



HEAL YOUR OWN PAIN

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**A free program that gives you a step by step guide
to permanently curing your pain without
the need for medication**

This program is designed to help you cure your own pain. It explains how all physical pain is created by the suppression of negative emotions within us. It outlines the ways in which we deny our negative emotions, and provides tools and exercises that can be used to help identify the denied negative emotions that create our physical pain. It describes how to go through the process of experiencing and releasing our negative emotions, thereby healing our physical pain without the need for medication.

Dr Luli Faber is a scientist who, after almost 20 years of research in neuroscience, physiology and pharmacology left an academic career to follow spiritual interests. Her Ph.D. focused on mechanisms of pain treatments in the spinal cord, and after her Ph.D., for most of the rest of her academic career, she studied the parts of the brain involved in mediating emotions and emotional memory formation. Over the past five years she has been investigating the soul, and the link between the soul and our physical health.

You can contact Luli about this program at HealYourOwnPain@gmail.com.

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Should you click on the audio files, you will also be able to download the audio file onto your computer.
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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.

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

“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

Our Heavenly Mother and Father simply desire for us to ask for Their Love.

“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 availability of the Feeling Healing process and Divine Love.

1. Introduction

This program is designed to help people who are suffering from chronic pain.

It will show you how to understand the cause of all of your pain, and show you how to take steps to remove pain from your body.

You won't need any treatment from any qualified medical professional, and you won't need any medication for your pain. You also won't need any medication to help you cope with the side effects of the pain medication.

This program is FREE and will cost you nothing.

What you need is an open mind and a willingness to take full personal responsibility for your life and for the pain that is within your body.

This program uses methods that are not currently widely accepted in Western medicine, but our preliminary studies, along with studies on thousands of patients by Dr Sarno (see the recommended reading section at the end of this book) and others in the USA over the past 30 years, prove that it is possible to eradicate pain from your life using the methods that we will describe.

This program WILL challenge you, in terms of your beliefs about how our bodies work and it will also challenge you emotionally.

The methods described in this program are the ONLY way that you can permanently remove pain from your life.

All of current Western medicine treats the symptoms of the pain and the symptoms of disease, but this program addresses the CAUSE of all pain.

Only by removing the cause can you be sure to remove pain from your body and from your life.

This program is designed to be carried out over a six week period, in addition to personal consultations regarding the emotional work.

With this online version you are welcome to try it out for yourself, but if you wish to have personal feedback as you engage in the program, or if you wish to submit your data to help in the development of future programs, then feel free to email me at healyourownpain@gmail.com.

I have five years experience in working through emotions as outlined in this program, and am available to give personal assistance to people engaging in this program.

Disclaimer: Before doing this program we recommend that you consult a qualified medical professional to get a full diagnosis. Your engagement in this program is at your own risk, and we do not accept responsibility for any negative outcomes of the program.

2. Understanding our true nature

Western medicine currently does not understand what the cause of our pain is. It does not understand why we have pain.

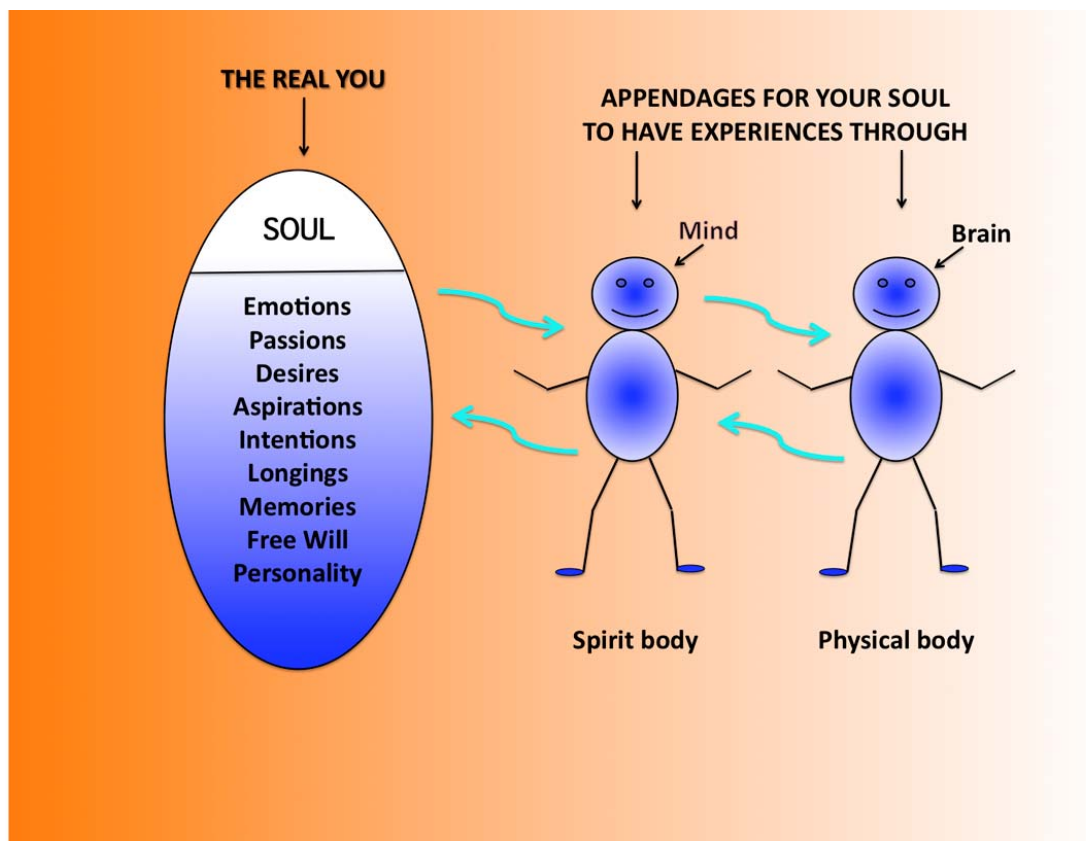
Instead doctors give patients a pill or some physical therapy in an attempt to make the pain, which is a symptom, go away.

The reason why doctors do not know what the cause of our pain is that they only focus on our physical bodies.

But while our physical pain occurs in our physical body, the cause of our physical pain is not in our physical body.

The cause of our physical pain is in our SOUL, which is the REAL US.

2.1. The soul, the spirit body and the physical body



Our souls are the real us. They are what make us human.

We also have a physical body, through which our souls interact with the physical world. The physical body is the focus of Western medicine.

In addition we have a spirit body, which our souls also have experiences through. It is our spirit body that contains the meridians and chakras, and is the focus of Eastern medicine.

However our physical bodies and our spirit bodies are just the appendages through which our souls have experiences.

Our soul is the container for all of the following (and more) -

- Our emotions.
- Our passions.
- Our desires.
- Our aspirations.
- Our longings.
- Our memories.
- Our free will.
- Our personality.

Since our soul is the real us, and controls our physical body and our spirit body, what happens in our souls controls what happens in our physical body and our spirit body.

Our soul is the CAUSE of what happens in our physical body and our spirit body.

2.2. Our soul is the cause of what happens in our physical body and spirit body

What that means is that our emotions, our passions, our desires, our aspirations, our longings, our memories, our free will and our personality all control what happens in our physical body and in our spirit body.

That means that the CAUSE of problems that we have in our physical body, including pain, is in the SOUL.

Therefore any therapy that focuses on the physical body will only be treating the symptom, rather than the cause.

And any therapy that only focuses on the spirit body will also only be treating the symptom, rather than the cause.

The only way to heal problems in our spirit body and physical body permanently is to focus on the SOUL.

2.3. Emotions and thoughts

Our mind is located in our spirit body.

Our brain is located in our physical body.

Since our soul controls our spirit body and our physical body, it means that our SOUL controls our thoughts and our minds.

So the parts of us that are in our soul, for example our emotions and our passions and our desires, control our mind and control our brain.

That means that our emotions drive our thoughts; ***OUR EMOTIONS CREATE OUR THOUGHTS.***

For example, we can tell ourselves with our mind that we are not afraid of snakes, but if we are put in a situation where we have a snake in front of us then we will feel fear.

However, if we remove a fear from us emotionally, when we see a snake we will not be afraid, because the fear does not exist within us.

We will not need to tell ourselves in our mind that we are not afraid, because the fear is no longer within us.

This means that we cannot remove negative emotions by using our minds to tell ourselves we don't have certain emotions, because the emotions will still be in our souls, controlling our spirit and physical bodies, and our thoughts.

THE ONLY WAY TO REMOVE EMOTIONS FROM US IS TO EXPERIENCE THEM BY FEELING THEM.

We are taught as children that if we pretend an emotion isn't there, if we push it down or push it away, then the emotion will go away or get smaller.

The opposite is true – if we suppress our emotions they grow within our souls, and they create our physical pain.

3. Denied emotions are the cause of all pain

Whenever we have a problem in our physical body, it is the way in which our soul is telling us that we have a problem in our soul.

Since our soul is the container of our emotions, if we have emotions that are painful within our souls that are not being experienced, eventually that will create painful experiences in our bodies.

This is the way in which our soul tells us that we have painful emotional experiences that we need to address.

So, ***ALL physical pain is an indication that we are in denial of emotional pain.***

If we remove our emotional pain, we can completely remove ALL physical pain.

The ONLY way to remove emotional pain is to experience it.

3.1. Layers of emotional pain within our souls

There are three main layers of emotional pain that we have within our souls – anger, fear and grief.



Anger ranges from mild irritation, impatience and annoyance to anger, rage, fury, resentment and hatred.

Anger ranges from mild irritation, impatience and annoyance to anger, rage, fury, resentment and hatred.

Fear ranges from feeling unrelaxed and unsettled, to anxious, stressed or worried, through to feeling terrified.

Grief is the overwhelming sadness and sorrow that is within our souls.

Our emotions in our souls are in layers:

- grief is at the bottom and is covered by fear
- fear covers our grief
- anger covers our fear

So when we are angry we are denying a fear, and when we are afraid we are denying grief.

Once we experience a particular grief, we will never be afraid or angry about that issue again.

To get to our grief to experience it and release it, we need to first work through our anger, and then our fear.

WE CANNOT GO STRAIGHT TO THE GRIEF.

3.2. The source of emotional pain within our souls

Much of the grief and fear that is within our souls has been there since our childhoods.

Because we didn't fully experience the emotional pain when we were children, these emotions are locked up within our souls.

The older we get, the longer we have been denying and suppressing those emotions.

This is why older people experience more pain and illness than young people.

When we work through the emotional layers of anger and fear, and experience our grief, we will feel the age that we were when that emotion entered us.

So if there was an occasion when we were three years old when we did not feel loved by our mother, when we experience that grief as an adult we will feel three years old, and we will usually remember the events that created that feeling.

3.3. Physical pain results from suppressed emotional pain

ALL PAIN IN OUR BODY IS THE RESULT OF DENIED FEAR.

If we feel our fear, we will immediately eradicate the pain in our body.

This applies to ALL pain –

- pain from illness,
- pain from injury,
- pain from aches,
- pain from cuts,
- pain from ligament damage,
- pain from broken bones,
- pain from muscle cramps,
- pain from back problems,
- pain from headaches,
- pain from inflammation,
- pain from arthritis and so forth.

ALL PAIN IS CREATED BY DENIED FEAR.

Physical pain is the way that our soul tells us that we are denying our emotional pain, and so if we FEEL our emotional pain, our physical pain will disappear.

ONLY WE CAN FEEL OUR EMOTIONAL PAIN AND THEREFORE ONLY WE CAN REMOVE THE CAUSE OF OUR PHYSICAL PAIN.

4. How to identify what emotions we are denying

If we are in physical pain, it is a sign that we are denying a fear.

If we are not consciously aware of what the fear is, then it is because there are methods we are using to avoid feeling our fear.

There are two main ways in which we avoid feeling our fear.

1. We get angry.
2. We avoid our fear by controlling our lives through addictions.

4.1. Anger

If we are feeling impatient, irritated, annoyed, angry, rageful or resentful, then it indicates that we are denying fear.

To get to the fear that we are denying, so that we can feel and release it, ***we first need to feel our anger.***

This does not mean shouting at someone!

We can feel our anger without harming other people by expressing it privately e.g. by punching a punching bag, hitting a pillow.

When we feel our anger and have a desire to find what is underneath, we will discover what fears we were avoiding.

4.2. Addictions

Addictions are the main way in which we avoid feeling our emotional pain.

Addictions can be either physical or emotional.

For example, many people drink alcohol to feel relaxed. Others may exercise. These are examples of physical addictions.

However, most addictions are emotional in nature. These are methods and techniques that we develop at a very early age to avoid feeling the emotional pain within our souls.

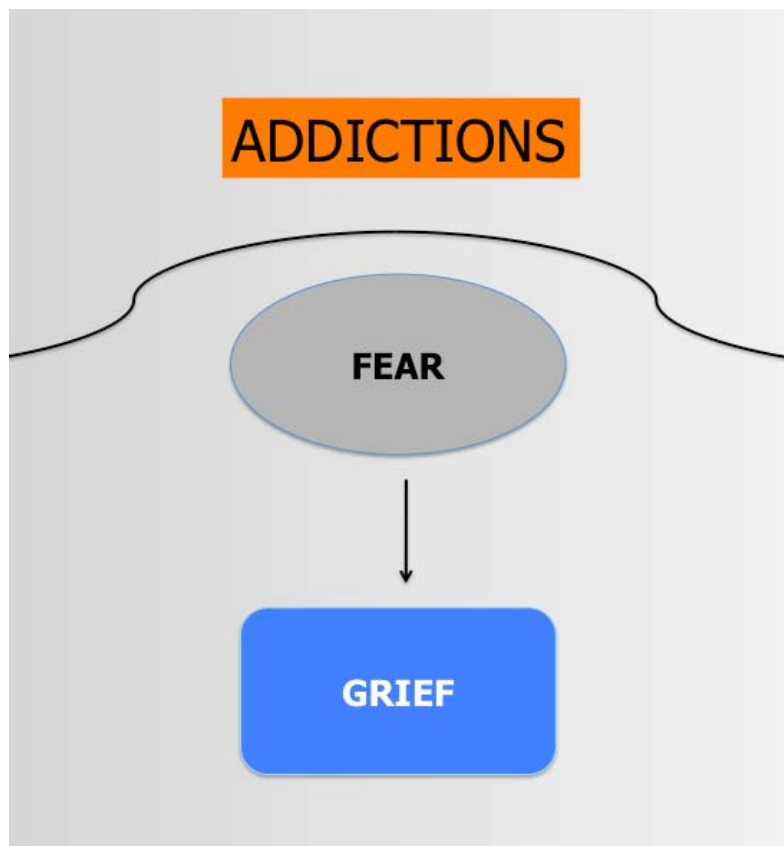
An example of an emotional addiction can be trying to be a high achiever, because the times that we achieved as a child were the times that we felt loved by our parents.

Our addictions cover up our fear and our grief so well that most of the time we can no longer tell that we have fear and grief in us.

If we are in physical pain, then it shows that we are in denial of fear and grief.

If we are not feeling fear and grief, it shows that we are in denial of those emotions.

If we are in denial of those emotions, then it is likely that we are in an addiction, which we are using to deny the emotion.



There are two main ways to identify whether we are in an addiction:

1. We get angry when the addiction is not met.
2. We have expectations and demands on other people that they behave a certain way, or treat us a certain way.

4.2.1. The purpose of addictions

These addictions are created in us to help us avoid feeling emotional pain.

Addictions are driven by two main issues:

1. To get a feeling from someone because we feel we lack that feeling inside of us e.g. a sense of worth.
2. To avoid a negative feeling because we don't want to feel the pain inside of us that it relates to e.g. we get angry if someone doesn't treat us well, because it makes us feel unloved.

Most emotional addictions are formed in us by the age of seven.

4.2.2. How to identify our addictions

The way to identify our addictions is to set our intention to SEE ALL OF OURSELVES, both the positive and negative points.

This includes allowing ourselves to admit to ourselves what desires we have that are unloving to other people, as these form our addictions.

- E.g. do we wish to be CONDESCENDING or ARROGANT towards another person to make ourselves feel superior?
- E.g. do we wish to PANDER to another person, to do everything they want, in order to avoid the feeling that they may not love us?
- E.g. do we wish to JUDGE, CRITICISE or BLAME others, instead of looking at what inside of us is unloving that is causing us to have a negative response to their actions?

When we identify these addictions within us, we need to allow ourselves to see that they are there, and FEEL them, rather than actually do them.

In the cases of the examples above:

- E.g. We recognise and say to ourselves, I am being CONDESCENDING and ARROGANT here. Why do I need to feel superior to this person?
- E.g. We ask ourselves, what will happen if I stop PANDERING to this person? Do I feel that they will no longer love me if I don't do everything they say? Am I avoiding feeling a fear that they don't love me?
- E.g. We ask ourselves, what feeling inside of me am I trying to avoid by JUDGING, CRITICISING or BLAMING this other person?

Asking ourselves these questions will start to reveal the fear that lies underneath the addiction.

That will allow us to get closer to the fear, which creates all pain in our bodies.

5. Blocks to feeling our emotional pain

There is a very simple rule that applies to identifying what our denied emotions are:

IF WE WANT TO KNOW WHAT THE EMOTION IS WE WILL DISCOVER IT VERY QUICKLY.

IF WE DON'T WANT TO KNOW WHAT THE EMOTION IS WE WILL NOT DISCOVER IT.

So if we're in physical pain, and we are saying that we WANT to feel our emotions, but we are NOT feeling our emotions, we are NOT being truthful with ourselves.

If we say that we want to feel our emotions but are NOT feeling our emotions, the truth is that we DO NOT want to feel our emotional pain.

The issue then is to work out:

- ***Why do I not want to know what the emotion is?***
- ***Why do I not want to feel it?***

The answers to those questions are our BLOCKS to feeling our emotions.

Our blocks are also emotions e.g. beliefs and fears.

We need to feel our emotional blocks, and then we will get to the emotional causes to our pain.

Once we feel our blocks to our emotions, the causal emotional pain will automatically flow out of us.

6. Common reasons we don't want to feel our emotional pain

It can take time to work through our blocks and get into our emotions, because as individuals and as a society we have many reasons as to not feel our emotions, for example:

□ Fears about what others will think of us if we feel our emotions.

Others may judge us when we feel our emotions, because it will trigger their own emotions that they don't want to feel. But do you want to live with your physical pain forever and be a slave to what others think of you? Or do you want to eradicate physical pain from your life?

□ Fears that we won't be able to cope with our emotions.

The truth is that we can cope with all of our emotions because the pain is already inside of us, so we are already coping with them.

□ Fears that we will go mad if we feel our emotions.

The truth is that mental disease results from suppressing, and not feeling, our emotions.

□ Fears that if we start feeling our emotional pain that it will never stop.

The truth is that the emotional pain inside of us is finite, and once we release an emotion it is gone from us forever.

These fears need to be worked through and felt before we can sincerely address our more causal emotional issues.

7. Tools that we use to avoid our emotional pain

There are a number of other ways in which we can avoid feeling our emotional pain. These include the following.

- **We deny the emotion e.g. "I don't have any fear"**
- **We minimise the emotion e.g. "It's not that bad"**
- **We justify the emotion e.g. "Everybody else feels that way so it's normal that I do"**
- **We shift the blame e.g. "It's their fault that I feel bad"**
- **We repress the emotion e.g. "I can't remember what happened"**

When we use these tools, we are taking ourselves further away from the causal emotions that create our physical pain.

If we want to eradicate our physical pain, we have to be VERY TRUTHFUL with ourselves about the emotions that are within us.

This can often be very confronting or difficult to do because we are so used to denying our emotions.

To eliminate a physical pain, we only need to find the single emotional pain that is causing the physical pain and experience it.

ONCE WE RELEASE THE EMOTIONAL CAUSE OF A PHYSICAL PAIN FROM OURSELVES WE WILL NEVER EXPERIENCE THAT PHYSICAL PAIN AGAIN.

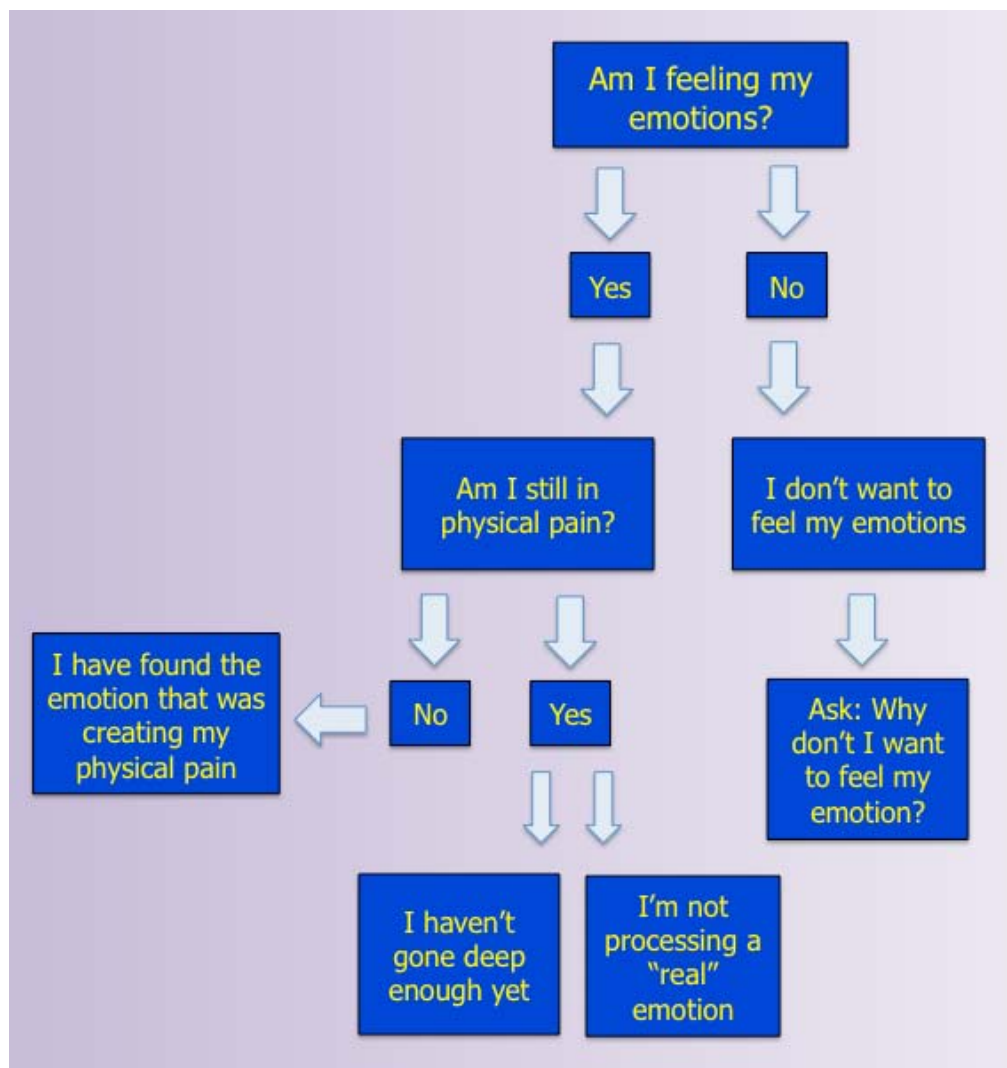
8. How to eliminate physical pain

It is **UP TO YOU** to feel your emotional pain and release the cause of your physical pain.

ONLY YOU are capable of doing this. No one else can feel your emotional pain and cure your physical pain.

So it is a matter of deciding, at a deep feeling level, that you **WANT** to feel your emotional pain. As soon as you want to feel your emotional pain, you will start feeling it.

You can use the following flow chart to help you to identify what is happening when you engage this process.



Remember: once you WANT to feel your emotional pain, you WILL be feeling it.

For more information on "Why don't I want to feel my emotion", see Chapter 9.5, "Identifying your blocks".

For more information on the "I haven't gone deep enough yet" and "I'm not processing real emotion", see Chapter 9.10 "Feeling your grief".

9. Tools to assist you in feeling the emotional cause of your pain

Events that are happening around you will already be telling you what the emotional cause of your pain is.

The key is to identify the emotional cause by taking notice of what is happening around you, and how you feel in response to those events.

The following exercises will help you do that.

Note: If you notice a certain emotion or feeling arising, it is important to allow it and feel it THEN AND THERE, because otherwise it is likely to pass and the opportunity will be lost.

It is helpful to create a space where you can go and feel feelings privately when they arise, and to warn other people in your home that this is what you are going to be doing.

9.1. Set your intention to discover what the emotional cause is

If you believe in God, then pray to God to find out what the emotional cause of your pain is, and ask God to help you find it and release it.

If you do not believe in God, then set your intention to the Universe to find out what the cause is.

Remember: If you set your intention, or pray, and nothing happens, it's because at the soul level you don't want to know. Ask yourself/God/the Universe: Why don't I want to know? Why am I afraid of finding out?

9.2. Use a journal to investigate your pain

Use a journal to reflect back on the time that the pain first started, and write down what was happening in your life at that time.

- Were you under stress?
- What were you feeling during that time?

Make a note of what you are feeling if the pain gets worse during the day

- E.g. is it worse at work or at home? What feelings are you feeling in those different places?
- E.g. is it worse when with certain people? What feelings do they evoke in you?

9.3. Identifying your anger and underlying fears

Use this table to take note of times during the program that you felt angry, ranging from impatience, slight annoyance, irritation to anger, rage, resentment and hatred.

Take a note of what event triggered the anger, and then feel about (set your intention, or pray about) what underlying fear might have been triggered that caused you to be angry, and enter that in the table too.

What type of anger arose?	What event triggered the anger?	What is the fear underlying the anger?
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

If you use up the whole table, you can add more rows to the table in this document or create another one on a separate sheet of paper e.g. in a journal.

9.4. Identifying your fears

Use this table to help take notes of when you feel stressed, agitated, unrelaxed, worried, afraid or terrified during the program.

What type of fear arose?	What event triggered the fear?
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	

This table can help you identify your fears during the course of the program, and what they are related to.

If you use up the whole table, you can add more rows to the table in this document or create another one on a separate sheet of paper e.g. in a journal.

Set your intention/pray about: What is the underlying emotional cause of these fears?

9.5. Identifying your blocks to feeling your emotions

If you are noticing your anger and fears, but do not want to feel them and do not want to go deeper into your grief, then you have blocks to feeling your emotions. This is very common!

If you are not feeling your emotional pain, ask yourself, or God, or the Universe, "What are my blocks to feeling my emotion? Why don't I want to feel my emotion?"

You can then keep a list of those blocks here.

Identifying your blocks is the first step to feeling them. Once you identify them you can then start to feel your blocks, and you will then be able to access your deeper emotional pain that creates your physical pain.

Reasons I don't want to feel my emotional pain
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.

When you use up the whole table, you can add more rows or create another table on a separate sheet of paper e.g. in a journal.

9.6. Identifying the ways in which you avoid your pain

If you are not identifying or feeling your emotional pain, ask yourself, "How am I avoiding my emotional pain? Am I living in addictions that prevent me from seeing my emotional pain?"

Ask yourself, have I -

- Denied the emotion e.g. told yourself, "No I don't have that emotion" or, "I've dealt with that emotion already."
- Minimised the emotion e.g. told yourself, "I don't feel it's that bad, it can't be the cause of my physical pain."
- Justified the emotion e.g. told yourself, "Everybody else has aches and pains, so it's normal."
- Shifted the blame e.g. told yourself, "That person hit me, it's their fault I'm in pain."
- Repressed the emotion e.g. told yourself, "No that emotion isn't inside of me."
- Played the victim e.g. told yourself, "Poor me that I'm in pain. I want someone else to fix it for me."
- Wanted attention for my pain e.g. told yourself, "If I'm in physical pain, someone else will care for me."

Each of the above techniques is stopping you from curing your own physical pain.

Once you identify the techniques that you use to avoid your emotional pain, it is easier to notice when you are doing it, and therefore you are a step closer to not using these tools and a step closer to feeling your emotions and the underlying emotional cause of the pain.

9.7. Stopping your addictions

When we live in our addictions we often feel "good" and "happy", provided our expectations and demands are being met.

When our addictions are not met, we get angry, or annoyed, or frustrated.

If you feel constantly "good" and "happy", and no emotional pain is coming up, but you are still in physical pain, then it is a good indication that you are living in an addiction.

As with all emotions inside of us, if you WANT to see what your addictions are, you WILL start seeing them.

Once you identify an addiction, the best way to discover what emotional pain (fear and grief) it is covering is to stop acting it out.

For example, if you are addicted to exercise, then stop exercising for a week and see what emotions come up.

Or, if you are addicted to pleasing women then stop agreeing with them on every matter, or doing things for them, and see what emotions come up.

Or, if you are addicted to being a high achiever, achieve nothing for a week, and see what feelings arise.

Or, if you notice you eat when you're feeling unsettled, then stop doing that and see what feelings arise.

The only way to expose the emotions that are underneath our addictions is to stop feeding our addictions.

When we stop FEEDING our addictions, we can then start to FEEL our addictions. In other words we can feel how much we want to take a certain action to avoid a feeling, or get a certain feeling from someone.

When we feel our addictions, we will then be able to start feeling the emotions beneath our addictions – our fears followed by our grief.

9.8. Feeling your anger

In order to feel our anger, we have to express it.

This can mean shouting, swearing, hitting something e.g. a punching bag, sofa or pillow.

HOWEVER it can be done in a loving way – privately, away from anyone else.

If you are directing your anger at somebody else then you are not actually experiencing it – you are projecting it. This is damaging to the other person and will not take you deeper into the layers underneath your anger.

The way to experience your anger is to allow yourself to feel that you have anger within yourself, and express it, but not blame another person for it. The emotional cause of your anger is within YOU, whether somebody else triggered it or not, and only by owning your anger can you get closer to removing it.

As soon as you feel some anger, allow yourself to go and express it privately and away from anyone else e.g. the person who triggered the anger.

Even if you feel slight irritation, this can often be masking a much greater level of anger e.g. rage.

When you are expressing your anger, set your intention to go deeper into the anger and underneath to your fear.

If you can't get deeper, just ask yourself/God/the universe:

- Why don't I want to go deeper under my anger?
- What am I afraid of?

That will help identify a block that you need to release so that on later occasions when the anger comes up you will be closer to going deeper.

Remember: This is a process that TAKES TIME. Try not to be impatient with yourself!

9.9. Feeling your fear

In order to feel our fear, we need to have the bodily experience of fear.

In other words, we need allow ourselves to shake as we feel fear, because that is a bodily expression of fear.

It is also normal to cry while feeling afraid. By crying about how afraid we are, just as a small child would, this enables us to release our fear and eventually reach the causal grief that is creating our pain.

It is important when feeling fear to breathe from the stomach and not the upper chest, as this allows the release of the emotion.

Create a safe place where you can do this comfortably, and if you are uncomfortable doing this alone, have someone to assist you initially (or pray to God for help and support).

If you believe in God: ask God for help to release all of the emotion and to keep you safe through the process.

If you are getting distracted while feeling your fear, or not able to stay in it, ask yourself/pray to God: Why do I not want to fully feel my fear?

9.10. Feeling your grief

Once all of the layers above the grief are released – the anger, the addictions, the fears – our grief will automatically flow out of us.

If we have to try to get to our grief, it shows we have more blocks to work through before we can fully experience it.

It is normal to cry for long periods of time e.g. hours, once the blocks have been removed, to fully release the grief. Most humans on the planet have a VAST amount of suppressed grief, and it takes time to release it.

Our body temperature will often rise when feeling the causal emotion, and we will feel the age that we were when the emotion entered us, which is usually when we were a child. We will also often have realisations about what the emotion was about, and how it has affected our lives.

On some occasions we won't know what the grief is about, as it may have entered us at an age when our brains were not developed enough to associate it with a memory, but we need to just allow ourselves to feel it anyway.

Allow your mind to be a passive observer of the feeling of the grief, and try not to "steer" the emotion to where you think it ought to go.

Allow yourself to stay in the grief until it is finished. If you stop early you will just have more blocks to remove to get back to it in the future.

If you believe in God: Ask God for help to release all of the emotion and to keep you safe through the process.

When it is finished you will likely feel a sense of peace, and may even fall asleep.

You will know when you have released some causal grief because events around you will change in response to the change in your soul.

9.10.1. Some grief is not real

Sometimes it can be tempting to try to go straight to experiencing the grief, in the hope that we can bypass the capping emotions of our addictions, fear and anger, and go straight to the cause of our physical pain.

Often under those circumstances we will not be feeling real grief, but it can be intellectually made up, because our real grief is buried under other emotions that we first need to feel.

For example, we can be crying about our addiction not being met, or we can be crying about what a terrible person we are, or we can be crying about "poor me, I'm in pain".

These are not real emotions – they are not the childhood emotions that are creating our pain.

If we are crying, but events around us are not changing, and our pain is not getting better, then we know that we are not getting to the real cause of what our pain is.

Set your intention/pray to God: What is the real cause of my pain?

9.11. Breathing exercises

Slow breathing, such as during meditation or yoga, can be used to detune us from our emotions.

However, if we allow ourselves to breathe diaphragmatically, in other words we breathe from our stomach rather than our upper chest, then this helps emotions to flow.

Practice this for 5 minutes each day until it becomes natural.

We can enhance the flow of emotion with our breath by doing the following exercise.

While standing upright, exhale as you allow the top half of your body to flop down and bend right over, while at the same time allowing your arms to flop down. Inhale as you rapidly move back to upright with your arms stretched above your head. Repeat for five minutes.

This technique can help release the emotions that are locked up inside of us.

9.12. Identifying your passions and desires

Our passions and desires are also in our souls.

When we live in fear, we suppress our passions and desires.

By engaging in our passions and desires, we can not only have a more fulfilling life, but we can also expose and eliminate fears that create our physical pain.

Use the following technique to help you identify your passions and desires.

Ask yourself -

- How do I really want to spend my life?
- What do I really want to do today?
- Do I really enjoy my job?
- Am I really happy in my relationship?
- If there were no limitations in my life, if I weren't constrained by what my family, friends or society thought of me, if I weren't constrained by money, my job, or any other thing in my life, what would I really like to be doing?
- If I could do anything with my life, any place in the world, and had no limitations on what that was, what would it be?

Now ask yourself:

- Am I harming any other person in any way if I follow that desire?

If the answer is *yes*, ask yourself:

Why do I have that desire to harm someone else? Allow yourself to feel the reasons why you have that desire (there will be emotional reasons within you as to why you have the desire, and they can be released by feeling the emotions) but do not act the desire out.

If the answer is *no*, then go ahead and do it!

The key is to learn to accept the negative emotions and desires inside of ourselves and not to judge them, as this will help the process of releasing them. If we judge or blame ourselves we will not release them.

You can start off with small desires and passions, and then as your courage grows you can move on to bigger and bigger passions and desires.



This is GUARANTEED to expose some emotions within you!

9.13. Diet

Many forms of food and drink can suppress our emotions. For example, hot drinks can suppress our fear, as can feeling full from a large meal.

To avoid suppressing emotions with food or drink, I suggest the following:

1. Avoid alcohol and other recreational drugs.
2. Avoid caffeine and hot drinks.
3. Only eat vegan food.
4. Avoid large meals.
5. Avoid meals heavy in carbohydrate e.g. pasta.
6. Drink AT LEAST 3 litres of water per day.

9.14. Exercise

A common way to avoid our emotions and our physical pain is to go “out of body”.

Exercise can be used as an addiction to avoid our emotions, but it can also be a useful way to get us in touch with our bodies, and help us to connect to our emotions.

The best way to use exercise to this effect is to undertake light exercise e.g. go for a short walk, or do some gardening or yoga.

Provided you stay present during the exercise, and set your intention to feel the emotions as they arise, rather than use it as a way to escape from the emotion, it can be a very helpful way to access emotions, because our bodies help to lock up our emotions.

Therefore when we move certain muscles in our body, we can also help unlock the emotion and it will naturally arise in us.

10. Identifying the emotion that causes your pain from the location of your physical pain

Where the pain is located in our physical body is related to the type of emotion that we are suppressing.

One way to identify the emotion that is causing your physical pain is to actually allow the emotional experience of the physical pain. In other words, "go into" the physical pain emotionally. This will lead you to the emotional pain.

10.1. Meridians

Another way to find the emotion that is causing your physical pain is to identify which meridian system it is in.

Meridians are energy channels that were identified thousands of years ago in Chinese medicine, and are located in the spirit body. Emotional pain in our souls creates blockages in these meridians. This in turn creates physical pain in our physical bodies.

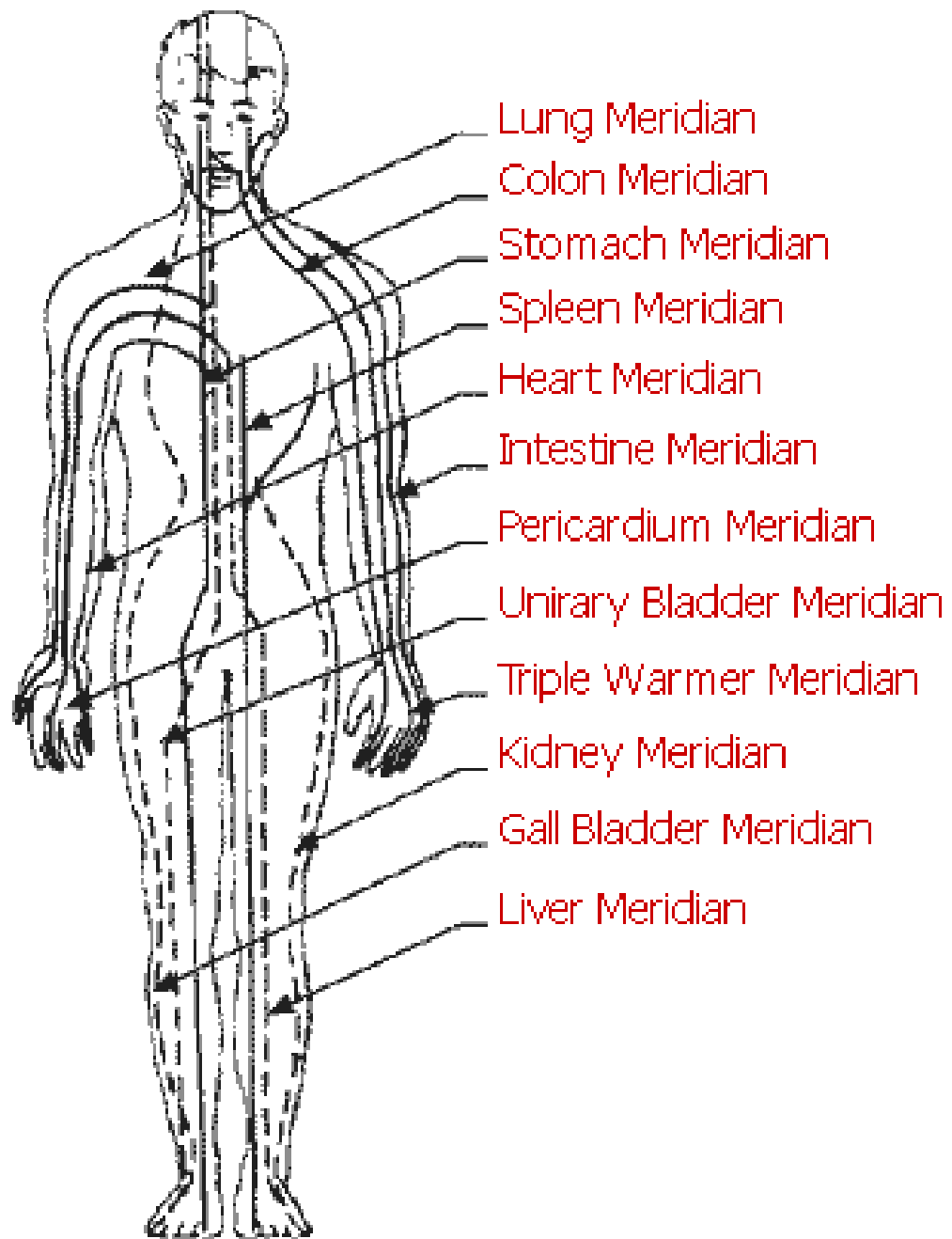
Specific meridians can be attributed to specific emotions.

For example, lower back pain is governed by the kidney meridian, and this is associated with emotions of fear and unworthiness.

Meridians govern the organs that are stated below, but they also flow around the body. So the physical ailment can be either within the organ governed by the meridian, or in that organ meridian elsewhere in the body.

Meridian Energy System	Associated Emotions
Heart and Small Intestine	Abandonment, betrayal, lost, feeling unloved, heartache, insecurity, jealousy
Spleen and Stomach	Anxiety, worry, nervousness, despair, disgust, low self esteem
Lung and Colon	Sadness, sorrow, grief, rejection, discouragement, self abuse, confusion
Liver and Gall Bladder	Anger, bitterness, hatred, guilt, resentment, depression, frustration
Kidney and Bladder	Fear, unworthiness, sexuality, dread, horror, terror, shame

In the picture below the solid lines show meridians on the front of the body, and the dotted lines show to meridians running down the back of the body.



If your pain is in a location that is on a particular meridian, it is likely to be related to the emotions that that particular meridian is associated with.

10.2. Problems on the left side of the body relate to feminine issues, and problems on the right side of the body relate to masculine issues.

E.g. If I'm a woman and I have pain on the left side of my body, it will relate to how I feel about myself and it will relate to my relationship with my mother.

E.g. If I'm a man and I have pain on the left side of my body, it will relate to how I feel with regards to women, and it will relate to my relationship with my mother, or how my father feels about women.

E.g. If I'm a woman and I have pain on the right side of my body, it will relate to how I feel with regards to men, and it will relate to my relationship with my father, or how my mother feels about men.

E.g. If I'm a man and I have pain on the right side of my body, it will relate to how I feel about myself, and it will relate to my relationship with my father.

More information about the emotional causes of physical pains in specific locations on the body can be found in the book by Annette Noontil, "The Body is the Barometer of the Soul."

11.



Immortality with the Love.

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



Notes to take during the program

It is essential to track your pain levels, and the amount you are able to access your emotions during the program, in order to gauge how the program is going for you.

If your pain is not improving, it means that you are not on the right track emotionally. If you require assistance with this then you can email me at healyourownpain@gmail.com.

Please use the table in the "Pain Program Score Sheet" section to note down the pain and the emotions that you experienced during the program.

12.

**PASCAS
HEALTH**



**PASCAS
PERS**

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



Pain Program Score Sheet

It is important to track your pain levels, and the amount you experienced your emotions during the program.

Please copy the following table onto a separate piece of paper or into a journal, and use it to keep track your pain levels and your emotional experience during the course of the program. Please increase the size of the table to contain 42 rows, corresponding to each day of the 6 week program.

For each column give scores of between 0-10, with zero being absent, or minimal, and 10 being maximal.

Enter scores for each day of the 6 week program in the row corresponding to the day of the program which is indicated in column 1.

1. Day of program	2. Maximum intensity of pain? (0-10)	3. Duration of pain? (0-10)	4. Pain medication taken? (Type and dosage)	5. Maximum intensity of anger? (0-10)	6. Duration of anger? (0-10)	7. Maximum intensity of fear? (0-10)	8. Duration of fear? (0-10)	9. Maximum intensity of grief? (0-10)	10. Duration of grief? (0-10)
Day 1									
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12.1. Scoring guidelines for the level of physical pain experienced

In column 2, indicate the intensity of the MOST intense physical pain that you experienced that day e.g. if you were pain free, give a 0, but if the pain was excruciating, then give a score of 10.

E.g. if you felt moderate pain it would be a score of 5.

In column 3, indicate the duration that you felt any kind of physical pain during the day. Use 0 for no minutes, and 10 as all day.

E.g. if you felt pain for half of the day the score would be a 5.

In column 4, indicate what type of pain medication you took, if any, and what dosage.

12.2. Scoring guidelines for the level of emotion experienced

When scoring the emotion please indicate the level of emotion that was actually FELT, or EXPERIENCED, RATHER THAN JUST NOTICED.

12.3. Scoring the level of anger experienced

In column 5, indicate the maximum intensity of anger you FELT during the day. If you felt mild irritation then score it as a low number e.g. 2 or 3, but if you felt rage then score it as 10. If you noticed you were angry but did not experience it i.e. you didn't express it through punching a punching bag or a pillow, or you projected the anger at another person, then give a score of 0.

In column 6, indicate the duration of anger you FELT during the day. If you felt anger all day then give a score of 10, if you felt no anger at all during the day then give a score of 0. If you noticed you were angry but did not experience it i.e. you didn't express it through punching a punching bag or a pillow, or you projected the anger at another person, then give a score of 0.

12.4. Scoring the level of fear experienced

In column 7, indicate the maximum intensity of fear you FELT during the day. If you felt mildly anxious or stressed then score it as a low number e.g. 2 or 3, but if you felt terror then score it as a 10. If you noticed that you were afraid but did not EXPERIENCE it e.g. did not shake or cry or breathe your way through the fear to release the fear, then score it as a 0.

In column 8, indicate the duration of fear you FELT during the day. If you felt fear all day then give a score of 10, if you felt no fear all day then give a score of 0. If you noticed you were afraid but didn't EXPERIENCE it i.e. you didn't shake or cry or breathe your way through the fear to release the fear, then score it as 0.

12.5. Scoring the level of grief experienced

In column 9, indicate the maximum intensity of grief you felt during the day. If you did not cry at all and experienced no sadness or sorrow then score it as a 0, but if you felt overwhelming grief and sorrow that caused you to cry intensely, then score it as a 10.

In column 10, indicate the duration of grief that you felt during the day. If you felt no grief of sorrow and did not cry at all then score it as a 0, but if you cried all day then score it as a 10.

If possible, once you have completed the program, please send me a copy of the table at healyourownpain@gmail.com to help the further development of this program.

13.

<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

Frequently asked questions

13.1. What do I do if the pain goes away when I access an emotion but then comes back again later?

This indicates that the emotional pain that has created the physical pain has been touched upon, but not completely experienced and released. Therefore more emotion needs to be felt before the pain will be removed permanently.

13.2. I'm in pain but I don't feel afraid. How can my physical pain be a result of an emotion?

Physical pain is the result of a DENIED emotion. If you were already feeling your emotion, you wouldn't have the physical pain. Once we feel our emotion our physical pain will go away.

13.3. Why is it that I'm feeling lots of grief but my physical pain isn't going away?

If your physical pain is not decreasing, even for a short period when you feel an emotion, that is a strong indication that you are not processing REAL emotions.

13.4. I'm getting into my emotions but my symptoms are getting worse?

It is common during the emotional healing process for physical symptoms to flare up and get worse before they get better, particularly when working through emotional blockages to get to the grief. The key is to persevere with the emotional work and you will soon discover if you are on the right track when the pain starts to alleviate. Once you get to the causal underlying emotion for the pain it will alleviate IMMEDIATELY.

13.5. How do I score my emotion and pain intensities?

There is no right or wrong in terms of the scores given for emotion and pain intensities. As long as you are consistent throughout the program as to how to score the intensities, that is the important thing. Just give the score that feels the most accurate to you in response to the guidelines.

13.6. Can I continue to take my pain medication during the program?

Yes, provided you do not increase the dosage during the program, or change the type of medication that you are using. If you increase the dosage of your pain medication, or change the type of medication, then it confounds the results of the program and we cannot use your data.

13.7. What if I miss a day of scoring on the score sheet?

That's okay – just leave that day blank and start filling it in again on the corresponding day of the program.

13.8. What is the proof that this program will work?

While this program has not been clinically trialed, it is the amalgamation of five years personal research and preliminary experiments, coupled with a large body of evidence that proves that emotions create our physical ailments. This has been known in Eastern medicine for thousands of years, and some in Western medicine, such as Dr John Sarno, are now also proving this clinically.

I am currently writing a book that outlines all of the evidence that supports this, but I felt people should not have to wait for that before they discovered how to heal their own pain.

In the meantime I recommend reading Dr John Sarno's books for extensive clinical evidence of this approach. (The Bibliography is at the end of this book.)

13.9. Why is this program free? What's the catch?

There is no catch. My philosophy is that every person on the planet should be able to live pain free, no matter what society they live in and what their income is. The information provided in this program is based largely on Divine Truth, which is available to every single person on the planet for free if they use the correct approach to discovering it. I believe that the "Truth will set us free", and that includes financial charges.

13.10. I would like to express my thanks for this program by donating. How do I do that?

If this program has benefited you and you wish to express your gratitude through a donation, you can do so via PayPal (<http://www.paypal.com>) to l.faber@uq.edu.au.

14. Recommended reading and viewing

14.1. For clinical evidence of the link between emotions and pain

Dr John Sarno – The Divided Mind (<http://www.healingbackpain.com>)

Dr John Sarno – Healing Back Pain (<http://www.healingbackpain.com>)

Dr Howard Schubiner's Mind body program (<http://www.unlearnyourpain.com>)

Gary Little – Shattering the Pain Myth

14.2. For information on the soul, the link between the soul and the physical and spirit bodies, and how to work through emotions

AJ Miller – The Truth About the Human Soul ebook:
(<https://www.smashwords.com/books/view/251274>)

AJ Miller – The Law of Cause and Effect ebook:
(<https://www.smashwords.com/books/view/245935>)

AJ Miller – Denial of the Soul video:
(http://www.youtube.com/watch?v=39jzdJKfb_0&feature=youtu.be)

AJ Miller – Denial of the Soul ebook outline:

AJ Miller – Emotions and Emotional Processing ebook outline:

AJ Miller – Emotions of Self Deception ebook outline:

AJ Miller – Processing Addictions video:
(<http://www.youtube.com/watch?v=GZb6BrATgT8&feature=youtu.be>)
(<http://www.youtube.com/watch?v=5-RWkUdHybQ&feature=youtu.be0>)

Divine Truth (<http://www.divinetruth.com/>)

14.3. For information on which physical ailments correspond to which emotions

Annette Noontil – The Body is the Barometer of the Soul (Note – some of emotional reasons for ailments in this book are not accurate, and therefore this book should be used as a guide only.)

MoC 610

Pain Program Score Sheet

Name: _____

Start Date

1. Day of program	2. Maximum intensity of pain? (0-10)	3. Duration of pain? (0-10)	4. Pain medication taken? (Type and dosage)	5. Maximum intensity of anger? (0-10)	6. Duration of anger? (0-10)	7. Maximum intensity of fear? (0-10)	8. Duration of fear? (0-10)	9. Maximum intensity of grief? (0-10)	10. Duration of grief? (0-10)
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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 is 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.

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

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

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

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

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

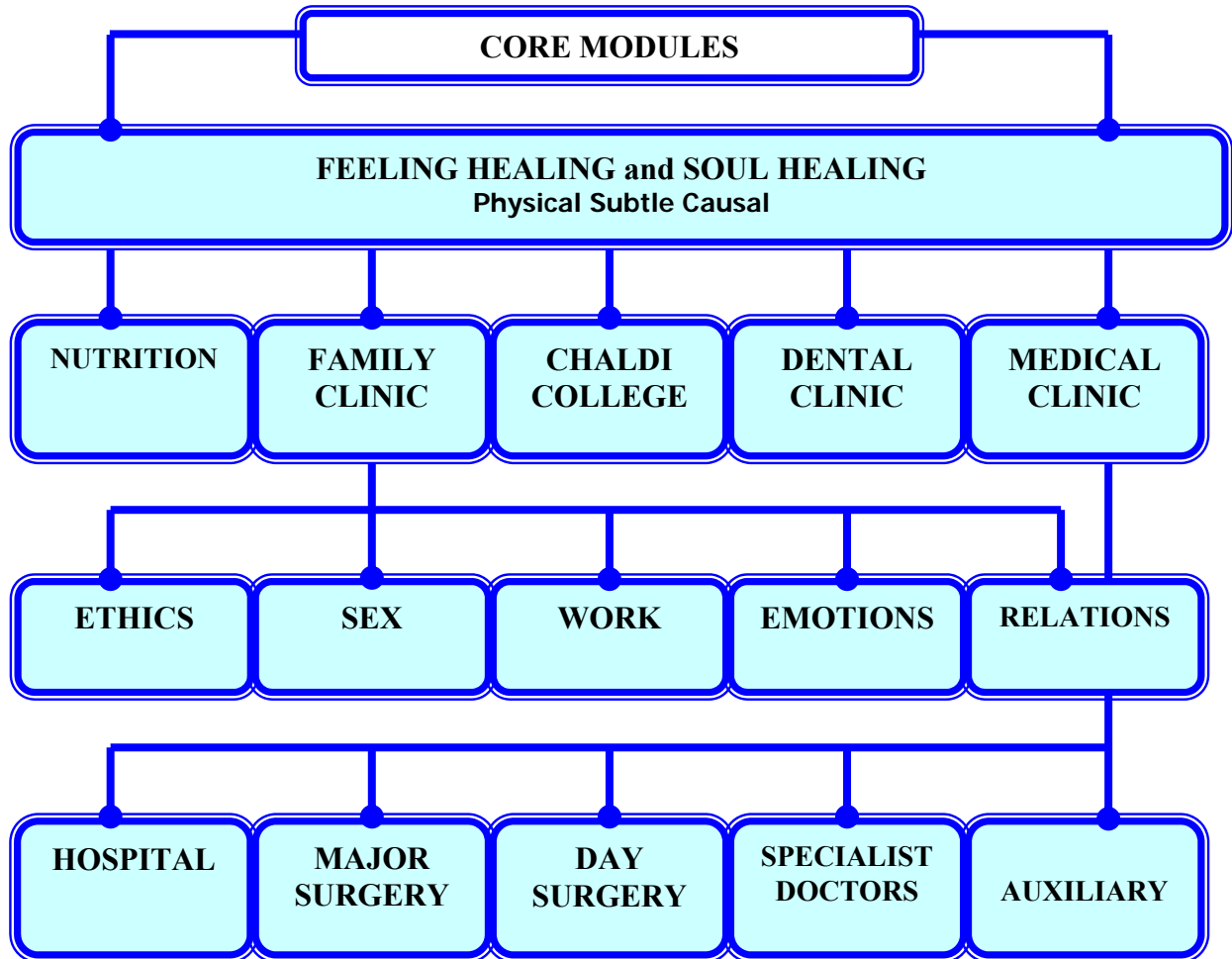
It is the Feeling Healing process that transforms one's soul towards perfection, towards the ability to fully express one's true personality as given to us by our Heavenly Parents, it is the Divine Love that then fits that transformed soul to be able to enter the Celestial Heavens.

Reference: Pascas Care Letters – Divine Love does not Transform

PASCAS CARE



Life Practice Matrix - Feelings First



Feelings first

LIVE 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.

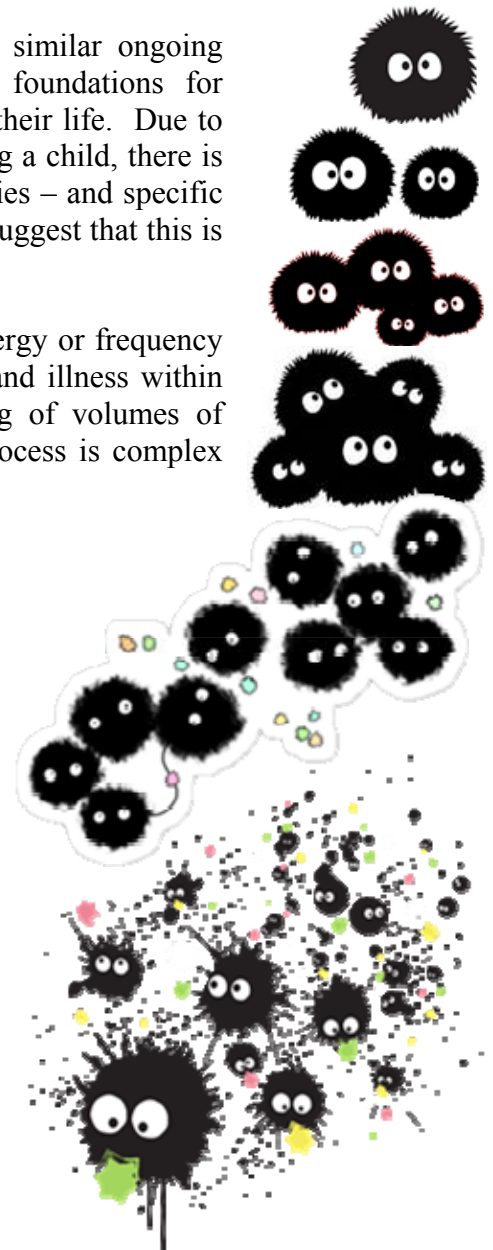
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing 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**



CHILDHOOD TRAUMA



Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The repression and suppression of our natural self expression during our formulative years is the foundation of all our suffering throughout our life.

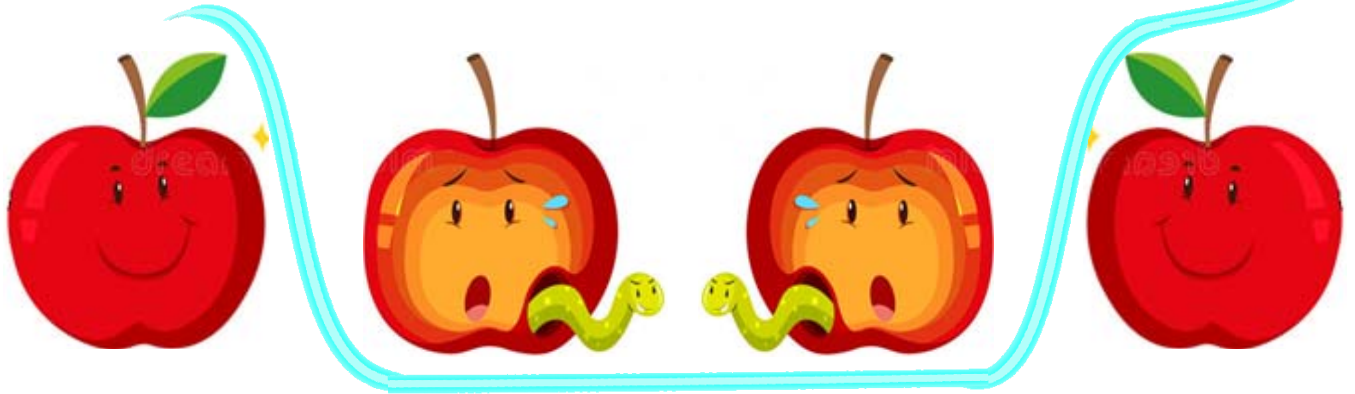
Suppression and repression of our natural self expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are there to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”
James Moncrief 28 May 2018

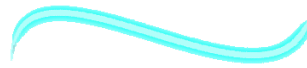


Pole Shift



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.

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.**

EMBRACING the WILL of our HEAVENLY MOTHER and FATHER:

Our Heavenly Parents are almighty, all powerful, infinite, and at all times loving.

The love of the Heavenly Parents for their children, woman and man, has been and is always infinite and ever present.

As one's faith in our Heavenly Parents evolves, man's love for his Heavenly Parents will have no limit.

As man grows in his love, so will man grow in his love for all of God's creations.

Approach the Source Soul, the Mother and Father, in reverence, without fear or trepidation, just as a child approaches his earthly parents knowing that open loving arms are extended to receive him at all times.

As one grows in his love of the Mother and Father, one becomes to know with certainty that God loves him or her in return, at all times, and that fear is an illusion created by man's mind.

By embracing the commandment provided in the 1st century, namely the first:

"This is my commandment, that ye love one another even as I have loved you."

Further, we are to embrace 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.

Also as our soul development progresses, our self love grows which also enables us to step away from:

**Any self harm that we may cause which also brings about consequences.
And to move along this path we simply develop our embracement of:**

God's Divine Love; by praying for it, asking for it, and receiving it.

Longing for Truth and Divine Love we can embrace the will of the Father and achieve freedom from error and harmful ways, thus finding our way home!

Feelings First Spirituality

Feelings First

FF

Feeling Free

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 NEVER should we block them out, ignore, override, banish, deny and 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.



The Religion of Feelings is the True ‘religion’ for humanity.
It embraces all people.
It completely unifies the world.
Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

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

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

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

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



Feelings First 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.