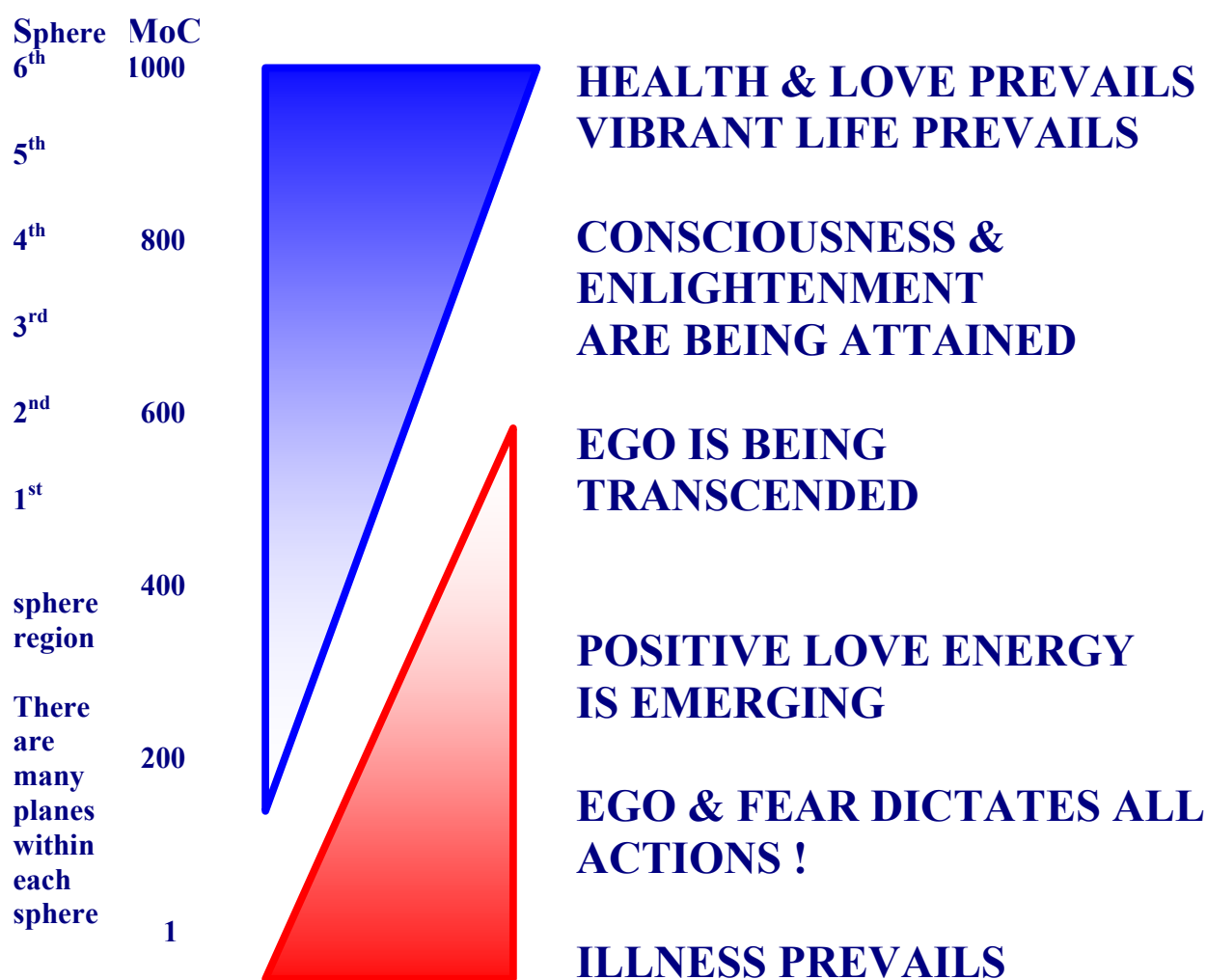
The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your spirit body and soul are the homes of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.

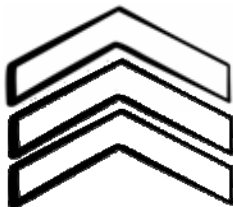


Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

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 CHOICE is OURS to MAKE:**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 total true.” James – Introduction Course to Divine Love Spirituality

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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.

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

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.

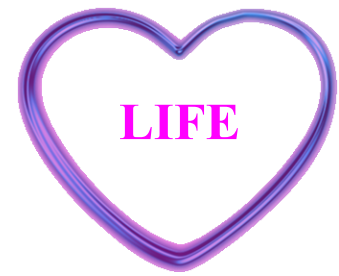


Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

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 path 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 platforms. 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:

Feelings First Spirituality, The New Way



my
House is your
Paradise
 **HOME**

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.

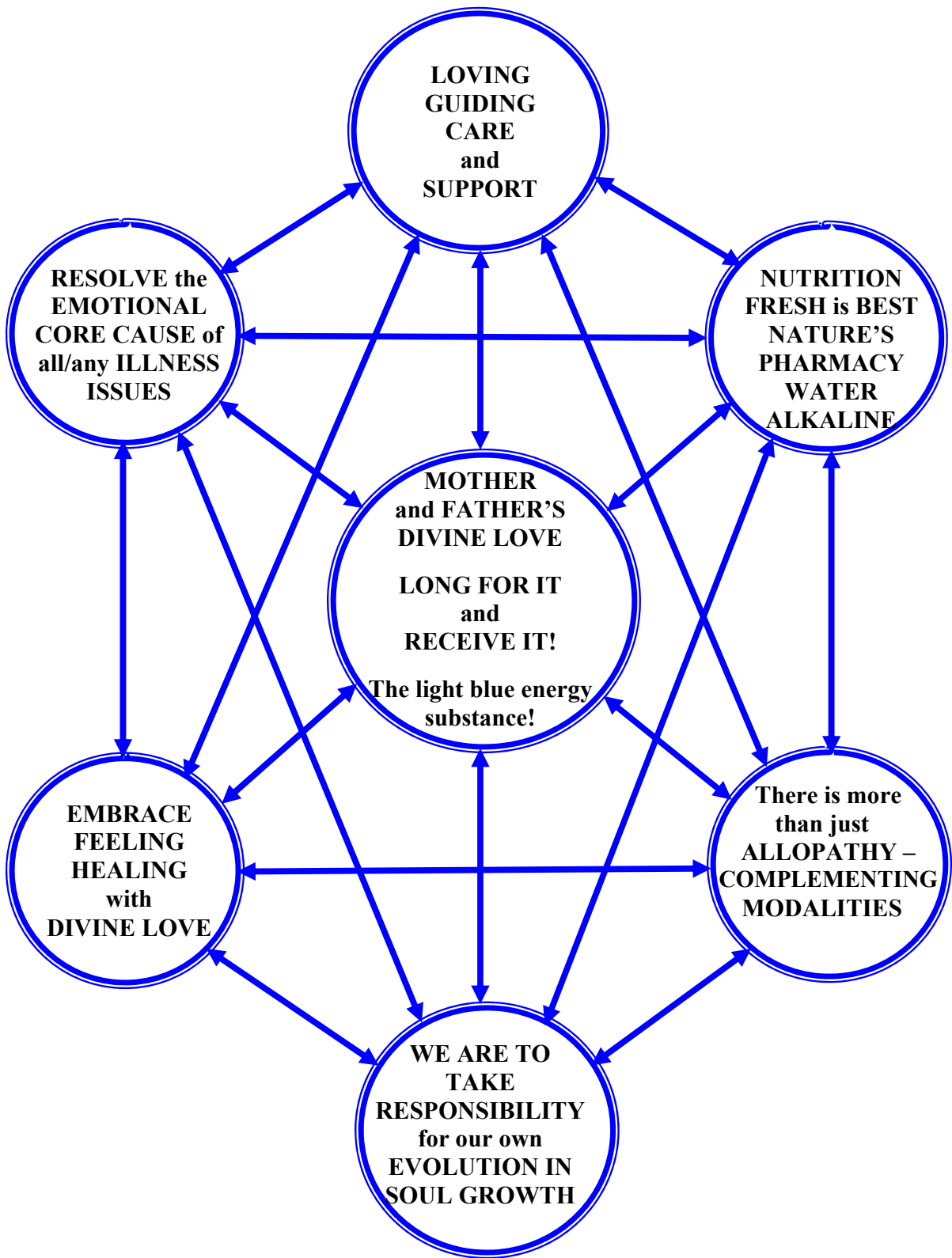


Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



Feeling Healing – Healing yourself through your feelings.

- ✓ Your feelings are the real and true you.
- ✓ If you are denying any feelings you are denying yourself.
- ✓ If you are denying yourself you can't ever be truly happy.
- ✓ To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.
- ✓ If you want to know the truth of yourself, then it's your feelings you will need to look to.
- ✓ Your feelings hold the hidden keys to unlocking the truth of who you really are.
- ✓ Uncover the truth of yourself through your feelings and you will know why you feel all you do.
- ✓ Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.
- ✓ Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.
- ✓ How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.
- ✓ However you will also have to pay attention to all your bad feelings, and this can be very harrowing.
- ✓ By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.
- ✓ And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.
- ✓ It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.
- ✓ Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.
- ✓ You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.
- ✓ And if you wish to do your Healing with God, you can also long for God's Divine Love.
- ✓ Feeling Healing – Using your feelings to heal yourself.

Manifesto of Divine Love:

1. We love one another as Mary and Jesus, our spiritual parents, love us. And so we seek their Spirits of Truth.
2. Our all loving Heavenly Parents, our Mother and Father, we love and honour at all times.
3. We worship only our Mother and Father, God, and Creator of all things.
4. We treat our Creator's name with respect and love, and earnestly seek Their Divine Love, and at all times pray for It, ask for It, and receive It.
5. We set aside a regular day each week for Sabbath rest and worship of our Heavenly Parents, God, and seek Their Love so that we may grow closer to Their fountain head of Truth and Love.
6. We are to be as we feel, even if it's sinful, but in doing something that is not in alignment with God's Love and Truth will make us feel bad, that is provided we allow ourself to feel our bad feelings, and so we can then use our bad feelings to find out the truth of why we feel bad and why that thing we have done is bad. We embrace our Feeling Healing.
7. We strive to cause no harm to another, nor cause any harm to one's self. We do not do to others what we would not have them to do to us. We treat our fellow human beings and all living things, and the world in general with love, honesty, faithfulness and respect. Violence, at any times, is never justified. Golden Rule: that one must always honour another's will as one honours one's own.
8. At all times in our intimate relationships we strive to express and live true to all our feelings, all so we can use our feelings to uncover the truth they are trying to show. The truth of ourselves, of our relationships, and the truth of everything else, including God.
9. We do not covet or steal anything that does not belong to us. Honesty in all communications, actions, undertakings and activities in all facets of life is our rule of life.
10. In all that we do, we are to be truthful. We are non-judgemental, for none of us have the capacity or authority to judge another. We are always ready to forgive all wrongdoing.
11. We do not desire anything or anyone that does not belong to us. Comparing oneself to others and longing to have what they have leads to errors. We are to be content by focusing on the blessings our Heavenly Parents, who made us in Their soul's image, provides for us.

EXPERIENCING RECEIVING DIVINE LOVE:

Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.

Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.

The Voice of Divine Love

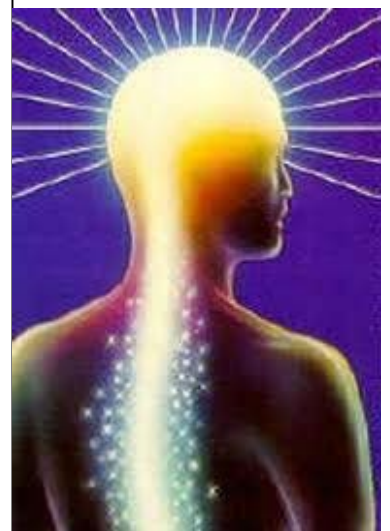
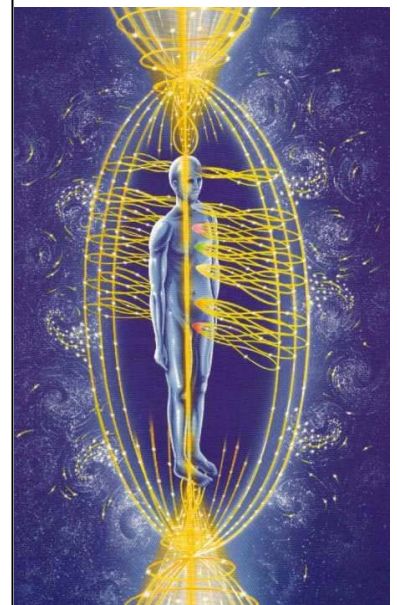
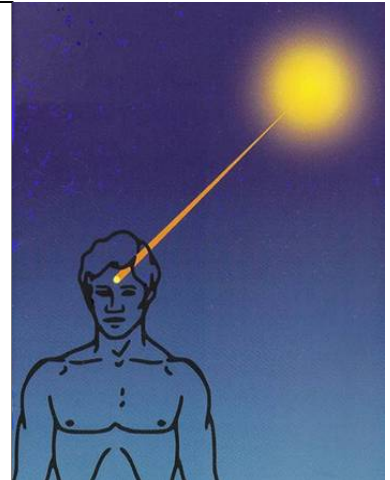
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Mother and Father, to us all.

MoC 1,500





**God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.**

**Jesus and Mary are a son and daughter of God.**



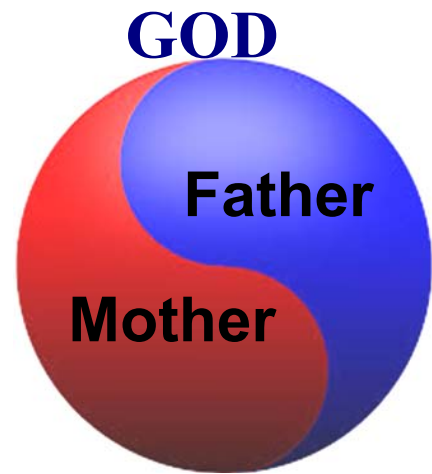
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.**

**Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.**

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. 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.**

**It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.**

**WE ARE Children of God**



|                                                                                                                                                                     |                                                                                                                     |                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>Primary recommended reading:</b>                                                                                                                                 | <b>consider commencing with: 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>                                         |
| <b>Available generally from:</b>                                                                                                                                    |                                                                                                                     |                                                                    |
| <a href="http://www.lulu.com">www.lulu.com</a>                                                                                                                      | <a href="http://www.amazon.com">www.amazon.com</a>                                                                  | <a href="http://www.bookdepository.com">www.bookdepository.com</a> |
| <b>For Divine Love focused websites and forums:</b>                                                                                                                 |                                                                                                                     |                                                                    |
| <b>Pascas Health:</b>                                                                                                                                               | <a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a> |                                                                    |
| <b>Spiritual Development:</b>                                                                                                                                       | <a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>                     |                                                                    |
| <b>Padgett Books:</b>                                                                                                                                               | <a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>                       |                                                                    |
| <a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a> |                                                                                                                     |                                                                    |

**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://dls spirituality.weebly.com/>

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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



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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

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

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

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



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

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

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.**

**Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.**

**Primary and most important readings are the writings of James Moncrief.**

**Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

<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..*

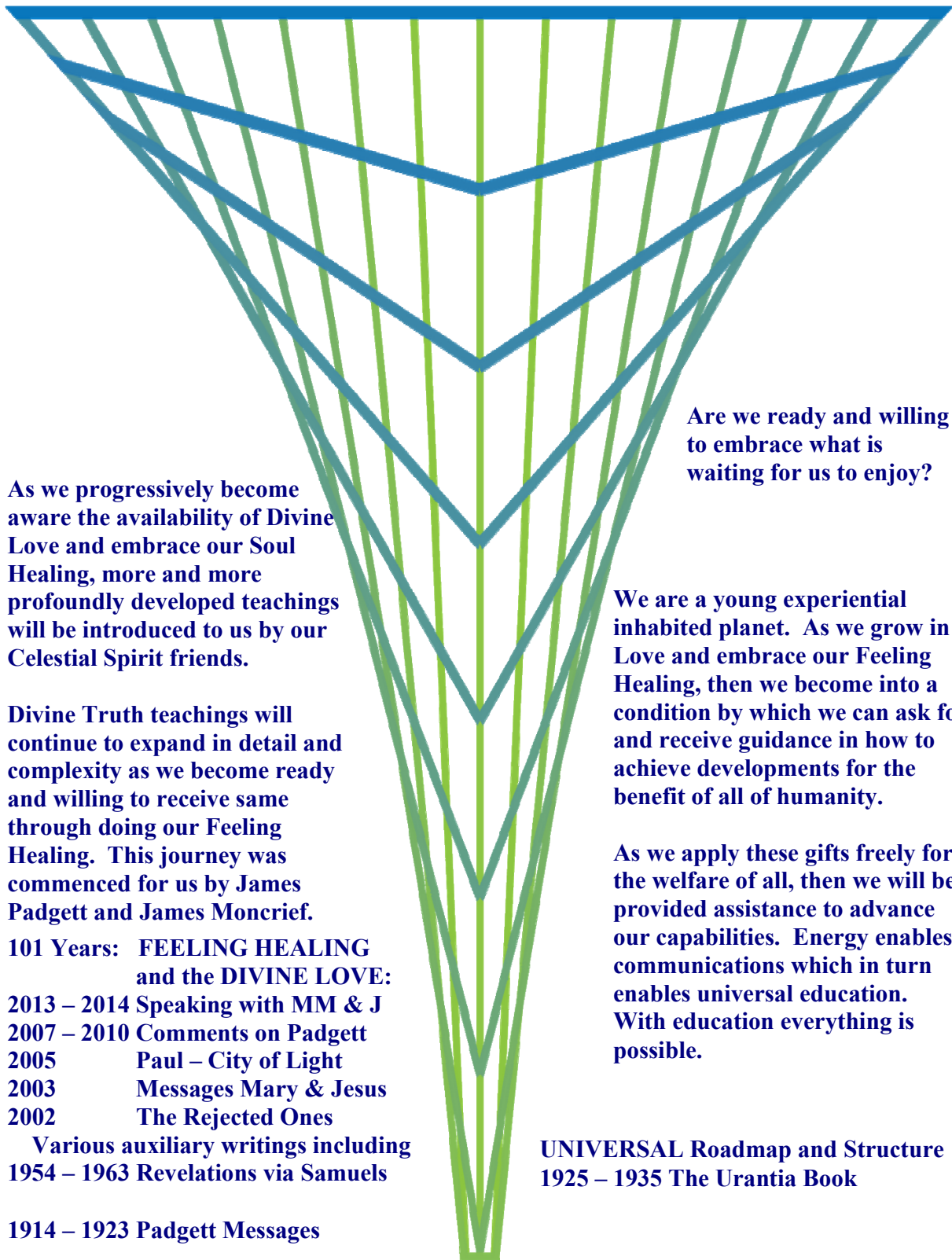
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**



*People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.*



SOUL  SPIRIT BODY  PHYSICAL BODY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

**To find our way home, we must remember who and what we are!**

**The real you is your soul.**



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God.



# **PASCAS CARE**

## **"Beacons of Light"**

### **around the globe**

