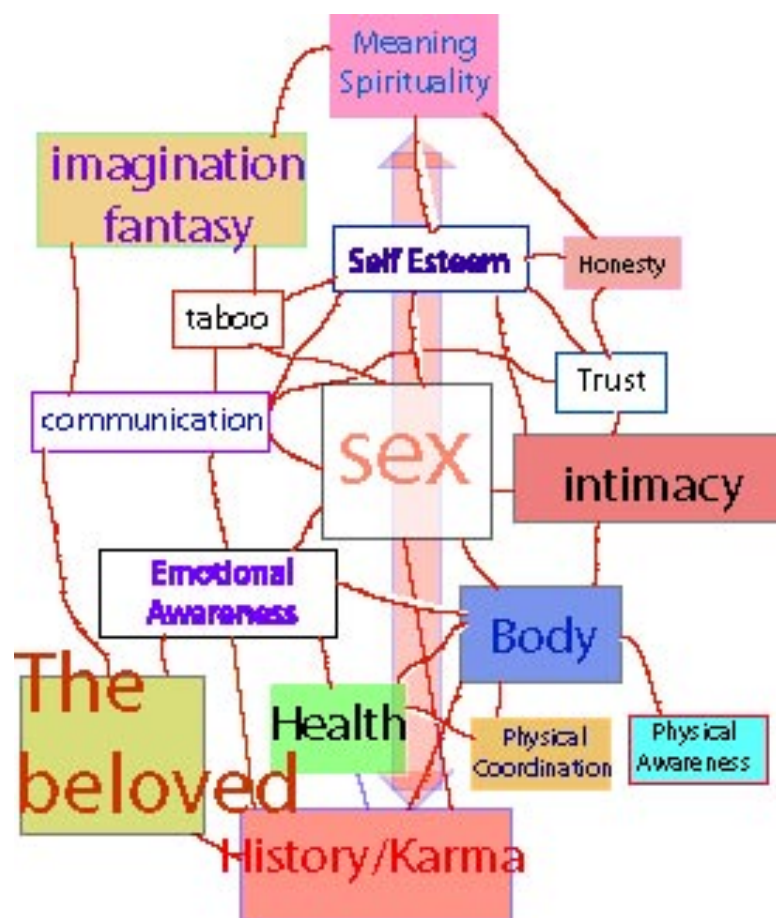


PASCAS CARE

Male Initiative



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION

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

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

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

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

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

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

Living Feelings First, *John.*



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

SEXUAL CONDITIONING INFLUENCES SEXUAL BEHAVIOUR:

P.54 Tantric Sex for Men – Making Love a Meditation

Very few men have conscious control over themselves or their penises in sex, which puts them at a disadvantage in creating love. Lack of control exists because there is a complete absence of constructive information. Instead, unconscious impressions about sex from earliest childhood accumulate and shape the individual, gradually forming a sexual conditioning that distorts the individual's natural sexual responses or expression.

Although clarification about sex, or useful sex education is virtually nonexistent in our culture, sex continues to be a driving and distracting force. But at the same time this powerful force is kept under wraps, like a secret. Most people are involved in sex in some way, but nobody acknowledges it, shares information, or even talks about it. Sex shifts away from the body and becomes an aspect of the mind as expressed in thoughts, fantasies, dreams, and voyeurism, and this is true even in self-pleasuring. Sex leaves the realm of the humanly sensitive flesh to become something you think about a zillion times more than you actually do.

When a man finally gets together with a woman, he operates on his accumulated past experiences and guesswork, and hopes for the best. Beneath multiple layers of bravado and performance frequently lies a sexual insecurity that gnaws away at the depths of his being. Such tension will exacerbate any other pre-sexual tension, causing the man to perhaps feel out of control, especially concerning ejaculation.

The Male Initiative is to provide educational and counselling support for males, as well as a counterpart educational and counselling support for females.

Humans need more Sex

P.11 Tantric Sex for Men

Sexual difficulties are experienced by both men and women, with the tragic outcome that human beings do not have enough sex. When sex finally happens the experience is short lived. Most partners do not have sex frequently enough for optimum mental, physical, and emotional health. Many do not make love for months and months on end, sometimes stretching into years. Sex satisfies our bodies, hearts, souls, intelligence, creativity, and most of all, our love – of self and of others. Sex is not the only way to access love, but if you are having or wanting sex, as most men are, then sex may as well be used to its highest potential.

Exploration and Vulnerability

To get more out of sex requires taking an adventurous step motivated by curiosity, intelligence, or both. You may soon notice a change in the quality of your life and a difference in how you feel about yourself as a man. You may even begin to perceive women differently.

As you begin to explore sex, old childhood wounds, memories, and insecurities may rise to the surface. It's better not to try to override or ignore any sexual difficulty or insecurity. Be open to yourself and allow your feelings to emerge, expressing any tears and vulnerability, not-knowing, insecurity, or confusion. Allowing yourself space to feel hidden aspects of your being is part of a healing and

reintegrating process. Sexual exploration is a journey in self-discovery that not only leads to being a better lover with improved skills, but also can transform age-old restrictive patterns and generate more love and happiness. One thing is for certain – most women prefer a man’s gentle, softer side to his hard, tougher side.

Rarely in the lifetime of the average human being are there altered states of orgasmic bliss, love, joy, and a peace that surpasses all understanding. The experience of being radiantly alive on a cellular level. Energised and aglow through merging with the body and its senses. Making love naturally presents us with an incredibly easy situation within which to “be present” and immerse ourselves in the body. Because of the absence of evolved sexual understanding, the human race suffers tremendous consequences. We are distorted by unconscious forces that affect our true nature, so that men are not truly men and women are not truly women. When we relate or connect through these distortions of our personalities and sexual identification, sooner or late the invariable result is tensions and unhappiness.

Sexual Conditioning and How it Shapes Us

Each of us is unconsciously conditioned by society whether we like it or not, some more heavily than other. In conventional sexuality the majority of men tend to demonstrate the distorted versions of their true male qualities. The 1960s-era saying, “Make love, not war”, is actually a truth. A lack of sufficient fulfilling or nourishing sex often results in anger and aggression. Changing a man’s understanding, and therefore his experience of sex, naturally calls forth his original, authentic male qualities.



The word Tantra translates to **LOOM** - a weaving loom - which is to interweave your divine essence with the mundane, whether that is chopping wood, carting water etc. In it's origins it is not about sex, this has been focussed on in the west, not in it's origins in Kashmiri Shaivism.

Tantric Inspiration

We live for sensations, we hanker for sensations. We go on seeking newer and newer sensations; our whole life is an effort to obtain new sensations. But what happens? The more you seek sensations, the less sensitive you become. Sensitivity is lost.

It looks paradoxical. In sensations, sensitivity is lost. Then you ask for more and more sensations and the “more” kills your sensitivity more. Then you ask for even more, and finally a moment comes when all your senses have become dull and dead. Man has never before been so dull and dead as he is today. He was always more alive before, because there were not so many possibilities to fulfil so many sensations. But now science, progress, civilisation, education, have created so many opportunities to move further and further into the world of sensation. Ultimately, you turn into a dead person; your sensitivity is lost. Taste more foods – stronger tastes, stronger foods – and your taste will be lost. If you move around the world and go on seeing more and more beautiful things, you will become blind; the sensitivity of your eyes will be lost.

If you want the divine – the divine means the most alive, the ever-alive, ever-young, evergreen – if you want to meet the divine, you will have to be more alive. How to do it? Kill out all desire for sensation. Don’t seek sensation, seek sensitivity, become more sensitive.

The two are different. If you ask for sensations you will ask for things; you will accumulate things. But if you ask for sensitivity, the whole work has to be done on your senses, not on things. You are not to accumulate things. You have to deepen your feelings, your heart, your eyes, your ears, your nose. Every sense should be deepened in such a way that it becomes capable of feeling the subtle.

Osho, Transcribed Teachings,
New Alchemy to Turn You On

And about sex also people are very, very worried. That very worry and that very effort to do something is the problem. Sex happens; it is not a thing that you have to do. So you have to learn the eastern attitude toward sex, the Tantra attitude. The Tantra attitude is that you be loving to a person. There is no need to plan, there is no need to rehearse in the mind. There is no need to do anything in particular: just be loving and available. Go on playing with each other’s energy. And when you start making love there is no need to make it great. Otherwise you will be pretending and so will the other person. He will pretend that he is a great lover and you will pretend that you are a great lover ... and both are unsatisfied. There is no need to pose anything. It is a very silent prayer. Making love is meditation. It is sacred, it is the holiest of holies. So while you are making love, go very slowly ... with taste, taking in every flavour of it. And very slowly: there is no hurry, no need to hurry, enough time is there.

Osho, Transcribed Teachings,
The Open Secret

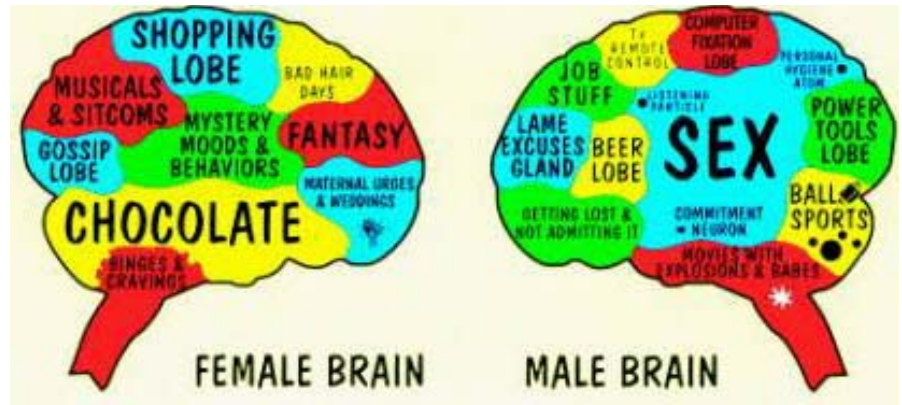
Go Slowly!

MALE INITIATIVE – SEX:

Notes from Chap 4, Tantric Sex for Men
by Diana & Michael Richardson

Men and Women are not the Same

Much of the confusion and misunderstanding that occurs between men and women results from ignorance regarding our true differences. These deep-seated differences shape our respective roles during sexual communion. With insight into these differences we can begin to work together to reveal and unleash our sexual potential.



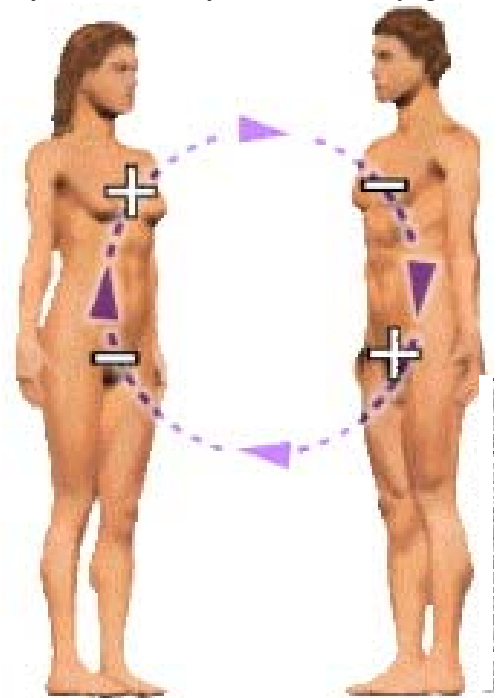
Through the understanding of polarity – the equal, opposite, and complementary forces – it becomes more apparent that man is not necessarily an independent unit unto himself.

Giving makes receiving possible, and receiving makes giving possible, which is why it is so important for a man to take into account his equal and opposite forces and become aware of the vital role of receptivity.

Man is inextricably dependant on woman for his higher experiences, and her environment needs some preparation to be able to warmly receive the guest. Man basically can be ready for sex at any given moment if he so wishes, which is probably the by-product of being a positive, dynamic force. Woman's lack of instant readiness is a by-product of her nature as a receptive, positive force. Any reluctance or unwillingness in sex is not a mental hang-up or frigidity, but rather a reflection of the intelligence of the body.

Woman's Body Needs Clock Time to Open

Usually man prefers to penetrate woman as soon as possible. Getting inside her becomes his primary focus, often from fear of losing his initial erection response. When a man has to hang around on the fringes waiting for the woman, he easily loses his erection and may have to wait some time for another. In reality, a leisurely, extended time frame, even an hour or three, will normally suit woman very nicely. She is able to tune into her body and relax into herself. If the man takes the time to "be" with the woman, perhaps to lovingly and softly (as a feather) caress her body into an energetically expanded state *before* entering her, he will be amazed by what an awesome



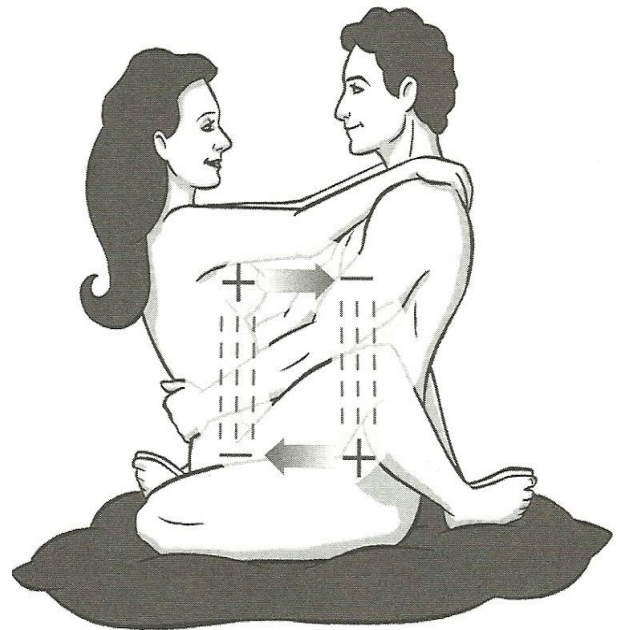
experience it is. To consciously enter and be received by an inviting and absorbing channel changes the entire experience, which in turn transforms man.

When woman is entered too early, without feeling truly ready to receive, without the feeling of a total yearning “yes”, her body may begin gradually to close down, interest in sex may dwindle, and reluctance to have sex may increase. During the initial phases of lovers’ meeting, the woman’s heart is wide open, so receiving man totally and at any time is not an issue. But sooner or later a woman will require acknowledgement of her differences if she is to continue enjoying sex well into her later years. The same is true for man.

When man enters a woman before her body is “open”, it is similar to butting his head against a closed door. You get only so far, but not further. However, when you have the keys to the door, you will find it opens easily and often. When man accepts the fact that woman is basically slower than he and her system requires preparation, then his sexual experiences will begin to transform into empowering acts of love. Energy flows from positive to negative. This is the direction of movement, penis into vagina. A doorway opens, energy moves. When woman is vibrantly receptive, the direct connection between penis and vagina forms one vital unit. There is a flow and exchange of energy, potency, and life force.

Female Sexual Energy is Raised in the Breasts

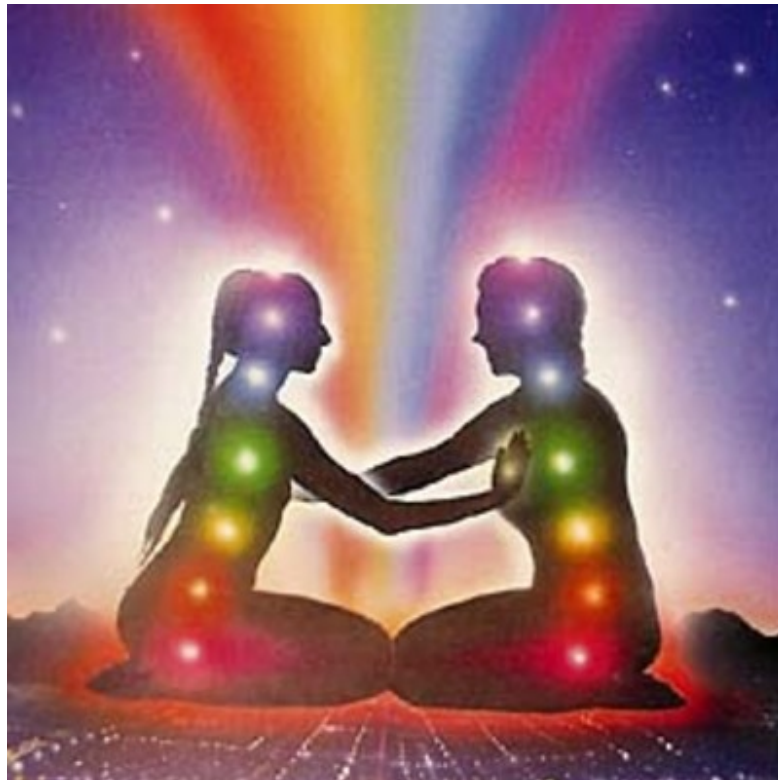
The big question is now how to knock on heaven’s door. The true way to expand female sexual energy is to initially shift the emphasis away from the vagina and clitoris toward the breasts, which signifies *a shift from negative pole to positive pole in woman*. The breasts are the positive, dynamic pole from which energy is awakened, the key to accessing the female body. Energy can only be raised from a positive, dynamic pole and not from a passive, receptive pole. First the breasts need to become energised and filled with awareness (and this takes time), and then as a result the vagina will respond and become an invitation. Through merging with her breasts a woman is capable of experiencing the most profound orgasmic states. The vagina / clitoris, which is the usual starting point in conventional sex, is – energetically speaking – the passive, receptive pole in the female body. In truth, the vagina can only become fully alive and energised via the positive and dynamic pole of the breasts.



When man knows that the breasts are the doorway, the access to woman, his approach can be simpler and more informed, with less guessing or fiddling around to find the clitoris and get it just right. Instead, loving attention can be given to the breasts, which doesn’t even require much effort on man’s part. It is more a matter of “being” in your hands, without any intention or agenda lying behind the touch. A warm hand that gently embraces and lovingly moulds to the breasts is absolutely perfect. There is no need to stimulate the nipples directly, but only indirectly through simple hand contact or a

feather-light brush once or twice. Some women have hypersensitive nipples, so it's best to find out what suits your woman.

Ancient tantric wisdom makes it possible to initiate a thrilling journey of self-discovery, the outcome of which is the true experience of masculinity. This requires a revolutionary re-evaluation of sex and the discovery that the “how” of sex plays a profound role in maintaining an active sex life and a loving, joyful relationship. The key is to treat woman as complementary and not the same. Any limitation in the sexual experience of woman inevitably limits the sexual experience of man. If woman is adversely affected through a lack of orgasmic experiences, then so is man, even if he is not aware of this.



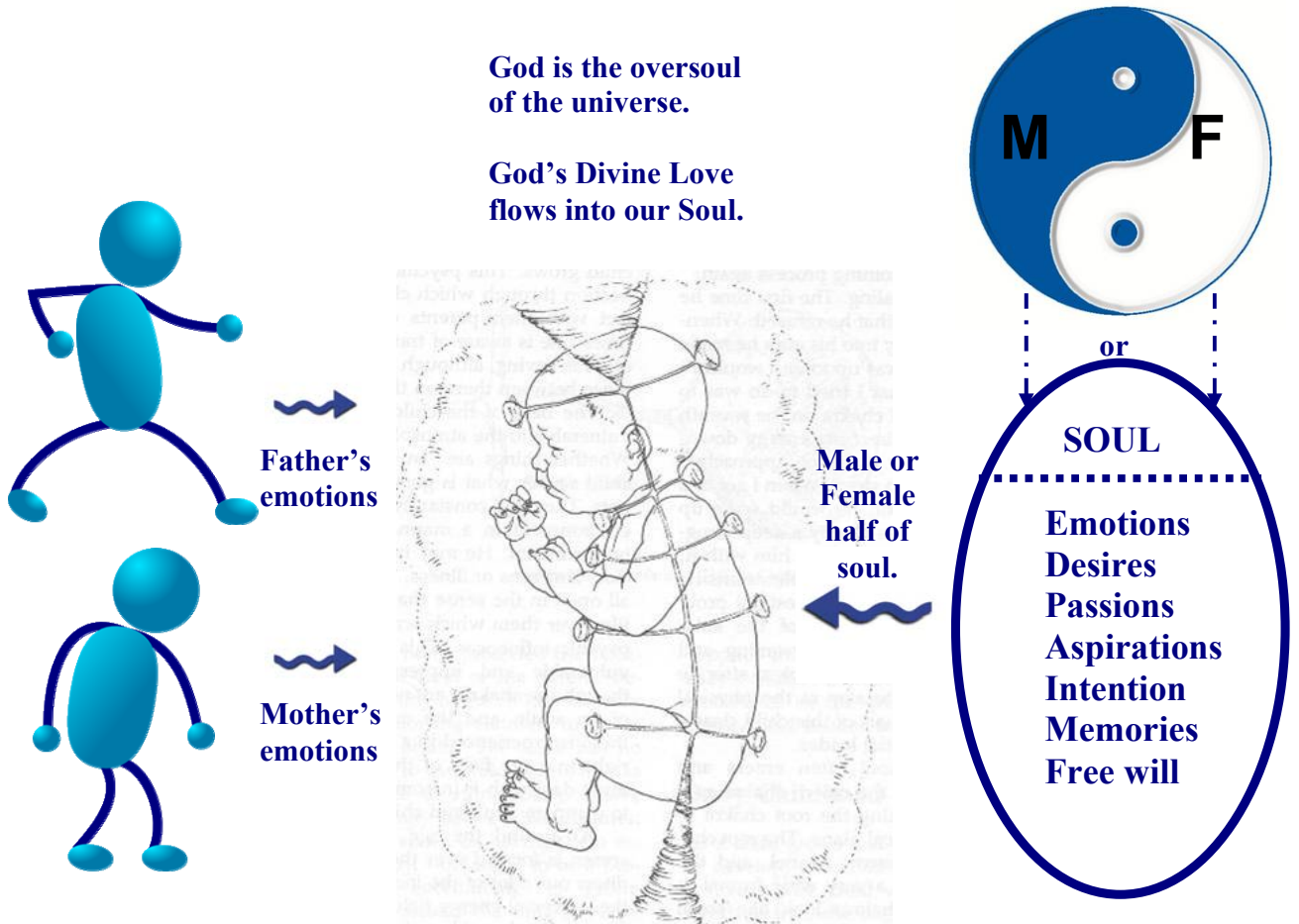
**PASCAS
HEALTH**



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



OUR EMOTIONS REFLECT THOSE of OUR PARENTS and OUR ENVIRONMENT:



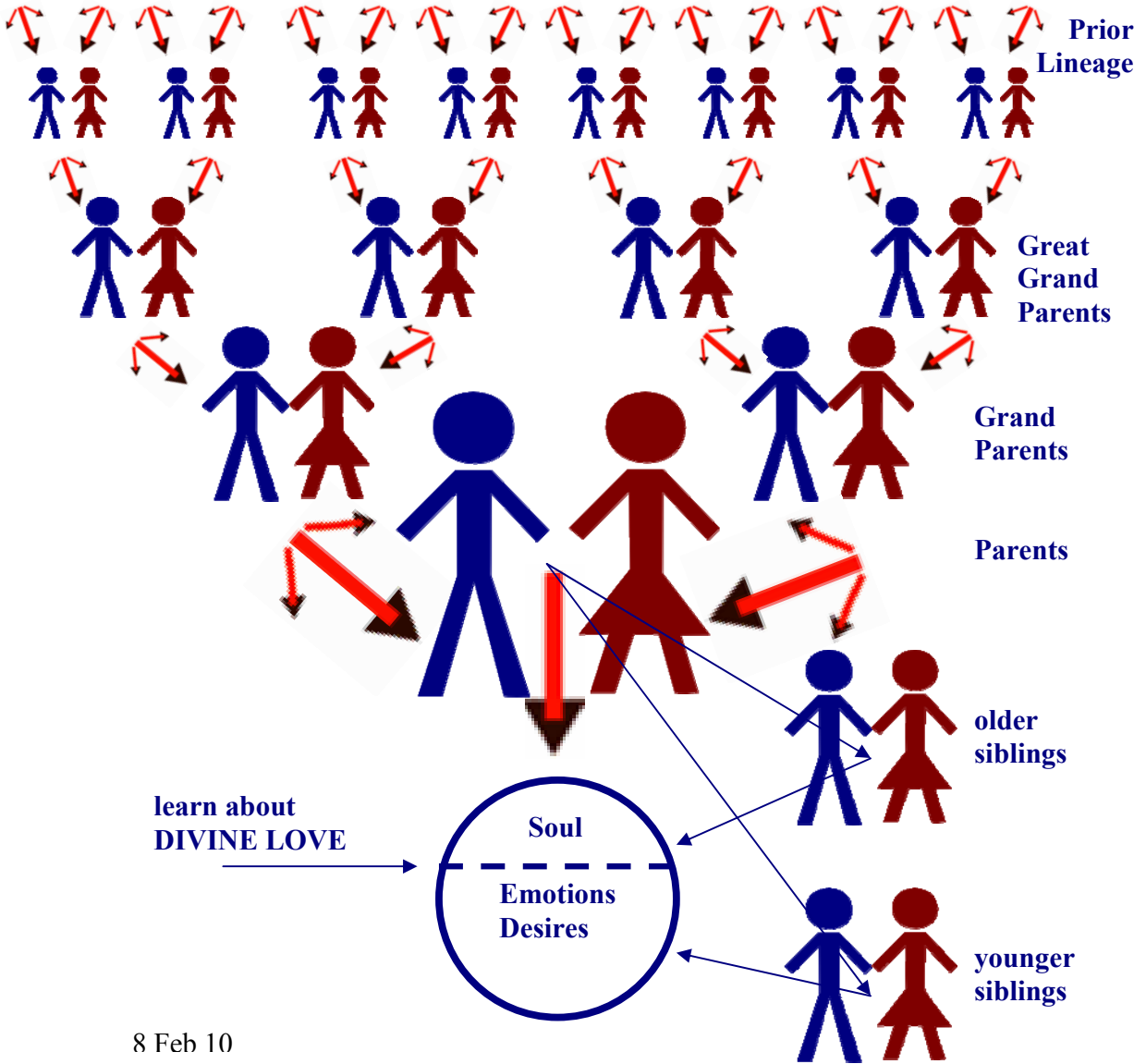
Emotions flowing to unborn baby, then born baby, from those around the baby.



Our Personality is a feeling of God, thus creating our unaware Soul.

At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation / conception starts the road of self discovery, children reflect parent's emotions, which includes their ancestors, and also, of those around them. Parents attract us to incarnate.

Our environment, namely those who are closest around us, introduce many of the errors we carry with us within our soul body, our real self. Our parents, grand parents and siblings are those who greatly influence and mould our emotions. Prior to birth and during our first years, we absorb the emotions of those within our environment.



8 Feb 10

HOW DO YOU TREAT and RESPECT YOUR PARTNER / WIFE?

Our family environment and childhood upbringing has moulded for most males their attitude and beliefs regarding females and sexual relationships.

Little or no sex education and tuition has been provided to many of us during our childhood and especially during puberty.

Further, child abuse is at staggering levels, one in three girls and one in four boys have been sexually abuse, with nearly all children being abused in other ways.

Child abuse doesn't always involve physical violence. Other forms of abuse can hurt just as much.

Emotional abuse is when a parent (or another adult) constantly puts you down, calls you names, makes you feel like you're worthless, or always acts like they don't want you or don't care about you.

'It feels like I'm not important. She says I'm stupid and I am always in the way, she wishes she never had me.'

Neglect is when a parent doesn't look after your needs (like providing food, clothes, a safe home and medical attention).

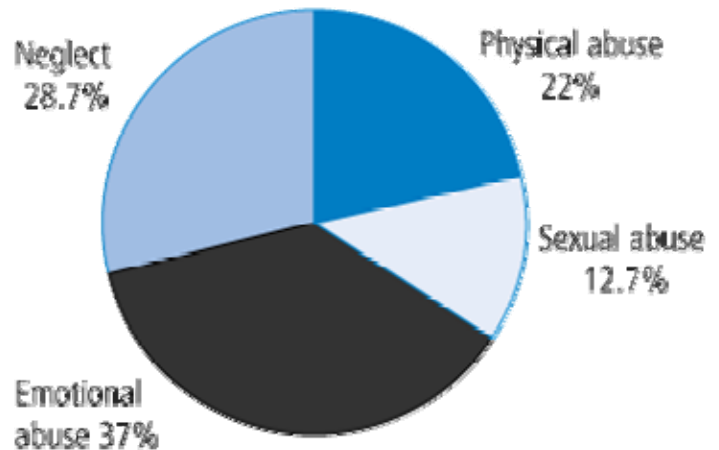
'When mum was off her face I'd have to take care of myself, even when I was a little kid. Lots of times there was no food in the house. I used to stay home a lot to look after her.'

Physical abuse includes when a parent, a family member (such as a relative or a sibling) or an adult hits, bashes, or physically injures you, or threatens to hurt you.

'We used to know what was coming. A few times I even tried to hit him back.'

Sexual abuse is when a parent, someone in your family, or someone else, makes you do sexual things (including touching your private parts, making you touch them or look at their private parts). They might trick you, pressure you, scare you, confuse you or threaten you so that you feel like you have to do these things.

'I wasn't allowed to shut the door if I was in the shower. He had to be able to see me all the time.'



These forms of abuse can happen between brothers and sisters, too. If a brother or sister hurts you, bullies you, always puts you down, or makes you do sexual things, then they are not treating you right.

In North America, for example, approximately 15% to 25% of women and 5% to 15% of men were sexually abused when they were children. Most sexual abuse offenders are acquainted with their victims; approximately 30% are relatives of the child, most often brothers, fathers, uncles or cousins; around 60% are other acquaintances such as 'friends' of the family, babysitters, or neighbours; strangers are the offenders in approximately 10% of child sexual abuse cases. Most child sexual abuse is committed by men; studies show that women commit 14% to 40% of offences reported against boys and 6% of offences reported against girls.

It can be confusing if sometimes your parents or family members might treat you ok, then at other times they do things that hurt and upset you. But you never deserve abuse. You can do something about it.

Remember you did not make the abuse happen. The abuser(s) did and it wasn't your fault.

These childhood events have left many scars and erroneous expectations and understandings.

Common misperceptions developed by males from their upbringing and environment:

A woman is a man's property.

If you believed a woman to be your property, what effect would that have on a woman?

If you have this belief what effect would this have if you were that man?

What affect would this have on your relationship with the woman?

The male being the income provider, he may hold the view that his partner is to satisfy his sexual needs.

Would you withdraw financial support should your partner close down sexually?

How would you view your relationship should your wife become the income provider?

Need to control your wife / partner.

How would that affect your wife / partner?

If you lost control, what would you do?

If she reclaimed her body as her own, what would you do?

When you discover that you now have no control what would you feel?

We do not own a woman – loving is freedom and free will.

A woman in relationship with me should be available to satisfy my sexual needs.

What would you do if you had no sex in a while?

What would you conjure up – subtle manipulation?

No sex for some time – do you shut down by being moody and ignore your partner?

Do you become more overtly aggressive?

Do you have fantasies about other women – what effect do these projections have on women?

If I take a woman for a meal, I expect sex.

Do you give to get sex?

Do you trade for sex?

Have you ever thought that the woman owes you sex because you are the provider?

A woman should be available to meet your sexual needs.

What affect would that have on relationship?

If both a man and a woman (partners) realise that there is no need to compromise.

What would that do for you?

My woman is my source of love.

Man is source of life, woman is source of love. We are both the source of love.

Consider relationships and sex from these perspectives. Moving from unhealthy to healthy beliefs is unselfish love, it is harmony. Your partner needs to know that she is free. We have to never receive a woman's love unless it is given freely.

Further, consider that your partner is possibly the other half of your soul. Our soul is a duplex, each half is complete within itself. The other half may possibly have been incarnated into a female body and may be by your sexual partner. Now, that is an interesting prospect!

As your partner may be the other half of your soul, your real self, then the concept of treating others in the manner that you would love to be treated takes on a deeper and more meaningful purpose, does it not?

With our love making we will all benefit from slowing down while making love. Just go slow. Just be still.



WHY DO COUPLES BREAK UP? 10 COMMON REASONS RELATIONSHIPS FAIL:

<http://l-pawlik-kienlen.suite101.com/why-relationships-end-a54774>

1. Failing to keep promises, lying, or cheating. These blatant violations of trust often result in failed relationships. If the basic trust in a love relationship is repeatedly broken, the problems accumulate and the motivation to stay together decreases. Partners in healthy relationships agree to reconcile their differences – and if they keep their promises, the relationship can stay strong. However, consistent lying, cheating, or breaking of promises can explain why relationships end.

2. Imbalance of power. A common reason couples break up is when one partner has more decision-making power than the other. When one person usually makes the decisions about activities, friends, financial matters, household matters, holidays, and so on, the relationship can become unstable. If a sense of equality doesn't exist, a failed relationship could be the result.

3. Acceptance of stereotypes. Mistaken gender myths include beliefs such as “Men like sex more than women” or “Women are passive” or “Men make more money than women.” If one partner believes these stereotypes, false expectations are created – resulting in higher chances of a failed relationship. An equal balance of power can save your marriage / relationship.

4. Isolation. A common reason couples break up is isolation from friends and family when the couple first gets together. Intimate love relationships based on fear and insecurity (which is why couples isolate themselves) aren't stable, and exacerbate other problems – which can lead to a relationship break-up.

5. Lack of self-knowledge. If one or both partners aren't in tune with their interests, needs, desires, future plans, goals, values, sexual attitudes, and preferences – then it's difficult for them to engage in a healthy relationship. Self-knowledge helps partners communicate who they are and what they want – which can prevent the break-up of a romantic relationship. This can be a reason why couples break up, especially if they got together when they were young.

6. Low self-esteem, insecurity, and lack of self-confidence. A common reason couples break up is because one partner feels unworthy of being loved. This insecurity can lead to possessiveness and overdependence, which isn't healthy for a love relationship. Building self-esteem and self-confidence is one way to avoid relationship failure (but each partner must do this for him or herself).

7. Excessive jealousy. “Jealousy is cited as one of the most frequent causes of the break-up of romantic relationships,” writes Roger Hock in *Human Sexuality*. Delusional jealousy can trigger abuse and violence, which can (and should) be why relationships end. Delusional jealousy isn't a common problem couples face – but normal jealousy can be.

8. Ineffective communication. If both partners can't share their thoughts, feelings, opinions, values, needs, frustrations, or even their joys, a failed relationship could result. If this was the cause of a breakup, then learning to love again could involve learning how to communicate effectively. This is a common reason for breaking up.

9. Control issues. If one partner is trying to control or manipulate the other, the love relationship can become weak – or even dangerous. This reason why relationships end may be seen in different ways,

such as checking up on the partner, name-calling, threatening the partner, requiring the partner check in all the time, or not allowing any deviations from the partner's schedule. This isn't loving behaviour, and it results in failed relationships.

10. Abuse. This is the most obvious, sure-fire way to reason why couples break up. Different types of abuse are attempts to gain total control over a partner. Though relationships like this should end immediately, many partners stay for various complicated reasons. Learning to love and trust again can be difficult if this is the reason the relationship ended.

Conflict and stress are part of most marriages and love relationships – but being aware of the common reasons couples break up can help them work towards a healthy love relationship.

Everything is interconnected.

Male Initiative provides support in addressing these issues for those who so please to seek assistance.



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

Cause No Harm < to OTHERS
to MYSELF
Strive to love others as I am to love myself

**PASCAS
PAPERS**

MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

SOUL:

The Real You is your soul, you are one ‘half’ of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.



The soul connects to the two spirit bodies it has created by ‘golden cords’ of light; and the spirit body is in turn connected to the physical body by ‘silver cords’ of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn’t hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

95%+ of humanity currently are within the 1st sphere of development.

PERSONALITY

Soul Spirit Body Physical Body



PERSONALITY

Physical Body Spirit Body Soul



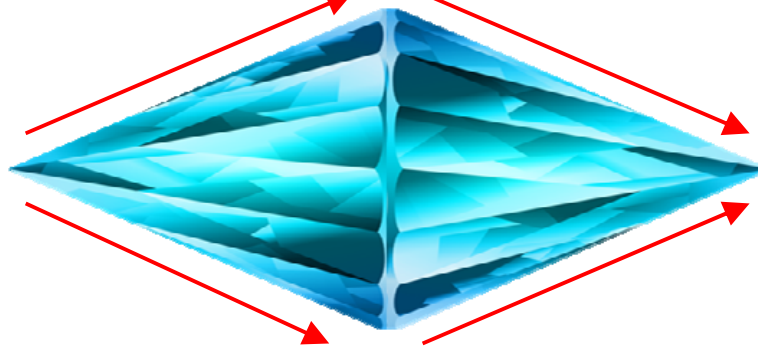
MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

Rebellion and Default

MIND-Created soulmate

HEALED (Celestial)

**Incarnation
TRUE Soulmate
Soul : Expressing
two personalities
– being soulmates**



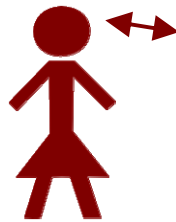
Female soulmate
fantasy man (untrue)
Unsuccessful marriage

**WOMAN
Eternal Marriage
MAN**

Male soulmate
fantasy woman (untrue)
Unsuccessful marriage

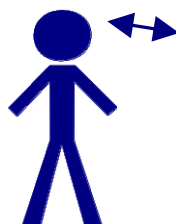
Rebellion and Default MIND-Created false soulmate:

Female soulmate
Unsuccessful
marriage to fantasy
untrue man



Being in rebellion by default, all our relationships are untrue and based on fantasies and erroneous beliefs of our mind. These relationships formed through the mind, are at best, temporary, and will ultimately end. They are false soulmate relationships.

Male soulmate
Unsuccessful
marriage to fantasy
untrue woman



Eternal soulmate marriage between a man and a woman only takes place for those that fully heal themselves of the imposts of the Rebellion and Default. Through longing for the truth behind all our feelings (both good and bad), we can begin to live true to our feelings. And once healed, and reaching a Celestial Soul Condition, through our true feelings we find our soulmate, our true companion for all eternity.

Relationships formed through the minds of couples who are unhealed are temporary!

We should incarnate as One soul – expressing Two personalities – soulmates, a woman and man – the perfect union for all eternity.

We incarnate into Rebellion by Default against this.

We live in denial of the truth of ourselves – the truth of our soul.

We look for our soulmate, however it's the 'other half' of our fantasy mind. It's all an illusion, false – the imperfect union. It can't possibly ever be perfect, it's doomed for destruction. No false and untrue union is eternal.

We project this mind-fantasy soulmate onto our partner. We mistakenly believe they are our soulmate, our true other half, yet they are at best only the other half of our mind-contrived soulmate belief. These relationships never last. They are a moment, a glance of hope, a one night stand, a relationship short or long term, marriage with children, lasting until we die and possibly carrying on in the mind worlds in spirit, but doomed to extinction. If your marriage is 'successful', it's just that you manage to fit your false mind fantasy that you are soulmates, well enough to last a little while longer than most who are 'unsuccessful'.

We are to heal our untruth, fantasy, mind-generated false soulmate. By bringing it out so we can understand how and why we're created it and what we expect, long for, hope, it will give us – all the love our parents didn't give us. We want our fantasy mind-created false soulmate to fill all the holes in us, to unconditionally love us, to never reprimand, criticise, judge, curse, hate, disrespect and make us feel bad – only to love us and make us always feel good – to take all our pain away.

The ultimate mind panacea.

We are to heal the need for creating such a wrong thing.

We are to live true to all our pain and feelings of powerlessness and utter devastation of not having anyone who loves us and we can love, because we weren't loved and aren't loving. And once we



understand it all, we are then to come to terms with the fact that all our relationships are false and will end.

And that one day, when we are ready to let go of our falseness, we will change into becoming the opposite – truly loving and truly loved, with no more holes that need to be filled in. So our mind can stop being our chosen soulmate and saviour, it can stop being our substitute Mother and Father, and we can live true to our feelings, enjoying our true soulmate, the one God has provided for us.

As we give it up becoming of a Celestial truth, we meet our true soulmate, she/he having healed her/his untrue mind-fantasy soulmate, thereby becoming true soulmates, free to live happily and lovingly forevermore – a truly successful relationship and eternal union.



'What God has joined together let no man put asunder'

I think this 'belief' has now been put aside!

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First



The HEART:

<http://www.juevesfilosofico.com/?p=242>

“Nothing happens until something moves.” ~Albert Einstein

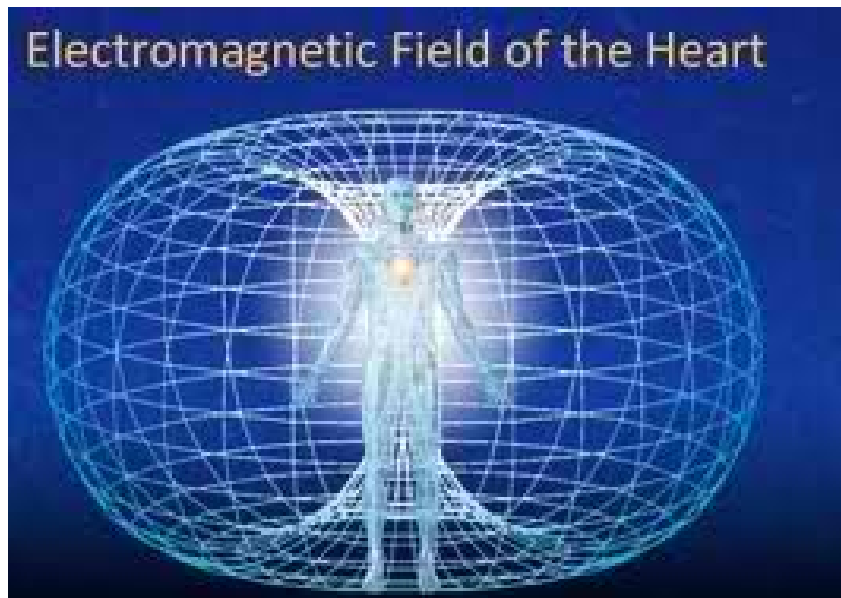
Emotion

We create our world with feelings and emotions. Our thoughts only give creation direction. Thought is the mind in motion, but without the heart, the mind cannot form a circuit. The heart is energy in motion, and subsequently it is where the word “emotion” originates. The word “emotion” is a derivative of the French word “emouvoir,” which means “move” and also derives from the Latin word “motus anima” which means “movement of spirit.” I translate that to “movement of the ethereal substance” by not forming a circuit of the mind and the heart, is what we call “daydreaming.”



“Your vision will become clear only when you look in your heart. Who looks outside dreams, who looks inside, awakens.” ~Carl Gustav Jung

The heart in synchronization with the mind sets the ethereal substance in motion with the direction of our conscious mind (the brain) and majority with our subconscious mind (the solar plexus) for the purpose of creation of all that we experience and all that exists. (The mind resides within our spirit body which is said to be the etheric body looking much like our physical body.)

**Memory of emotion**

The solar plexus holds the memory of emotion of good and bad. (Our memory resides within our soul which animates the spirit body, and in turn, the physical body.) Most of this memory is formed in our

infancy to about the age of seven, but continues throughout our lives. This process is subconscious programming, which is why life is about inclusion and not about exclusion. What ever we give our attention to, we are asking for! We add to our lives by the programming process of our subconscious. Our subconscious will recreate the same pattern of emotions, but in different experiences. We have all heard people say, “Why does this keep happening to me?” Or “I didn’t do anything for this to happen!” The reoccurring pattern is due to our subconscious addiction to our reality and our emotions. This is where we live our subconscious lives aimlessly and randomly. We have magnetized ourselves throughout our lives to those emotions without really being aware of what we’ve been doing to ourselves. It is easy to take acknowledgement for the “good” things we experience without even knowing how they came to be, but not as easy to take responsibility for the “bad” things we experience. Our subconscious creates both polarities without question, that is why there is no such thing as a “coincidence.” This is also where “luck” and “superstition” reside. We become our own solar system of people, circumstances and events, which is what we call reality and experience.

“What things soever you desire, when you pray, believe that you receive them and you shall have them.”
~Jesus of Nazareth

Creation from the Solar Plexus

As said before, our hearts and solar plexus are electromagnetic generators from which the ethereal substance responds to. This can have an effect on already existing matter (people or things) or causes things to be created or recreated from the formless ethereal substance. Then it comes into existence through the natural avenues of growth, this is (in theory) the science behind miracles. This is where healing is possible since we are also made from the same ethereal substance of the universe. We don’t need to acquire this power, we already possess it, we just need to be made conscious of it. It is in the human capacity to think and feel emotion that makes him/her a creator rather than just another creature of Earth.

“Miracles are not contrary to nature, but only contrary to what we know about nature.” ~Saint Augustine

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

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.

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings. Kevin 26 Sep 2017

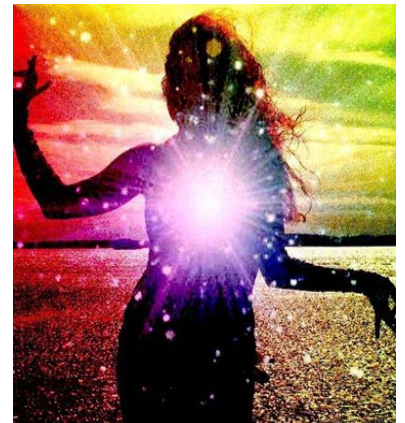
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

FEELING HEALING

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

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



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

LOVING in a MAGNETIC FIELD:

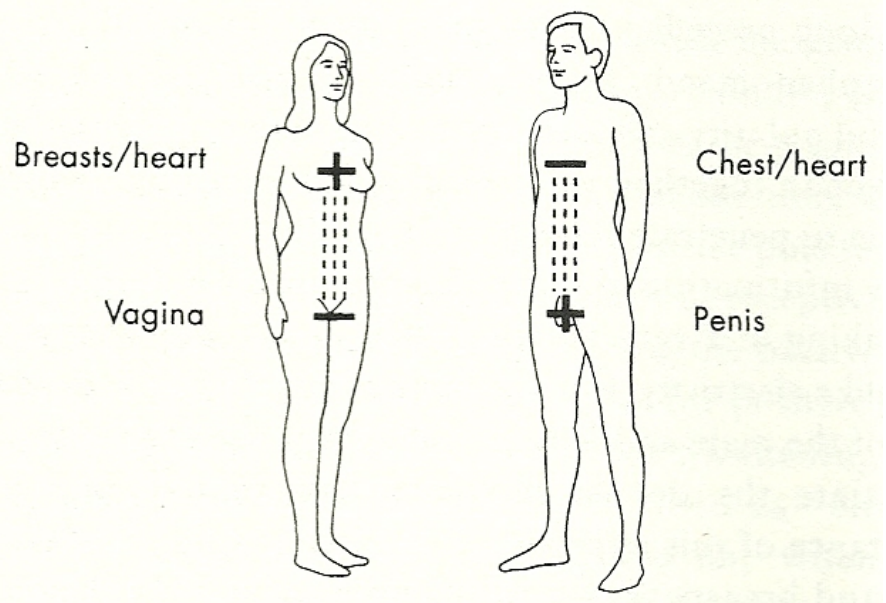
P. 34 The Heart of Tantric Sex by Diana Richardson

Male energy represents positive and female energy the negative, counterparts of a single phenomenon. Each half alone is incomplete; it is only through each other they exist. However, it is important to understand that each polarity, either negative or positive, contains its very own complementary opposite pole (yin and yang). The man, while essentially positive, also has an inner negative pole (an inner woman), and the woman who is essentially negative, contains a balancing inner positive pole (an inner man).



In this way both are independent of each other, a unity unto themselves, each with an inner positive or negative. This gives each body the potential to create and circulate energy within itself. The male body is carrying the positive pole in the genitals and the negative pole in the chest and heart area. The female, in natural opposition, carries the positive pole in her breasts and heart and the negative pole in her genitals. Between this positive and negative a magnetic field results, and the sexual energy is enabled to stream and spiral upward through the body. This magnetic field between the two opposite poles is called the “rod of magnetism”.

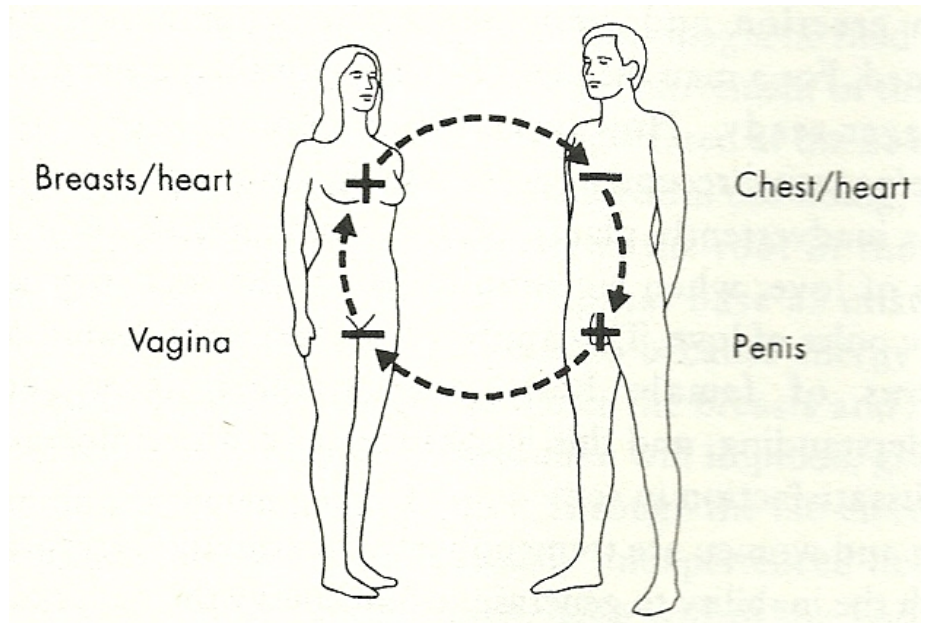
When these two “magnetic rods” are in the presence of each other a powerful magnetic field is created between the bodies. Joined in full-bodied sexual union they are meeting at their opposite poles, an “electrical” circuit is completed. Male energy flows from the penis into the vagina and up toward the woman’s heart. The female energy responds through the breasts by penetrating the heart of the man and flowing downward to his



sex centre. A complete unit is created and the circulating bio-energies have the power to generate flickering light. With this circuit complete the electricity passes back and forth from man to woman with active and passive phases, man becoming woman and woman becoming man. It is a divine bio-electricity which long preceded the modern invention and Tantra refers to this phenomenon as “the circle of light”. This powerful polarity effect represents the highest potential of man and woman together, as a spiritual force through which it is possible to penetrate the mysteries of life.

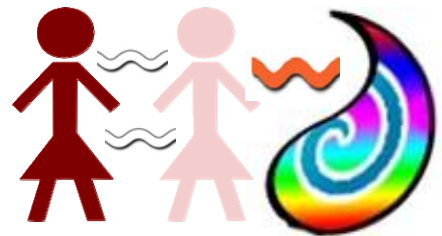
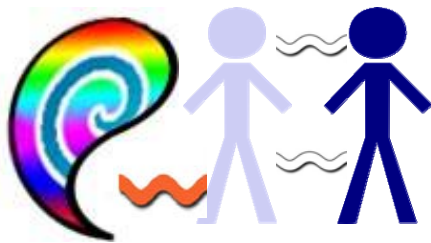
This information about polarities must be drawn into our lovemaking in a very practical way. Since body energy flows, not unlike electricity, from positive to negative, it is the positive poles of the male and female bodies that need to be awakened to initiate the deeper movement of sexual energy. The importance of this approach is signified by Tantra calling the importance of this approach is signified by

Tantra calling the penis and breasts the “positive poles of love”. They are the source of all life, semen from men, milk from women. Treating them as such during foreplay and sex makes all the difference to the quality of the sexual energy generated.



Our real self is a duplex soul, our soul never splits:

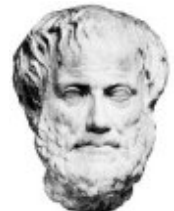
Our two soul halves manifest two personalities.



There are multiple cords connecting the soul to the spirit body as there are multiple cords connecting the spirit body to the material body.

We start living our experiences through our bodies.

“A true friend is one soul in two bodies.” *Aristotle*

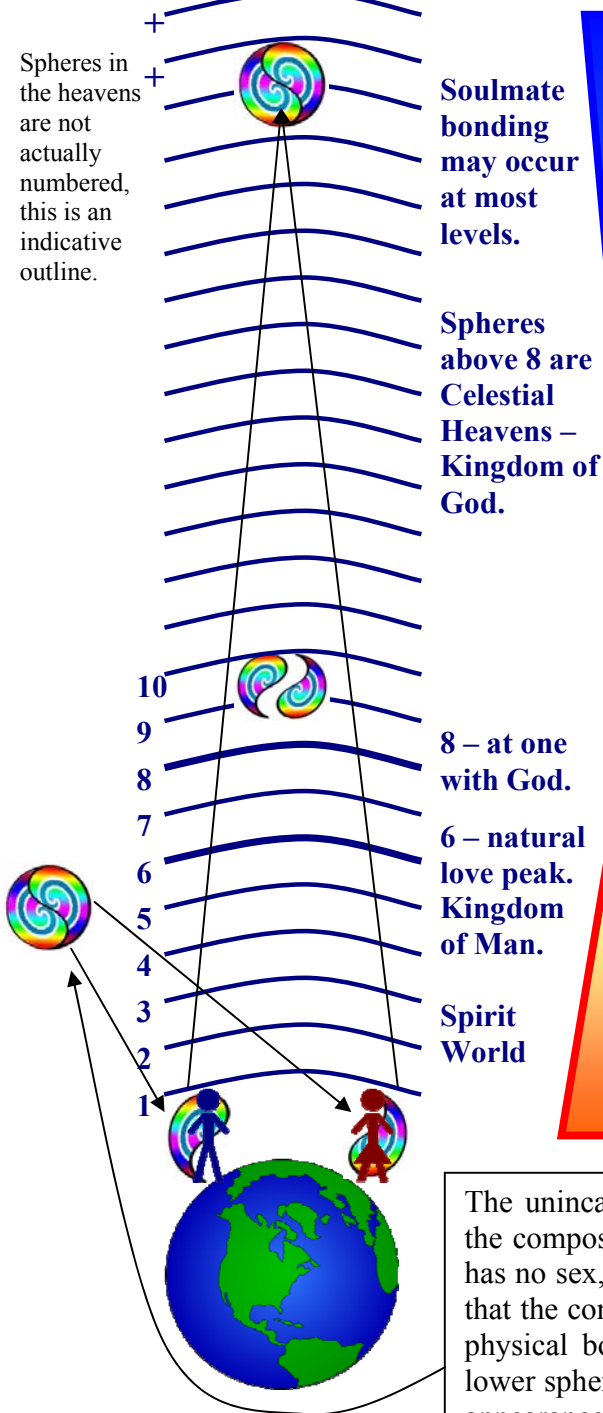


SOULMATE LOVE has NOTHING to do with SEXUALITY:

Soulmate love is enduring for all time.

Natural sexual love is not enduring.

<http://new-birth.net/contemporary/hr43.htm>



Soulmate love doesn't have anything to do with sexuality, neither with the physical body's sex, which the incarnated souls have occupied in their mortal lives. Sexuality and soulmate love move on completely different levels, the first one on the material level, and the second one on a high spiritual level.

Soulmate love is only exceeded by God's Love, which brings perfect fulfilment and supreme happiness.

Soulmate love has nothing to do with sexuality. One is a spiritual love and the other is a natural love. The natural soul doesn't exist in the Celestial Heavens (8th sphere and up), its last remains having already been transformed in the 7th sphere. But soulmate love continues.

5th sphere is when you find your mate.

As a man or a woman progress in love up through the spheres, their physical and sexual attraction for a partner progressively abates. As we move up through the spheres in the spirit world our sexual desires and interests lesson and eventually dissolve. Sexual attraction is a natural love aspect.

The unincarnated soul, waiting to be individualised, sometimes has the composition of two males to be, or two females to be. The soul has no sex, the soul has no gender, it is neither female nor male, and that the condition of woman or man is determined exclusively by the physical body, and that definition continues being reflected in the lower spheres of the spirit world in their spiritual bodies, because the appearance of that body is the product of the soul's creative power, still influenced by its physical experience in the mortal body, but this difference disappears eventually as the soul progresses to higher spheres. The parents determine the sex of the child.

DEVELOPING OUR LOVE:

‘The World's Definition of Love – Session 3’, Brisbane 24 Sep 2011: At the conclusion Mary made a succinct summary which brought so many understandings into perspective. In essence what Mary said was; paraphrased, “Love is the answer”

In approaching emotional processing (releasing emotional blockages / erroneous beliefs), we are presented with two approaches. We can observe ourself and “hunt” for our fear emotions. When processing this way, what we are doing is mounting a vendetta against the error which implies some aspects of control. It could be implied that this approach is more in tune with the Natural Love approach and not the Divine Love approach. This is not suggesting success will not result from this approach, but it is felt that the universe of God’s creation offers another approach.

It could be said that we move towards at-onement / release of erred beliefs stemming from our childhood by:-

Opening ourselves to Creator / God’s love
 Opening ourselves to Creator / God’s truth
 and, Being humble and allowing all emotions to arise within us.

The first of these is to open ourselves to God’s love. This is the essence of what Mary was saying in her summary. God / Father-Mother / Creator has created for us, an approach to resolve our emotional errors. The pathway God created is through opening ourselves to God’s love. By filling ourselves with God’s love as the starting point, as the love grows, the errors automatically arise, but in a very different state.

Compare the two approaches. One approach is to mount a vendetta (an exaggeration, but degrees do not matter), the other is to love the error. The starting point of the first approach moves very close to an intellectual approach, the second, to an emotionally loving approach. It is suggested the starting point has a great effect on the outcome of the actual processing.

Mary has suggested that if we take the first approach and included in this was creating circumstances (fabricating error) which causes fear to arise within us, we do not experience the joy which should result from resolving such errors.

By allowing the error to arise in the state of love, only real emotional errors arise. Because the resolution occurs also in the state of love, a significant level of joy results at the conclusion.

Our universe was created by an unconditionally loving Mother. Because She is loving, at the very least the universe She created cannot be anything but loving. It is only my/our emotional errors which prevent me/us from seeing this.

We may be perplexed by the free will that we have been gifted. If we have free will why does the universe continually confront us with our errors / false beliefs. It even seems to increase the magnitude of the errors until we are eventually compelled to resolve them. This suggested, we really do not have any free will at all. But then the realisation dawned that a kinship aspect of love is nurturing. Love does

not exist without nurture. It is not possible for God's creation, our world, not to nurture us on the pathway to at-onement. All we have to do is be willing to allow the process to occur.

Maybe we do not have to hunt for our errors. God has so created our world that if we open ourselves to His/Her love, they will become apparent in a loving manner; and in the order we need to process them. In addition each time we follow God's plan in this regard, we will be filled with significantly more joyous love.

AJ has shown us a way as to how to process our emotional errors. We all will come to understand the process and be successful to varying degrees. Why should we make work for ourselves by hunting for our errors when the pathway of developing our understanding of the love of God / Creator, brings the errors to us in the required order and allows us to process them with love; and brings such joy.

Developing our love for God / Creator, rather than on emotional processing, may be a primary initial focus. The errors may then come up automatically but within the framework of love.

We are born in Love, into a loving universe. When we open our hearts we will start to become love.



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

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

info@pascashealth.com

WHAT DOES 'LOVE' MEAN?

Touching words from the mouths of babes.

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does 'love' mean?' The answers they got were broader and deeper than anyone could have imagined. See what you think:

'When my grandmother got arthritis, she couldn't bend over and paint her toe nails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'

Rebecca – age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

Billy – age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'

Karl – age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'

Chrissie – age 6

'Love is what makes you smile when you're tired.'

Terri – age 4

'Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.'

Danny – age 7

'Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss'

Emily – age 8

'Love is what's in the room with you at Christmas if you stop opening presents and listen.'

Bobby – age 7 (Wow!)

'If you want to learn to love better, you should start with a friend who you hate,'

Nikka – age 6

(we need a few million more Nikka's on this planet)

'Love is when you tell a guy you like his shirt, then he wears it everyday.'

Noelle – age 7

'Love is like a little old woman and a little old man who are still friends even after they know each other so well.'

Tommy – age 6

'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.'

Cindy – age 8

'My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.'

Clare – age 6

'Love is when Mommy gives Daddy the best piece of chicken.'

Elaine – age 5

'Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.'

Chris – age 7

'Love is when your puppy licks your face even after you left him alone all day'

Mary Ann – age 4

'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.'

Lauren – age 4

'When you love somebody, your eyelashes go up and down and little stars come out of you.' (what an image)

Karen – age 7

'Love is when Mommy sees Daddy on the toilet and she doesn't think it's gross.'

Mark – age 6

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'

Jessica – age 8

And the final one -- Author and lecturer [Leo Buscaglia](#) once talked about a contest he was asked to judge. –

[The opposite of love is not hate — it's apathy. It's not giving a damn.](#) [Leo Buscaglia](#)

Kindly consider reviewing the document:

Pascas Care – What is Love?

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.
 It embraces all people.

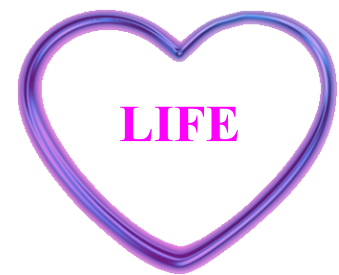
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus’ Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It’s that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

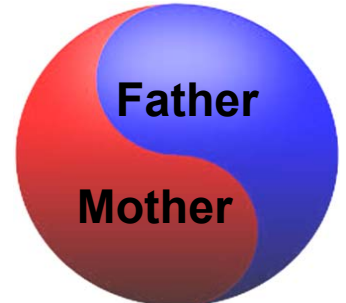
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair’s guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world’s spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.

GOD



M&F



J&M



AVO

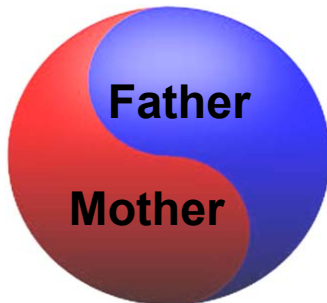


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
 We are to long for the truth of what we are feeling.
 We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.

In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.

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



AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nebadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

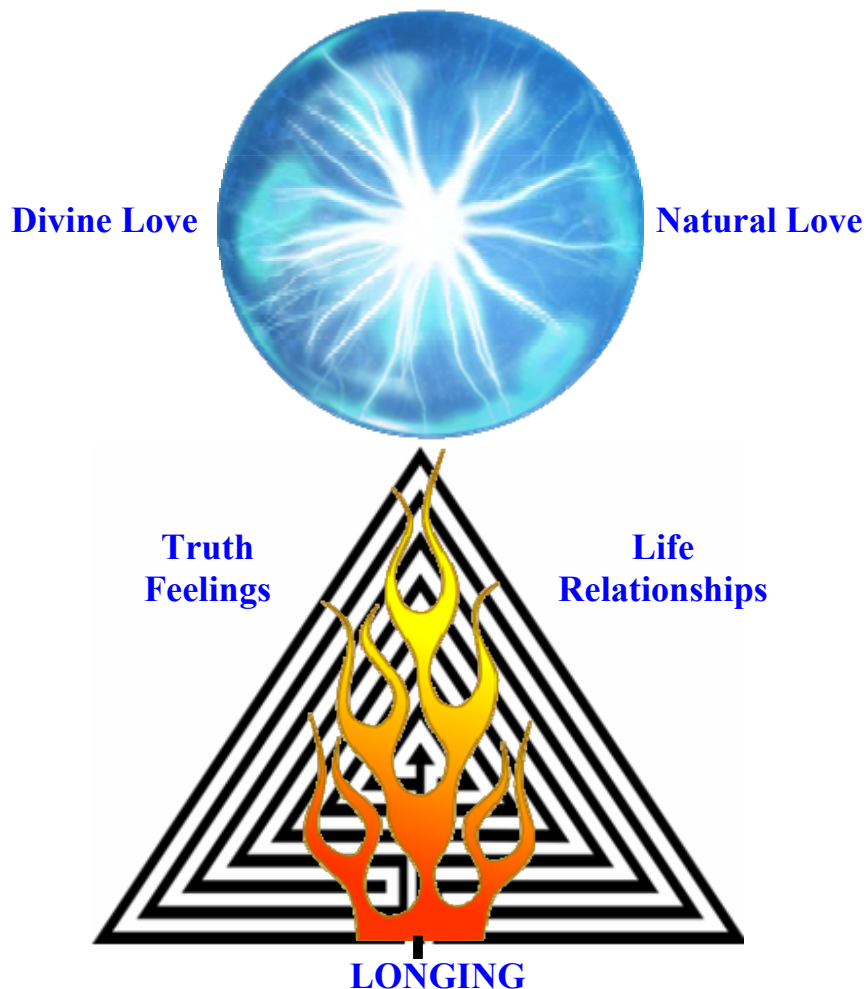
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

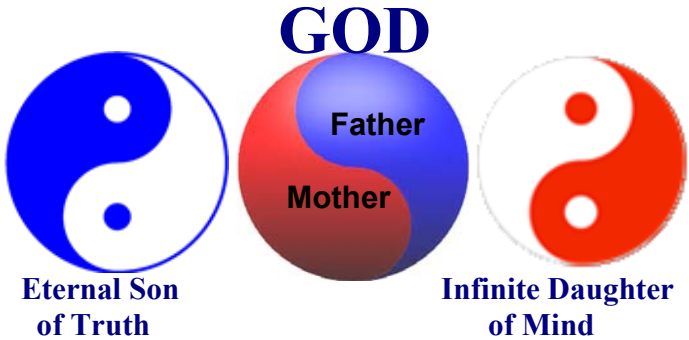
HOW TO GET TO PARADISE:

Long for the Divine Love
 Long for the Truth
 Long for the truth of your feelings
 Don't deny any feelings: accept, express and want to know the truth of them
 Know your feelings are the key; your feelings are the Way
 Want to end your falseness and being untrue
 Want to understand the truth of your early life
 Use your surface feelings to move deeper into yourself, bringing up your repressed feelings
 Want and long to know the whole truth of yourself
 Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
2. **ETERNAL SON (ES) – Divine Truth**
3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

The LOCAL UNIVERSE TRINITY:

Our MOTHER and FATHER – Love

1. **MARY M and JESUS – the Living Truth**
2. **DIVINE MINISTER – Mind (and her Holy Spirit)**
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR – the Feeling Healing process – incarnate**
2. **DAYNAL – TEACHER PAIRS – they do not incarnate**

So in summary:

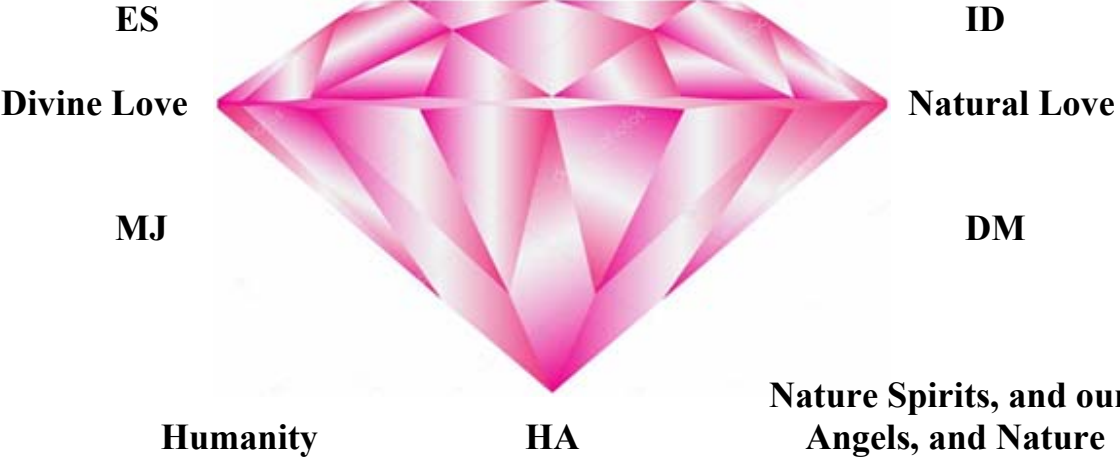
LOVE
Mother and Father

TRUTH
Eternal Son (ES)
Mary & Jesus (MJ)
Humanity (H)

MIND
Infinite Daughter (ID)
Divine Minister and Holy Spirit (DM)
Angels, Nature Spirits, Nature (A)

Consider a diamond:

MF



Mother and Father Heavenly Parents

Creator Son & Daughter

Jesus and Mary

Avonals

as soulmate pairs

Trinity Teachers

as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

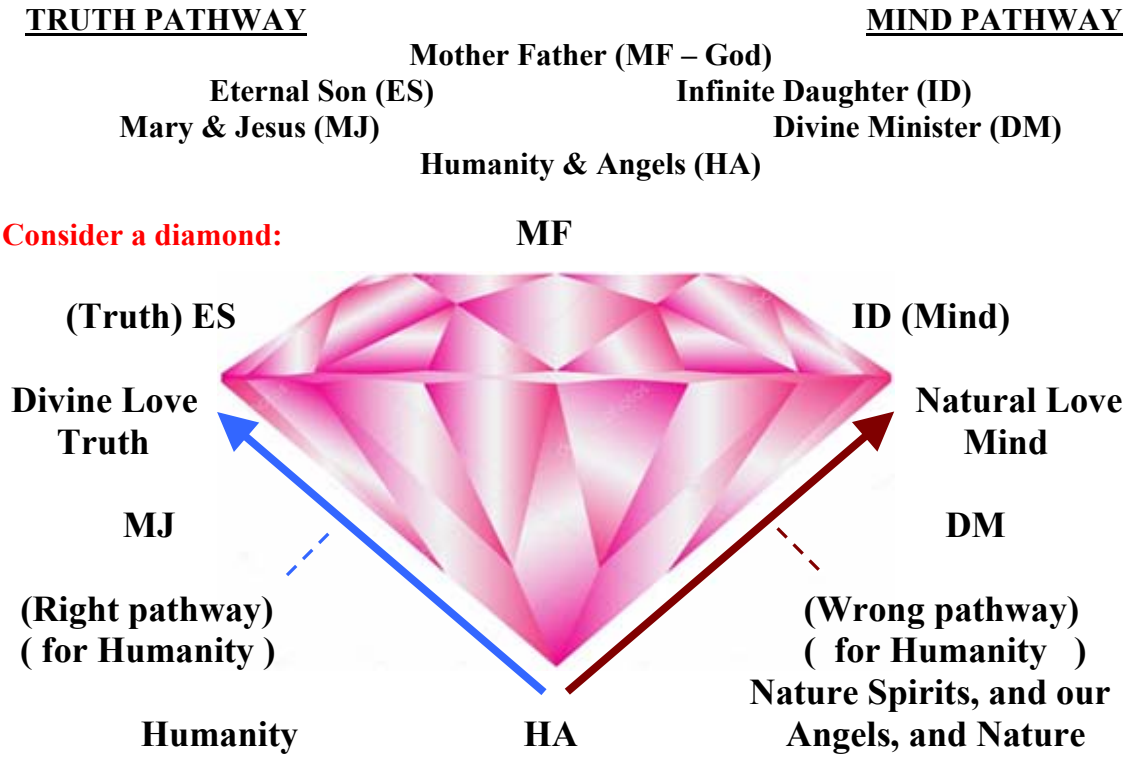
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

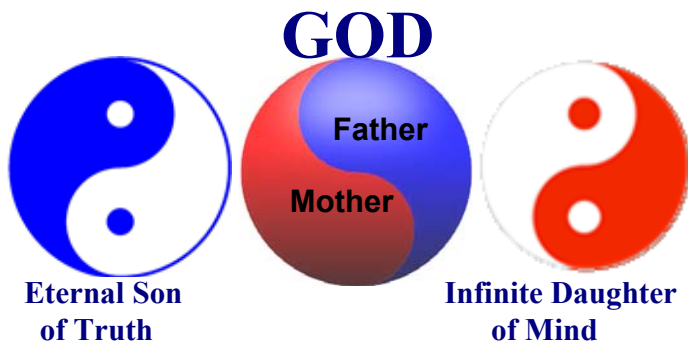
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

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.



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



CREATION of SOUL and SPIRIT:

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

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

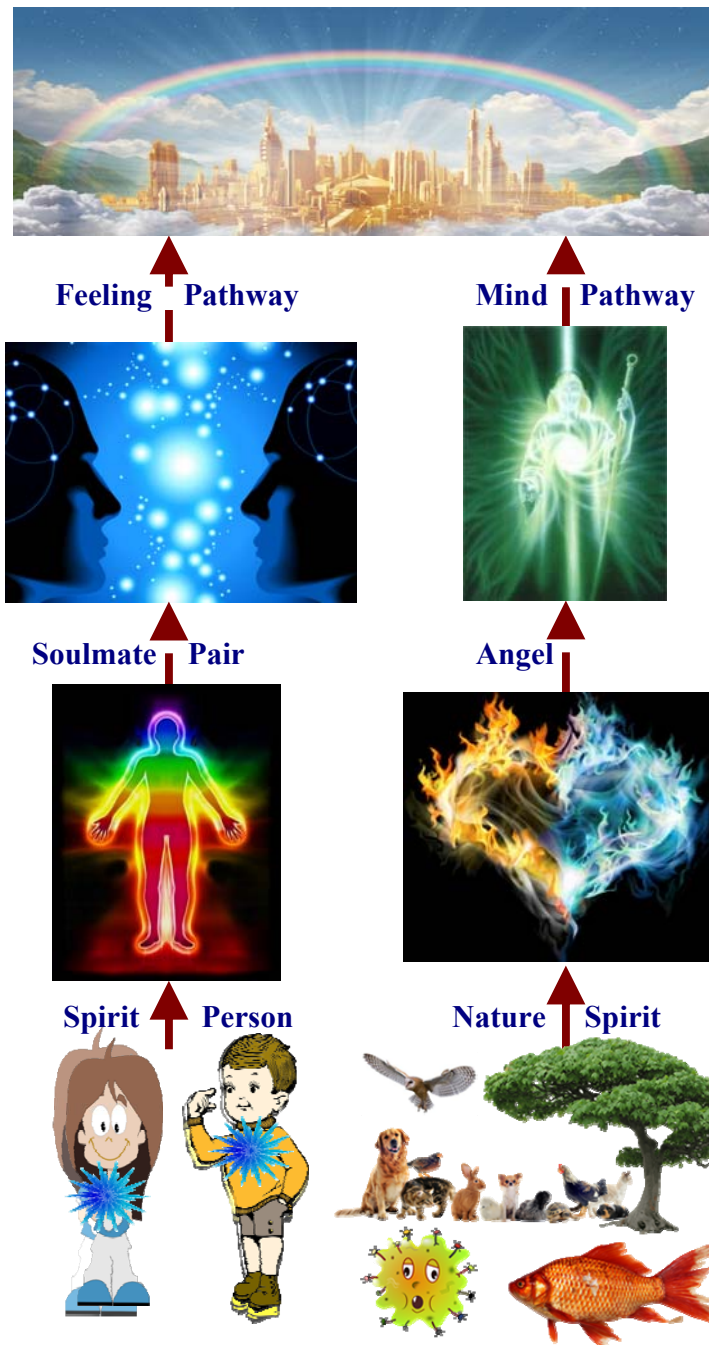
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



Feelings first



MALE INITIATIVE:

What does a man want more than anything in the world? To be loved by a woman.

Why are so many women in long term relationships closing down sexually to men?

Why are so many women choosing to not live in relationship with a man?

In time there emerges sadness within most men as they realize that they have a longing for deep, loving and meaningful connection with a woman that either cannot be established or cannot be sustained.

How many men know how to heal their relationship with a woman?

There is a pathway for men to choose, that allows this healing to take place.

It is sexual attraction that brings men and women together, and it is mostly through sex that they experience problems, alienation and separation.

Questioning beliefs and learning how to deal with emotions around sex are the first steps we need to take to heal our relationship with women.

This paves the way for us and our partner to learn to make love in a way that allows us to experience deep connection, leaving us feeling fulfilled, revitalized and in a state of peace within ourselves and with each other.

The Male Initiative programs and support are provided by:
Gene Thompson gene@maleinitiative.co

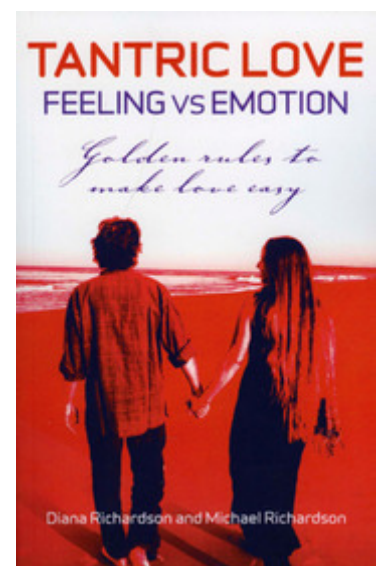
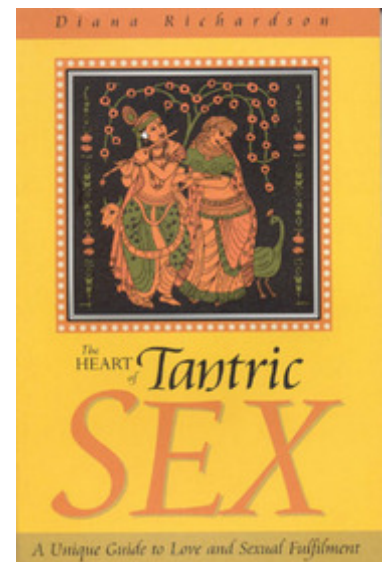
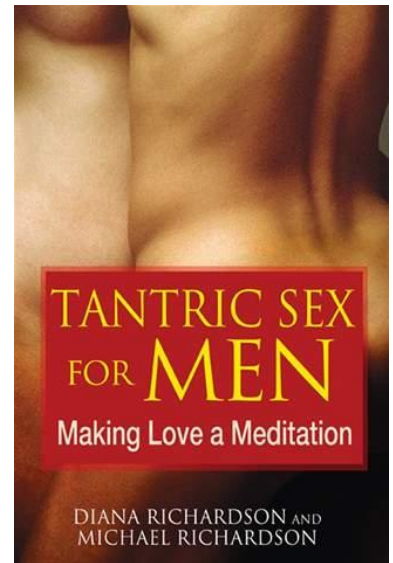
The Female Initiative programs and support are provided by:
Janet McGeever janet@theconsciousheart.com

The recommended reading can be obtain from Gene and Janet should you so please.

Heal our relationships with women. Then make love, not war!

Also visit:

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