

PASCAS CARE

Death & Dying

"More Alive Than Ever"

Always, Karen



“Peace And Spirit Creating Alternative Solutions”

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Pascas Foundation is a not for profit organisation

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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.

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

Living Feelings First, *John.*

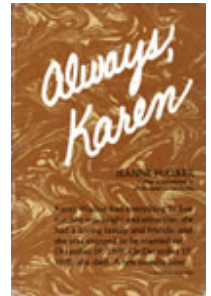


“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

http://new-birth.net/books_life_after_death.htm

Always Karen

by Jeanne Walker



This I expected to be a "nice" book about the after death experiences of a beautiful 21 year old girl who died of cancer in 1970. It's not in print any longer. That means copies can be expensive, and also means it's probably not a book many people have read. The more is the pity.

I am absolutely blown away by the information in this book on the topic of ThoughtForms – a subject that is very rarely even mentioned, and I have never found discussed. It is also in my view, very sound on the subject of reincarnation, and in this it introduces an approach also not often found. It also discusses possession by those so determined to reincarnate that they attach themselves to a physical body and deprive the real incarnate of a life experience. I truly wish I could share this book as a PDF. It's not really about life after death, and probably should be in another of my favourite book lists. But her mother, Jeanne, who was very concerned about proving that the communications were genuine, takes up a lot of the book with that aspect.

More Alive Than Ever.....Always Karen

by Jeanne Walker



The original book was republished under the title "More Alive Than Ever. . . Always, Karen" in 1995. These copies can be many hundreds of dollars secondhand as this newer edition is also out of print. I have included both reviews here, as the books are very similar. There is probably a 90% commonality in content and even entire sentences are repeated exactly the same, yet the minor additional careful editing makes this later book much better for a serious researcher into the occult. For one thing it becomes very clear that ThoughtForms created by discarnates are effective in our material world. That strangely was left unsaid in the earlier book. There is far less emphasis given in this later book to all the proof that Jeanne (understandably) required. And the later book has some few pages covering what transpired in the following 20 years subsequent to the first book.

Evening of 31 May 2012:

Karen visited a small group representing Pascas on this Thursday evening. She was asked for her consent for the publishing and sharing of her material that now follows within this document. She enthusiastically supported the request by conveying a ThoughtForm of her dancing and clapping her applause and support for her material to be shared through this medium by us.

“More Alive Than Ever” Always, Karen:

Introduction:

The cancer started in Karen’s right thigh when she was twenty years old. It spread through the blood into other parts of her body. She fought the disease with all her energy for one year and died of Ewing’s Sarcoma at twenty one on 17 December 1970, two days before her wedding.

She lived a normal life here; when she returned from the other side of life, she became unique.

Jeanne Walker was Karen’s mother. Tom was her father. Jim was her fiancé.

Karen and Tom contacted Reverend George Daisley with clairvoyant and clairaudient gifts of the spirit. He can both hear spirit voices and see the speakers. As it turned out, Karen now from the spirit world prompted her parents to take this step. Subsequently, Karen started to automatic write through her mother. Automatic writing is when the spirit takes control of the living person’s brain and hand and writes as though it was the spirit’s own body.

George Daisley notes: to students of metaphysics, paradise is better known as the astral. It is that area of life eternal in which sooner or later we shall all find ourselves. It interpenetrates Earth with all the atomic vibrations that go into making up our physical planet; it is also a duplicate of Earth – but without the environment desecration. What George is saying is that all the continents of Earth, its rivers, mountains, places, and every form of nature we know is reflected in the astral. While this may seem incredible, it is only further proof that truth is stranger than fiction and is a much more logical interpretation of creation and death than is currently thought.

The basic difference between Earth and the spirit world is vibrational. We cannot see into the afterlife with physical vision because its rate of vibrations is too high, but the world of spirit can discern all that goes on here; so those interested in a particular area of Earth – home and loved ones, for instance – can keep themselves informed. They are aided further because we of Earth exist in “duplicate”; we have not only our physical frame but also a spirit body that carries its own illumination, known as the aura. “There is a natural body, and there is a spiritual body”.

Karen says that all on the other side of life are young. This is true; age is restricted to the physical body, which is burned or otherwise obliterated when it ceases to house the living spirit. This withdraws in its spirit body to the world of spirit where it manifests as a mature being if it has had a long enough Earth life. If it is a young life, it grows over the years to maturity, and schooling forms part of the growing process.

Swedenborg and Life: The Angels We Meet After Death,

http://www.youtube.com/watch?v=8WdzqF34wwQ&feature=em-share_video_user

Chapter 10:

The pen in my (Jeanne/mother) hand moved rapidly and smoothly. After two months of automatic writing, Karen and I had become efficient. I was sufficiently confident that the writing was accurate and that I no longer needed to maintain the double consciousness. I could pay attention to what she said and ask questions. Until then she (Karen) had used the writing to remind me of the stories about her that she wanted me to tell (via this book).

One day she said, “I want to describe what happened when I came across to this side. It will give me an opportunity to explain the sort of thing that happens to many people who come across.” (after they die).

“Are you sure I can get it right?” I (mom) asked.

“I can correct you.” (Karen)

I knew that. Whenever Karen took over the pen, I felt a tingling in my hand and arm. When I sometimes wrote words she did not intend, the tingling stopped and the pen refused to move. On one occasion, the pen had dropped to the table as she seemed to force it out of my hand.

☺ ☺ ☺

“Listen to the story of my first birthday here (in the spirit world) – one year after here passing”, she wrote. “Mom, the night after you and I talked and you gave me permission to go on, I slept. Then I was out of bed walking normally and feeling fabulous. People surrounded me, some I knew from the past and others I had never met. They seemed to be having a party, and I was the guest of honour. They greeted me with ‘Happy Birthday’.

“Granddad was there. I hadn’t seen him for eight years, but he looked the same. You know, Mom, how his iron-gray hair stuck straight up above his high forehead and made him look perpetually surprised. His matching iron-gray suit looked exactly like the one I had last seen him wear.”



I (mom) smiled. “His new suits always looked just like the old ones,” I said aloud.

The pen made a little squiggle, a movement that often seemed to come at a moment when Karen would normally laugh or chuckle. “Didn’t they though?” she said, “As a child I was convinced he slept in a gray suit, white shirt and blue tie. When he hugged me the day I came across, he smelled like gray wool and the maple-flavoured pipe tobacco he always carried in the pouch in his inside breast pocket”.

She continued telling about her crossing. “A woman standing next to Granddad said, ‘Remember me?’”

“Mom, it was Sarah Gant. She looked the same as before. We talked about the Saturday night enchilada dinners at her house and the candy jar filled with treats for me to choose from. And Laddie was with her; he jumped on me and licked my face.”

Laddie had been the Gants' collie dog. After the enchilada dinners Karen would sit on a huge leather footstool with Laddie beside her and watch television.

"Other people greeted me," Karen wrote. "They distracted me for a while, but then a wave of sadness washed over me. I wanted to know about you and Dad and Jim".

Sarah read my thoughts. 'Karen, I've known Jeanne and Tom for years. Your parents will miss you terribly, but they are receptive. You will find a way to talk to them. Not everyone can do that, but you can. And they will take care of your love, Jim.'

"She took my hand and performed some small magic that temporarily erased my sadness. For the next hour I danced on my new perfect leg at my birthday party – the party that welcomed me to my new world." (Her leg bone had decayed and broken during her cancer experience which started in her thigh.)

The pen moved ponderously as it wrote the next words.

"Many times in the next days I would think: *Dying is easy. Separation is the hard part.*"



The next day my hand tingled again and Karen took over. She wrote, "I made my transition easily. Some people have to be put to sleep until they can be treated to help them make the adjustment. For two reasons, I didn't have to wait. The depression, anxiety and darkness I had experienced during my illness prepared me. Also, you and Dad released me. Your willingness to let me go gave me a head start here".

"I'm glad," I (mom) said aloud. "Were you happy? Sad? Angry?"

"All of that and more. I was happy. Within twenty-four hours I acclimated to my new world and loved it. Such relief and freedom after a year of pain and crutches, to be able to walk normally and feel great. I felt better than I had ever felt on Earth. I was happy, and baffled too."

"Why?"

"Because everyone seemed the same. Granddad. Sarah. Except for feeling good, I was the same Karen. I asked Sarah how this could be Heaven or Hell when everything was so nearly the same as before."

"What did she say?"

"She said that it's neither. It's all one 'place'. Then she brought me fully into my new world. One minute I saw her as the former Sarah; the next instant she glowed with light and colour."

"How did she accomplish that magic?" I asked.

"She raised my frequency so that I moved into my new body."



CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One's Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
 A calibration increase of 1 point is in fact a 10 fold increase in energy.
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
 Thus the energy differentials are in fact enormous!

NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:

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

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

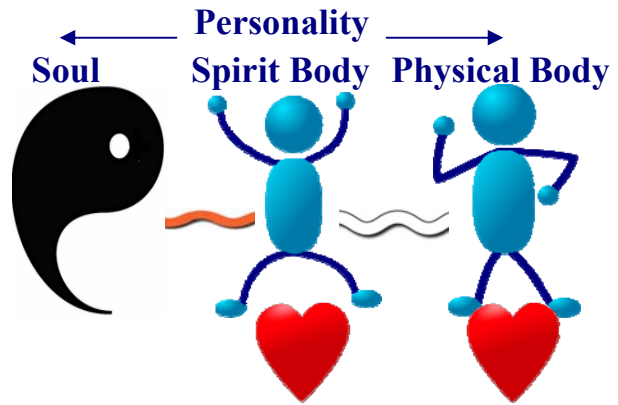
Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition.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

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

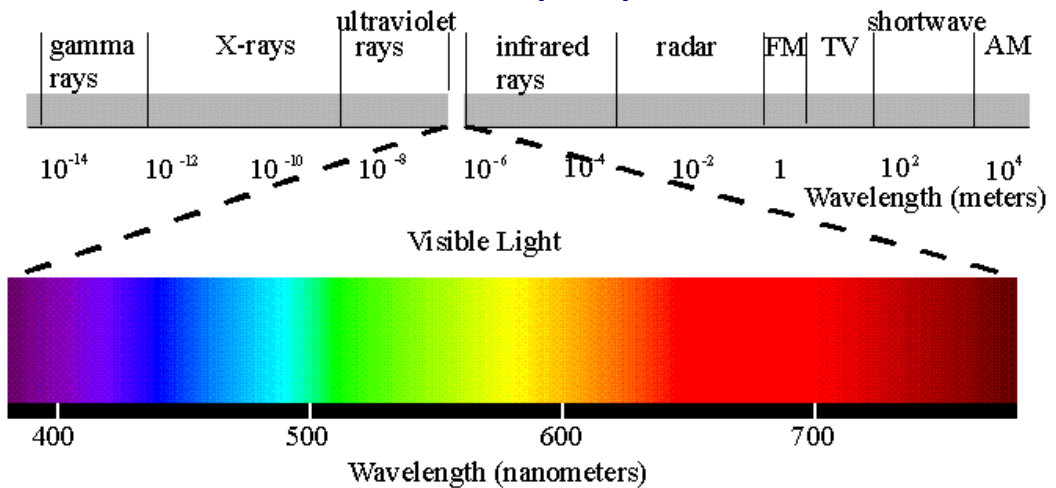
PURPOSE of ORGANS within OUR BODIES:

How the organs within the physical body as well as the spiritual body is dependent upon the soul. The organs all work to keep the soul connected to the body. This is to enable the soul to experience life through the body.

The rate at which the heart beats within the spirit body is much faster than within the physical body.



Visibility: Body - limited sight of colour.
 Spirit - expanded visibility.
 Soul - complete spectrum of colour.



The pen stalled for a minute then Karen wrote. “One of the first requests I made was to see you and Dad and Jim. Of course you were grieving. That made me sad and angry. I said to Sarah, ‘How unfair to have to die so young: ahead of Mom and Dad and without marrying Jim.’ A part of me wanted to blow up the universe.”

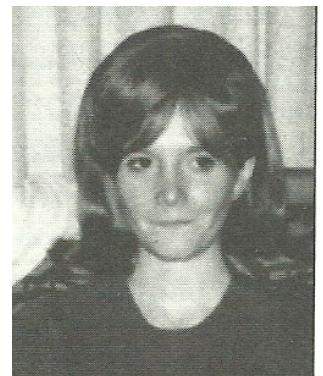
“You grieve too?” I (mom) asked.

“Our personal loss is as deep as yours. In addition, your grief pulls us back. Some people can’t handle it. If their bereavement is too devastating, either because of their own personalities or because those left behind are too demanding, they must remain unconscious for a longer period.”

“But you said you were angry as well. Did you make any attempt to ‘blow up the universe?’” I asked.

“I’m too civilized for that. After all, my mother raised me to behave properly.”

I could picture Karen giving a rueful smile.



“I did have a terrible moment two days after I arrived,” she said, “when I realized that it should have been my wedding day. I was devastated. I looked for Jim and saw that he hadn’t remembered yet. Thank God for that.”

“What other reactions did you have?” asked mom.

The pen seemed to hesitate. “Well, shock. I thought you had made bizarre arrangements for my body. When I saw that you planned cremation, I yelled, ‘How could you permanently destroy such a beautiful body. Stop it.’

“Sarah calmed me by saying, ‘It doesn’t matter. You won’t need that tired old thing ever again. Besides, you will be more beautiful here.’ She explained why cremation was good. It was often better for the person who had passed over to be rid of the body entirely. That eliminated the close attachment that some people feel for their old life. Once you disposed of my body so permanently, you freed me to start my new life,” said Karen.

When I knew about Karen’s dismay about cremation, I felt guilty. Her last words had comforted me. Still, I said, “I’m sorry that we upset you. It just seemed a cleaner way of reaching closure.”

Karen answered, “I was afraid that telling you would send you on a guilt trip. Don’t let it. You did the right thing. Actually, you opened the way for me to think about how people on both sides handle death. And you opened the way for me to talk about it to our readers, so I’ll say one more thing. Either method of disposal – burial or cremation – that returns the body to its natural components is good. ‘Ashes to ashes, dust to dust’ makes complete sense.”

“I suppose if you were shocked at cremation, you were equally shocked that we had no funeral service.”

I felt the pen squiggle as though she might be laughing. “I was beyond surprise by then, at first I pouted because I wouldn’t have a funeral with relatives and friends, masses of flowers, a eulogy, and much weeping. But Mom, what you did was perfect. You set aside that specific time at 2.00 pm on December 19. When each friend took that time alone to think about me, pray for me, talk to me. I was overwhelmed with more love than I’ve never known before. It was so powerful that it became a garment I have worn with joy ever since. When I explain ThoughtForms to you, you will understand.”

With those reassuring words, Karen stopped the writing for another day.

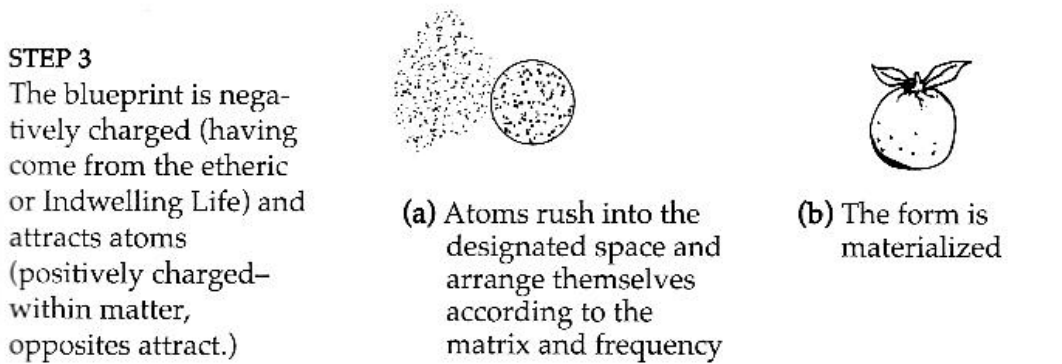
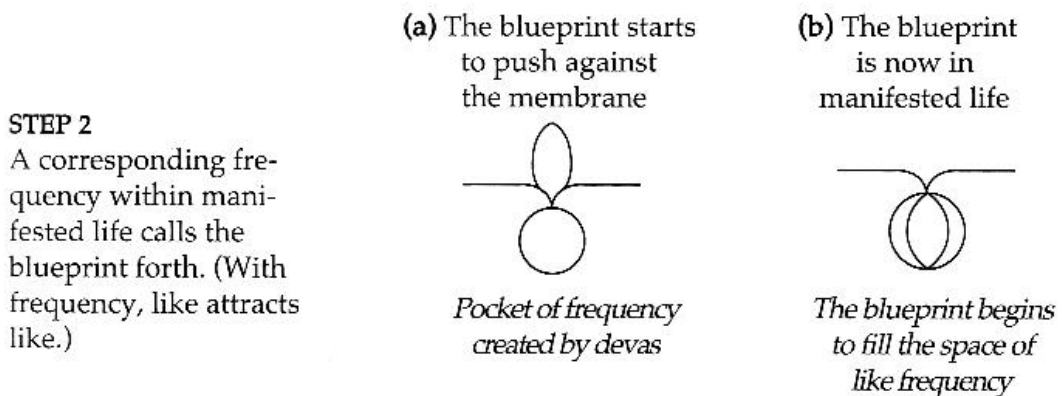
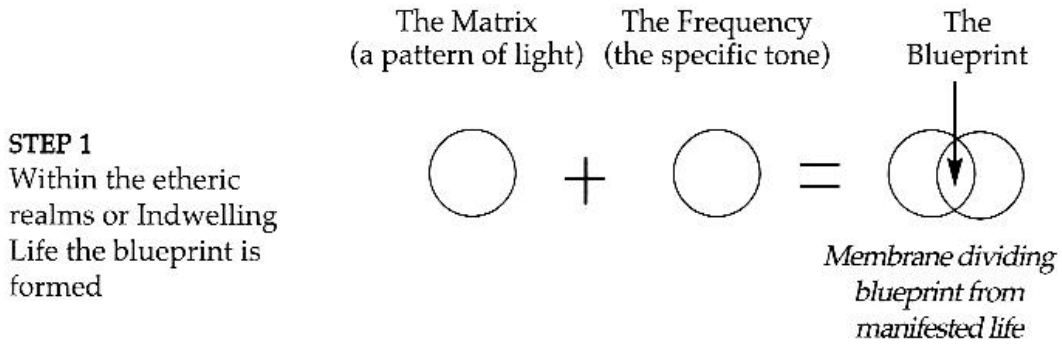


Several days later she wrote, “Grief is a strong natural emotion that some people literally wear. I could see it around you and Dad and Jim. I had to help, so I talked with Sarah.”

“Sarah said, ‘Your parents are receptive people and can be guided; they can help Jim and others. You must not let their grief drag you down, and helping them is the best way to avoid this danger.’”

I protested. “I understand your needing to help, but I don’t see how we could be expected not to grieve.”

How Matter is Formed



“Of course, everyone grieves for loved ones. Most people try to postpone it by finding something to do until some time has passed. I (Karen) did that, and so did you. Jim went to his parents’ house for Christmas, so he could absorb the love of his family. You went on your trip. I got busy.”

“Sarah and others told me, ‘Set yourself a goal, to make your presence so certain to your family that they will never doubt you are with them.’ They suggested helping you locate a medium so I could prove my continued presence with you.

“Dad’s need to find and protect me was greater than yours, so I impressed him with the idea of looking for a medium. You had read Bishop Pike’s *The Other Side* only a few weeks before my last hospital stay. That made you remember Reverend Daisley. I sent you on that farcical search for psychics in San Francisco to set the scene for the success with Reverend Daisley.”

“You did keep us amused” said mom.

Karen squiggled her laugh. “Some day Dad will realize that I got even for all the practical jokes he played on me over the years.”

She continued, “A group of people here pitched in to train me for my upcoming debut as a medium from this side. At least a dozen participated and many more watched the sitting you had with Daisley. A clear contact with your side is an event here. They were hoping for that.

“An actual team of people on this side represented a variety of talents: the equivalent of nurses, teachers, mediums, guides, writers, thinkers, and technicians all participated.”

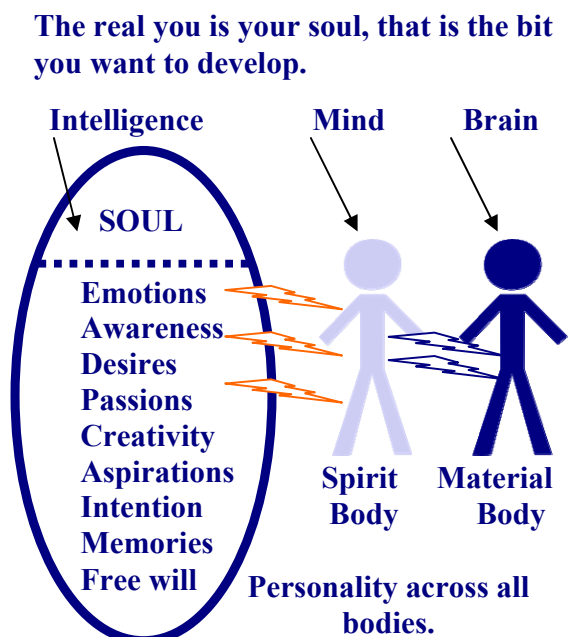
Mom couldn’t resist interrupting. “I think I understand the reasons for all those people, but I’m curious about the technicians. Are these the equivalent of people on my side who handle cameras and microphones?”

Karen responded: “In a way. Think about the technology you use for communication to transmit words, voices, and pictures. Electricity is the medium, the go-between. Your technicians manipulate electrical frequencies. On our side, we can transmit directly through thought; we don’t need electricity. Our technicians directly manipulate the frequencies of the actual people, the mediums on both sides involved in the communication.”

“Whether technicians work with a medium like Daisley for a sitting or work with you to help you receive this automatic writing, the method is the same. They control and protect your body; at the same time they raise the frequency of your mind.”

“Frequency? Some kind of vibration? I didn’t know I had a frequency” asked mom.

“I suppose not, but you can figure out what it is.” She paused. “A thinker just gave me a definition.”



Mom pictured someone handing Karen a scrap of paper with a written definition for her to read. Later, when mom learned more about their communication, she realised no one handed anyone anything. More likely someone directed a ThoughtForm her way.

Karen said, “Electrical frequency is the number of repetitions of unit time of a complete waveform, as of electric current. From that can you figure out what biological frequency is?”

Mom tried to oblige. “I suppose it’s the number of repetitions or vibrations of unit time of ...,” she struggled, “... of a body?”

“Not bad. But forget the idea of vibration. That’s reducing frequency to tuning forks. What I’m after is closer to energy: vigour or power in action; the capacity for action or accomplishment. Relate that to humans.”

“Being,” mom said without thinking.

“Good for you. What do you mean by being?”

“An inward feeling of self. My individual consciousness.”

“Right. And your being or consciousness resides in a body. So does mine. Your being (and mine) is the real you, the seed of self. Frequency is the individual consciousness in motion. Bodies are only the shells that consciousness inhabits.”



A newly individualising soul is just a tiny invisible spark.

I (mom) tried to follow Karen’s thought as she said, “Go back to the definition you struggled with: human frequency is the number of repetitions of unit time of a body. But since bodies contain consciousness and consciousness is the real self, the definition I will give now would be more accurate: *Frequency is the number of repetitions of unit time of an individual consciousness.*”

“Mom, even though your individual consciousness is well developed, it nonetheless lacks energy because it is hampered by the density of your world. It is obstructed. Its frequency must be raised for it to receive messages from me.”

“Technicians do that. They step up the number of repetitions of unit time of your being, your consciousness. Later I can explain more clearly the method they use. Perhaps this will help. Just as on your side your technicians use electricity as a conduit, technicians here use thought projections. Because the body houses your consciousness, it must be kept safe and comfortable during the raising of your frequency. Our medics here do that.”

The pen stopped for a moment, then resumed. “Your medics tell me you’ve had enough for today. See you later.”



I graded a stack of student essays, so two days passed before Karen took over my pen again.

Karen said, “When that first sitting with Reverend Daisley was over, people here celebrated with our equivalent of back-slapping and hugging. We were jubilant about accomplishing our goal.

“That was when Sarah told me their real plan. ‘This is only the beginning for you, Karen. You have a job to do – to contact as many people on Earth plane as possible with the message of assurance about our lives.’

“I thought she was joking. This had to be a job for experts, not a rookie like me. ‘I’ve only been here a few days. Why me?’

“Sarah grinned and said, ‘Because you’re an A student (she was during school years). Because this is the way angels earn their wings.’”

Mom stopped the pen and said aloud, “I can almost hear her saying that. I guess she meant it.”

Karen said, “Sarah told me not to worry, that I wasn’t alone. Many people before me have done this. I am only one of a chain of individuals chosen to serve the great purpose of evolution.”

”Why you?” mom asked.

“My question exactly. She said it was because of my talents and yours, Mum. They’ve observed that you and I have a close telepathic relationship. We’re mental mediums. I can easily impress you with ideas.”

Mom nodded. “What else did you learn?”

Karen said, “I wanted to know how we would get the message across, and she told me that you and I would write a book.”

Mom had to have her say. “It seems they were pretty sure of me.”

“They have their ways of working. They impressed you with the importance of the knowledge of continued life through a series of incidents. One was Gram. I tried to comfort her but with little success, so I had you write her about sitting with Daisley. You were surprised at how readily she believed.”

Karen continued, “You told a few friends about the sittings and were amazed that no one thought them weird. For example, Carole, my old high school buddy, dreaded to come to see you, so she waited several weeks. When she finally did arrive and you told her about contact with me, she also became a believer. She talks to me aloud occasionally. And by the way, she’s expecting a baby, a girl.”

Mom was surprised. “She hasn’t told me.”

“You’ll get an announcement.”

Karen went on describing her efforts to convince me to write by working with Jim. “My biggest challenge was Jim (fiancé). I wanted so to comfort him; he was inconsolable. The messages I sent through Reverend Daisley were for him as much as for you, and they helped, but not enough. [The beautiful letter of reassurance that Karen sent to Jim via me is reproduced at the end of this chapter so that others may find comfort in it too.]

“After Christmas he went back to school, so lonely. He came to talk to you and Dad about quitting school. I knew I had to get through to him some way. I tried and tried to make him hear me, but I couldn’t. Finally I kicked him on the shin the way I had when we studied together. I could tell by his reaction he had felt it physically.

“It startled me too. I yelled at him. ‘Are you a man or aren’t you? I’ve invested too much of my life in you to let you give up now. If you don’t finish school now, you’ll never finish.’

“He rushed home to tell you what I’d said.”

“I know,” Mom told Karen. “He kept saying, ‘She really kicked me; I felt it.’ When we asked what he planned to do, he said, ‘Stay in school, of course. She’s really here. I can’t let her down now.’”

Mom was curious. “How did you make him feel an actual physical kick?”

“A ThoughtForm. Be patient. I’ll tell you about that soon.”

Karen came back to her own agenda. “It took some doing on our part, but you finally started to write the book. Such a sentimental female you are,” she teased me. “You want to wring tears from everyone. I had to wait until you became disgusted with the effort before I could get through, and then I had to sneak up on you. The doubts and anguish almost did us in, but how can I blame you?” She forgave me with her next sentence. “In your position I would probably have quit on the first day.”



My arm tingled more than usual. The pen picked up speed and seemed jubilant. “Sarah has become my personal guide. She is such a dear, so loving, and so wise. She has been helping me decide what jobs I want to do here.”

The pen continued. “She tells me that the central reality of your world and mine is the evolution of consciousness. All beings are in evolution toward higher and higher levels of consciousness. Individual evolution functions on your side with little planned participation. However, when a person reaches a certain level of consciousness, usually here in my world, she or he begins to participate actively in aiding the progression of all evolution. Each individual consciousness should participate as her or his abilities and attributes dictate.”

She continues, obviously excited. “My abilities incline me toward teaching and guidance. This makes me suitable to help with the project of this book. I have chosen other ways to serve here as well. I will teach at the university level, and guide young children who come across. I love this. I also plan to guide animals across, as a hobby.”

My mother instinct took over. I questioned the wisdom of so many commitments on Karen’s part. “How can you possibly do all that?”

“We have twenty-four hours a day.” Then she modified her statement. “It seems that way because time is not so restrictive for us as it is for you. We can use it more efficiently.”

Karen quit writing at that point, leaving me intrigued about how they might manipulate time.



Karen wrote one special message through the automatic writing that was “both private and public.”

“This is to Jim” she told me. “Just once in all my messages I must speak directly to him. But it is also for the world to read, for it is a kind of message so many here want desperately to send their dearest one.”



The soul is the real you. The soul resides within the middle of your spirit body and material body. The soul is connected to your spirit body and in turn, the spirit body is connected to the material body. The disconnection of the spirit body from the physical / material body results in the death of the physical body. The luminosity of the soul is reflected through the spirit body. Spirit people cannot see the soul. Spirit people frequently believe that their spirit body is their soul, it is not.

The spirit world encompasses spheres 1 through to 6. As we grow in love, we can progress beyond the spirit world and into the celestial heavens, spheres 8 and higher. Only in the celestial heavens does the soul become visible, the soul being the real you.

Dear Jim,

Such a very long time we've been apart, yet not apart. For you it was often so lonely, frustrating, hopeless. You and I know the awful unfairness of separation. There was no time for our plans: our marriage, our family, our growing closer with the years. In a surge of love we reached for each other only to be swept apart as we barely touched.

But I'm always here, Jim, and you know that. You remember the first contact I made just two nights after our separation. You lay in our spare room trying to sleep, but no sleep would come. I longed so to help. And, Jim, I held you close just as you had held me during those long months just past. Again and again I said, "I'm here, darling. I still love you. I haven't gone anywhere, Jim; please listen." And you heard! I could scarcely contain my joy when you rushed to tell my folks you felt my touch and knew I was there. That gave me courage to go on, too, for I was as bereft as you, yet for the first time I knew I could still contact you when I needed to. We've repeated this experience. As you well know, I am always just a need away.

Two years have passed. The awful ache and loneliness have lessened, and you have moved purposefully ahead. As hard as it was, you went on to finish school. You have fine goals ahead. And I do love you for that. And Jim, how you've matured. Are you aware how much? Few young men have your perception, your sensitivity. You have lifted yourself from the rigidity of physical obstructions. You have the porousness and fluidity of the spiritual.

Now before you sprout wings and I become unrecognizable as a sentimental jerk, I must add that I still want to kick you sometimes. You know when. Just remember we don't kick people we don't love.

Would you believe I'm different too? What would you most have liked to change about me? My vain perfection in grooming? My attempts to dominate? My insecurity about being loved? I'm sorry, but the old complaints would probably remain. Yet I, too, have matured.

This is so difficult to say, but we both know the truth and must face it. Jim, I must keep right on living in my new dimension. You must keep on living for a time in yours. Nothing remains static; we both will continue to change, to grow. So, for the last time let me say: Don't let me down, Jim. Acquire all the quantity you can. Live Earth life to the fullest: work, serve, love. Jim, find someone to share that life with and make it rich. Marry. Have children. Life offers many loves, and we must treasure each one. This is the natural way, and I covet it for you because I love you so.

I, too, must move forward in the natural way for my dimension. My life will also include work, service, and love. Release me to this joyously. Want it for me because you love me.

Life is eternal. Love is eternal. Let's give our testimony to this truth.

Always, Karen

Chapter 11:

”Think about this”, Karen said. “I’m here. Right here.”

So why was that news? “I know,” mom answered. “This is our time for the automatic writing.”

“You’re not paying attention. I mean my world is right here. We live in the same world.”

“Of course. I didn’t think you’d gone to Mars.”

“Then why do you look up when you talk to me?”

That stopped my sarcasm. I didn’t look up. Or did I?

“It’s a typical reflex,” Karen said. “Almost everyone does it. When you think of the dead, when you speak to us, your eyes flick heavenward. But you’re looking in the wrong place. I’m right here beside you. We live in the same world,” Karen repeated.

A pause ensued while I thought about the perception she wanted to correct. At first the point seemed trivial. I had thought the fact that we could communicate was the important thing. Whether her “voice” came from heaven or beside me in my study seemed irrelevant, yet she wanted to discuss it.

I could feel her scribbled chuckle as she said, “I suppose I should be pleased that you don’t look down. At least you assume I made it to heaven.”

I ignored *her* smart-aleck remark and said, “I’ll go along with you. Obviously this means something you want me to understand. You don’t live in heaven. You live in my world somehow, but I don’t see or hear you.”

“Right, You and I live in the same world. The world you experience is a limited version of mine. Our worlds are concentric.”

The writing stopped abruptly, then said, “Wrong word. Try again. Think about something else for a minute and let me take another stab at it.”

I switched my attention to a new stack of student essays sitting on the corner of my desk and began reading the one on top. Pronoun agreement in the third sentence. Fragment in the fourth. That certainly distracted me. (Jeanne is an English teacher.)

The pen began to scribble on Karen’s page just as I found a misspelled word.

“Our worlds are concurrent.” My eyes returned to Karen’s page as the pen wrote. “Yes! You got it.”

Karen continued. “Concentric means having a common centre. That’s too visual. Our worlds are concurrent: happening at the same time; meeting at the same point. They inhabit the same ‘space’ and ‘time’.”

I asked my question again. “Same space and time? So why can’t I see and hear you?”

“Because of the limitation of your physical body. Because your spiritual body isn’t sufficiently fine-tuned to permit it.”

“Sounds like a great idea for a science fiction novel,” I joked. “The main character learns to fine-tune her eyesight and see things no one else can see.”

Karen refused to be diverted. “Here’s the point. I live in the extended world, the real world. You live in a limited aspect of the extended world. You are limited by the restriction of your perception.”

“So you can see or hear me any time you want?” asked Mom.

“Certainly, I modify my frequency when I want to be involved in your world. But our worlds have the same essential elements: trees, dogs, people – rainbows. I see them in their essence, their basic nature; you see them in their likeness, their reflection.”

“And what does a tree look like in its essence?” asked Mom.

“You know. You saw their essence once years ago.”

A picture flashed in my mind. We had lived in Perris, California. Karen was two. On a winter night I awoke about three in the morning unable to sleep but feeling euphoric. Despite the cold of the drafty old parsonage, I felt warm. I wandered in my night-gown and bare feet to the back porch. As I looked into the yard, every living thing seemed to glow from within. Auras of coloured light surrounded the trees. Strands of white light, like webs of thread, connected all of the vegetation and revealed its kinship.

I stared in awe.

Up the road beside the house walked an elderly man and his dog. They too glowed and the white strands connect them with one another, with the trees, with me. I saw my own aura around my outstretched hand. In that instant, I knew the interrelatedness of all living things.

“I was seeing your world?”

“You were seeing the extended world” said Karen.

“How did I do that?” asked Mom.

“By raising your frequency. You remember at that time you were immersed in learning meditation techniques. You lifted yourself out of the density of your body. By practicing meditation, you had earned the momentary breakthrough into the extended universe.”



“The world you see glows?” asked Mom.

“And more. Imagine your other senses involved as well. What sound would you expect to hear from a glowing tree?”

“Some sort of music. Tree music, or whispers perhaps.”

“Close enough. What odour?”

“Depends on the tree. They smell different here, so I suppose they do there” replied Mom.

SUPER SENSORY SENSES

**The real
you is
your
soul.**



**Spirit people
cannot see the soul
until they progress
to the 8th sphere.
Spirits tend to
believe that their
spirit body is the
soul, that is not so.**

SOUL SPIRIT BODY PHYSICAL BODY
PERSONALITY

The super sensory senses are within the soul:

- Soul has many, many senses.
- Spirit body has much higher senses and capabilities than the physical body.
- Body has five sensing tools – sight, smell, touch, hearing, and taste.

When the soul receives Divine Love, even the super sensory senses continue to grow.

Physical Body	↑	we first generally develop our physical senses.
Spirit Body	↑	mind / brain development starts.
Soul	↑	soul development is typically ignored on the planet.

Soulmate development is soul to soul.

Once we open up our soul, we cease to depend upon our bodies, and connect soul to soul.

Karen waited for me to follow through on her thoughts. I complied.

“I suppose they also have taste and feel. And I suppose if the visual images of trees become more awe-inspiring on your side, so do the involvement of the other senses as well.”

“Right,” she agreed. “Everything is intensified, and that is one reason you don’t normally experience the extended world. The intensity would overwhelm you. The full experience must wait until you are ready to leave your present body (material / physical body).”

“So you have a new body. Do you glow like the man I saw on road the night of my ‘experience’?”

(At conception, the material and spirit body form, your soul is attracted to these two bodies at the same time – your soul is the life source for these two bodies. The spirit body is the physical body for the spirit world. The energy of your soul is reflected through your spirit body – your auric field.)

“I glow more, but what you saw gave you a glimpse.”

I thought of a dozen questions.

Karen answered before I could voice any of them. “Hold on. I can’t explain everything at once. Let me give you the ideas in a rational order.

“My thought for this day is that we have one world. You live in a restricted aspect of it; I, in an unlimited aspect. Our worlds are concurrent, inhabiting the same ‘space’ and ‘time’. What you don’t understand is how they function. Our problem is with language. We need some definitions.”

“Such as?” asked Mom.

“Well, ‘limited’ and ‘extended’, aren’t accurate, for example. Let’s get at the idea this way. Today you have a bruise on your shin, and you don’t remember how you got it. It happens to you all the time.”

“I admit I’m clumsy. What’s the message?” asked Mom.

“The message is that you bump into things. Not just you – everyone does. You do it. Your solid world is obstructed.”

“And yours isn’t” commented Mom.

“Because our world is more fluid, it is unobstructed. The difference is in the density of the two. Our unobstructed world consists of much finer, lighter substance. This includes our bodies.”

Those words reminded me. I had once read *The Unobstructed Universe* by Stewart Edward White.

Karen knew my thought. “That’s right, Mom. Locate your copy of that book if you like, but please don’t reread it for the moment. I want the message I am giving to come through my hand. Later you can refer to the book for confirmation.”

I did look for my copy of White’s book and couldn’t locate it. By the time I found it in a box in the garage weeks later, Karen had written this chapter and several more. I’m sure she deliberately prevented my finding the White book. When I did read it, she had already given me three major ideas: we live in the same world; consciousness is the main component of the entire universe; thought is the most important form of consciousness. This last idea became a major theme of the automatic writing and went far beyond anything in S.E. White’s book.

She continued her current theme. “You see the same world we do, only less vividly. It’s like the difference between radio and television. Hearing the news on your car radio informs you. Seeing it on television in colour almost puts you on the scene.”

Karen continued, “In my analogy the radio world is the equivalent of yours; the television world is the equivalent of seeing things as I do. One of the pleasurable differences about my world is not bumping into things.”

Mom asked, “Aside from avoiding bruises, what’s the big deal about that?”

“The big deal is that obstructions promote disease.”

She had hinted at that in the sittings when she said she no longer hurt. “You don’t have disease?” I asked.

“Not to the extent that you do. Consider the true sense of the word. Break it down: dis = absence of; ease = the condition of being without discomfort. Further meanings of “ease” include not only absence from physical pain, but also less worry, agitation, constraint, difficulty. In such an unobstructed world, consciousness can grow.”

She stopped the pen. “Wrong word. Divert your attention and try again,” she ordered.

This time I relaxed, closed my eyes, and tried to make my mind a blank while the pen wrote some more. “Consciousness can evolve.”

The pen slid from my hand. I grabbed it back and it wrote one more sentence. “Consciousness is the central reality in both the obstructed and unobstructed worlds. The main purpose of the universe is the *evolution* of consciousness.”



Two days later, the pen asked a question to get the writing restarted. “So, what do you know?”

“That you’re here.” I can be a good student.

“What else do you know – about yourself?”

“I suppose I know that I’m here too.”

”Clever lady,” Karen applauded. “You took a few philosophy classes in college. What did you learn?”

I parroted Descartes. “*Cogito ergo sum*. I think, therefore I am.”

“Yea, Mom! You know that you exist as an ‘I-Am’.”

I co-operated and followed up on the logic. “Even though I believe I perceive other people, other entities, I can’t know *they* exist the way I know that *I* exist. Therefore, I can only *know* my own consciousness.”

“That’s it!” The pen seemed to shout. “Consciousness is the key word. What was the last thing I said to you the other day?”

I checked the writing to be sure I was accurate. I read aloud. “Consciousness is the central reality in both the obstructed and unobstructed worlds. The main purpose of the universe is the evolution of consciousness.”

“Good. What does that suggest?” asked Karen.

“That my consciousness is evolving. And so is yours and your dad’s and everyone’s, I suppose.”

“Good, again. Evolving how?”

That wasn’t so easy. “I guess by gradually changing into a different and more complex and perhaps better form. But ...” I finally asked, “Is consciousness only human? Even though consciousness in humans implies self-awareness, isn’t there another level of consciousness, perhaps simple awareness? A dog may not think about its own existence, but it has awareness at a level of sensing or perceiving. For all I know, so does a plant.”

“Exactly. Consciousness comes in many degrees. Many of them below the level of self consciousness. Here’s the key. Consciousness is any degree or awareness that can modify and change of its own accord.”

I hesitated because my next thought seemed so farfetched. “That would seem to include entities as primitive as cells.”

Karen answered, “It would indeed. Individual cells are self-perpetuating; in response to outside stimuli, they modify and change – evolve – of their own volition. They contain a physical mechanism that allows for modification to take place. They don’t ‘think’ like the human mind, but they do function at their own level. The ‘thought’ produced by a cell is bred into it through DNA. Any modification in the genes, and ultimately in the cell, is pretty much automatic. Nonetheless, because genes respond to environmental stimuli and because they can modify, they are bits of consciousness in evolution.”

She paused to let me absorb her definition of consciousness. I had a question. “If consciousness is any degree of awareness that can modify and change of its own accord, then is it possible that the most important form of consciousness is thought itself?”

For the moment, Karen didn’t answer directly. She only said, “The key to understanding consciousness and evolution is thought.”

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.

EARTH BOUND SPIRITS:

The vast majority of humanity pass into the spirit world in a 1st sphere condition. They are still strongly attached to the Earth planes. Even as they progress upwards into the 2nd sphere they may continue to remain attracted to the Earth. Progressively they lose interest as they progress in their growth in love and subsequently leave the Earth for other locations.

The number of spirit people that remain attached to the Earth is considered to be the equivalent to three times the number people physically alive on the planet at this time. That suggests that about 21 billion spirit people are constantly reflecting upon and retaining interest in our physical community of more than 7 billion people.

3rd Sphere – Truth is told at all times.

2nd Sphere – One follows his/her desires.

1st Sphere – Actions dominated by fear.

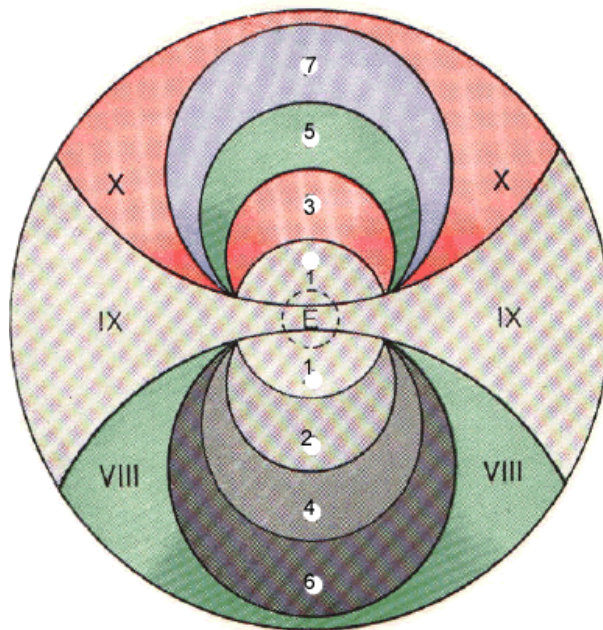
GATE OF HEAVEN by Robert James Lees:

<http://new-birth.net/misc/misc24.htm>

Reference; the third book of RJ Lees – "Gate of Heaven" a web page of the diagram found at the beginning of that book very clearly shows the sleep state as occurring in a physically different location from the Spheres.

This extract is from the book "The Gate of Heaven" by R.J. Lees and it has a diagram of the spirit spheres, spheres of natural love that reach to the 6th sphere, whereas Divine Love spheres go on and on and on, and the diagram illustrates that the sleep state also has a specific locality.

THE HEAVEN and EARTH SECTIONAL DIAGRAM



EXPLANATION OF THE DIAGRAM

The outer circle indicates the position of the Psychic Sphere. The ‘firmament’ or heaven of Gen. i, 8. This, as described in the following pages, embraces every provision for the reception and maturing of the newly-born soul until it reaches the Spiritual condition of a son of God.

E. The Earth. Its position in the Physical indicated by the dotted circle.

I-VII. The Seven Spheres, or Intermediate State. The Schoolroom where the youth of the soul is passed in Spiritual preparation.

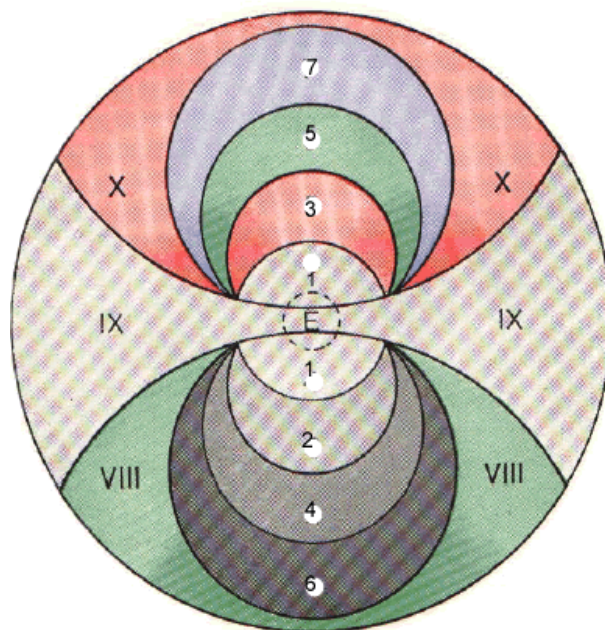
VIII. The location of the uncultured, or “nations that forget God,” in which they are suitably instructed and prepared.

IX. The Sleep State, where the sleep-life is spent by all mankind in communion with the departed. (Job xxxiii, 14-18.)

X. The Great Nursery, where children who pass away prior to birth, or before they “know to refuse the evil, and choose the good” (Isa. vii, 16), are developed and educated. –

This diagram is interesting, but I would caution about assuming any large degree of accuracy concerning it. But it does very clearly suggest that "sleepers" interact in a very specific location.

Considering this diagram, I have had a few thoughts. Firstly, it's interesting that all this is in a sphere. Secondly, this layout leads itself directly to the point made in the Padgett Messages that there are Divine Love spheres, and Natural Love Spheres. That is, there are spheres which are predominantly natural love orientated and there are spheres that are Divine Love orientated. Without really knowing if I am right, this is how I would see it:





1st SPHERE SPIRIT WORLD CONDITIONS:

The first sphere spirit world is the destination for all who shed their physical body, be it moments after incarnation / conception, or any time during gestation, or later on through one's life in the physical realm of Earth.

After a period of 'acclimatisation' of around three months in one of the many receiving station within the 1st sphere, one's soul condition will then determine the plane and location of one's living within the spirit worlds will begin.

The conditions within the 1st natural love spirit world range from the dull and dreary condition of a remote wild west township or an outback community in a semi arid environment all the way through to the most wonderful environment and conditions to be found on Earth.

Thus, we are drawn by our soul condition to habitat in an environment that we have brought our own condition to be, and to live with spirit people of very similar soul condition.

Even though our arrival into a receiving station within the 1st spirit world sphere will be a delightful condition, as our memory starts to become active then we will find ourselves being drawn by the gravity that matches our soul condition.

If we are inclined to cause harm to others we will be drawn into the darker Spheres of Disharmony. If we are developed in the embracement and acceptance of the Father's Love we will most likely progress to the 1st Divine Sphere, being the first of the Divine Love Spheres numbered 3, 5 and 7.

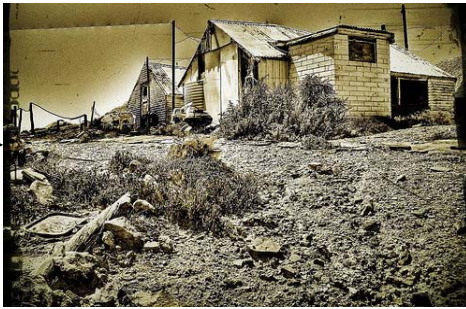


1st SPHERE ASPECTS:
Summerland, etc, nurseries



Summerland, etc., are beautiful regions of 1st sphere.

Summerland, etc, are within the highest planes of the 1st Mansion World / sphere.
There are 1,000s of plains in the 1st sphere.



Ambience of mid range plains of the 1st sphere is where the majority of humanity pass into.



2 Planes of Disharmony / Earth:
The hells are unimaginable places of darkness.
Consider you are stuck at the end of the deepest longest mine ever, on your own, without any lights!



SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.

Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.



Natural Love sphere progression stops at sphere 6. With only the natural love, progression is through spheres 1, 2, 4, and 6 only.

Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.

One can embrace Divine Love at any time and move to DL sphere 3 and continue.

The Divine Love spheres 3, 5, 7, 8, 9, and 10 were opened by Jesus.

On death of the physical body we all arrive in the 1st Natural Love sphere.

Earth is for the individualisation of souls being the commencements of one’s journey home toward the Source Soul.

The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1st Natural Love sphere and continue in their progression onto higher spheres.

The Pre-Incarnational Sphere is the waiting area for souls to be individualised / incarnated.

There are seven Earth planes around Earth, which are separate from the Mansion Worlds, but we only have access to two of them, which include the ‘hells’. Each of the Mansion Worlds also have their own seven planes ‘around’ them.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

Chapter 12:

“Listen!” Karen paused dramatically before she let the pen go on. “Thoughts are entities of consciousness.”

”I remember that from reading the S.E. White book years ago,” Mom told her. “But I believe it said ‘Thoughts are things.’”

“I hoped you would remember. Now notice that in spite of your previous contact with that idea, I deliberately changed it. I got my message through. How’s that for proving to you that I control our dialogue?”

“So the White book was wrong?”

“Not wrong. ‘Things’ is correct in that thoughts have form. They are *real*. But the word ‘things’ fails to pinpoint what kind of thing we are talking about – not inanimate things like a table or a car. A thought as an entity of consciousness has the component of awareness or being. Do you remember when we talked about frequency?”

I had memorized the definition. I said, “Frequency is the number of repetitions of unit time of individual consciousness.”

“Show off,” Karen laughed. “We said that each individual consciousness – whether plant, animal, or human – has a certain degree of frequency. Human consciousness has higher frequency than animal, animal higher than plant. Now here’s today’s challenge. What form of consciousness, do you suppose, has the highest frequency?”

“I would have said God, but I suppose you’re suggesting it’s thought.”

“‘God’ wouldn’t be wrong”, answered Karen, “but it’s sort of begging the question. Consciousness is in evolution. In your world, human consciousness is the most fully evolved. What has it evolved to?”

“I suppose to a thinking consciousness.”

“Right!”

I said aloud. “So thought is the highest form of consciousness?” I had a problem with that. “If I am a high form of consciousness, and I produce thought, then how is thought higher than I am?”

(Our soul, in its complete form of two halves, prior to incarnation, originate as thoughts from God.)

“Are you so sure that you produce thought?”

“I think I do. But you’re suggesting that I don’t” said Mom.

Karen urged me on. “Turn the equation around. Perhaps you retrieve thought as well as produce it.”

“You’re probably right. I suppose I get most thoughts from outside myself, but where?”

“They can come from people in our world or from beings beyond us. This would explain discoveries in science and creative ideas in literature or art that sometimes happen simultaneously in various parts of your world. This was what Carl Jung called synchronicity. Those people are picking up extrasensory thoughts from beings beyond your world or from pools of ThoughtForms. (More on this later.) If the person receiving the thought is sufficiently advanced spiritually, the idea can even come from the essence of thought, or God. Great religious leaders and saints would fit into this category.”

I put it into words. “Then the essence of thought, God, is the highest form of consciousness.”

The pen wrote. “You’ve got it!” across the entire page. “Of course God cannot be limited to thought, but the sources of the highest form of thought is God.”

I felt humble. “I suppose even my loftiest thoughts come from relatively low on the scale of consciousness.”

“You’re right. In your world, you seldom tap pure thought. You absorb even your most significant thoughts from entities in our world. You absorb thought at the level that your frequency can attract.

“Consciousness takes form. It is housed in a body. In either world, the body or form is temporary arrestment of consciousness. When you are ready to move to another stage of life, shed one body for another. You see only half of the change. You call it death. We see the entire change and call it continued life.

“One more thing, **In your world the arrestment of consciousness in a form or body leaves it vulnerable to disease. Be aware of that. By your own efforts with ThoughtForms, you can learn to avoid and cure disease.**”

The pen stopped, then said, “The medics say you need rest. Lie down for five minutes then come back.”

I fell asleep and returned an hour later.



“That’s better,” Karen wrote when I returned. “For accuracy we wanted you rested. It’s time to summarize what we have told you in the last weeks.”

1. We live in one universe. Our two aspects of that universe, our worlds, are concurrent. They inhabit the same space and time.
2. Your world is obstructed; mine/spirit world is unobstructed. You bump; I flow. Your bumping into obstructions causes disease and slows change; my fluidity allows for evolution.
3. The central reality of both worlds is consciousness. Consciousness is any degree of awareness that can modify and change of its own accord. It exists in degrees: plant, animal, human. Other kinds exist: lower, such as cell, and higher, such as thought.
4. All consciousness is in evolution, and the goal of individual consciousness should be to participate in the progression of evolution.

5. All consciousness has frequency: the number of repetitions of unit time of individual entities of consciousness.
6. The frequencies in either world are arrested in individual consciousness that is housed in body or form. Frequencies and their bodies or forms – arrestments – on your side are obstructed; frequencies and their arrestments on mine are unobstructed.
7. Because consciousness is the one reality in the universe, the essence of all consciousness is thought, which at the lowest level is involuntary and at the level of humans is voluntary. Generally humans in your world produce thought that is received from my world or from the essence of thought (thought from higher spheres).
8. The highest form of consciousness is the essence of thought.
9. At levels below the highest, consciousness absorbs thought. At all levels, consciousness also produces and transmits thought. The level of thought produced by an individual consciousness depends on the frequency of that consciousness.
10. Because consciousness is in evolution, the highest form of consciousness – the essence of thought or God – is in evolution. Because the essence of thought, God, is the highest form of consciousness, it does not absorb thought from beyond itself. However, God does constantly evolve into a more complex form and, presumably, more advanced thought.

☺ ☺ ☺

Finally Karen wrote, “We haven’t discussed the last point. I write it only to draw the logical conclusion. Notice that I omitted one word from the usual definition of evolution, that an entity *gradually* changes into a more complex form. The omission is important. If time as you know it doesn’t exist, then *gradual* is insignificant.”



Immortality with the Love.



Chapter 13:

“Be careful what you think,” Karen warned. “It can take on a life of its own.”

“Is this a new version of ‘As a man thinketh in his heart, so is he’?” I asked.



My question took our conversation on an unexpected tangent that proved fruitless except that it revealed how Karen’s team on the other side worked. I include it here for that insight.

The episode went this way. After my question I waited – then waited some more. The tingling in my arm subsided. Finally the pen wrote hesitantly, “The quotation should read, ‘As he thinketh in his heart, so is he’ (Proverbs 23:7)”

I was astonished. Karen had no such detailed knowledge of the Bible.

The pen wrote again with Karen’s usual assurance. “Mom, that was Julia, one of the thinkers here. She’s our Biblical expert and insists on accuracy.” (That is a trait of a person on the natural love path, intellectualizing and being self reliant.)

“Then, thank you, Julia,” I said aloud. “but does the quotation apply at all to what Karen is talking about?”

Karen wrote. “Julia says the sentence in the Bible refers to being cautious about trusting rulers who mislead, but that most people take it to have a more general meaning.”

Another pause. For discussion?



Karen came back firmly with both the pen and the ideas under control.

“In a roundabout way your quotation gives me an opportunity to make a point. Thinking about something in one’s heart suggests the person is keeping that thought a secret. However, you remember I said that thoughts are entities of consciousness. Entities do have form and are therefore difficult to conceal.

“And that brings me to ThoughtForms. In this regard I have two important messages: the importance of thought as *reality* and the problem of obstructed thought in your world.”

Karen said, “The idea of thought as reality can be very practical.”

I liked that. “Don’t get me wrong,” I told Karen. “I like your high-flown teachings, but I get a little weary of struggling with them. My hunch is that our readers will appreciate something useful. Are we going to get a ‘how to’ lesson?”

“Why not. Let’s give it a title: *How to Make Petitionary Prayer Work.*”

Karen began her instruction. “Learning to create ThoughtForms can be practical in accomplishing a variety of goals: acquiring material objects, getting events to happen, influencing other minds. We’re talking about getting the kinds of things you often pray for. The trouble is that when you pray, you tend

to whimper ‘please’ or shout ‘help’ and then sit back and wait for a miracle. Make your pleas potent; learn to create ThoughtForms.”

Karen’s pen chuckled. “Now be patient a minute while I remind you that thoughts are entities of consciousness. All forms of consciousness are *born*. Therefore, a powerful thought must be born. Once another form of consciousness – a human – gives birth to a ThoughtForm, that new consciousness has life and the potential for activity. It can attract or repel.

“Suppose that without knowing how, you have been able to give birth to a powerful ThoughtForm. You send your intent out, directing it to another person through time and space. That person, depending on her receptivity, absorbs the ThoughtForm and assimilates it. She can let it stop there or send it on to others.

“The further it moves through time and space, the more likelihood that your ThoughtForm will dissipate. However, the second person could add to its potency before sending it on. ThoughtForms often maintain life for a great period of time and travel over great distances.

“Here’s an example. Jesus’ teaching ‘Love thy neighbour as thyself’ has remained alive for centuries. In part, the importance of the Old Testament idea kept it alive. It also survived because Jesus gave it a powerful ThoughtForm, and other people, the disciples, assimilated it, gave it impetus and sent it further. The commandment has now endured for centuries.”

I didn’t disagree with the possibility that Karen’s ThoughtForms worked, but I had to ask the obvious English-teacher question. “Didn’t this thought survive because it was written into a language and transmitted?” asked Mom.

“Of course that’s true, but wouldn’t you concede that many ideas are written and scarcely survive past a few hours? The fact that this was *born* as consciousness of great potential and was sent with tremendous impetus insured its survival.”

Karen added another idea. “If ThoughtForms are created but sent to no particular person, they eventually enter a general sphere of activity or movement or influence. They tend to collect in groups. Just as certain varieties of plants, grow in a particular area or people find communal living an advantage, so ThoughtForms do also. Such grouping can create more powerful ThoughtForms.

“ThoughtForms collect in pools and support each other in two ways. In some instances they finally move out with greater impact into the society of human consciousness. The two types – human consciousness and thought consciousness – blend, further support each other, and evolve.

“In other instance, ThoughtForms seemingly die. However, nothing really dies but simply recycles. When a living organism dies, its body returns to Earth to nourish other life forms. When thoughts seemingly die, they collect in pools and give power to other ThoughtForms. While the individual ThoughtForm may die, its substance remains and nourishes others.

“By the way, Mom,” Karen digressed temporarily, “you have wondered how this writing works. I do exactly what I am describing. I create abstract ThoughtForms. These are powerful enough that you can receive them without hearing my voice; you simply receive them on your mental screen. The actual

writing only clarifies and aids retention. Without the writing, you would almost immediately forget what you received. And because you are word-oriented, you translate ideas into words.”

The writing seemed to anticipate my question. “Yes, we use word-language here,” the pen continued, “but we use more than word-language, too. ThoughtForms are universal language more powerful than words. You already have a hint of this on your plane. Nonverbal symbols – pictures, music – can make more direct impact on your consciousness than can words.

“But more than this can take place on my plane and between you and me. I use neither words nor nonverbal symbols. I impress ThoughtForms directly on your mind. You receive them and translate them into words. You select the words you think appropriate. Most of the time, the way you structure a sentence doesn’t matter. The idea matters.

“In the beginning of the writing you experienced double consciousness because your receptive screen had to be open to receive the ThoughtForm. At the same time, your mind had to take over and translate. So you felt as if you operated on two levels of consciousness at once.”

Mom said, “But sometimes you struggle to get a particular word in the writing.”

“Only when I want to be absolutely accurate with definitions” Karen responded.

My only contact with such concepts as universal language was in literature, with an author like Yeats. I said, “Suppose I don’t know the universal language or symbols you use, then how do I translate them into words and ideas?”

“I use ThoughtForms mainly from your own experience,” came Karen’s reply. “You are widely read and educated. From this you have acquired many ThoughtForms. You may be little aware of them consciously, but as long as you have contacted them, I can use them. I have been taught to recognize which ThoughtForms are a part of your experience, and I use those.

“Also, when ThoughtForms collect in pools, people often absorb them from the pools into individual consciousness. Through such direct absorption, you know many universal ThoughtForms. I can use these.”

Mom interrupted. “You haven’t told me the technique of borrowing ThoughtForms yet, but I have one more question. Don’t those who practice prayer techniques, such as the followers of Unity and Christian Science, already use your methods?”

“Of course those who use prayer techniques are using powerful thought. However, their methods are often inadequate or the practitioners inept.

“Such people tend to use only visual imagery. For example, a healer may project a mental picture of an afflicted person as being well. The more vivid the picture, the more likely healing will take place. In this case the healer projects a *kind* of ThoughtForm. Visual imagery alone is only partially effective. ThoughtForms use all of the senses and more. Abstract thought can acquire an actual shape. This involves a three-part process: creating, waiting, and sending.”

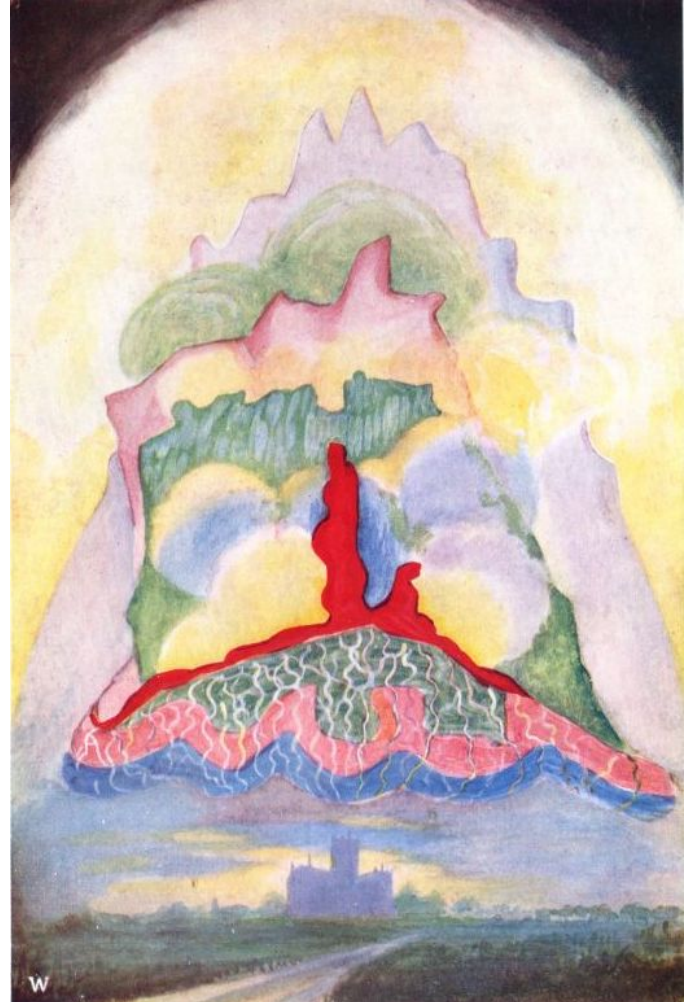
“Are we finally to the ‘how to’?” Mom asked.

“For a teacher who insists on giving students detail, you’re certainly impatient.” The pen squiggled, then paused dramatically.

“Step one involves placing the ThoughtForm in space. This requires *sensualization*, an extension of visualization. In the latter, you create a vivid *image* of an object, person, or situation. When you sensualize, you create the same image using *all* of its sensory properties. This may require considerable effort on your part. The more vividly you can learn to sensualize, the more powerful your potential ThoughtForm. If you are trying to create a ThoughtForm for an abstract, idea, you should use known symbols.

“Let’s try a simple example. Suppose you wish to create a ThoughtForm of love for another person. Traditionally the heart shape represents love. Begin to add to that image. You might next choose an appropriate colour. If the recipient is a sexual partner, you would probably choose red. For a friend or relative you might select rose. To express sympathy, a gold heart would be appropriate, and for spiritual love, blue or lavender.”

Karen directed me to a book describing aura and the meanings of colours in aura. As usual, she wrote about these colours before I read the book, and they proved to be accurate for the standard colours recognized by psychics as those represent these particular emotions. She said, “Make the colour as luminous as possible for visualizing the heart.”



She continued, “Next, work with your other sense. Include a scent, perhaps floral, that represents the type of love you wish to express. Remember that the rose is not the only flower that represents love. The pungency of geranium or the sweetness of honeysuckle might be appropriate for a particular person. For touch, try the texture of satin, fur, skin. In addition to the obvious taste of candy, consider pomegranate or orange. Use the sound of the flute as well as the violin. Spend as much time and energy as is necessary for selecting the appropriate elements of the sensualization.”

I had a question I wanted Karen to answer. “When you described kicking Jim on the shin, you said you were surprised that he felt it physically. Were you using a ThoughtForm? What did you include to give it power?”

She squiggled. “I’m almost embarrassed to tell you. It was really primitive, but remember I had only been here a few days. Here it comes. My message was, ‘Stay in school. You and I worked too hard for you to give up now. Are you a man or aren’t you? To get that message across, here’s what I used.

Touch: gum on his shoe (Jim hated that) to tell him to stick to his goal.

Taste: Heineken beer to remind him to be a man.

Smell: pipe tobacco also to remind him to be a man.

Sight: diploma, cap, and gown to show him the goal.

Hearing: my voice yelling at him.

“See how easy it can be? At the last minute, I asked Sarah for help, and she asked the right question: ‘How do you plan to get his attention?’”

“‘Kick him,’ I said almost without thinking.

“‘Do it,’ she said.

“Even that ThoughtForm wouldn’t have worked if I had kept my frustration in check. But I’m getting ahead of myself. That’s for the third stage.”

“I’m glad you don’t get that frustrated with me. Or do you?”

“I’m more likely to give you a bad grade,” she teased.

She got us back to business. “Second, place the ThoughtForm in ‘time’. Any life that gets born must be incubated – given time to form and develop. When I used to write my essays for school, I wrote several drafts. Then I set the last one aside for a few days. When I came back to it, I knew where it needed revision, and I knew when it was ready for someone else to read. This works the same way.

“Place your sensualization in a warm, dark place to hatch. This means you should try to ignore it, put it out of your mind. *No anxious peeking to see if it is ready.*”

“How long do I wait?” Mom asked. “Minutes? Hours? Days?”

“That depends on the situation. Trust your own instinct. You’ll know when the time is right.”

I hoped so.

Like a school teacher outlining a lesson, Karen said, “Third, combine ‘time’ and ‘space’ by putting the ThoughtForm in motion. To do this, you must share with it your own frequency. Work with the sensualization until you can internalize it – until it becomes a part of your very being and you can at any given moment bring all its elements to mind readily.

“It’s not just a matter of knowing the ThoughtForm thoroughly but of merging with it. To bring it to life, you must literally give it some of your life-essence or frequency. Be sure you merge, become one, with your sensualization to give it full life potential.

“Now put the ThoughtForm in motion. Human emotion comes close to experiencing frequency. Select an emotion suitable to the ThoughtForm being generated, but more important, send it with strong impetus.

“For the most part, avoid negative emotion such as anger. With the ThoughtForm I created to contact Jim, I kicked. However, I kicked not out of anger but from frustration and caring. I’m sure the tremendous emotional impetus I gave to the one for Jim was the reason he actually felt the kick.”



I tried making ThoughtForms. It was slow going. Karen was accurate when she said that finding symbols appropriate to the idea was easy. I had fun trying to make them fit the thought I wanted to convey.

I found the second step more difficult than it sounded. My tendency to analyse stood in the way. I constantly questioned whether I would have done better with this image or that odour.

The third step baffled me. Engendering an emotion is not all that easy for me. It seemed too artificial trying to “pump up” joy or excitement. Finally Karen helped.

“You can gain power,” she said, “by acquiring it from other forms of consciousness. What you are after is life-essence. During stage one, in addition to sensualizing, actually use plants, animals, or even other humans and pull their frequency to you. The frequency of consciousness is available in other forms of life.

“You usually acquire it, literally, by eating life-essence. More appropriately, you can acquire it by absorption. Sit near a plant or animal. Talk to it and ask it to share with you its essence, offering, of course, to share yours with it. Then sit quietly. Contemplate that plant or animal and endeavour to share essence. It will happen with no more effort than that. As you absorb such force, you will find it transformed into usable frequency.

“Some people are more cerebral than emotion, and your ThoughtForm can also gain its impetus through spoken words. If emotion doesn’t work for you, then give birth to your ThoughtForm with the impetus of a spoken ‘Let there be ...’”

This last suggestion worked better for me. I couldn’t rationally explain what happened, but my life was less troubled and far happier because of this sharing of life essences with other forms of consciousness.

“By the way, Mom,” Karen said, thinking, I suppose, that I might get too proud of my efforts, “don’t worry about your ThoughtForms being too powerful or dangerous. Most the ThoughtForms from your world weigh in as wimps – the content trivial, the projection negligible. They die in infancy.”



“Have a good vacation,” Karen said when I finished this portion of the writing.

Tom and I were off to Arizona to visit my childhood home town, Jerome. “What will you be doing?” I asked Karen.

“Travelling. But our travel is different. Getting from ‘here’ to ‘there’ poses no problem for us because we have no here or there. Think about that when you’re taking planes and driving.”

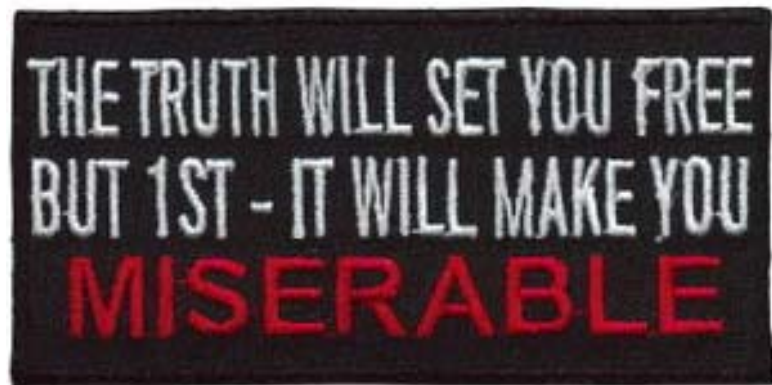
I did, often, during the next two weeks.

Karen’s last words were, “Don’t run into any obstructed thought.”

LAWS:

1. Physical Laws
2. Moral Laws of Natural Love
3. Laws of Divine Love

The last one is all you need.



PASCAS
HEALTH



PASCAS
PAPERS

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.

Chapter 14:

“In your world you bump up against so many obstructed thoughts, you should all carry thought insurance.”

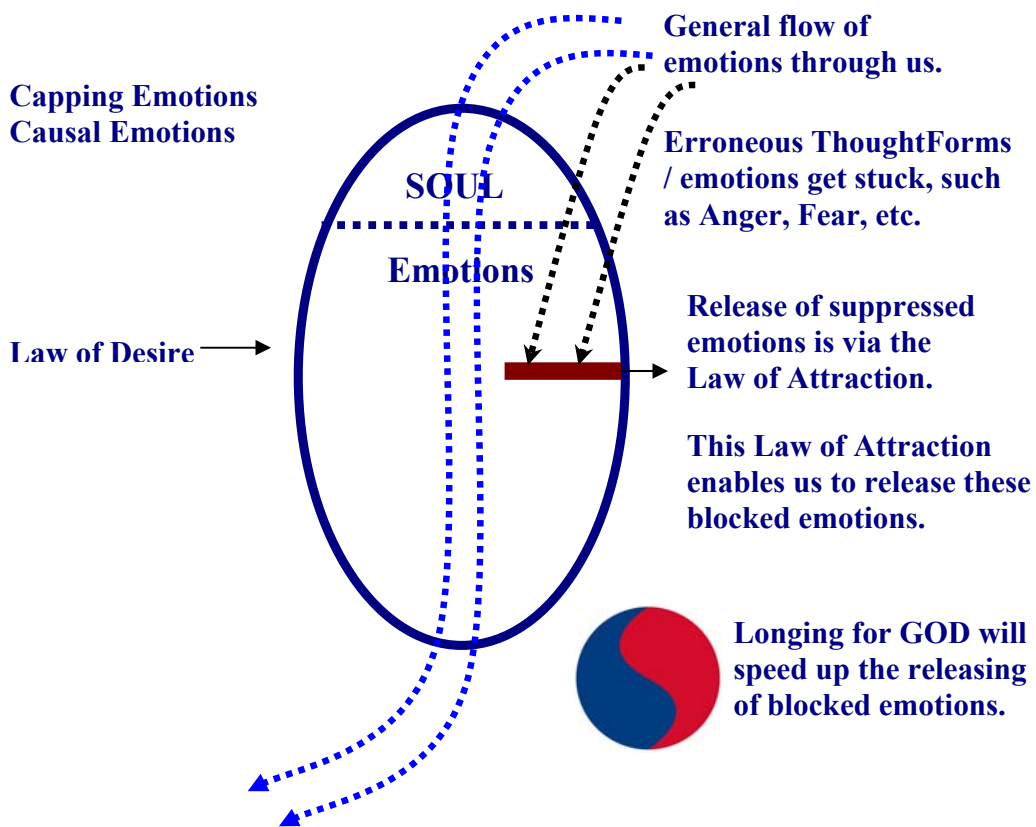
“Obstructed in what way?” Mom asked.

Karen answered, “Partial truths can become greater obstructions than totally negative thoughts. Negative thoughts are easily recognized and destroyed. Partial truths tend to live on unnoticed.”

“Can you give an example?” Mom asked.

“Hundreds. In the obstructed universe, glimpses of truths become ‘fact’. These glimpses can warp a society because they are believed as fact and operated upon as truth. The Domino Theory, for example, is such a thought that extended into the Vietnam War and threatened to destroy several societies.

WE are CREATED as EMOTIONAL BEINGS:



Repressed / suppressed emotional ThoughtForms result from walking away from Love. Aman and Amon – first parents – walked away from God, detuned from God’s love. We misused freewill by acting in disharmony with God.

27 Sep 09

“Obstructed thought happens because of the tendency of the human brain to pigeonhole and classify, which can lead to rigid thinking. The classification process gives birth to inflexible or incomplete ThoughtForms. This happens in medicine, for example, where the scientific method should be the most flexible and open to new ideas.

“Medicine can only come out of the witch-doctor phase of knives and potions when it learns to recognize the reality of a spiritual body, aura, essences, and ThoughtForms. Medicine has taken half-truths and extended them without considering alternative cures.”

That statement got my attention. We had certainly relied on doctors with Karen’s illness, and those doctors had used knives and potions. Was she trying to tell me we shouldn’t have?

“I’m not saying doctors are no good,” the writing continued as though reading my thoughts. “I am saying that you should learn other methods of healing that can aid doctors and eventually replace current medical techniques. Relate this to our own family’s attempts at prayer. However, the kind of healing I want to show you, posits certain assumptions that your medical science doesn’t accept.”



Your soul errors / erroneous ThoughtForms create the fissures and damages within your spirit body, these emerge as illnesses within your physical/material body. Accessing and processing your childhood causal/core emotions remedies all of your three bodies. We need to address the underlying emotions at a childhood causal level.

Karen quickly drew a simple human stick figure. Then she drew a recognizable human form around it. From the second body, she extended rays outward in all directions.

“Here’s the reality,” she said. “The stick man is a person in your world. The full figure with the rays of light is a person in my world. What you fail to realize is that you live in both of these bodies now. Your physical body is encased in your spiritual body. They coexist.

“Mom, you can see aura around people – the coloured light that surrounds bodies.”



I had first noticed the coloured light surrounding people when I was a child. I thought everyone saw it. One day I mentioned it to my minister father, and he hit me for talking about it. I quickly learned not only to stay quiet about what I saw, but also to quit seeing it.

In adulthood, during the time I learned and practiced meditation techniques, I again began to see auras. I prefer not to, so I normally shut them out. But when it happens, it's usually because I am in the presence of someone I can help.

It happened one day as I approached Tom on the street. As he walked toward me, I saw his aura. His usual blue and yellow colours seemed murky, and a hole appeared in the upper right quadrant of his abdomen.

“You don't feel well,” I said to my husband.

“Gas pains, I guess.”

“See a doctor,” I urged. I explained what I had seen. “Something's wrong.”

A month later Tom had his gall bladder removed.



In the writing, Karen said, “The aura is the key to genuine and permanent healing. Psychics who see aura can tell when the aura is distorted or disturbed. As you did with Dad, they can see disease.

“If the aura can be diagnostic tool, then it can also be a healing tool. Logically, if the aura can be repaired, the physical body will be repaired as well. Yet modern medicine doesn't even begin to recognize this possibility. Instead, doctors follow ancient and more primitive methods of diagnosis and treatment.

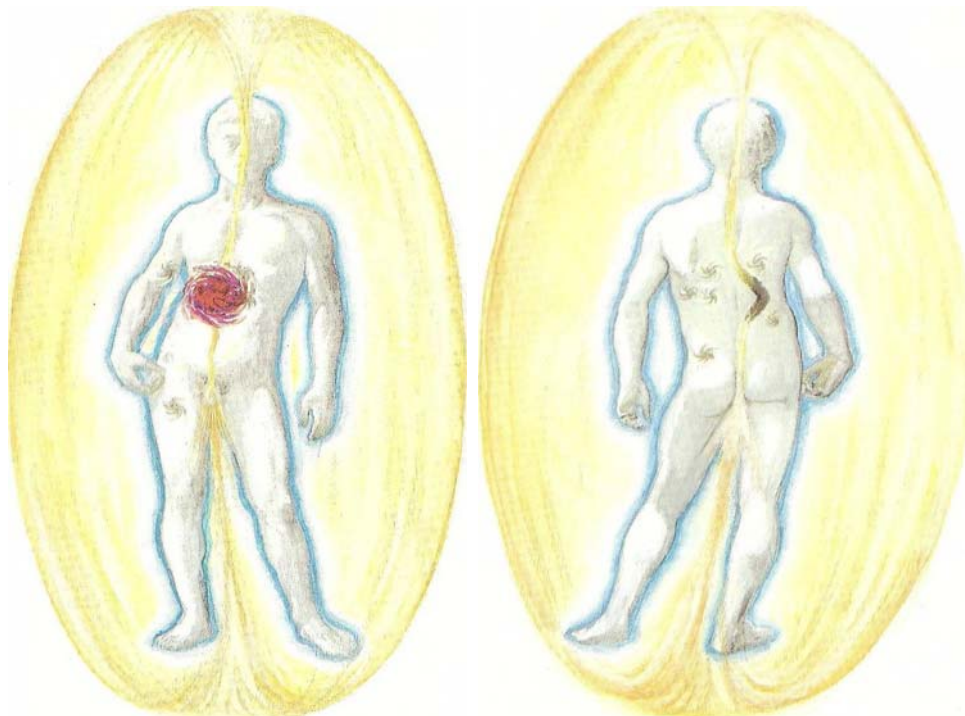


Figure 24-1, Hands of Light by Barbara Ann

“In early times, people observed that an external injury to the body could be healed by cutting. Later, doctors used surgery to remove or repair internal injuries also. It was a glimpse of truth. They perfected and refined surgical methods so that we no longer imagine any other way to heal an ailing gall bladder or heart.

“Through trial and error, primitive man discovered that when his stomach hurt, he could ingest certain plants and stop the ache. Now you ingest pills, substitutes for the plants. Sometimes the pills do harm, so you test them, classify and categorize bits of information to make sure you don’t hurt too many people. You have even set up a governmental agency to protect citizens from injurious medicines.”

I expressed my own belief about another area of medicine. I said, “Freud convinced us that experiences buried in the unconscious mind can cause emotional stress and physical illness. Hasn’t this glimpse of a significant truth also become an obstructed thought?”

Karen, who had once planned to become a psychologist, agreed. She told me, “The idea of the unconscious as a source of illness has become an easy way out for the doctor who lacks knowledge about a physical problem. If he can’t find the cause of the pain, he can blame it on a psychological problem.

“All the methods we’ve discussed work. But because of partial truths that have led to obstructions in thought, we ignore other possible sources of curing disease. Partial truths have become major obstructions.”

Mom asked, “How is aura a possible way of performing healing in our world?”

“Let me describe how we see aura. Mom, **when you are healthy, I ‘see’ your spiritual body as having beautiful colour, light, sound, texture, and fragrance. By the particular arrangement of these attributes I recognize you. Illness in your spiritual body affects your physical body. When the spiritual body’s colour is dull, the texture rough, I know your physical body will become damaged or diseased.**”

Karen emphasized her point. ***“Injury to the spiritual body causes disease in the physical body.”***

“How does the spiritual body become injured?” I asked.

“In your world, your spiritual body is vulnerable through its aura. In your obstructed environment, you contact many non-human forms of consciousness. You recognize the biological forms. Others – forms of energy such as electric, atomic, solar – escape you as being forms of consciousness at all. Nevertheless, they are, and they also have auras. Their auras constantly merge with yours.

“Both positive and negative effects on your physical and spiritual bodies happen in two ways: the sharing of essence of life-force or frequency with other forms of consciousness, and the use of ThoughtForms.”

The pen stopped abruptly. When it began again a minute later, Karen wrote, “It’s time to practice what we preach. I see your aura dimming. We want you well, so let’s finish another day. Meanwhile, lie down and our medics will replenish your aura.”

I slept, and an hour later awoke refreshed and energetic.



Three days later, Karen wrote, “The ultimate purpose of the universe is the development – the evolution – of higher and higher spiritual consciousness. For evolution to take place, many forms of consciousness must interact. But evolution functions best when the interaction is selective rather than random. When two forms of consciousness merge, they automatically share their essences through their frequencies. Some forms blend easily while others, more alien to one another, can cause harm unless they merge carefully.

“Here’s an example from your world where essences merge literally and physically. You eat a piece of meat. The meat actually becomes a part of your own physical body. But to accomplish this, you have destroyed the animal’s physical life. Since nothing really dies, the animal is now in my world (spirit world). If it was the proper time for the animal to die because it had filled its potential on Earth and no longer needs its physical body, then sharing essence with you in this manner brings you no harm. However, if the animal should not have died, then its essence can harm yours.

“Obviously you can’t always know what state prevails. So-called primitive people follow a custom of talking to the plant or animal they have killed. They apologize for taking away the physical life of one form of consciousness to sustain another. Your own custom of prayer before meals probably has its origins in such intuitive knowledge.

“What I have said about eating other forms of consciousness is true at a psychological level as well. Think of the fact that so many people have pets. This custom recognizes the spiritual fact of different forms of consciousness sharing essences. Do it consciously, and you will probably eat less meat, but don’t necessarily give up meat entirely. Let your body guide you.”

I liked that idea. “I assume it’s alright to eat plants.”

“As long as you live in your world, your physical body needs nourishment. Become aware of your physical appetites. When you crave certain foods, eat them. Also actively look for ways to share essences harmlessly. Sit under a tree, smell a flower, listen to a waterfall. Share essences with other forms of consciousness as harmlessly as possible. As you do this, you will become less interested in eating certain foods such as beef and pork.”

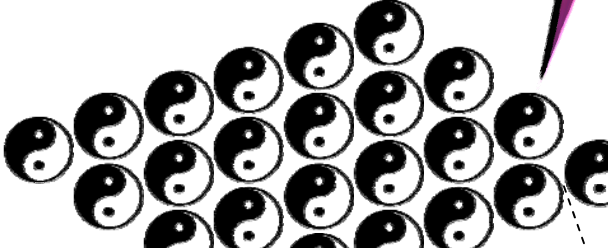
I wanted to know about sharing human essence. “I know we can be damaged by negative people, but what about the leeches who absorb my frequency without giving any back?”

“They drain you,” Karen said. “They intend no harm, but they are spongers who pilfer your frequency and soak up your aura. Being with them makes you tired, even ill. “You can protect yourself from the drainers. Barricade your aura when drainers like these are around. Use sensualization with images, odours, and sounds to shut them out so they can’t filch from your aura.”

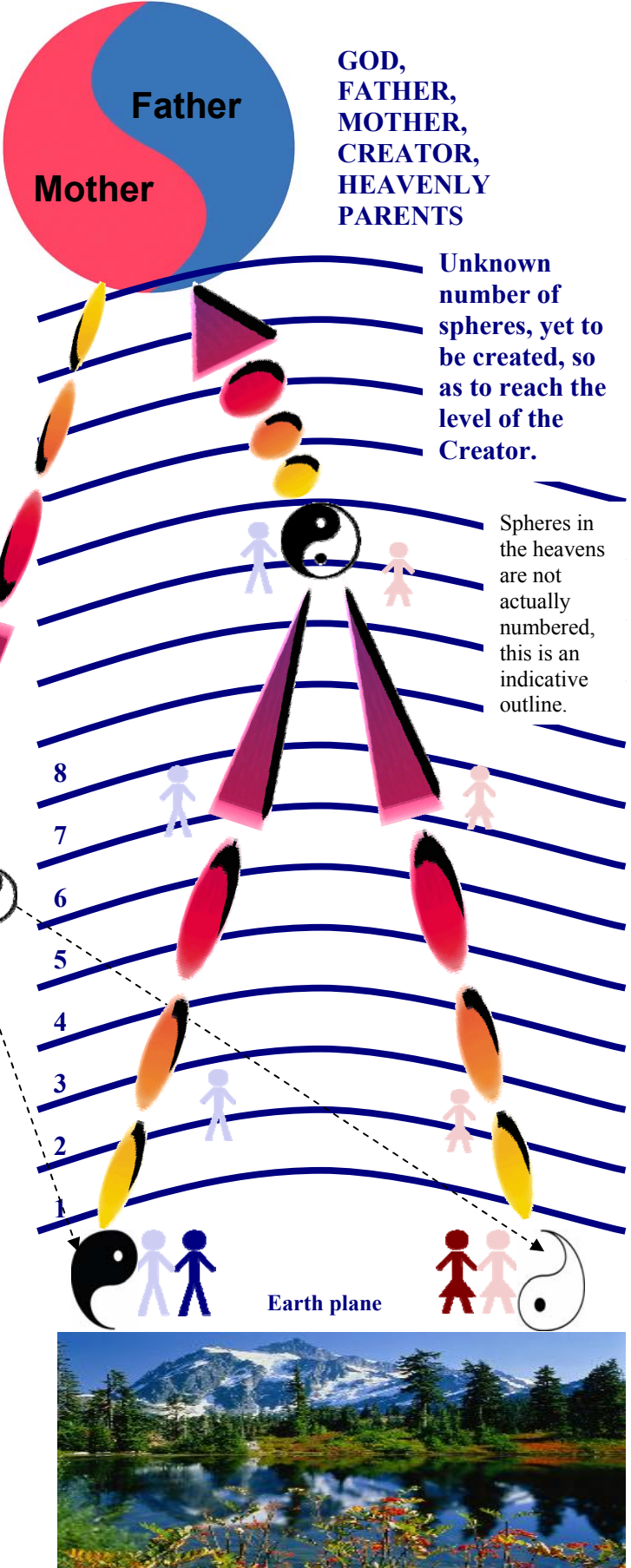
OUR JOURNEY of GROWTH in LOVE
 All we need do is to ask for God's Divine Love – it is that simple.
 Ask directly, no intermediaries needed.

Souls, being thoughts of God, are ready for incarnation in their billions. These souls are at the level of the 6th sphere in a natural love state, however, they are not within the 6th sphere perse. These souls are not self aware. Prior to incarnation, they do not express free will. There is nothing of the Divine within the soul. They have an instinct to incarnate. Incarnation of the two soul halves, male and female aspects, typically occurs within a 5 or 6 year time frame, however the timing may be 20 to 60 years apart. To become conscious of self, you must incarnate. This is the individualisation process.

Soul does not know sexuality.



The soul half that incarnates is the one most suitable for the characteristics and character of the attracting parents. Upon incarnation, one's soul condition adjusts to reflect the soul conditions of those around it, typically reflecting closely the soul conditions of one's parents. Upon completion of individualisation process, that is incarnation which may be only a short experience in the mother's womb, we never need return to the physical state. To be able to return to our Heavenly Parents, we need to use our free will and ask for Their Divine Love.



I asked, “Of all the possible ways of improving individual consciousness through sharing frequency, how do we decide what to choose?”

“Choose according to purpose. Plant, animal, and human give needed biological essence. Atomic, solar, electrical, and other such forms of consciousness offer cosmic frequencies, powerful but alien. Be cautious in your use of these.

“Use ThoughtForms. They are the most efficacious, forceful, compatible.”

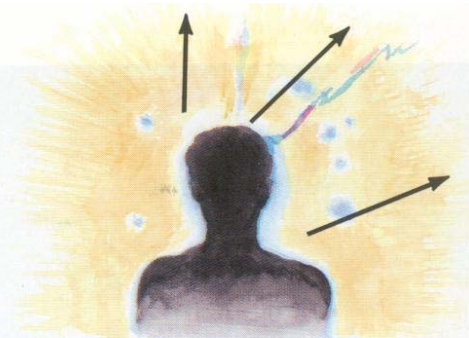
In the days ahead she would elaborate more on ThoughtForms and their use.



Patient's Aura After Healing



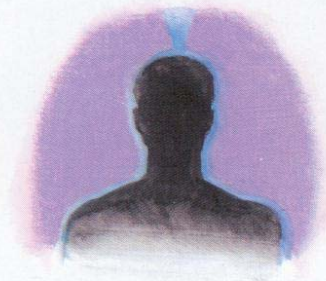
A. Normal aura



B. Musician performing



C. Man lecturing on his favorite subject



D. Man speaking with passion about education



E. Woman after core energetics class



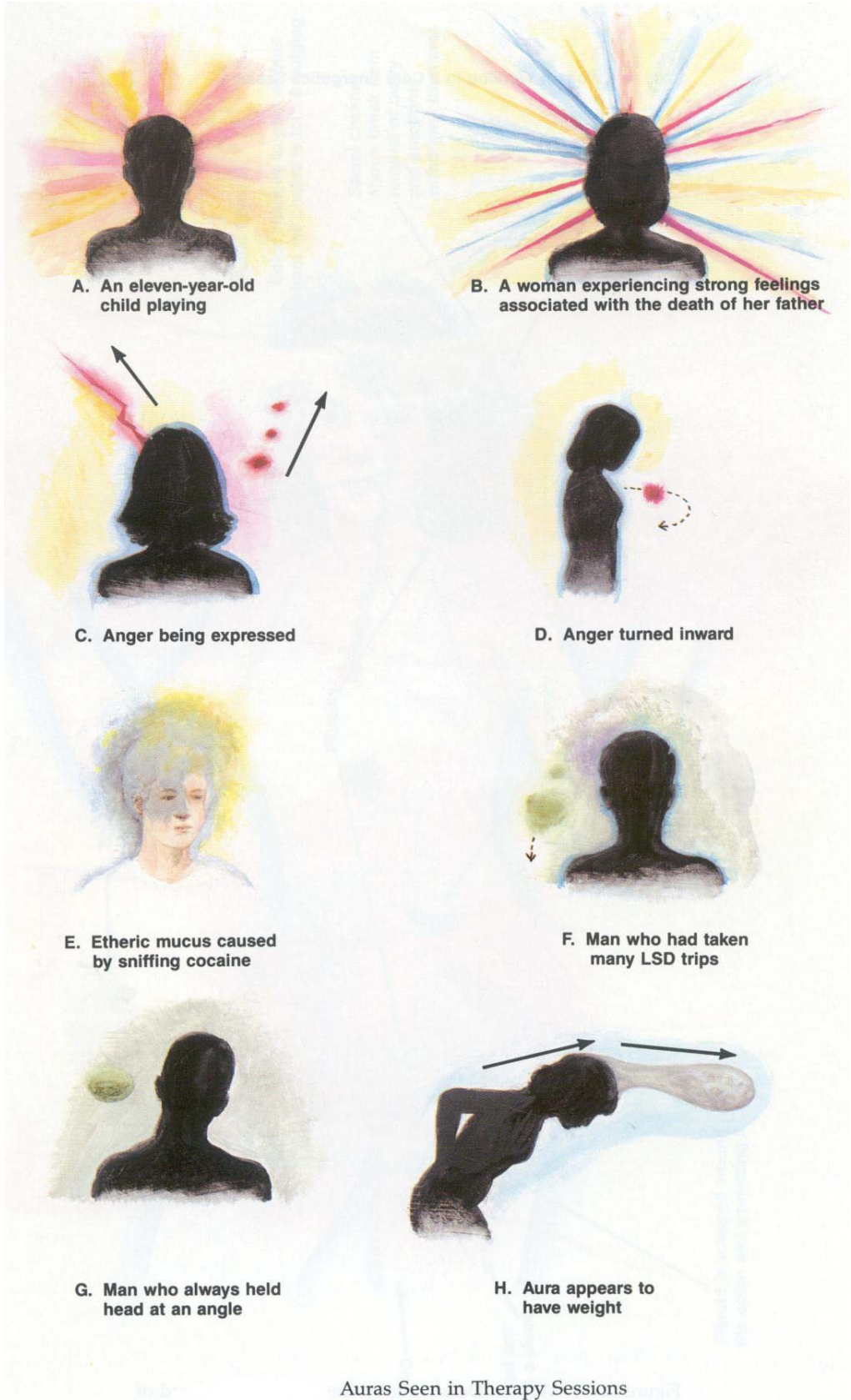
F. Man who often wears a shirt this color



G. Woman meditating to increase field



H. Pregnant woman
Soft Pastel Colors are Often Associated With Femininity



Chapter 15:

“Why are we born?” Karen asked.

Mom responded, “I’ll defer to you on that one,” she told Karen.

“Let me give you the parallel question,” she said. “Why do we die?”

Mom responded, “It’s still your turn.”

“The answer to both questions: *To serve evolution – the purpose of the universe.*”

(Prior to incarnation, the soul is unaware of itself. The incarnation process (conception) enables the soul – or soul half – to achieve individuation and become self aware. From conception the soul half can develop, use free will, evolve, and grow in love, even should it not survive the physical birthing process.)

“You’ve said that before.”

“I have indeed.” The tone of Karen’s pen was amused and sardonic. “It’s crucial that you grasp this, so you will comprehend my further discussion of obstructed thought.

“Here’s something else I’ve said before. *Consciousness is the only reality. All degrees of consciousness are in evolution.*

“Such evolution is not alone physical as your world sees it but is also mental and spiritual. Humans with their ability to think, have progressed through considerable mental evolution on your side as well as on mine. So far most spiritual evolution is taking place on my side. This is because evolution on your plane is *quantitative*. Evolution on my plane is *qualitative*. Let me explain.

“Each individual consciousness is born on Earth plane with a certain degree or level or *quality* of consciousness. It’s like saying a person is born with a certain innate level of spiritual capacity and a certain unique spiritual ‘personality’ with set boundaries, not only as a human being, but as a particular human being.

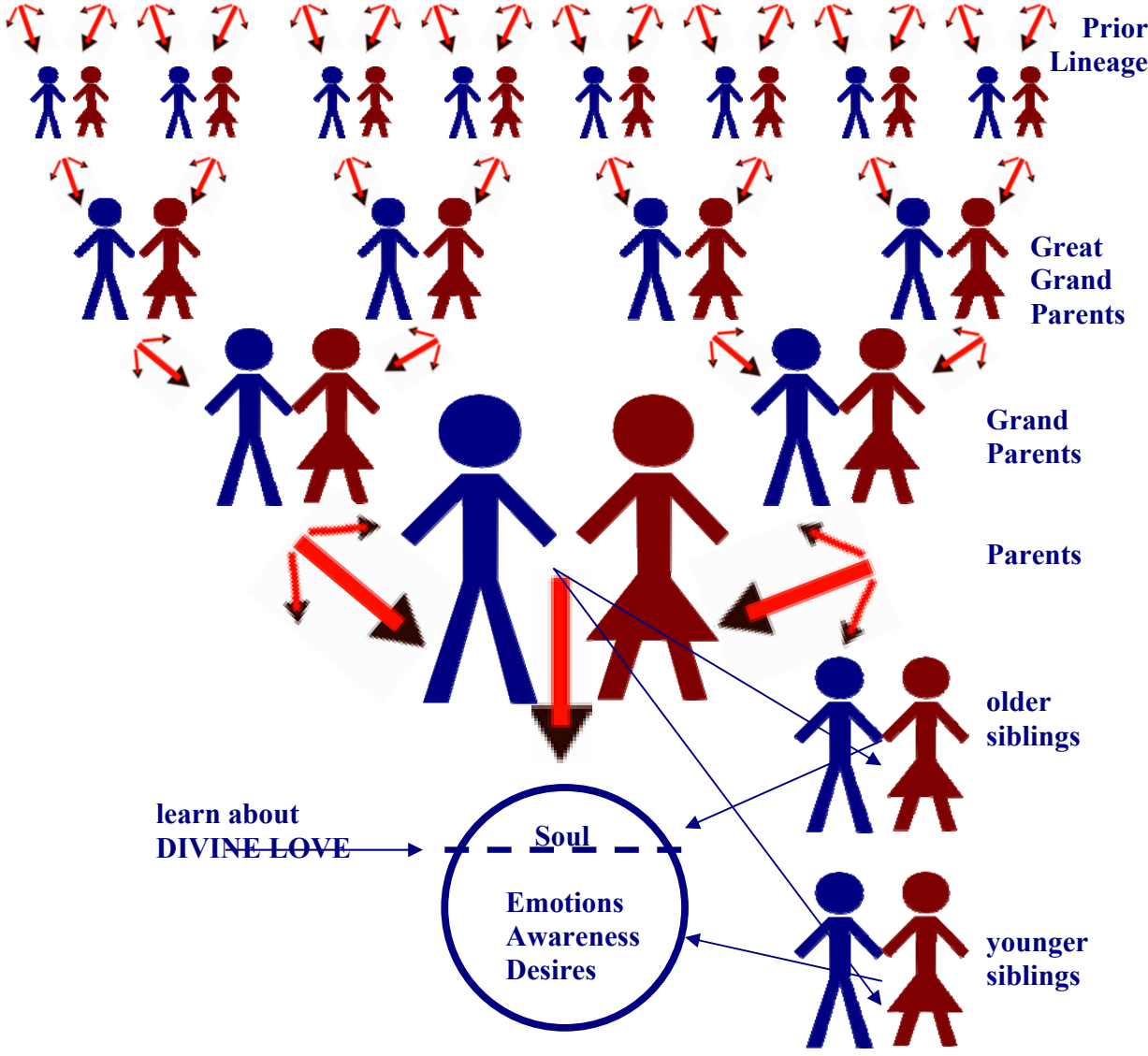
“This spiritual degree or level or quality cannot be altered while your individual consciousness remains in your obstructed world. When individual consciousness passes to my side (spirit world), it is free to develop additional quality.

“Quality can evolve in my world (spirit world); it is fixed in your world (physical world).”

That perturbed me. I had to ask, “If we haven’t the capability of modifying our quality in our world, then why are we born here at all?”

“Because in your world you develop quantity” responded Karen.

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 with their infusion of ThoughtForms. Prior to birth and during our first years, we absorb the emotions of those within our environment.



“Each individual consciousness is also born with a certain *quantity* of consciousness. Your job there is to enlarge and develop your unique spiritual personality by acquiring quantity, more of what you already are. You make your quality (your innate spiritual personality) richer through the goals and experiences you choose for yourself there.”

Karen said, “To sum up, we are free to develop quantity in both the obstructed (physical world) and unobstructed universe (spirit world). We evolve quality in the unobstructed universe.”

She waited for me to absorb that. “How do I develop quantity?”

“Let me amplify the picture. While the central purpose of the universe is Evolution (also called Progress), each individual consciousness serves one or more of six other purposes: Light, Truth, Healing, Building, Production and Justice. These are called the Seven Purposes. Whichever one you serve indicates your quality, your destiny in your world. Your job in your world is to serve your purpose as fully as possible.”

“How do I know which purpose I am destined to served?” asked Mom.

“It’s innate. You are born with a particular purpose to serve. You recognize your purpose through a natural inclination. Think about why you’re a teacher. Your love of learning automatically chose you to serve Truth and Light. Your individual purpose chooses you. The purpose you serve in your world matches your quality.”

”Wait a minute,” I protested. “My purpose *chooses* me? I don’t buy all this destiny stuff. What ever happened to free will?”

She chuckled with the pen. “It’s there too. You may choose any particular path you like to serve your purpose. To serve the purpose of Truth, you could have been a researcher, a writer, or taken any other job that fulfills that purpose. You could also have defied your purpose and chosen to serve Building.”

“And would my defiance, my defection to the purpose of Building, have caused me to smack my thumb every time I pounded a nail?”

“Nothing so blatant. But you would probably have felt dissatisfied and unfulfilled in your work. People unhappy in their jobs are often serving a purpose they are not suited for. In fact, some people may not recognize their purposes clearly. Some may fail to serve any purpose at all. Others may serve for the wrong reasons. Consider, for example, the doctor interested in medicine as a high calling versus the one who only wants fame or money. The first collects much quantity; the second collects far less. The more quantity you acquire there, the easier your transition here into the spirit world.

“*Do your job.*”

She had more to say, “When you enter my world, the quantity you have gained in yours enters a universal pool of consciousness and increases all quality of consciousness. Thus, while you are fulfilling your destiny, you are also adding to the universal quality. This is important, for from this pool quality is reborn into specific entities of consciousness back on your plane. In this way you make your contribution to the great purpose – progress or evolution.

“Do your job.”

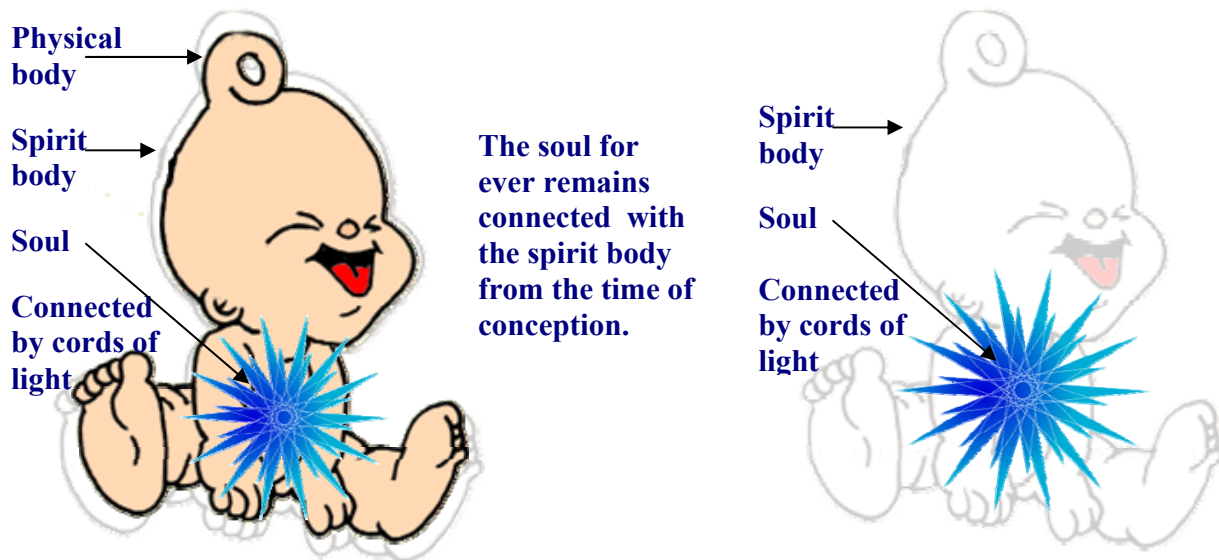
“While evolution takes place at all levels inevitably, note that when consciousness reaches a stage of mental evolution, as in man, it begins to participate actively in the evolutionary (progress) process. By consciously adding to your quantity in your world, you advance evolution. And when you come to my world having acquired much individual quantity, you will have earned the right to begin to serve other purposes and gain quality. In the unobstructed world we are ‘destined’ to increase our quality.

“Do your job.”



Karen had more to say about gaining quantity and how it benefits us personally.

“Any quantity you can add to yourself in your world reveals itself in your aura. **The intensified aura can protect and heal your physical body.** More important, when you come here (spirit world), it will surround and house your spiritual body.



“I have suggested ThoughtForms as one way to improve aura. You can also ask us for help. (Little do we realise that there is an army of spirit people skilled and available to us, should we so **ask**, to assist with our health issues, or anything else. We only need to **ask**.)

“Many people here can help you directly with your growth. We do it with ThoughtForms and by sharing our essences with you. You only need to ask. Then open yourself. Be receptive and porous.”

“Is that last word right?” I asked.

“Your spiritual body, the real you,” the answer came, “is made of much finer substance than your physical body. The old ghost movies showing the wraithlike figure were a glimpse. Your spiritual body is porous.”

”And whom do I ask?” I wanted to know. “Do I ‘pray’ to Karen for assistance in my petty problems? Surely you have better things to do.”

“You bet I do, but I’ll try to spare you a few minutes.” Karen’s caustic wit was typical of her.

She became serious. “One of the most important jobs one can have over here is that of guide. Guides can act directly in your world. One of the great glimpses of earlier times was that of the guardian angel, for that is what a guide is.

“Not everyone in your world has a personal guide and certainly not everyone here has this as a job. Although the guide can help you with problems – she or he can give such assistance **when you ask** – but a strict law of the universe constrains us. *No one may interfere in another’s opportunity to learn and progress.*



The life force for the spirit body and the physical body is via the soul. The soul is connected to the spirit body via cords, and in turn, the spirit body is connected to the physical body by cords of light. Should the cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is like our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

“Remember what I have just said, so you and I don’t allow a glimpse to become another obstructed thought. The guide’s job is to aid an individual’s spiritual growth and progress, the goal of evolution.”

I wanted to know, “How do guides work?”

“Guides are not assigned. Saint Peter doesn’t call me in and tell me to go help you. You attract a guide whose quality of consciousness matches yours. In addition, you attract a guide according to how much effort you put into gaining quantity. You earn spiritual guidance. Thus, even those of lower degree on your side can acquire guides by their own efforts at spiritual growth.”

“That helps,” I said. “After hearing that, I don’t resent the predestination idea quite so much.”

“I knew you’d come around, but here’s a warning. Don’t try to attract a guide unless you’re sure you want one. As with every other relationship, there are obligations. For you, attracting a guide means you must become an active participant in your own growth. Your efforts must match those of the guide. Otherwise the spiritual pull from the guide can overpower you.

“This is *one* explanation of suffering. Because you fail to fulfil your part in your own spiritual development, a gap develops between your activities and those of your guide. Such a gap can result in pain for you, a sort of spiritual growth pang.

“On the positive side, such pain and growth struggle is never wasted if one learns from it. Your very attitude toward the suffering provides growth. And from this side your pains, your sufferings, appear trivial, for we see them as a part of the total process of evolution (growth / progress). Our perspective broadens, and time and space diminish in importance. Pain teaches much if you are spiritually porous.”

I didn’t much like the ‘God rewards pain’ idea. I said, “It sounds like I should be happy to suffer so I can grow.”

”Not at all,” Karen assured me. “No one needs to suffer. Suffering comes when you ‘bump up’ against a universal law. Here’s another encompassing insight. You ‘suffer’ when you break a law of the unobstructed universe. The fact that you don’t recognize the law doesn’t matter. It functions regardless of your cognizance of it.

“Here’s an example. Despite the fact that you have no family history of heart disease, that you watch your diet, that you exercise, that you avoid stress, you have a heart attack. ‘Undeserved,’ you shout. ‘I observed all the laws of the obstructed world (physical Earth). It isn’t fair.’

“But you did break a law of the unobstructed world. Your difficulty was in your failure to protect your spiritual body. By developing quantity and earning a guide, you could have circumvented your suffering. A guide might not have kept you from dying.

Everyone dies. But you could have accomplished your dying, your transition, more easily. A guide could have helped you die in your sleep.

The HIERARCHY of LAWS:

We have the lower level laws which are the Physical Laws.

Then we have the moral or laws of Natural Love.

The highest laws are those of Divine Love.

Each set or levels of laws have their own consequences of being broken. Every single law is put into place by God for a loving reason. God’s Laws are like a framework for everything else. They are Unchangeable and FAIR.

“Universal law does give us free will, Mum. We can choose to evolve or not. Parallel laws exist in both worlds. We can choose to develop quantity there and quality here. When we choose to evolve (progress), we avoid the ‘bump’ called suffering.



She gave an encouraging thought. “Parents can acquire a guide for a child by their efforts. Suppose you wonder if your child is of the high quality that automatically attracts a guide. The parents, or those interested in the child’s welfare, can call a guide to that ward by their desire.

“This was once the purpose of infant baptism, a glimpse of spiritual truth that has often been distorted into magic and superstition. The religious ceremony that included the cleansing of the soul with specially blessed water and the laying on of hands could be used to attract a spirit guide. One who acquires a guide in infancy can avoid the problems of the spiritual gaps mentioned before.”

She gave more good news. “Once you attract a personal guide, you will always keep one. A new guide may be called as you acquire quantity. Once you attract a very spiritual guide that one remains with you until you no longer need one. The guide may remain with you even without your need and after you come here.”

I asked, “What about those who don’t acquire a personal guide?”

“They are helped through group or team methods. A team on our side serves a group of people on your side. Such people on your side need not be linked by family ties or geography. The connection is determined by purpose.

“Groups that have common goals work best. The goal could even be seemingly detrimental, such as fighting a war, for this unites them in a common cause. Purpose counts most in grouping for guide work; goals only provide a handhold or temporary way in, but communal instinct among you works to the advantage of guides here.”



I was still disturbed that so much of one’s life seemed predetermined by quality of consciousness and purpose. I saw this as discouraging. The writing halted for about a week, apparently to avoid colouring or bias from my mind. When it resumed, it went like this:

“There should be no discouragement because one is born with particular attributes. You have always known this was so. Look at the reflection of this on your plane. For example, look at those born with mental or physical handicaps. Such people can overcome these handicaps by attitude and effort. Such handicaps may or may not be a detriment when it comes to developing quantity. The handicapped person may indeed have an advantage.

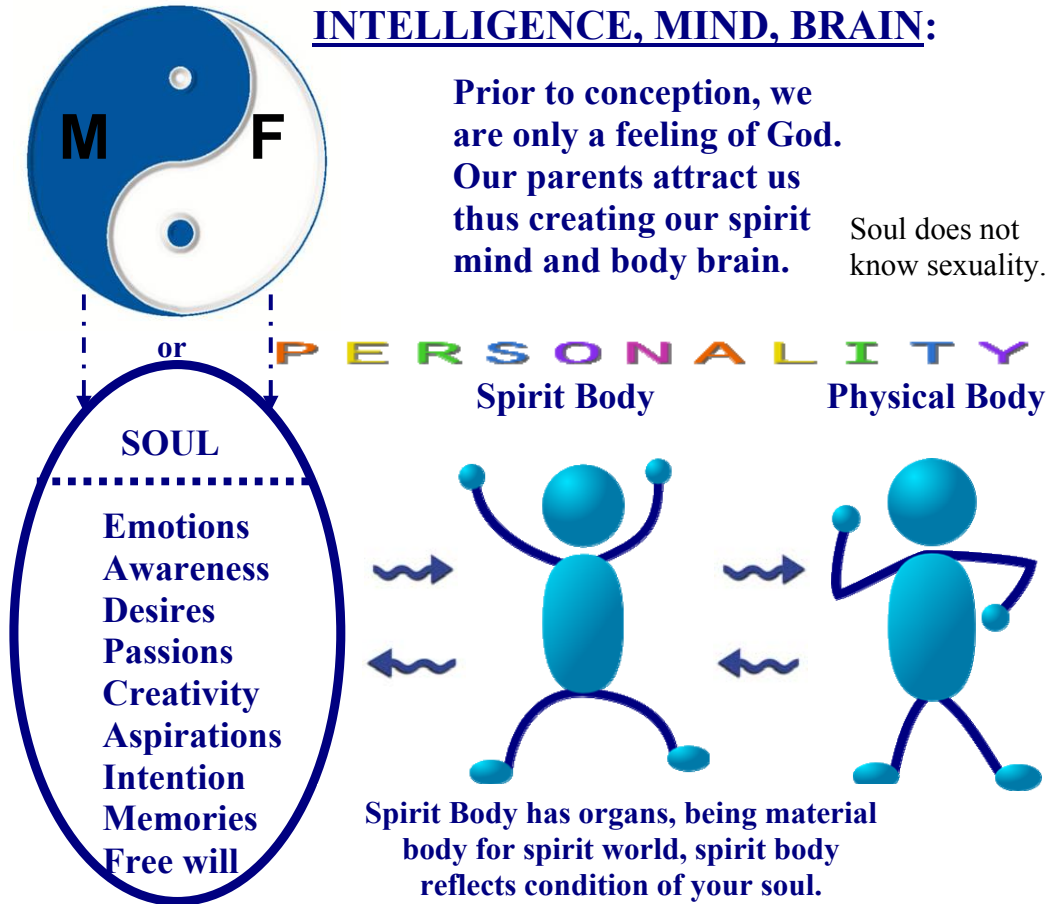
“Your perspective of time causes much of your dismay. Time doesn’t exist as you know it. The unobstructed universe has no ‘span’ of ‘time’. Acquiring quantity ‘before’ ‘beginning’ to work on quality does not ‘slow’ you down.

“Those who have practiced reincarnation have made too much of the idea of destiny. Let’s look at that next.”

After she dropped the pen, I realized she hadn’t really answered her original questions about why we are born and die. I would challenge her with that.

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

INTELLIGENCE, MIND, BRAIN:



Our Intelligence is Soul based. The capabilities of discernment, e.g., by Kinesiology muscle testing, expands only with the growth of our Soul’s intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are ‘born again’, one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.

“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

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

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

Chapter 16:

“Here we go for another ‘bump’ up against obstructed thought.

“Those who have practiced reincarnation have insisted that one has a destiny and that it is necessary to work out one’s karma on Earth plane before one can go on to other planes of experience.

“Here again is one of those obstructed thoughts. We do have a kind of destiny and a kind of karma, serving our purpose and developing quantity. However, because we cannot develop more quality and serve additional purposes on Earth, we limit ourselves by trying to come back and ‘do it over’.

“Whatever amount of quantity we develop in one lifetime is sufficient. Repetition of Earth experience isn’t necessary for further development of quantity, for little is added in a second trial.

“And even more, such a belief shows a limitation of understanding of what happens in my world (spirit world). Our job here is the development of greater quality. The individual who fails to take the opportunity to develop quality here because he wants to reincarnate there, not only fails himself but the purpose of evolution (growth / progress) as well.

“The reincarnationists, those who believe in literal rebirth of an individual consciousness in the obstructed world (Earth), have obstructed the idea of quality and quantity. They have taken a partial truth and made it a hard-binding and destructive dogma.”

She repeated some of what she had said before, presumably to be sure it related to the obstructed idea of reincarnation. “Destiny relates mainly to your plane: the destiny of purpose and quality. Freedom of choice to evolve happens in our unobstructed world. Here our freedom is unlimited. So why would anyone want to return to a limited part of life’s adventure in the obstructed when free and limitless opportunities lie ahead? Here you can develop freely all aspects of your consciousness. Here, you can serve the great purpose of evolution. Here, you truly work out your karma.

“The reincarnationist answers, ‘If I develop enough quantity in one lifetime, I can come back with a higher quality the next time.’ But the universal law insists that evolution of quality takes place in the unobstructed world.”

I asked, “Why is this so important? What harm does it do?”

“The idea of reincarnation is a great glimpse. There is such a thing as reincarnation of *quality* of consciousness. Various degrees of quality of consciousness are constantly being reborn, but they should not be reborn as individual entities coming back. Individual consciousness does not die and should not be reborn in the obstructed. It should continue on my plane (in the spirit world) and on other planes beyond mine”

I wanted to know, “What happens when individuals come across?”

“Glad you asked,” said Karen. “They bring with them quantity from their Earth living. The individual keeps his personal quantity and a like amount goes into a general reservoir of quality of consciousness on this side. Earth parents, through their own spiritual quality and quantity, are then able to draw from the reservoir and pass on a specific quality to a newborn child.

“The child gradually acquires quantity and adds to the reservoir of consciousness when she comes across. She leaves the spiritual level of the whole, much or little, depending on what she adds. Those who add little often wish they had lived more fully. This, in fact, is the equivalent of the final judgement. The judgement is one of self-condemnation for the lack of quantity contributed.

“And this is where the reincarnationist stumbles in. She judges herself, determines that she should have gained more quantity, and decides to try it again. Sadly, a second incarnation in the obstructed universe (and it does happen) scarcely adds to the pool of consciousness at all. The main purpose of consciousness-evolution – is not really advanced by literal reincarnation. The person who continues here and develops quality serves evolution (progress) better.”

I was intrigued with the consistency of logic in Karen’s description. But what about the many problems reincarnation theory seemed to solve? Certainly other mediums more talented than myself had promoted this theory. It did seem to answer the question of suffering, though it was beginning to look as if Karen’s theory did too, and perhaps more intelligently. What about the often recognized feeling of *déjà vu*, the feeling of having been there or experienced something before, that reincarnationists claim is explained by their theory. I let the pen run on at its own pace to see what came.

“Actually,” said the writing, “reincarnation explains less than the idea of direct immortality. You note, Mom, that other psychics believed in reincarnation, but many do not. Often psychics of the reincarnation persuasion are accurate in making other predictions. They base much of their ability to predict or heal on the fact that they see past lives. Therefore, they claim to know why the person is now ill or behaving in a certain manner. However, they don’t offer *proof* that the person actually did live such a life. They only claim it.

“Mediums who believe in direct immortality also heal, predict the future, and explain events by saying someone in the next world told them. And here, often more proof is more convincing. It is more impressive for Karen, or anyone here, to produce specific evidence of her own life that can be validated than to claim with no proof that she lived before.

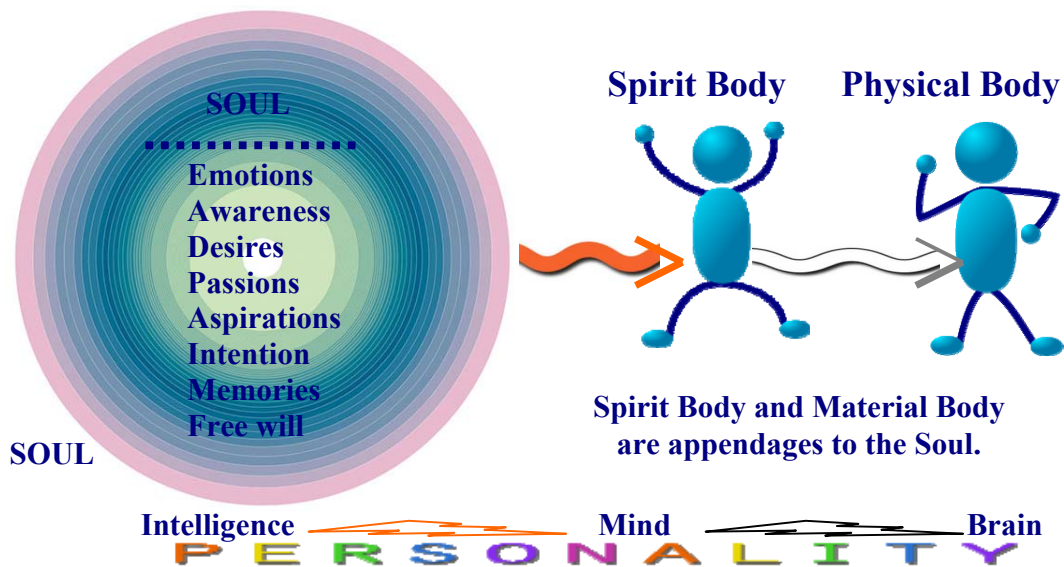
“Mom, all any psychic can do is offer information for its inherent value and let others decide what to accept. I believe what I am telling you will be so logical that many will accept it.”

“What specific harm does this theory do?”

Karen answered directly this time. “Confusion creates serious difficulties for both worlds. When we come across, we are the same selves we’ve always been. We retain our personalities and prejudices. Those who come across believing in reincarnation still believe it over here in the spirit world. They attempt to re-enter a body there and be reborn (by over cloaking). This creates situations that the rest of us view with dismay.

“Your world is intended as a birthing place (individualisation process) where all life is new. Everyone is intended to be a first-time individual. If the reincarnationist is spiritually stronger than the new consciousness being born (and sometimes this is true, for they tend to select lower qualities to invade), he supplants that new consciousness. The new being, then, is not able to develop; on arrival here at death the being is only partially developed consciousness (due to the over cloaking by the usurping spirit person). The two parts of the being usually separate here, and of course, this creates considerable

confusion. Both need much help. And sadly, the reincarnationist may still be unconvinced and try again to be reborn.



**Our Personality is a feeling of God, thus creating our unaware Soul.
At conception, our unaware personality (soul) connects with both a spiritual
body and physical body. Incarnation starts the road of self discovery,
children reflect parent's emotions. Parents attract us to incarnate.**

“In other cases a person may choose to be reborn in a new consciousness of a high quality. Then the newborn dominates and develops but still is considerably damaged by the interference. The reincarnated person is submerged and for a time becomes a lost soul. From this you can see our aversion to the concept of literal reincarnation.

“Reincarnation plays havoc with the development of quantity. And, by the way, we do not call this process reincarnation. We call it possession.”

I was bothered. “If what you say is true, why do people try to reincarnate?”

“Those who firmly believe are difficult to convince. Such people believe they will be handicapped if they are not reborn. They assume that the only way to develop karma is to re-experience Earth life.

“Also, many people are *embedded* in the physical. To us some of you look like those little plastic souvenir paperweights with tiny fish or plant life embedded in them; you are bits of frozen consciousness implanted in the material world. Once you postulate and accept that the unobstructed universe exists, once you believe that life is potentially more beautiful than anything on Earth, you would think people would prefer it. Yet for many, the physical world is the real world. It's all they have, and they cling covetously to it. Poor souls!

“A psychological reason is more disturbing and difficult to combat. Some people reincarnate (possess / over cloak) as a form of self-punishment because of guilt. The impact of coming across is devastating, for often they see vividly the mistakes they made. They experience a period of deep regret. Some desire so strongly to try again and do a better job (work out their karma) that they are difficult to convince that they will only compound their problems through such an effort.

“Worse, their guilt over past mistakes makes them want to punish themselves by repeating a miserable experience. ‘If I can suffer this time for what I did before,’ they say, ‘then I can atone for the past.’ We try to convince them that any atonement can be accomplished here, but this is futile if the guilt is very deep.”

I wanted to know about individuals that claimed to be associated with the same people again and again over many lifetimes. “Why would they want this?”

Karen’s answer showed a depressing aspect of human nature. “Attempted reincarnation is sometimes the result of a deep hostility toward others. Suppose that you and I were mother daughter in the most recent life but might have been sisters in a previous life and a married couple at another time. They claim they can better correct the mistakes made with the same people. Could it not also be that they unconsciously desire to further punish another person for past injuries as well? A hostile individual would secretly desire this.”

I asked another question. “Many claim that the common experience of *déjà vu* is evidence of reincarnation. They say that the sense of having experienced a time or place before is simply the recognition of a previous life. Are they right?”

“Partially. You remember I told you that quantity of consciousness goes into a reservoir and is reborn. Although this is converted into quality, the *memory* of the quantity is left in the reservoir. This memory of life-experience can be reborn into a new consciousness, a new individual.

“This easily explains *déjà vu*. Suppose a new individual acquires some of my quantity memory, perhaps the experience of being in the hospital in Los Angeles. (Karen was treated for her cancer in Los Angeles.) At some point in his life, if he himself enters that hospital or one that looks like it, he will doubtless experience not only a strong feeling of having been there before but also some negative emotions connected with it.

“The fact that such experiences are fairly common among many people but are not consistently frequent in a given individual is more readily explained by the reincarnation of memory from the pool than by literal individual reincarnation.

“Have you ever considered the very curious circumstances that no one while on Earth really remembers a past experience of life? Do you? Did I? A few *think* they do. And granted, a very few parapsychologists cite cases of reincarnation in which very young children appear to remember past lives. These could just as well be cases of possession. They could also be cases of mediumship in which the child is telling the story of someone actually on my side but making it appear as if he is telling his own story. Thus no real proof of ‘remembering’ is given.

“Some say the memory of the past remains unconscious, but this is a cop-out. It would seem that if one is to correct past mistakes, work out his karma, he could do a better job of it if he remembered what went wrong before. Indeed, anything less would appear to be a kind of strange punishment of a most unethical universe. (Unloving is the concept of reincarnation, and therefore, is not possible.)

“Endless repetition of experience that teaches nothing because nothing experienced is remembered, is the worst possible hell – a form of cruel and unusual punishment by a merciless god. At the very least, there is certainly an oddity in the confusion of going back to Earth for fifty trips and learning so little.”

I tuned in to Karen’s last statements. The logic made sense. Karen’s comments about the cruelty of trying to atone for past mistakes when one does not even remember them was a telling point. But I was still concerned about the concept of suffering, for I had always felt reincarnation was a logical explanation for seemingly inexplicable illness or poverty.

She was ready. “Can’t you see how this is an oversimplified explanation for suffering?” she asked. “The reincarnationists have used their karma theory as a handy-dandy tool for explaining a very complex problem. The supreme level of consciousness is positive. No vindictive god metes out punishment with no opportunity to make amends nor any memory of past experience.”

“But,” I said, “your explanation that we bump up against laws we don’t know about is equally disturbing. Why should I suffer for not knowing a law?”

“Because the universal law is put there for a larger purpose than causing or understanding suffering. It is in place to provide order and continuity for the entire universe. We live in a universe of a complex system of moral and spiritual laws as well as physical ones. Inevitably, because of our limited Earth-bound knowledge, we are going to make mistakes that will result in what we call suffering. However, knowledge of the law is accessible to us if we wish to investigate.”

That made sense.

I realized that Karen had effectively answered her own questions about why we are born and why we die. We are born as individual consciousnesses (individualisation process) so that we can ultimately further the purpose of the evolution (growth in love) of all consciousness. We die for the same reason. Taking care to be born in the obstructed world only once gives an individual consciousness the greatest opportunity to serve the evolutionary purpose.

Some days are better than others:

There I was sitting at the bar staring at my drink when a great huge, trouble-making biker steps up next to me, grabs my drink and gulps it down in one swig.

"Well, whatcha' gonna do about it?" he says, menacingly, as I burst into tears.

"Come on, man," the biker says, "I didn't think you'd CRY. I can't stand to see a man crying."

"This is the worst day of my life," I say. "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife with another man and then my dog bit me."

"So I came to this bar to work up the courage to put an end to it all, I buy a drink, I drop a capsule in and sit here watching the poison dissolve; then you show up and drink the whole thing! But enough about me, how's your day going?"

<http://en.m.wikipedia.org/wiki/Suicide>

Over one million people die by suicide every year. The [World Health Organization](#) (WHO) estimates that it is the 13th leading cause of death worldwide and the National Safety Council rates it sixth in the United States. It is a leading cause of death among teenagers and adults under 35. The rate of suicide is far higher in men than in women, with males worldwide three to four times more likely to kill themselves than females. **There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.**

http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/

- Every year, **almost one million people die from suicide**; a "global" mortality rate of 16 per 100,000, or one death every 40 seconds.
- In the last 45 years suicide rates have increased by 60% worldwide. Suicide is among the three leading causes of death among those aged 15-44 years in some countries, and the second leading cause of death in the 10-24 years age group; these figures do not include suicide attempts which are up to 20 times more frequent than completed suicide.
- Suicide worldwide is estimated to represent 1.8% of the total global burden of disease in 1998, and 2.4% in countries with market and former socialist economies in 2020.
- Although traditionally suicide rates have been highest among the male elderly, rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of countries, in both developed and developing countries.
- Mental disorders (particularly depression and alcohol use disorders) are a major risk factor for suicide in Europe and North America; however, in Asian countries impulsiveness plays an important role. Suicide is complex with psychological, social, biological, cultural and environmental factors involved.

Chapter 17:

“Death with dignity.”

BABIES born Each Year; 130,000,000
It is estimated that there are approximately 130 million babies born throughout the world each year.

“Suicide is a sin.”

DEATHS worldwide per annum: 60,000,000
Pollution causes about 40% of deaths worldwide, i.e., are caused by water, air and soil pollution.
<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

“Right to life.”

“Such a fuss you people make about death. In chapter fifteen I asked, ‘Why are we born?’ and answered ‘To serve the purpose of evolution of consciousness.’

World murder rate: 7.6 per 100,000 people per year.
The NUMBERS: Violent deaths worldwide, 2004:

Total:	740,000
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

“I also asked, ‘Why do we die?’

“The answer is, ‘We don’t. Individual consciousness lives on.’

Over one million people die by suicide every year.
There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.
<http://en.m.wikipedia.org/wiki/Suicide>

“That fact puts a new perspective on some of your concerns about ‘how’ we make the transition to the unobstructed world.”

Miscarriage reportedly occurs in 20 percent of all pregnancies. This may be an inaccurate number. However, many women, before realizing a life has begun forming within them, may miscarry without knowing it. Therefore, the miscarriage rate may be closer to 40 or 50 percent.
<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

“Do you mean suicide?” I asked.

“Suicide, euthanasia. Much of what I tell you will be controversial but only because thought has been obstructed for so long in western culture.”

Global estimates of INDUCED ABORTIONS:

	1995	2003	2008
World	45,600,000	41,600,000	43,800,000

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

“I suppose you’re right,” I conceded.

“If death is but a step into a new level of consciousness where the individual continues to grow, then the problem of mercy killing is of considerably less significance than we have made it.”

”Caution,” Karen said. “I want to make absolutely clear the level of mercy makes euthanasia acceptable. In our world, we believe it should take place in cases of definite terminal illness – if the individual is a vegetable or if his suffering is so intense that prolongation of life even with drugs is abhorrent. In such cases someone must take responsibility for the *release into life*, into our world. I do not mean merely removing life-support systems and letting the person go on but sending him on by literally destroying the physical body.

“In instances where the mental capacity is so limited that no further learning from life experience can take place, the person deserves release into *unobstructed* life. I grant that the imminence of death is easier to judge than determining how extreme the mental impairment must be. In general, a person who needs total care of essential bodily functions deserves release.

“Beyond these cases there are those who should be sent across, such as the individual of minimal IQ who can acquire little or no quantity. The test is this: *If quantity can no longer be gained on Earth plane due to extreme physical handicaps, then coming across is necessary for growth.* Such a termination truly releases the individual.

“Of course your laws would have to be changed so that the person who performs the release is not punished. Obviously, strict controls would be needed to determine what is mercy and what is indulgence. Obviously too, there will doubtless be abuses of such laws, especially at first. But we believe this can and will be controlled. And we see this as an enlightened view of the obstructed thought, ‘Thou shalt not kill (ever).’”

“How should this be done?” I asked. “Most doctors don’t want to, and certainly loved ones find it difficult.”

“Until you learn better methods, such so-called mercy killing should be accomplished by physical (medically induced) means. More doctors would participate than you might imagine. But let me urge the use of ThoughtForms for this purpose. You remember, Mom, the last night I spent with you on your plane?”

I knew immediately what Karen meant, though I had never been sure until that moment whether she had been aware of the action I took that night. She had never mentioned it through Reverend Daisley.

At one time during her last day, Karen’s Dr Irwin had explained that all hope was gone for her. Yet he had also warned us that there could still remain many days of vegetable existence for her. She had already been in a partial coma for some time. That night, she talked to me and asked for permission to leave; I knew I should not hold her back. If possible I should help, but not physically, never that for me.

HIERARCHY of HEALING SYSTEMS



Without consulting Tom (Dad), I made the most important decision of my life. I spent the rest of that night praying for Karen's quick and painless release from her suffering. I was not sure what awaited her, but I was convinced nothing could be worse for her than being a vegetable. I asked those who had gone on before, if they still existed, to welcome her. The next day Karen slipped quietly away from us with no apparent struggle.

Even at the time of this writing I was still uncertain whether my efforts had actually aided Karen's transition. I was plagued by the thought that I might have done the wrong thing, though later Tom insisted it was an inspired action. When my emotions calmed after reading Karen's last statement in the writing, I let the pen continue.

"Your method of releasing me did work, Mom, and is by far the most humane one to use. That night, in your need, you created a ThoughtForm that reached this side with impact. You contacted high souls, you contacted universal law, and your ThoughtForm was answered.

"There was no blame. Yours was by far the best method of release for a person in my condition. It eliminates pain and confusion, for this is the truly natural way to 'die'.

"Though your means of release is the best method, actual physical release need not be avoided. Use whatever method is least violent, so the individual experiences as little shock and confusion as possible."

When Tom later read this message about euthanasia, he asked about the suicide of one who performs such a killing. "Suppose I had literally taken your life," he said. "Our present laws would demand my imprisonment or death. My own guilt might also have overwhelmed me. In such a case is suicide wrong?"

"It is not wrong," came the answer. "The answer would depend on the person involved. First, if the true motive of the mercy killing is love, then probably the person performing it has a high degree of quality. Such an individual soon recognizes that he has performed a worthwhile service and makes excellent progress here. Certainly no physical punishment is needed on your plane for such an act.

"But let me discuss suicide more generally. Most people believe the act is wrong. Suicides are usually committed by emotionally ill people, people who can't adjust to life's obstructions. Yet such adjustment is crucial to gaining quantity. Any shortcut to acquiring quantity in such a case is a serious failure. When such a suicide arrives here, he recognizes his failure. Such recognition can retard his growth in our world for long periods of time.

"Those who take their lives for the purpose of escaping severe physical pain or extreme physically caused depression usually make an easier adjustment. It depends on the spiritual development there. For a person high quality who has acquired much quantity, the adjustment is smooth. Such an individual rarely commits suicide until his suffering has reached an intolerable level. If one is of lesser quality, the adjustment will be more difficult, and such a person usually takes the step long before it is necessary. This premature release can cause a more difficult transition.

"The aged often take their own lives. Society is frequently to blame for not providing worthwhile work or companionship for them. When one is no longer useful (and I mean literally, not just from a

subjective view), or has no human interchange, she can no longer develop quantity. Self-release into the unobstructed allows the person to continue to evolve.

“The key to the problem of suicide and euthanasia, rests on the quantity and quality of consciousness. If these are developed, if obstructions limit growth, the individual is ready for the transitions.”

“Why has this not been said before?” I wanted to know. “And aren’t you afraid some people will take advantage of your view?”

“It *has* been said, but not often in the Western world,” was Karen’s answer. “Most mediums colour the ideas with their own opinions. Until you experienced my passing, your own opinions would probably have blocked such a message.

“Those who would kill others maliciously will not be concerned with this message. Those who would kill themselves neurotically would do so no matter what anyone said. We have *not given these people permission* but have warned them of possible serious consequences. Those who are truly ready for release may be freed by this message, and if this happens, we have performed a service.”

I asked about abortion. I would have thought Karen, a modern woman, would have been entirely pro choice. Her answer not only surprised me but has made me rethink my view.

She wrote firmly. “The individual bit of consciousness is born at conception, not at Earth birthing. Hence, any destruction of a foetus is not only an aborted individual life but an aborted opportunity for evolution. Of course the unborn foetus comes here and develops on this side, but it is always sad when the opportunity for the development of quantity is deprived.

“In some situations, the taking of a new life might be necessary. The mother and the child cannot both survive, and a decision is made in favour of the mother. If others are dependent on her for her aid in their own development, this might be a wise choice.

“Each situation must be decided on its own merit. In recent times pro-choice activists make the statement that the state has no right to make such decisions, and they are right. But the woman who says,

**The magic key to soul condition growth:
Always look up and look for the brighter spirits, then always ask them to tell you about the Feeling Healing process and also God’s Divine Love and Divine Truth.**



Angels actually do not have wings. Celestial spirits are often referred to as angels.

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.**

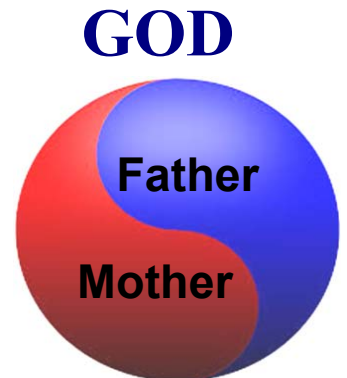
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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



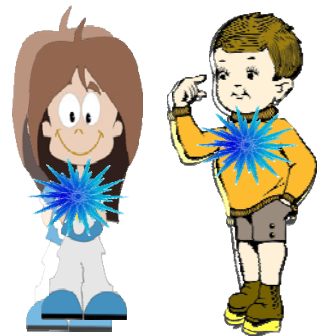
M&F



J&M



AVO

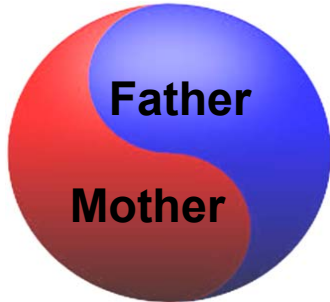


HUM

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

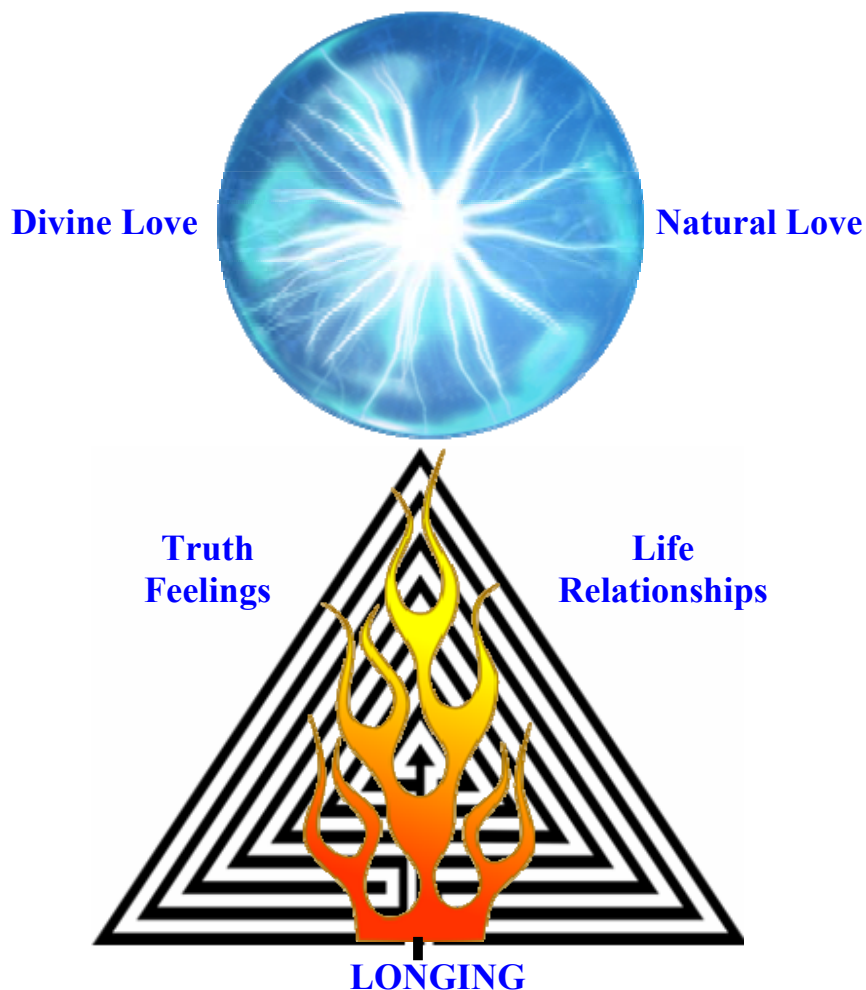


As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist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

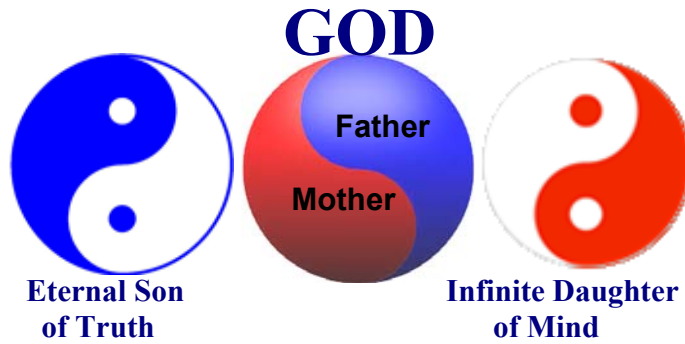
Then the Creator Pair, Jesus and Mary, will lead us through Neadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

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 HUM 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.

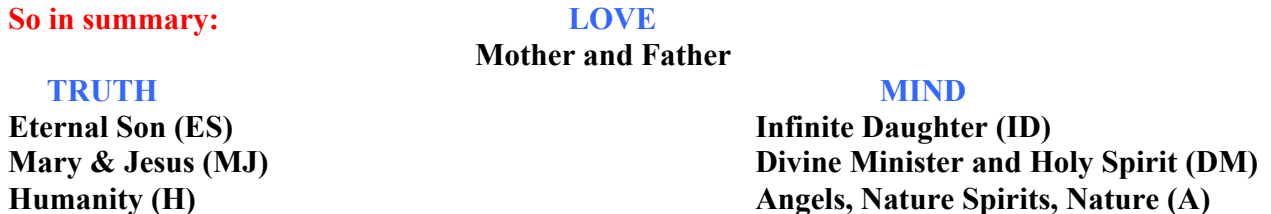
The LOCAL UNIVERSE TRINITY:

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

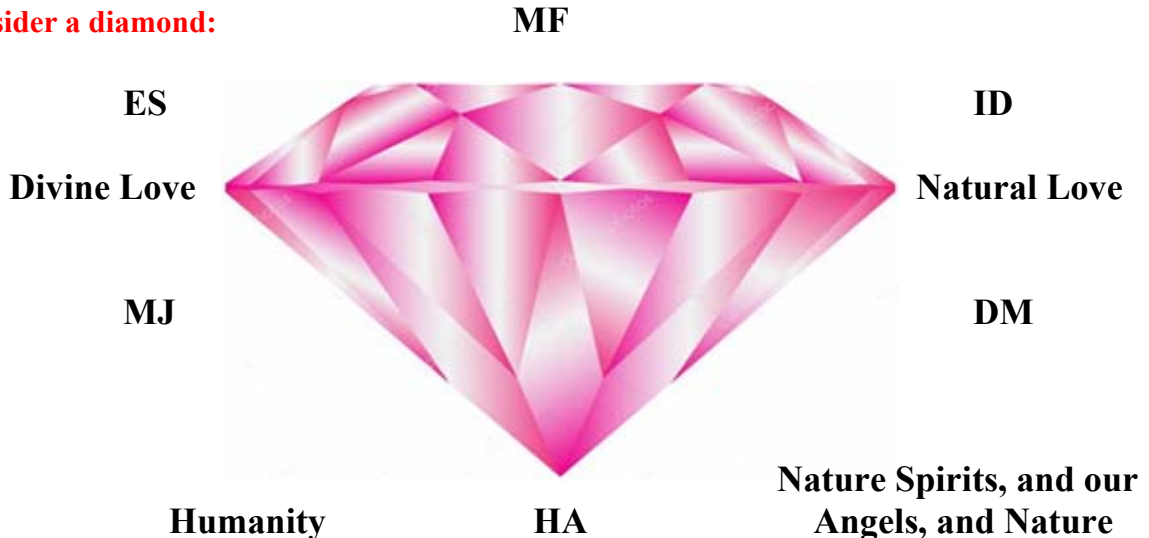
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



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.

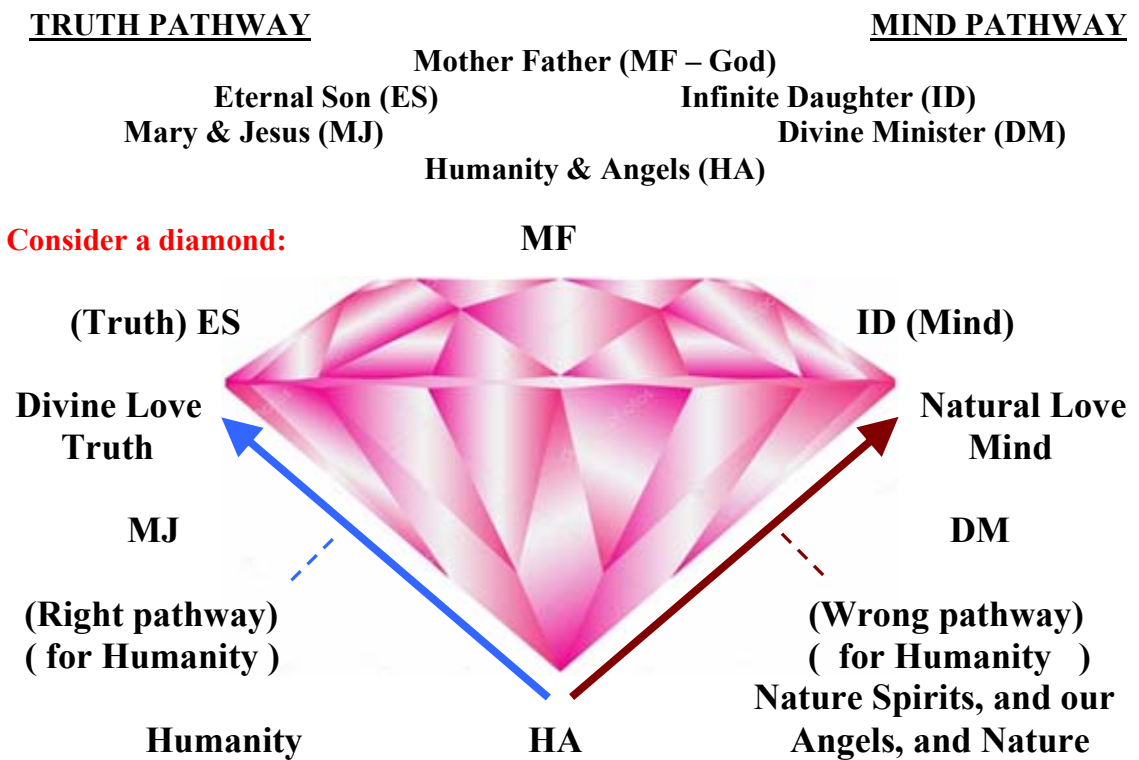
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

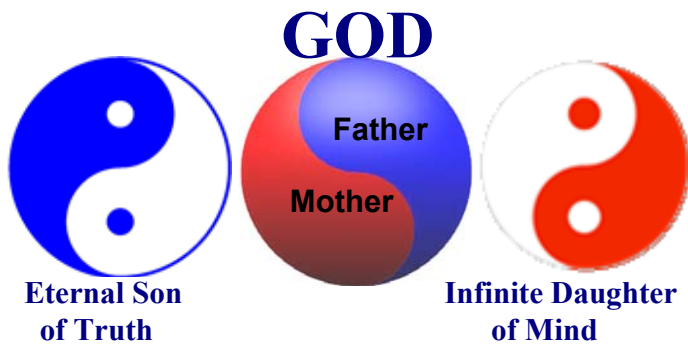
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and 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.

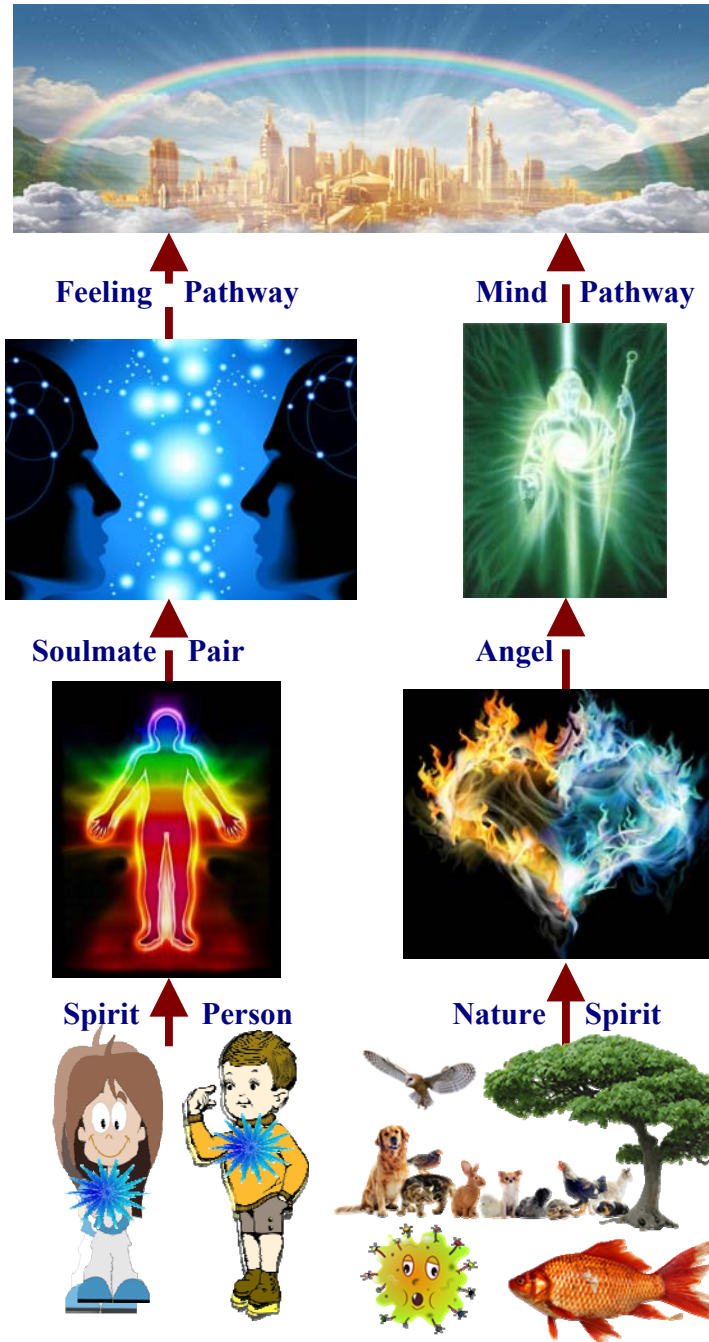
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our 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

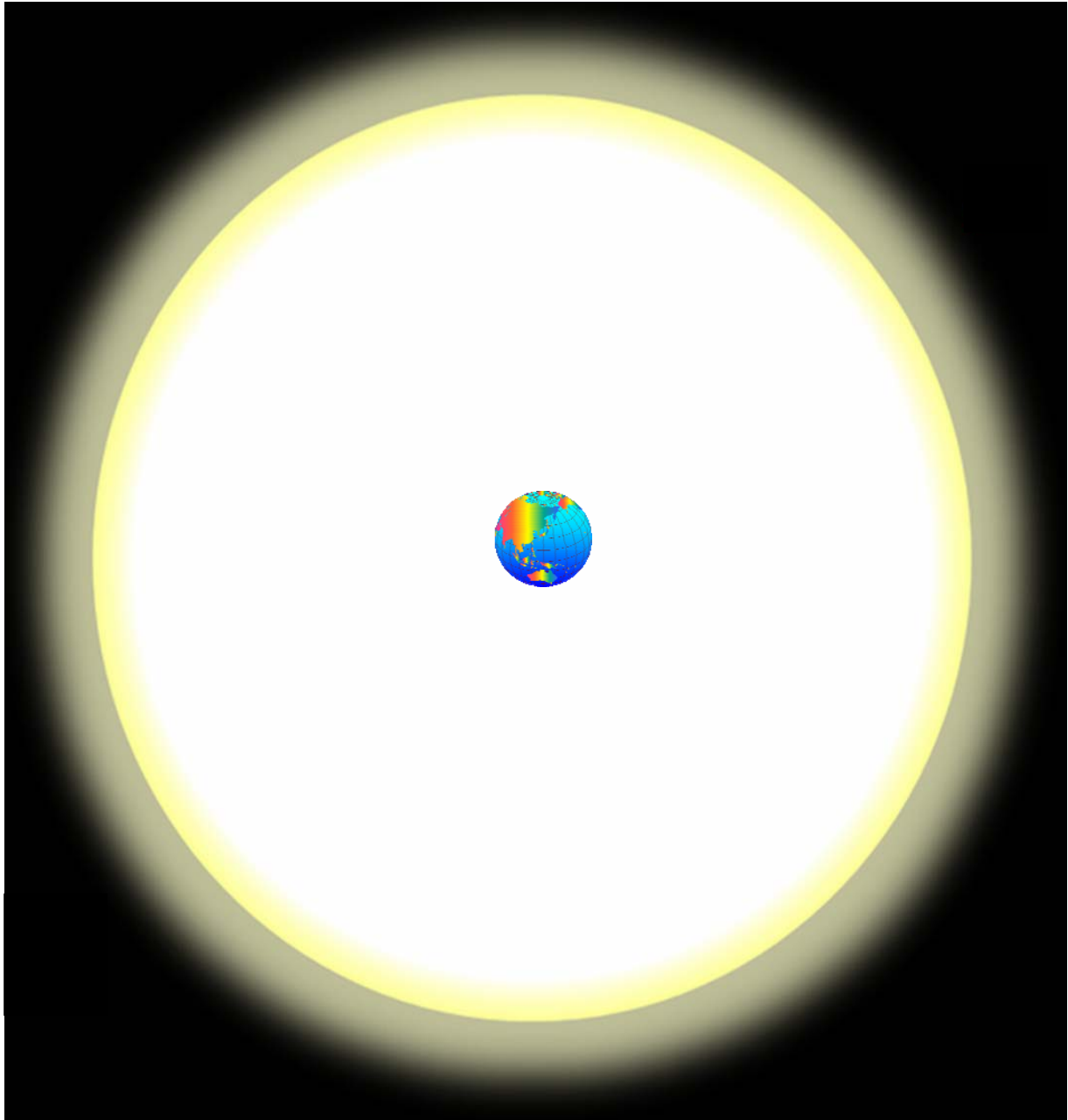
Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



The FIRST NATURAL LOVE SPHERE:

- a. **Blankets Earth.**
- b. **The first Sphere is like this surrounding the orbit of Earth around the Sun.**
- c. **The first natural love sphere is massive. Should all the souls that have been individualised and are yet to be individualised (incarnated) remain within the 1st natural love sphere, then there is more than sufficient capabilities for them to be accommodated.**

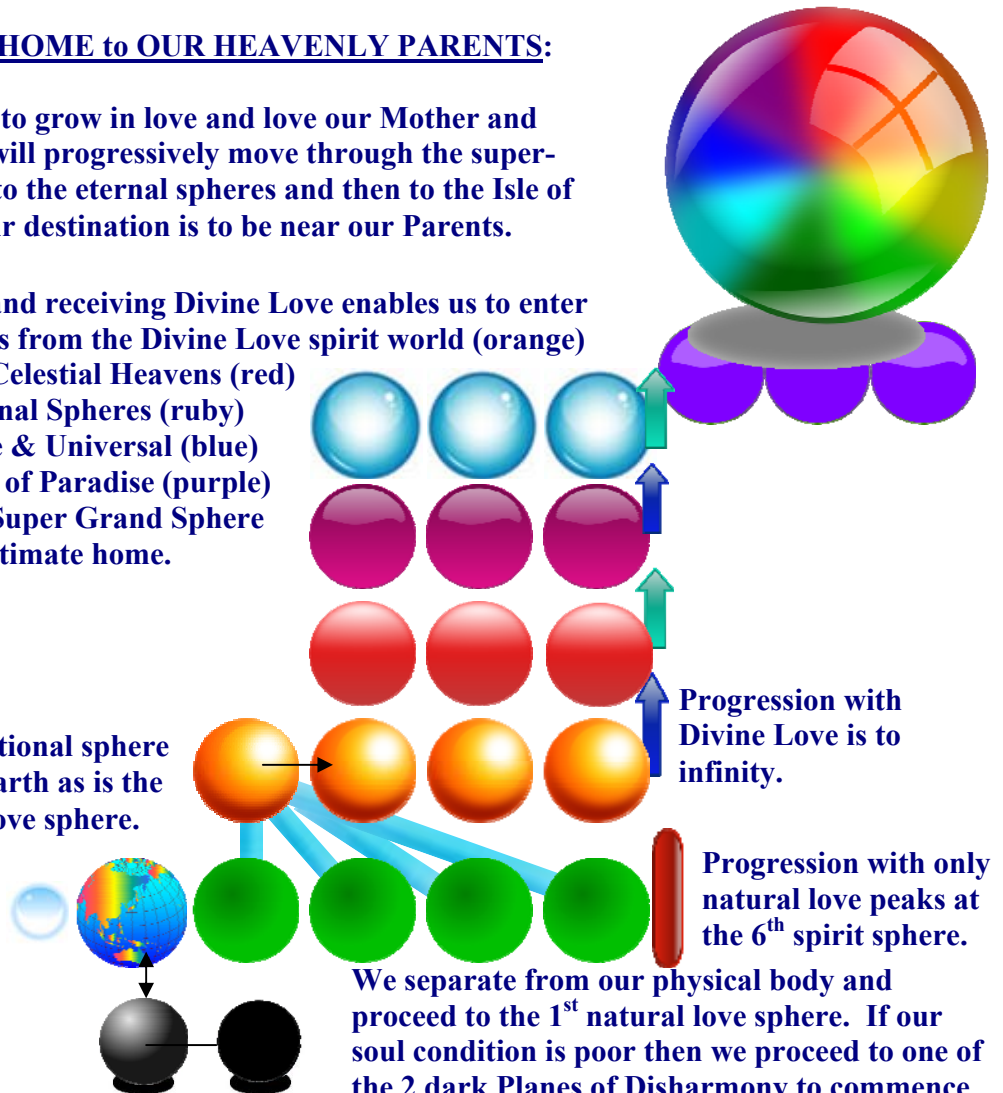


JOURNEY HOME to OUR HEAVENLY PARENTS:

As we learn to grow in love and love our Mother and Father, we will progressively move through the super-universe, into the eternal spheres and then to the Isle of Paradise, our destination is to be near our Parents.

Asking for and receiving Divine Love enables us to enter and progress from the Divine Love spirit world (orange) then to the Celestial Heavens (red) then to Eternal Spheres (ruby) then Infinite & Universal (blue) then to Isles of Paradise (purple) then to the Super Grand Sphere being our ultimate home.

Pre-incarnational sphere is close to Earth as is the 1st natural love sphere.



We separate from our physical body and proceed to the 1st natural love sphere. If our soul condition is poor then we proceed to one of the 2 dark Planes of Disharmony to commence our development of love.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

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SPHERES – SPIRIT WORLDS – within the Earth’s Solar System:

8 – 10 Celestial Heaven Spheres outside

7th Sphere – Transition Divine Love

6th Spirit World Sphere natural love

5th Spirit World Sphere Divine Love

4th Spirit World Sphere natural love

3rd Spirit World Sphere Divine Love

2nd Spirit World Sphere natural love

1st Spirit World Spheres natural love

Disharmony is a plane firstly

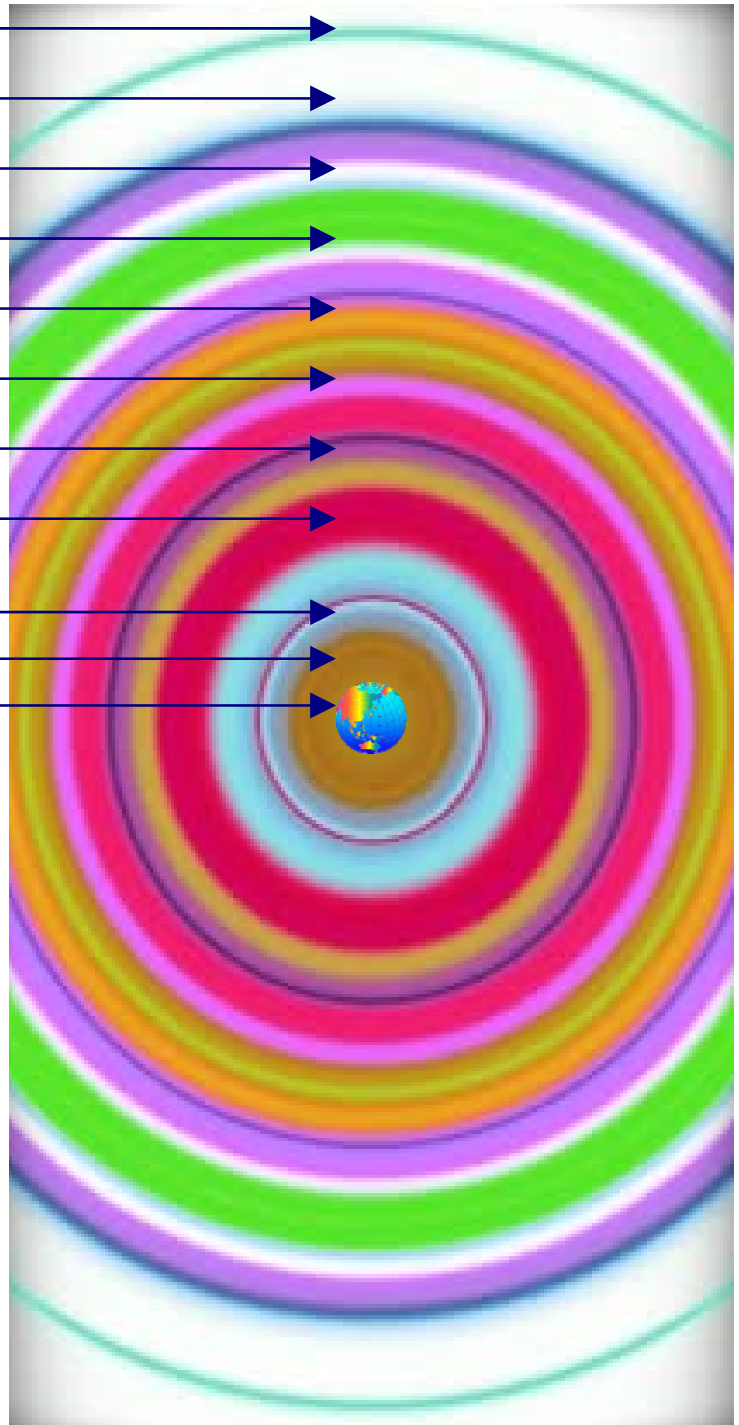
Planes of Disharmony

(hells)

1st

2nd

Earth cloaked in mist and gloom



All souls with their spirit bodies transition firstly to the 1st Sphere, this sphere is much closer to Earth than to the Moon. All souls to be individualised through Earth can be accommodated in the 1st Natural Love Sphere.

The Planes of Disharmony, hells, are possibly between 1st sphere and Earth.

Natural Love spheres are 1, 2, 4 & 6.

The Divine Love spheres are 3, 5 & 7.

Celestial Heaven spheres are 8, 9 & 10.

Higher sphere systems are not numbered: being the Eternal Spheres, Infinite and Universal Spheres, then Isles of Paradise and then finally the Super Grand Sphere.

These further sets of spheres interact with life through out the universes.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

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

CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups

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

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

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

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

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

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

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



WOMEN are OUR SPIRITUAL LEADERS!

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home

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

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

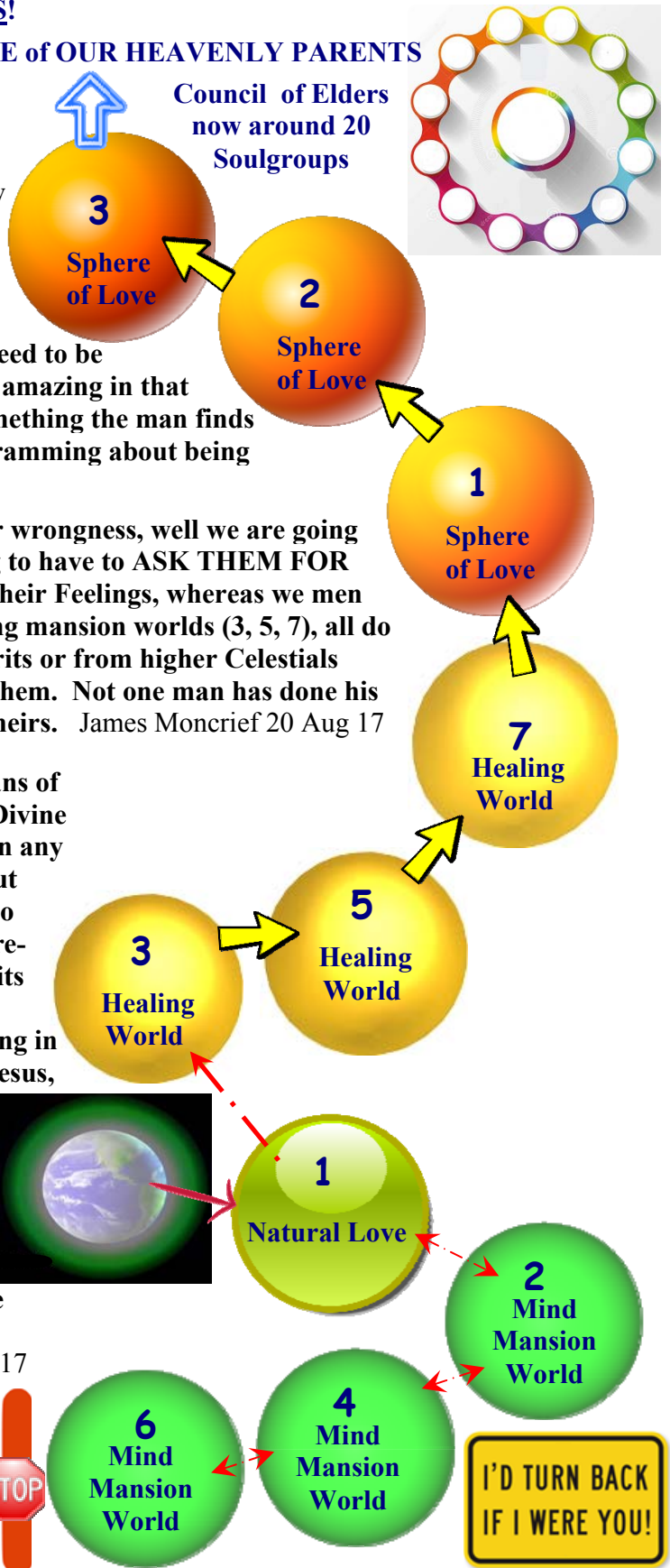
If we men want to ever Heal ourselves of our wrongness, well we are going to have to fully honour women, we are going to have to ASK THEM FOR HELP. Women innately know the Way of their Feelings, whereas we men don't. Men spirits in the Divine Love Healing mansion worlds (3, 5, 7), all do receive help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

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

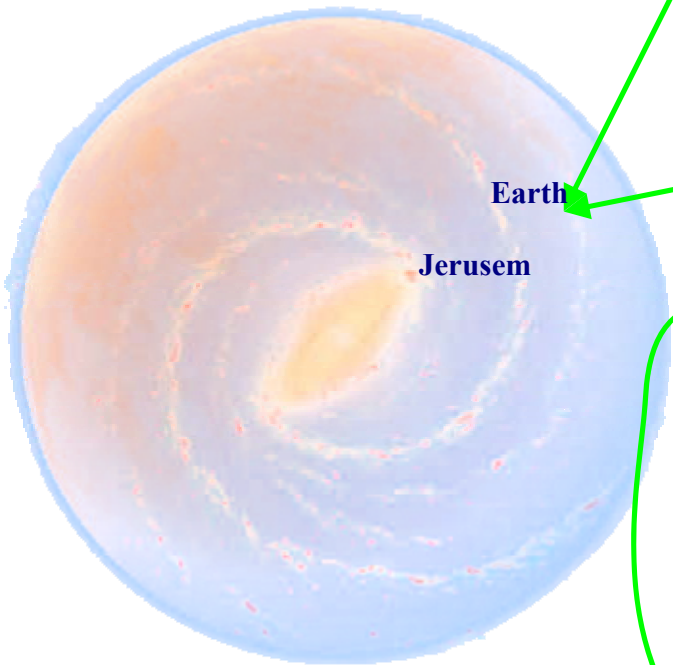
And then throw in their contrived Islam, and you have more male domination and the subjugation of feelings – of the woman.

Helen 20 Aug 17

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



OUR JOURNEY: From Earth's spirit spheres, to the Celestial Heavens, then to the Eternal Spheres, and then home to the Isle of Paradise.

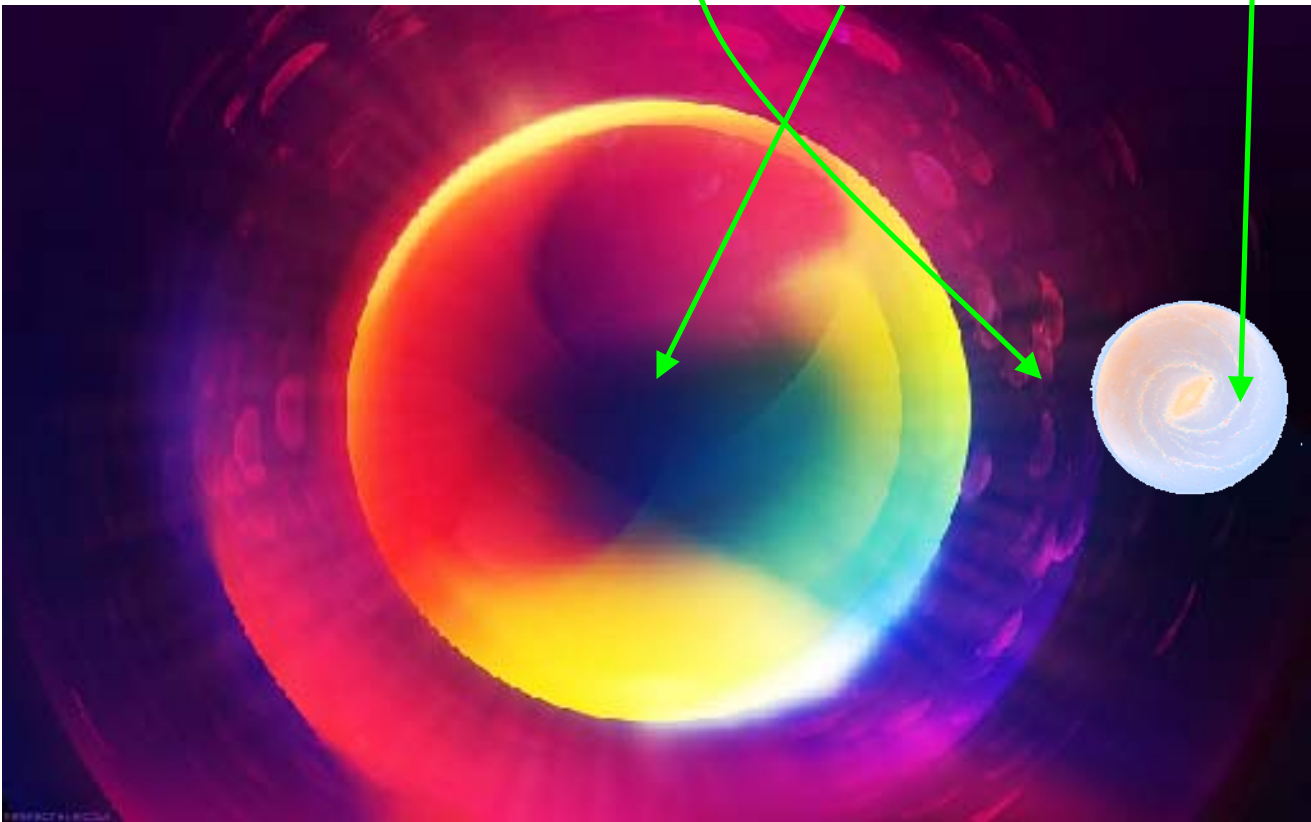


Spirit spheres 1 – 7 (Mansion Worlds) may be within Earth's solar system, each sphere connecting to the next, including the 2 dark spheres being planes of Earth. The 3 Celestial Heaven spheres maybe close to Jerusem and isolated for us humans.

Eternal Spheres, 3 progressive spheres, and the Infinite and Universal Spheres interact through out the super universe.

Spheres of Paradise also contain 3 major progression spheres and these are located within the region that circulates around the Super Grand Sphere.

From the 3 progression spheres within the Isle of Paradise, then to the Super Grand Sphere that surrounds the Mother and Father's Sphere and Soul of our Parents. At this point we have arrived Home!

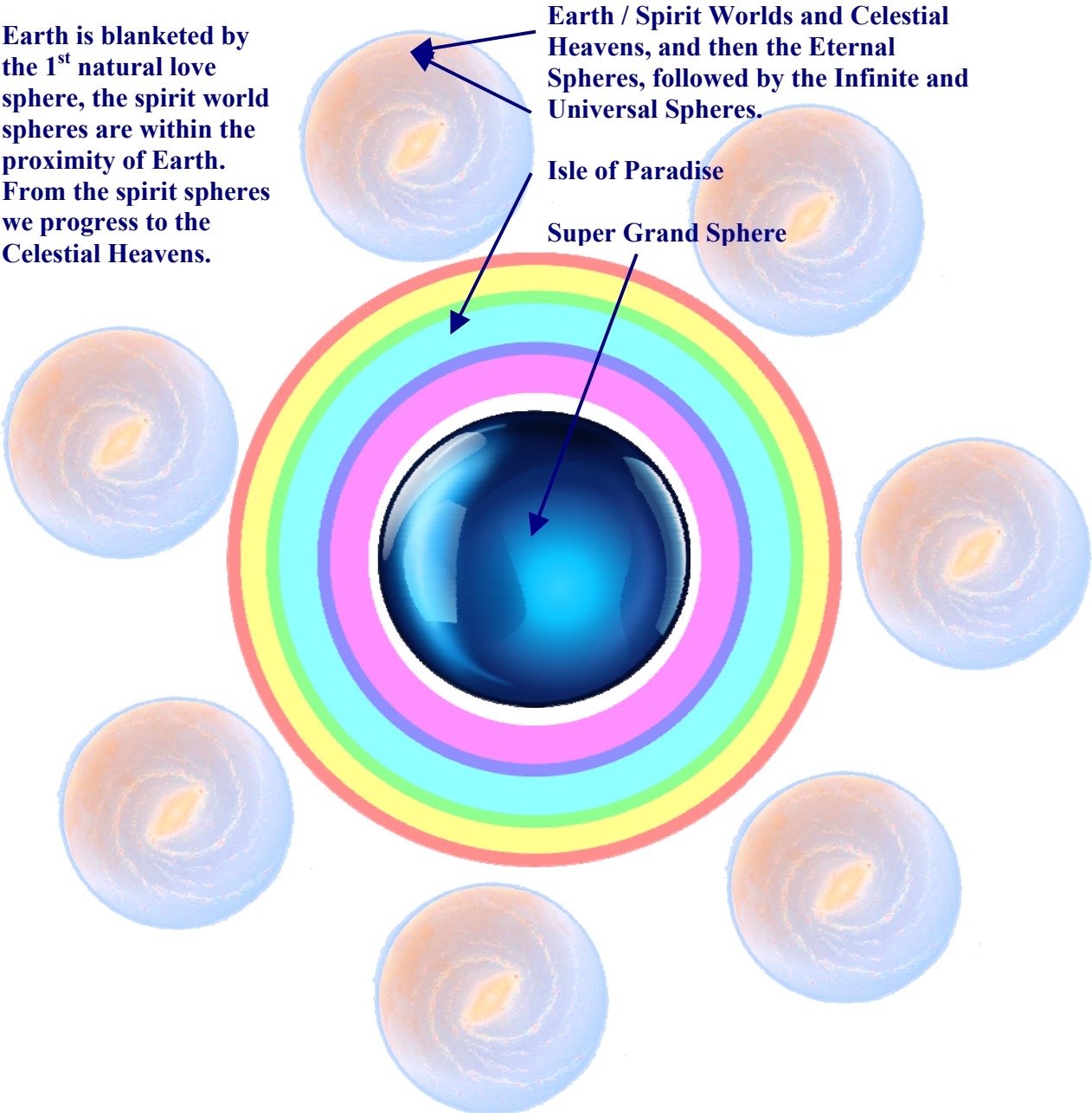


OUR JOURNEY to the CENTRE: HEAVENLY PARENTS are UNIVERSALLY PRESENT:

Earth is one of the youngest inhabited planets on the outer edge of the youngest of the seven super-universes. From the spirit worlds, we progress to the spheres of many mansions, being the Celestial Heavens. From there we progress to the Eternal Spheres, then to the Infinite and Universal Spheres and then towards the Isle of Paradise. The Isle of Paradise remains stationery and is the home of the Source Soul, our Heavenly Parents, Mother and Father.

Our progression is always towards the centre, nearer to the centre of our super-universe.

Earth is blanketed by the 1st natural love sphere, the spirit world spheres are within the proximity of Earth. From the spirit spheres we progress to the Celestial Heavens.



Earth / Spirit Worlds and Celestial Heavens, and then the Eternal Spheres, followed by the Infinite and Universal Spheres.

Isle of Paradise

Super Grand Sphere

Chapter 18:

Many letters were received by Jeanne Walker (Mom) subsequent to the first book being released. Some letters from people who had lost children discussed the causes of their deaths. Karen died in 1970 at the height of the hippie movement. Many parents of your people described the deaths of their own children from drug overdose, sometimes deliberate suicide. These families needed reassurance. Karen's response satisfied me that even the suicides were accidental deaths and the person was usually not directly to blame.

She consulted with people in her world (spirit world) and said, "My colleagues here tell me that of course we are all responsible for our actions. They would urge young people not to use drugs. But the actual deaths in most of these cases were accidental. Parents should not blame the child or themselves. Recognize that humans err, that they and others can learn from these errors, that in my world the balance can be restored and the person can become whole and useful again."

That made me ponder her own passing. When we finally got Karen into the hands of Dr Irwin, her oncologist, he told us that there was a slight possibility she might have acquired the Ewing's sarcoma from blood transfusions when she had plastic surgery on her nose. By that time we knew that Ewing's was a form of cancer with a high percentage of fatality (in 1970). I asked her, "If you had known you could get cancer that way, would you have had the plastic surgery on your nose?"

"Probably. I was so vain, I doubt that anyone could have talked me out of it."

"I know now that I would have taken the risk even if I had known I might die. I am only too human. It might help you to know that just as we inherit genetic predispositions, we also have at birth spiritual predispositions through the quality and quantity of the purpose we serve. These spiritual factors have far more influence in determining when a person will come to this plane than any single decision we make on Earth."



Does Karen live in a house, eat in restaurants, have possessions?

About houses and restaurants, Karen teased, "You think I live in a barn, maybe?" Then she said, "With your limited view of the universe, you have trouble imagining our world. As I told you in earlier writing, time and space as you know them are limitations for you. We have fewer obstructions because we have bodies that are of finer substance, higher frequencies, less cumbersome than yours. Yet we are recognizable as individuals, and we clothe ourselves in raiment of light and colour. I told you once that I am lighter, and you wondered if that meant literally light comes out of us or if we are made of lighter substance. The answer is *both*."

"You ask if I have possessions and if I eat candy bars. I can if I want. For a while after some people arrive, they still want the things they enjoyed there. I have a few of my most wonderful treasures. Bobo, for example. He's the first stuffed animal I ever owned. He no longer has any fur, but I still love him. And I made a duplicate ring of the ones you and Dad made from my Chinese coins. Sure, I still have possessions."

"But before I had been here very long, I found out that the candy bars of your world can't begin to live up to the 'desserts' here. The best way I can explain is to say that we have the essence – the most important ingredient – of everything you have."

She continued, “I don’t want to get so detailed as to describe houses and such. Do you remember reading *Raymond*, by Sir Oliver Lodge?”

Karen had directed us to this book. In that writing, the famous British physicist had described contact with his dead son who discussed living in brick houses and smoking cigars.

She said, “That’s too specific. The idea is this. Think of the essence of houses and eating in restaurants. You live in a house for protection, privacy, and comfort. We have the same needs, and we have ways of achieving these – but not necessarily in a brick house. You eat in restaurants for convenience, and usually for companionship. So do we in our way.” Again she teased, “Of course I eat out; I’m my mother’s daughter.”

“Yes, I still love to read, but it’s not the same here. We absorb thought differently, more directly, in ThoughtForms. Reading is not so time-consuming for me as for you, but I do enjoy the totality of the experience. Just as you love the touch and smell of a book, just as you love the acquisition of information or the pleasure of a good plot, so do we.” She refused to elaborate further.

Often when I would ask a specific question, Karen would “go find out.” Occasionally the answer would have required that she travel far. Finally I asked. “You seem to travel considerable distance very quickly. Is that actual?”

“Of course. I can be *there* in an *instant*. Think about what is involved in getting from here to there in your world: time, space, and motion. Your body must somehow move through *space* in rapid *time*. You compress this process when you choose to drive a car instead of walking, or when you take a plane instead of diving. You manipulate the obstructions of your world. Because our bodies and our world are unobstructed, we can manipulate even more effectively.”

The question I thought of sounded dumb, but I asked it anyway. “Do you have some sort of ethereal airplane?” I giggled at the picture of Karen flying about on a carpet or floating on a cloud.

“Nothing so clumsy,” she gloated. “See if you can figure this out. In your world, sidereal time (time determined by means of the stars) controls your time measurements. You also have psychological time. How do you manipulate time without using any devices of any kind?”

I tried out an answer. “With my attention, I suppose. When I’m totally bored with a lecture, one hour seems like three. When I’m interested in weaving fabric for a new dress, an hour seems like five minutes.”

“Exactly. We too have our versions of sidereal and psychological time. In addition we have ThoughtForms. Because ThoughtForms are literal for us, we use them to actually manipulate the essence of time.”

“Hold on,” I protested. “Explain *essence* of time.”

“You had no trouble with the essence of a house – to provide protection, privacy, and comfort. Get rid of the idea of time as a continuum. The basic quality of time is to contain events. We perceive it as a receptacle. Time receives, without measurement as you know it.”

I got that, I thought. “If time isn’t linear, there is no need for measurement, only for being.”

Karen agreed.

I tried to conceive of space the same way. “The essence of space isn’t linear either?” I asked. “Space moves things? Is that its essence?”

“Not quite. You’re ignoring motion. Motion moves things. Space conducts.”

“So space is the conductor of things. And motion is the impetus that makes the receiving and the conducting happen?”

“Very good. Time receives. Space conducts. The impetus of the motion is something we’ve talked about before – frequency.”

I worked on that. “Let’s see if I can figure out how you use these. We manipulate time, space, and motion; you manipulate receptivity, conductivity, and frequency. Is the “manipulation” anything like what we do when we make time and space seem shorter or longer?”

“Yes. But our manipulation is more real.”

“ThoughtForms!”

“Exactly.”

I asked a few more questions, but could get no more information or clarification.

“Sorry,” Karen said. “If I get too specific, the ideas will get obstructed. Besides, it’s more fun if you experience it for yourself someday.”

I had to be content with that.



I am asked, “Why didn’t Karen talk about going through the tunnel and seeing the light?”

I passed that question on to her. She said, “My purpose wasn’t to describe such an experience. That may seem important to those who return to your world (near death experiences – NDE). I focused on feeling good and being free of pain after a year of nothing but pain. Also, I wasn’t being given the option to stay here or return to your plane. I was to stay, and I knew that. My job was to adjust as rapidly and easily as possible. Being a perfectionist, again my mother’s daughter, I set about the task of learning to adapt to my new condition.”

She went on, “I did tell you some of the accompanying experiences described by those who returned to your world. They talk of getting the same sense of loving presence here that I felt at my arrival.”

“Second, although some people experience seeing the tunnel and light, the crossing is not identical for everyone. Even the recountings of people who return to Earth plane describe difference. Perhaps the most important aspect of the NDE is to recognize its parallel with the birth experience. Babies are born

by being ejected through the mother's birth canal (tunnel) into light and loving warmth (Earth environment and parental arms). Both are birth experiences. I now have two birthdays: January 12 when I was born there and December 17 when I came here in the spirit world. Please celebrate both with me.

“Third, those NDEs often include the idea of a premonition of disaster or death. Mine was drawn out over a period of a year, but it is a common part of the experience of dying. What we learn is that dying is not a disaster at all.”

“Fourth, many describe communicating with beings who give advice and help the person decide whether to stay or return. Some describe this individual as Jesus; others use other descriptions. Do some talk to Jesus and others to someone else? The best information I receive here is that each earthly participant interprets this person or persons in his or her own way. The Christian is likely to see the figure as Jesus, although one would have to wonder why one good Christian soul is escorted about on this side by Jesus and another equally good Christian soul gets a substitute. Does a Buddhist see his guide as Buddha? The point is, these persons are real, wise, loving, forgiving, kind, accepting.”



Many people wondered why Karen doesn't seem to talk about Jesus or God. I asked her, “What is religion like on your side?”

She said, “The same as it is on yours – a variety of beliefs and contradictions.” I felt the pen chuckle at that point. Nonetheless, she gave a serious answer. “When we come across, we are the same people here that we were there. We don't change our beliefs. The person who was raised in a particular faith, usually remains in that faith – Catholic, or Baptist, or Jehovah's Witness. The Jew remains a Jew, the Buddhist, a Buddhist. Those beliefs and rituals remain satisfying.

“However, as people experience the larger universe, they often find themselves expanding their ideas to a more encompassing kind of spirituality – a concept of the interrelationship of all being. Such expansion leads them away from specific sects and denominations. Some continue to perceive a relationship with a being they call God; others see this being as a universal force for oneness in the universe. But make no mistake, whatever we believe, we are even more spiritual here than we were there.”



Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

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

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

Our salvation IS by embracing Feeling Healing with the Divine Love.

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

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

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

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



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

BIRTHDAYS:

“Babies are born by being ejected through the mother’s birth canal (tunnel) into light and loving warmth (Earth environment and parental arms). Some people experience seeing the tunnel and light, the crossing into the spirit world is not identical for everyone. Both are birth experiences.”

So we have key birthdates:

1. Individualisation of the soul half, being conception occurs on a date approximating some 226 days (8.75 months) prior to physical birth. Conception / Incarnation achieves the formation of the physical body, the spirit body, and the attracting of the life force for these two bodies, namely the soul half that enlivens these two bodies. Always, one half of one’s complete soul enlivens a male body and the other half enlivens a female body.
2. Being born into the physical world is the first precisely determinable birth date.
3. Then being born into the spirit world is the second precisely determinable birth date, such date being determined by the release from your spirit body and soul, and subsequent death of you physical body.

Of those who are conceived / incarnated, many do not make it to physical birth. Numbers for those incarnated and who are aborted are equivalent to 33% of all those who are born. Numbers for those incarnated and are miscarried are equivalent to 20% to 40% or more of all those who are born. Thus the number of souls incarnated approximates close to twice the number who are physically born. Worldwide, physical births average 130 million per annum. Once you consider childhood deaths, only around 55% of all souls incarnated make it to adulthood.

Upon entering the spirit world, you may choose to celebrate two birth dates, physical birth and your date of permanent arrival into the spirit world.



The magic key to growth:

Always look up and look for the brighter spirits, then always ask them to tell you about God’s Divine Love and Divine Truth. A brighter spirit will always know more than you and anyone else around you.



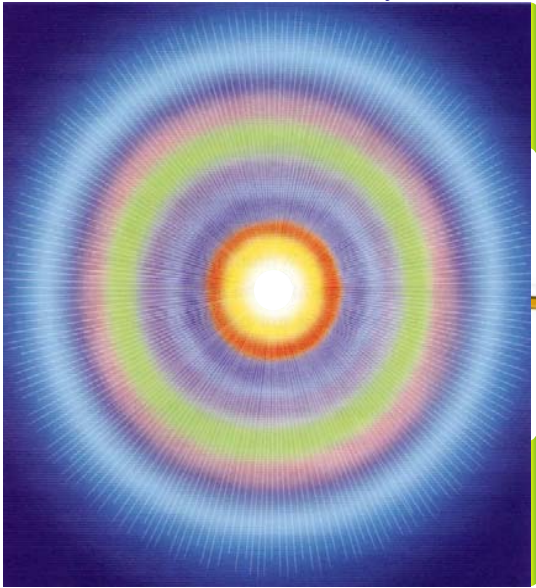
With a child that is in the spirit world, the only thing you need to do then is to give them a little nudge in the back so they will go with the Angels ready to guide them, nothing more.

We, in the human physical state, can generally assist a spirit personality in these situations with this guidance more so than can a spirit. The bright spirits are considered as angels, as their love and wisdom shines intently through their spirit body.

DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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

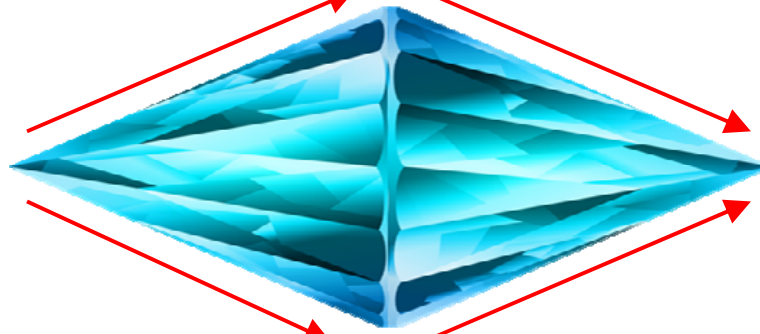
MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

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

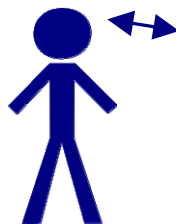
Unsuccessful
marriage to fantasy
untrue man



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.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



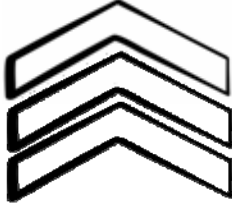
Immortality with the Love.

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

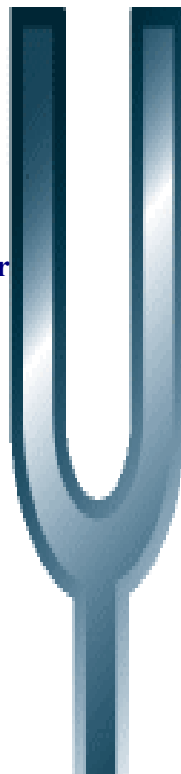
Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



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



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



God's Divine Love:

Pray for it, ask for it, and receive it.

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:



Death & Dying series:www.pascashealth.com

Pascas Care Death & Dying – Getting the Hell out of Here
 Pascas Care Healing & Recovery – Death & Dying
 Pascas Care Death & Dying – Always Karen
 Pascas Care Death & Dying – Post-Mortem Journal
 Pascas Care Death & Dying – Proof of Heaven
 Pascas Care Death & Dying – Transition
 Pascas Care – Life in the World Unseen
 Pascas Care – Spheres 1 – 7
 Pascas Care – Spheres 1 – Infinity
 Gift from God – Wisdom Teachings III – Prof. Joseph H. Salyards
 Gift from God – series regarding asking for and receiving Divine Love
 Gift from God – Greatest Thing in All the Universe
 Pure Spirit – More Alive than Ever

Plus other recommended reading as outlined on the prior page.

Sources for book: www.lulu.com
www.amazon.com
www.bookdepository.com
 Major references: www.lulu.com
www.amazon.com

Book of Truths edited by Joseph Babinsky

Revelations via Dr Daniel Samuels Richard Messages via James Reid

Judas of Kerioth via Geoff Cutler The Divine Universe via Zara Borthwick & Nicholas Arnold

“The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

“But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father’s Grace.”

P.6 Judas of Kerioth Judas – August 19th, 2001

“The Earth is a mere image of the realities of the spirit world, and exists only as the nursery for the individualising of the soul.”

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

<http://dls spirituality.weebly.com/>

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

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

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feeling are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

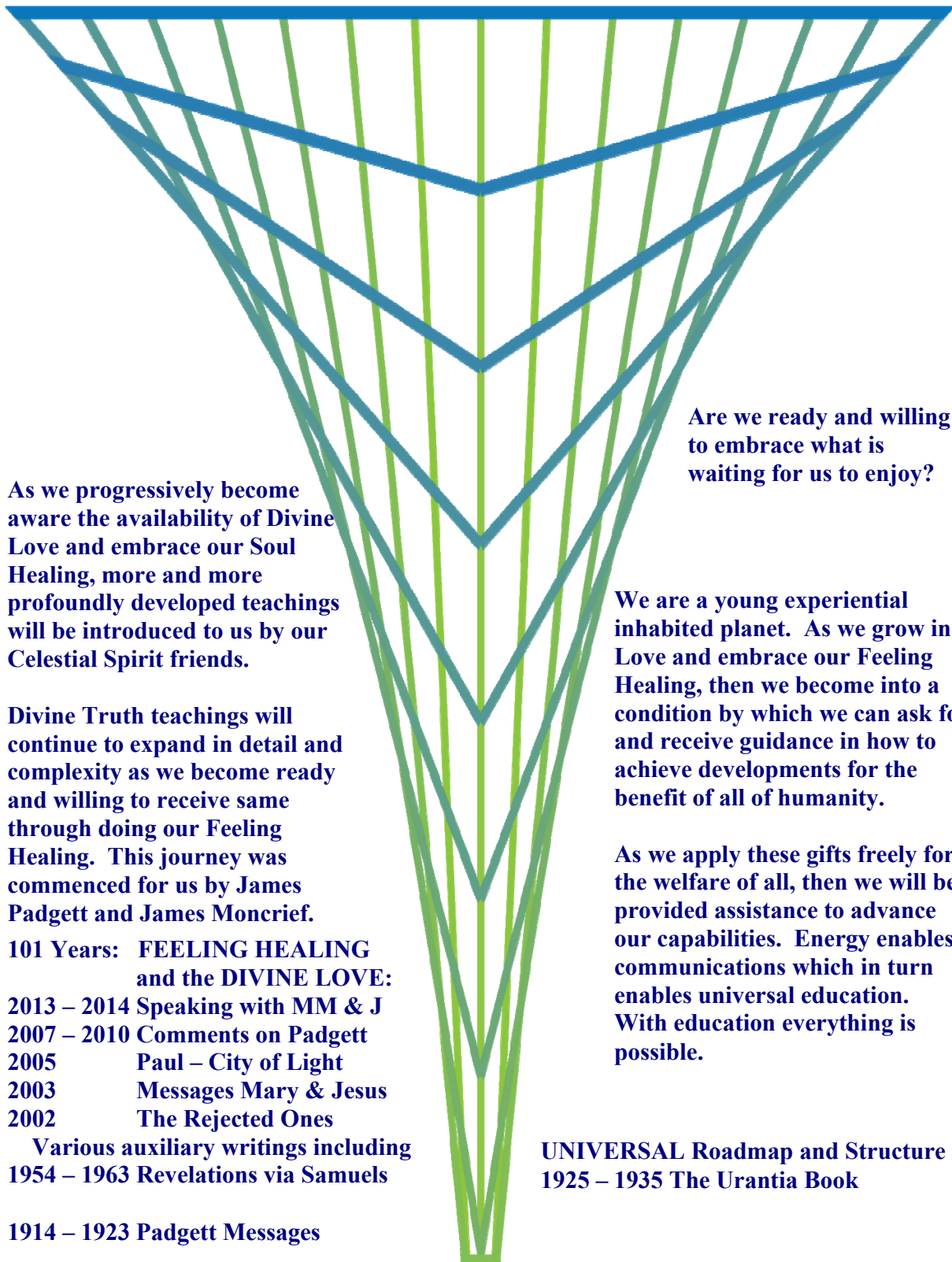
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



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



SOUL  SPIRIT BODY  PHYSICAL BODY
PERSONALITY

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

Your soul is the real you!

Visibility:	Body -	limited sight of colour.
	Spirit -	expanded visibility.
	Soul -	complete spectrum of colour.



SOUL  SPIRIT BODY  PHYSICAL BODY

Prayer: is emotional exchange with God

Chapters 10 to 18 of “More Alive Than Ever” Always Karen – calibrates on Dr David Hawkins’ Map of Consciousness over: 940
Kinesiology muscle testing suggests Karen was on the natural love progression and was within the 2nd sphere at the time of writing this book.