

# PASCAS CARE

## Accessing & Clearing Emotions

Notes from discussion by Tristan & Anna 30 Mar 10



“Peace And Spirit Creating Alternative Solutions”

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Pascas Foundation is a not for profit organisation

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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.

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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***



## **FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:**

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

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

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

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

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

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

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

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

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

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

### Why haven't other methods been going deep enough?

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

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

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

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

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

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

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But

that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems will help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

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

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

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

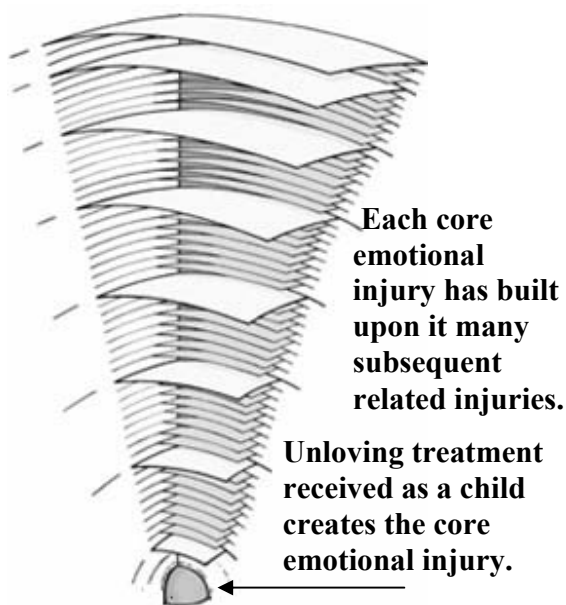
Primary and most important readings are the writings of James Moncrief.

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

### **LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:**

**All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.**

**To heal oneself is to simply look to see what feelings we are refusing ourselves to feel, and accept them instead of denying them. And to fully accept them, we need to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.**



**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? We must always reach to the core issue, that which occurred during our Childhood.**

**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

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

Gregg Braden is a scientist who proves that human emotions, not thoughts, affect our personal experiences and the people and the world around us.

It's worth watching!

### **The Power of Human Emotions**

<http://www.youtube.com/watch?v=he0Pbcz016U&feature=related>

<http://www.greggbraden.com/about/>

## **The Power of Human Emotions**

**lindsayalive** 11 videos





**JOURNEY PROCESS:**

<http://radicalhealingjourney.com/brandon-bays-training/>

Consider viewing the video:

## How You can Create Radical Healing in Every Area of Your Life

**How to address the issues that came up in your health test and make radical changes by accessing the infinite intelligence of your own body**



**PASCAS  
HEALTH**



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



**TRUTH**

All the things  
I don't know:  
Because I don't know,  
I don't believe.



I have no idea.

All the things I  
think I know:



I think maybe.  
Test for truth.

**GOD**

What I definitely  
know and feel is  
truth:



Sure of.  
About God.

It is all about getting to know God, not about emotions.

It is only when you feel the truth as certainty that it changes your life.

**God is bad?**  
**God is punishing?**  
**God doesn't care about me?**

God knows all truth.  
God likes beauty.

If you really exist, then I want to know you – God.  
If I am talking to God a lot, I can't hear Her, then  
am I blocking Her?

God has energy, but is not just energy.  
God is an entity – isn't each of us a separate entity?

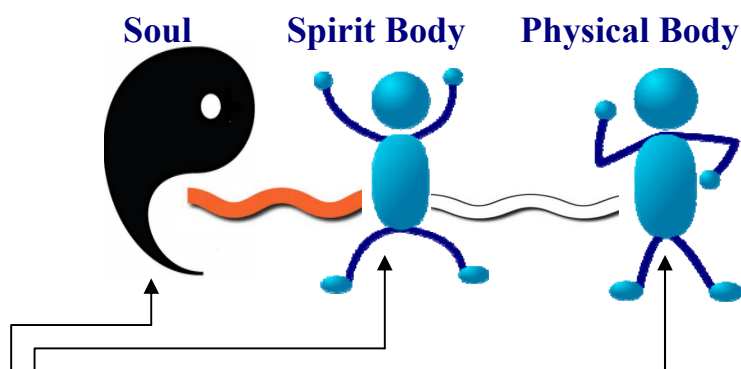
Does God run away from me and my negative emotions?  
Is it honesty and openness that creates a connection  
between me and God?  
God is a loving entity / being.

For truth to enter you, to be sure, it actually has to be an experience.  
It is only by experience that what the feel is true becomes truth.

7 May 2011

It is really about getting to know God, and then in the process, you  
will get to feel some emotion. The emotional side is a subsequent  
result of your desire to get to know God, not the other way round.

## HIERARCHY of HEALING SYSTEMS



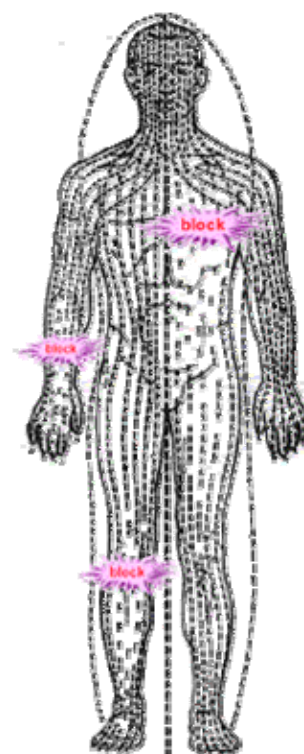
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

**ENERGY HEALING** – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6<sup>th</sup> sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

**EMOTIONAL PROCESSING and CLEARING** deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.



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

**PASCAS  
PAPERS**



**ACCESSING and CLEARING EMOTIONS:**

**Divine Love Group discussion with Tristan and Anna**          notes from Linda          **30 Mar 10**

Should we talk to God or to our spirit guides? – Direct your prayers to God – honesty is paramount.

Guides are assigned according to where you are going in your life.

Prayer to God will always bring the right guide for this moment.

The emotion is the prayer.

Truth and honesty are paramount

Prayer associated with repetitive, meaningless, intellectual words is not true prayer and is not heard by God.

God just wants to know how you feel. It feels loving.

Divine love is asking for God and asking for Her love.

Allow yourself to open fully to God. You don't need anyone to tell you – allow yourself to connect directly to God – allow the truth to resonate within your soul.

Let go of control.

TRUTH! Total transparency is the aim.

Allow truth to come into every interaction in your life.

Truth will trigger emotions.

Speaking your personal truth will open you to other deeper emotions – allow the emotions to come through.

My pain is all created by my denial of the truth.

Politeness is often a dance around true emotions.

Always deal with your emotions before you confront anyone else.

There is nothing that a child can do that justifies you hitting or yelling at them.

Never impose on another's free will – offer an alternative but do not demand compliance.

Don't say anything negative if you know you have an emotion – if there is no emotion attached you will always say the right thing.

What are the skeletons I am keeping in the closet? – What is the benefit for keeping them there? – Are my secrets affecting anyone else? – be honest with your self as you face these truths.

Storytelling is often an avoidance of the underlying emotions – use five words only to describe the emotions / feeling.

If we are angry upset or agitated, there is something inside of us that is blocking the real emotion.

Doubt is caused by a pretty big fear.

Allow yourself to feel the doubt about your relationships.

Relationship = emotions + truth + love + acceptance.

The universe is designed in such a way that you will always grow at some point in time.

Weight is an issue with self-love. Stand naked in front of a full length mirror and ask yourself how you truly feel about yourself? Do you truly love yourself?

You don't so much create your law of attraction as facilitate it.

Judgment is when you expect someone to change – it is usually couched with anger.

When you have a judgment towards someone you usually have the same emotion in yourself. Look at yourself first.

God's truth will come when you are feeling God's love.

If your truth is out of harmony with love it is not God's truth.

The more you feel through your emotions the more you will be in harmony with God's truth.

There is nothing in your law of attraction that is not helping you to grow.

Everything that you do should be about desire – every aspect of your life.

What do I really want? What is stopping me from living in my desire NOW?

When you work on your desire right now your law of attraction will bring up everything you need for you to grow.

The only people we create emotion in is your children. I am not responsible for anyone else's emotional response – I can not create emotions in another person unless they are my child.

Anger is trying to make someone else responsible for your emotions.

ALL of our emotions are about feeling unloved as children. As children we revere our parents as ‘gods’ and when they treat us unlovingly we need to justify that by reflecting back onto ourselves our unlovability – we tend to hook into the negative rather than the positive emotions.

Your law of attraction is detailed and specific – we need to allow the emotions that arise with our law of attraction events.

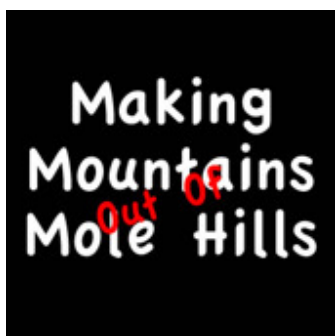
Dealing with the emotions we tend to do three things –

1. Minimize – need to unplug the icebergs – which of your molehills are actually mountains?
2. Avoid – allow yourself to talk about whatever you avoid in order to bring up the law of attraction emotions.
3. Justify – I am not responsible for others emotions.

Living in your desire NOW will bring up your law of attraction emotions

What are the fears about living in your desires?

Learn to over react to daily events – live with passion – allow the small things to become big things.



**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.**

**ACCESSING EMOTIONS:**

notes from audio file 30 Mar 10

The big thing about dealing with emotions is that it is supposed to be childlike. People with a higher mindset know how things work and they do their best to fix things. They plan out their life ahead and make the world work for themselves. They actually have a hard time allowing an emotion to come up. A child does not have the need to plan, it just happens.

Such people think too much. Basically they are living in one's head.

You have a desire for everything to be good, everything is going to be alright. You do not allow what is happening right at that moment to be as big as it could be emotionally. You may find yourself slightly annoyed or slightly upset. Like, I do not want to be part of this. And then you make sure that does not come up emotionally.

You cannot tolerate other people's negativity. You try to alleviate their negativity.

The way God feels is if you want to do something, do it. God does not say you have to do something. With 'should' and 'should not' you can't feel responsible for other people's emotions. At the same time, the actions you take are going to hurt you.

Allow the full emotion to build up. Allow yourself when you see someone hurting themselves because of it. Allow your fears to actually build up and feel that you are actually responsible for these people's emotions.

Being with an emotion, try and allow the full expression of the emotion, because whereas an error emotion expressed will create relief, whereas a joyful emotion will not. Everything that we get rid of is an error and it hurts.

For God, all of our issues can be easily gotten rid of by fully expressing an emotion and asking for Divine Love and for God's Grace. So to God, everything we have is just a stone through away. For us though, to go through our emotions, sometimes we must allow them to be as big and overwhelming as they actually are, rather than small little indents that we allow them to be.

Allow the small thing to become overwhelming. What we are trying to allow ourselves is an over reaction. Do it with truth and not project it upon another person.

There are things that are very small, like little speed bumps. Dealing with our emotions is allowing those speed bumps to become big powerful things in your life. Allow the full expression of these speed bumps.

You will find that anything you do which is your desire will be wonderful and exciting. Full your desires.

Your desires do also bring all these emotions that come along. You will find lots of speed bumps as you go along with your desires. You tend to fix them as quickly as possible, so that your desire keeps running smoothly.

For your emotions it is different. Allow the speed bump to become huge, processing for it can take, some times, less time than fixing the problem.

An emotion that typically comes up, can be fixed in a day or a week. A speed bump that comes up in one's life may take a week or more to process, depending on how convoluted it is. What will happen is that it will never come again.

Usually these speed bumps in your desires are things in your life that you can't see. Your desires will shape those speed bumps. Then those things will turn into something more real and more loving.

Usually, doing your desire is enough motivation to work through these emotions.

The biggest thing to get into your emotions is prayer, truth and humility. For those who have a hard time, there are additional methods. Allow what is quite small to be real and big. Allow your desires, allow what you want to be paramount for you, not anyone else.

Processing fear can be done a number of ways. Allow what you fear to come up, lie down somewhere that is comfortable, prayer to God about what you fear and how that fear is affecting your life, breathing through your stomach and allow yourself to mull over the fear.

You will typically go into your mind and try and fix it. You have a solution for this, a solution for that, even before the fear kicks in. Try and allow yourself to have the fear without the solution. That is going to be a big one for you. Having no solutions in your head, imagine what your life would be without any solutions, and it is just about the emotions.

You will find that your stomach, though deep breathing, will start to catch. If you allow yourself to have that, your stomach will start to catch on every breath. Your hands will start to want to shake. You will start to totally shake. Allow that – a bit scary. It may look like a panic attack or a seizure to another person. Just allow it to come up. If there is pain, allow that to come up as well. And keep praying to God. Not asking God for any kind of solution, just saying to God I am fearful, this is so scary.

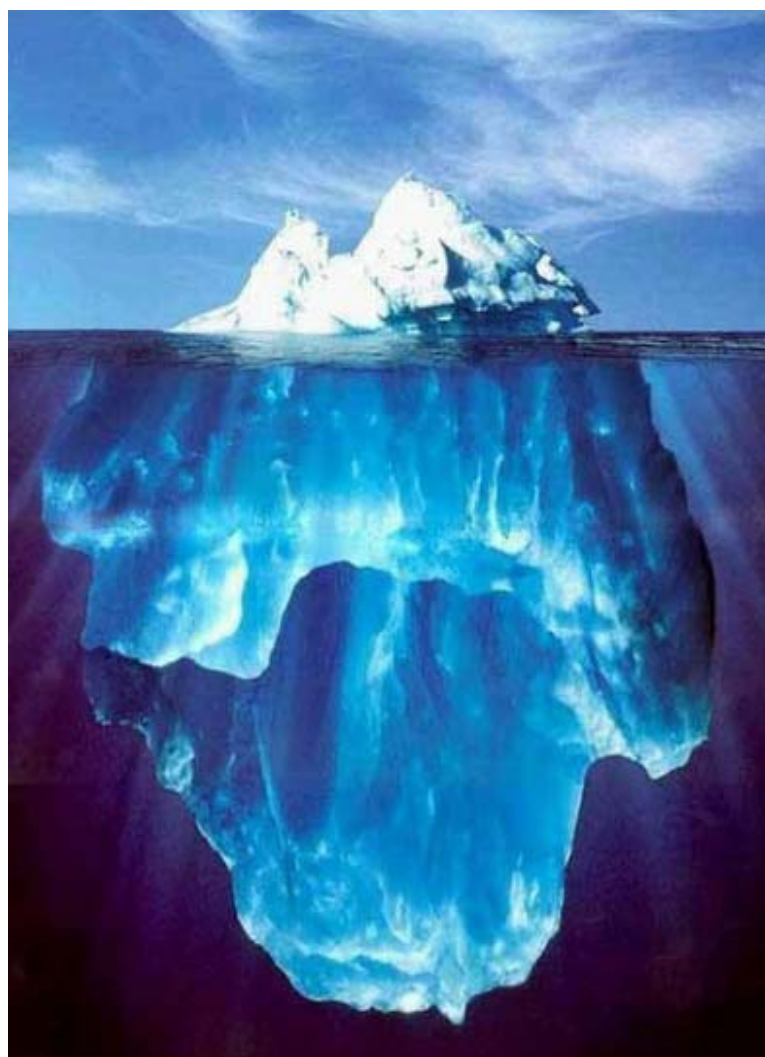
You will find at the start that it will be hard not to think of a solution.

Allow the emotion to burst, to express its self. With emotions, there is no need for you to fix it. Everything can be fixed emotionally.

When the speed bumps come along, make mountains out of mole hills, allow them to build up. A lot of things emotionally will happen really fast. There won't be anything that is not infusing with some kind of emotion that you are attracting. Your mole hills are icebergs!

Allowing and overwhelming yourself and allowing the over reaction will allow some emotions to come up pretty quickly, and if you don't, the next Law of Attraction will be even worse. Allowing it will help immensely with your emotions. Allow the full emotional expression.





**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.**

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

Natural Love Flow

Natural love is Creation's love;  
 One can swap back and forwards between paths  
 I am God  
 Intellectual  
 Self reliant (trust myself)  
 Self-determination way of life  
 Mind dominates

Divine Love Flow

Divine Love is Soul's love.  
 I am God's son/daughter/child  
 Emotional  
 God reliant (God relationship)  
 Soul-spirit living harmony  
 Soul dominates

Thinking = Mechanistic  
 rational  
 analysis  
 reductionist  
 linear

Thinking = Holistic  
 intuitive  
 synthesis  
 integrative  
 non-linear

Values = Mechanistic  
 expansion  
 competition  
 quantity  
 domination

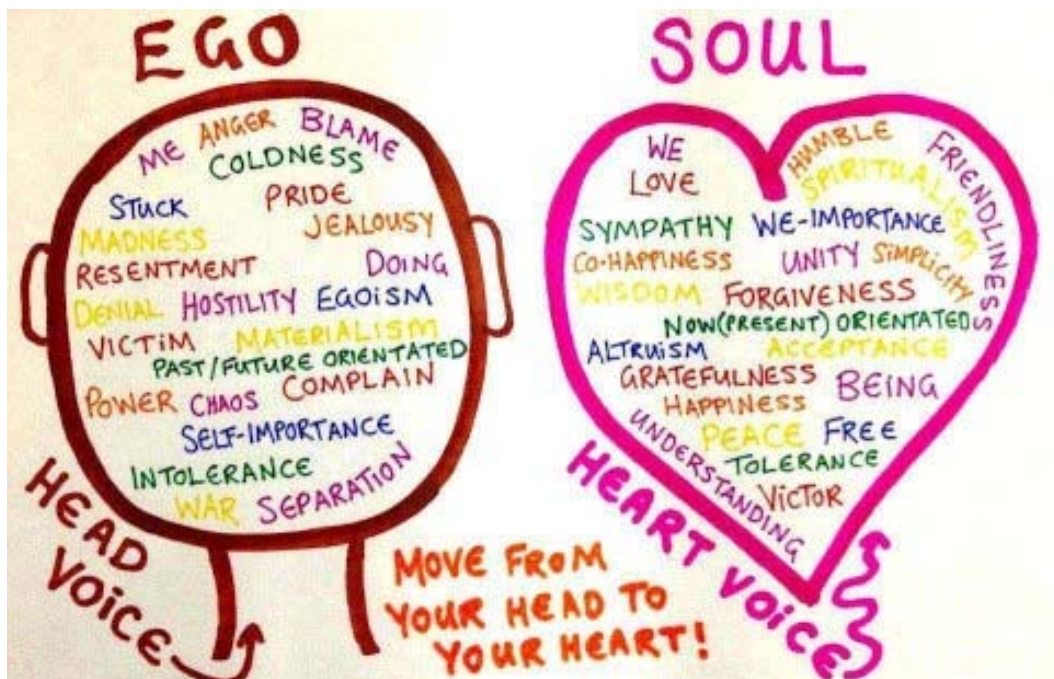
Values = Holistic  
 conservation  
 co-operation  
 quality  
 partnership

Adult like  
 Control  
 Millions of paths (man created)

Child like  
 Feeling  
 Defined path (God created)

Peak possibility is 6th sphere  
 time to complete path:  
 100 years to over 1,000 years

Peak possibility is infinity  
 (sphere / mansion world are same)  
 5 years to over 10 years to at-onement



**Tristan and Anna 30<sup>th</sup> March 2010**

notes from Elaine

There is no judgment about our fears, anger, grief, etc....just means you've got some emotions you need to deal with...

Praying to God....is the big thing....Prayer comes from your Desire....don't worry about asking celestial friends....guides are automatically assigned to assist.....but praying to God to where you want to be will bring you the most appropriate guide...at the best level (neither too high or too low)...for the current emotion or problem.....God knows more about us than we do initially...

The Emotion can be the Prayer and we definitely need to add the emotion into Prayers....

Praying doesn't have to be such a "holy" thing religious wise...it is more of a Loving thing...."hugging like"....

To receive Divine Love, you don't necessarily have to be on the Divine Love Path....to receive Divine Love at times.....and you don't need to go through anyone...

Truth...even just expressing your personal truth (even if wrong at the time) will open you up towards Absolute Truth...

When you are honest you open others up....excitement of meeting someone doesn't need the fear for example.....so the twisting truth, politeness, stiff upper lip etc...eg: when parents are honest with kids the kids are honest back...

We all have lies we have set up for ourselves...to keep stuff in the closet including more lies....TALK to the people who are most affected by the secrets you have....

Growth...you will always grow...at least to the 6<sup>th</sup> sphere...and you will shed emotions...Keep the knowing that things will work out ...light at the end of the tunnel...but pray and emotional process your way through the tunnel.....When we go through the emotions we wont need the reparation....just feel your fellow human man...eg: if someone steals a wallet, they need to go through the emotions of why they stole it and felt good about it...allow the compensation and feel forgiveness....

Weight....look in the mirror fully naked and love you for yourself....Pray to God.... is just saying the truth....

Truth or Judgement....Judgement is when you are saying a truth and expect the person to change...Truth is just saying the truth....Personal Truth is always Opinion.....

Gods Truth....we never know the full truth of God....If you stop receiving Divine Love then you know you are Not in Gods Truth...feeling great or not feeling great...(even body)...

Truth never fights....error always fights with truth....

Prayer and Truth...Allow all the good things to come out And all the bad things to come out...ALL our emotions are from how we felt Unloved as a child....the parents souls though were not Totally unloving...

Desire .....Your life can be all about Desire...your desire will be part of your soul...

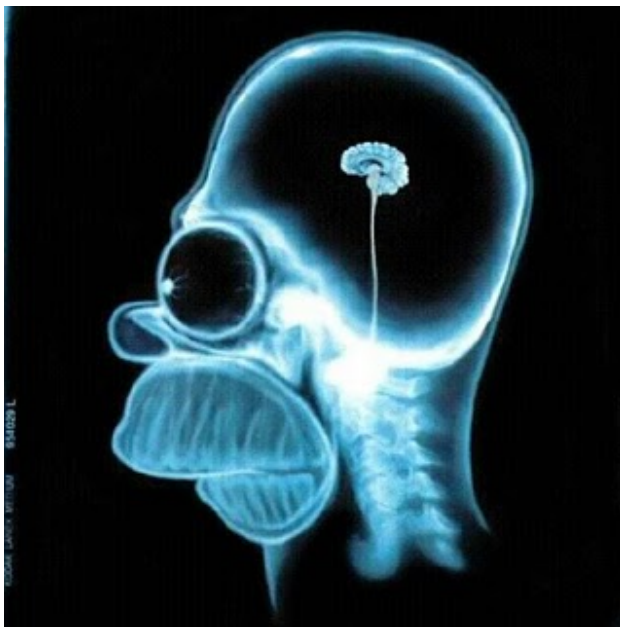
Things we do to slow us down on our path....

Minimise.....There are Mole Hills that need to become mountains, Do sweat the small stuff, Do over-react, be overwhelmed, Do take it personally.....

Avoid...So talk about Sex, Politics, Religion, Money and Finances, Weight, Age, etc, etc

Justify....The reason other people are “triggering” .....why our life is not where it should be....Every time we make small excuses etc....we need to stop making these excuses and covering over stuff...

Don't Go With Desires.....and then won't go through the emotions or allow our passions....Go through the fears of this....if we don't allow the good stuff then how can we allow the bad emotions to flow....Don't cushion or soften the emotion/s....



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

**Tristan and Anna 30<sup>th</sup> March 2010**

notes from Joy

Questions to consider about emotional processing:

How do I feel about emotional people?  
 How do I feel about being emotional?  
 How do I feel about this person?  
 How do I feel about this situation?

When you are shocked or triggered – your soul has decided that NOW is the perfect moment (to feel this emotion).

Why do I not want to feel this NOW?  
 What am I afraid of?

Praying to God:

Go first to God about how you feel.  
 Celestial spirits are your friends – but can't help as much as God.  
 Honesty is always paramount. Your guides are just right for you – specially selected.  
 They will understand where you are at.  
 God knows more about you than you do.  
 The emotion is the prayer.  
 God wants to know how you feel – (it feels loving??)  
 Emotion about how much you want it (your relationship with God).

TRUTH

Deeper than you can realise.  
 The more truth – the more triggers.  
 Telling personal truth will open you up very quickly to your emotions.  
 Not being truthful brings pain.  
 Honesty attracts honesty.  
 Any situation is primarily our Law of Attraction. What is my emotion? (that attracts this?)  
 Always deal with your own emotion first.

We already have lies.  
 Keep lying to keep them in the closet.  
 Talk to the person affected most – most triggers.

Most of us are intellectual – and have only little glimpses of emotion between being in the head.

Questions for me:

What is it I get from being in a relationship with a man?  
 How do I feel about sex?

Being stuck in a story.

Question when someone is telling their story.

What five words describe how you feel right now?

If we are angry or agitated – it is our own stuff – deal with it.

Intellectualising about it will never solve the question (emotion).

DOUBT is about FEAR.

Fear of being alone.

Loving yourself.

Look in the mirror and pray.

How do you feel about this (your reflection).

If you are attracting this – you are getting something else – how do you feel about me.

If you had a man who really loved you – what would that bring up?

Abundance:

Lack of abundance – feeling I have dug myself into a hole I can't get out of (I've screwed up).

PRAY – keep allowing the emotion – fear and sadness to keep coming.

Sit with the emotion of how I feel I can't get out.

Addiction of fixing – to feel good about oneself. It's not really caring – not genuine.

Trigger – next time you go to FIX something – let it BE.

Judgement vs truth:

Personal truth is always just your opinion.

Judgement is when there is some expectation for the person to change.

Can also be projecting anger?

This person is doing .....

When do I do that?

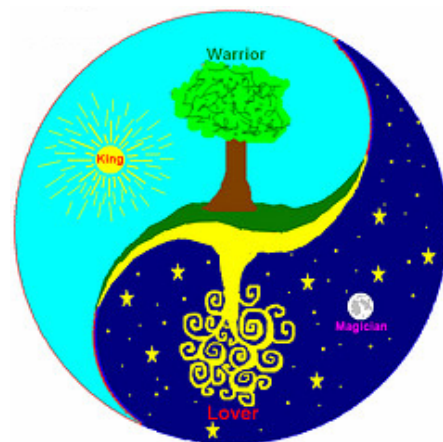
Byron Katie

Divine Truth:

If you are not happy –

You have stopped receiving God's love.

And you are probably out of harmony with Gods truth.



When you clear your emotions – then there is no resistance and Divine Truth will enter you and then you feel great.

God doesn't need you to fight for his truth.

Your Law of Attraction – there is nothing that is not helping you to grow.

What do you feel life is?

What don't you believe you deserve?

God feels – you can live totally in your desires.

Discussion between Barb and Tristan:

How does a man feel about you?

Do you need approval of a man to be worthy as a woman?

Life devoid of love – go through it.

How did we feel about being unloved as a child?

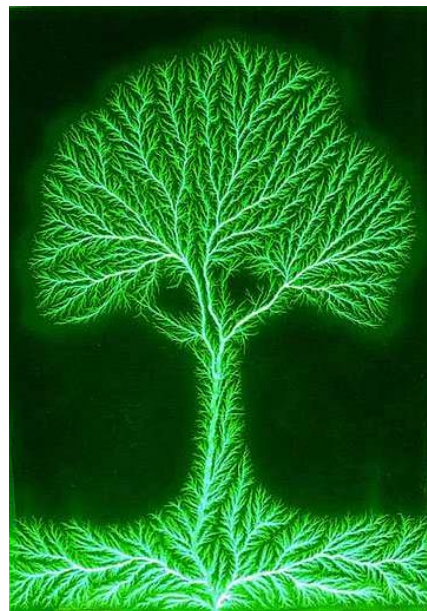
Our parents are God to us.

Your parent's souls were not totally unloving.

Self love, grief, shame about yourself, issues with bodies.

Taking away drugs is really brave – don't feel bad.

Headache – can mean I don't want to feel these emotions.



Talk to God.

Talk about the things that will trigger you.

What do you avoid talking about?

Your mole hills are your emotional mountains.

It helps to overact to get into overwhelm.

Justifying is telling stories – detrimental to getting into emotions.

How bad did you feel about ... in your life?

Sometimes all you need is prayer.



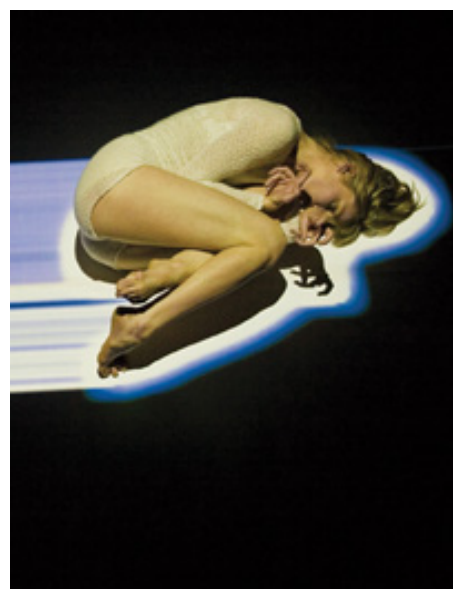
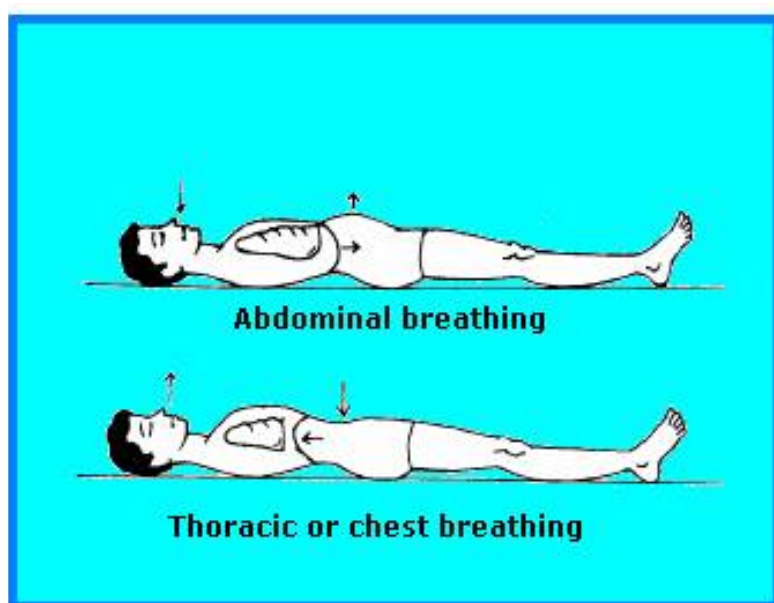
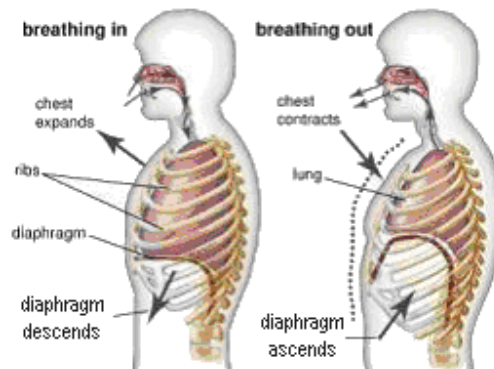
## ACCESSING ONE'S EMOTIONS:

We all have different ways and varying success with any process to access our emotions.

Deep diaphragmatic breathing (deep belly breathing) following praying to God regarding your desire to delve into a particular emotion can lead to feeling and entering your grief surrounding the issue.

Whilst breathing deeply and quickly consider assuming the foetal position lying on a bed.

These three steps can lead to significant emotional releases.



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



### **A NOTE from SPIRIT FRIENDS**

A communication subsequently recorded by a participant in the 30 Mar discussion lead by Tristan and Anna:

### **STORIES and EMOTIONS**

via Joy

9 Apr 10

You have noticed the avalanche of emotions and are working through them quite well – sometimes slow to recognise exactly what they are, but that is OK. Continue to be willing and your Law of Attraction will continue to bring up all your early childhood emotions.

Remember nothing that is happening now is meaningful, only as a trigger for those emotions, which can be cleared. Just surrender and go with it. It will help you to feel the emotion more easily and then process if you pray to God as soon as the emotion arises. Again God reliance first.

When you go into your stories and whys you are just creating more pain for yourself and others by projecting at those around you. Talking about it is one thing – processing the emotion is quite another. And a good bridge between the two is to pray to God before you go into the story or the why. See how your stories prolonged the pain without bringing any resolution. Stories, mind games and verbalisation either to ourselves or others, all do that – prolong the pain without any resolution or healing.



The fastest path to clearing is to pray to God and surrender to the emotion, being willing to seek the causal emotion.

It is as if you wish to prolong the pain – what can be gained by that? Seeking others comfort or attention? This is what you would call victim mentality? This is not humility. If you are telling stories then you are not being humble – just a victim seeking attention and pity.

Part of being humble (a big part) is accepting total responsibility for the emotion – therefore surrendering and feeling the emotion are paramount. Instantly when you make that choice, the mind games and stories will stop, and so will any projections.

As you know it is unloving to project on others – anytime you tell your story you are projecting on others and denying responsibility – showing an unwillingness to admit your own injuries. This is what willingness is – the first step to take us out of the story and begin to own the emotion, taking responsibility totally for it.

Telling the story is denying the emotion. In order to deny and avoid the emotion, we keep telling the story to anyone who will listen and particularly to ourselves. Ignore the temptation of the story and instead feel the emotion and pray to God. Whenever a story comes to mind that is the point to pray to God for help in feeling the emotion. Tell God your story and pray for help.

There are many people and you have seen them who are stuck in their stories and jump from one story to another. They are deluded into thinking this is their life, instead of realising the prompts to clear their

emotions and have their real life. It actually is stopping them from having their life. Live in the emotion and that has to be getting out of the story. The story comes from the mind – the emotion from the soul.

The initial thought that triggers the story is meant to trigger the emotion – if we allow it. Look for the triggers in life and see them as triggers to emotions ready to surface and be healed. This is all part of moving from self reliance to God reliance.

It is clear the story is self reliant – God wouldn't do that – even if something terrible happened do you think God is sending constant reminders for you to relive the event through stories?

So whenever there is a story appearing – it is time to pray for help with accessing the emotion.

The more willing you are to go with the emotion, the more your Law of Attraction will bring forth more. So it is your willingness that determines the speed of flow. It makes simple sense. If you can surrender to God and process the emotion, then you will be ready for another. If you choose to stay in the story the process is slowed down. The story will never help process the emotion or bring healing. This is a fundamental lesson for anyone on this path.

Unravelling the truth about the stories from our memories can help (but is not essential) to trigger the emotion – because that is the sole purpose of the trigger of the memory – to bring up the emotion for healing.



My guides – I am troubled.

Thursday 22 April 10

Remember what we have already said: –

Firstly, that once you act in truth and love (especially towards yourself) that the flood gates would open to an avalanche of emotions.

This is because when we are not living in Divine Truth and Divine Love it creates blocks to the normal flow of emotions and once released – it appears a backlog of emotions are triggered.

Secondly, remember what we said about everything that is happening around you now – very little of it (in fact none of it) has any meaning other than to trigger your emotions. Because when it comes down to it you will make your own decisions but remember that others have free will to act as they wish – this is as God wants it to be – and if you stay in truth and love all decisions will be loving and according to your desires.

Remember also to focus on your desires so that they become and remain the driving force. Nothing has any meaning and the only purpose of all that is happening around you is to trigger emotions which your soul is saying NOW would be a perfect time.

You have done quite well with this but sometimes still stay in the story for longer than is necessary. It is worthwhile to tell the story to yourself once just to trigger the emotion by asking "how does this feel?" And as you have already found – this will take you to a causal emotion depending on your willingness and commitment in the moment.

Your desire to be at one with God and grow in his love is the overriding force here. As you continue to show daily commitment to that desire through prayer and willingness to process emotions, the momentum will continue.

Do not be concerned about the momentum or strength of triggers around you. Your soul knows what is required to trigger you and in the past you were very self reliant.

Trust in your soul and trust in God. You can only connect to God on a soul to soul basis. Both He and you (at the soul level) know what can be handled. Just trust in the process.

You can reflect now on past situations where triggers for certain emotions have been there and been ignored. This is not the first time that many (most) of these emotions have been ready for release – the trigger highlights the opportunity.

And it is true that if you miss one now (through unwillingness – because that is all it can be) another trigger will come. Be aware that it is all dependent on your degree of willingness. That is why prayer to God daily is the most important thing as a reminder to feel complete openness and willingness to whatever your soul is telling you.

Any discomfort or reaction to particular events or your environment is solely for this purpose. The more willing you are, the more you will notice and the easier it will be to fully feel what is being triggered.

It can seem like many of these emotions triggered are very similar, very close – however each one needs to be processed separately and cleared. Just observe the triggers, feel the feelings and trust – your soul knows best. This is God's law. Let it be. The more you resist, the more you go over the story, the more pain you cause yourself and all this delays or prevents the processing of the emotion.

If you allow the triggers and surrender to the process fully, all your pain around current circumstances will dissipate. The only purpose of the current circumstance is to act as triggers for you – they are your gift.

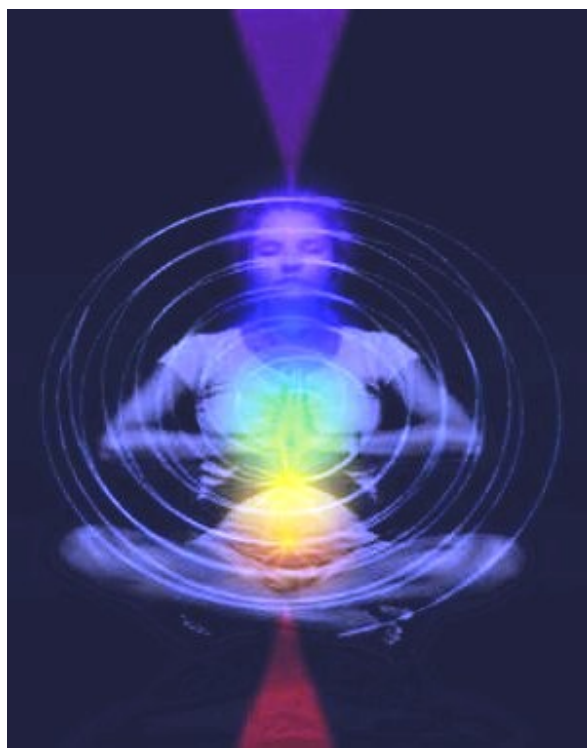
Everything is perfect in your world – your desires set the course and prompt all the soul injuries to be triggered that will prevent that desire being fully experienced.

It is a foolproof system that works all the time – it is up to you how long it takes. Have faith in the process and faith in God. Total faith – there is nothing else which makes any sense.

The world without God is meaningless – the world with God is meaningful.

Just pray to God about your willingness to process your emotions – that is the key point here.

Thankyou.



Chris

5 Jan 11

**Emotional processing**, as we call it, is actually a natural love process. Sure prayer helps with the process and the process helps with our soul's growth, but it is most commonly used in the world at large without reference to God.

You could refer your patient to John Bradshaw's book *Homecoming* or to Alice Miller's books (*The Drama of the Gifted Child*, or *the Drama of being a Child* are good ones)

Graham

Absolutely it is a natural love process.....it is though the addition of longing for God's Divine Love that speeds the progress towards at-onement / enhanced Soul condition...or opens one up to clearing emotions I feel.....

Elaine

6 Jan 11

Hi all

10 Jan 11

Discussed this with Mary

Processing emotions on the natural love path (NLP) is different to processing emotions on the Divine Love path (DLP).

It is true that it is natural to feel our emotions – God made us emotional beings. However we were all shut down by our parents injuries and parenting.

Whilst some on the NLP will feel their emotions and believe that they are processing them, the key difference is that on the DLP we know that we have to process until we clear the causal emotion and our soul can take on more of God's love – thus expanding the soul.

On the NLP the mind is used predominantly to control emotions and override the soul. The soul does not expand. NLP people and NLP spirits do not believe in the need to fully feel the emotions.

They believe that enlightenment in the 6th sphere is being GOD.

This is why they do try and shut us down and stop us feeling our feelings because they don't believe that we have to process them.

This is also why they have to regress back to the third sphere to transition to the DLP to learn truths about God and about emotional processing – as we know it on the DLP which means removing the causal emotion.

(I think that AJ has said that you can process your emotions without God, but it could take hundreds of years). Happy processing Haha love JOY

### **How the Divine Love Enters the Soul:**

The only way in which the soul may become an inhabitant of the Celestial spheres is by its obtaining of the divine love and thereby become a partaker of the divine nature of the Father; and this can be accomplished only by the inflowing of the divine love, by means of the operation of the holy spirit, which is the instrumentality used by God to carry this love to the souls of men.

This love never forces itself into the souls of men, and comes only when men seek for it in sincerity and with effort. It is waiting for all men to receive it, but never comes into the soul of its own initiative and without invitation.

So the important question is ... how does it come into the soul, and what must men do to induce its inflowing?

There is only one way, and that is by the opening up of the soul in such a manner that this love, when it comes in response to sincere seeking, may find a condition of openness that will allow it to find lodgement and an abiding place harmonious with and satisfactory to the qualities of its own existence.

The only means by which this can be accomplished are prayer and faith.

When a human in true earnestness and sincere aspirations prays to the Father for this divine love, such prayer not only brings love, but causes those portions of the soul which are capable of receiving this love to open up to its coming, and to work in such a way as to attract the love.

In answer to prayer, there are other instrumentalities of the Father working to prepare the soul condition that is required, and these instrumentalities are the bright spirits of the Celestial heavens, whose duties, among others, are to answer the prayers of the penitent in the way of influencing the soul that turn the thoughts and aspirations to this divine love and its operations.

The divine love is a thing entirely apart from the nature of man, even in its purest state, and was never conferred on man at his creation, as was the natural love; and consequently, when man obtains this divine love, and it becomes a part of his soul qualities, his nature changes, and he becomes a "new creature." An additional something has been conferred upon him, and it becomes impossible for him to remain the mere man that he was (and always would be, except for this change in his nature).

I know that men do not understand the distinction between a man with only the natural love and one with the divine love, but the distinction is so great that the one, when possessed to a sufficient degree, makes man a part of divinity, while the other, no matter how fully possessed and how pure it may become, makes man merely man (though a perfect one).

Whosoever will pray in sincerity for the inflowing of this divine love will receive it.

It is not a respecter of persons, and the sincere aspirations of the soul of any human, be he prince or peasant, rich or poor, will invariably cause this love to come into his soul and change his nature so that he will become a new creature, and one not subject to death forever more.

I have made plain how this love flows into a man's soul, and in addition, what its effect is when possessed by man.

There is nothing in all God's universe that can take its place for the purpose of making a man at-one with the Father, and of causing him to become divine, in so far as he possesses this love.

Jesus	8 May 1916	P.361 Book of Truths	by Joseph Babinsky
		P. 37 Light from Heaven	by Joseph Babinsky

### **The Greatest Truth:**

The greatest truth in all the world is this:

Prayer and faith on the part of mortals ...  
And love – the divine love – on the part of God.

The latter is waiting, and the former causes it to enter into the souls of men.

No other truths are so great and momentous to men.

Solomon	20 April 1916	P.353 Book of Truths	by Joseph Babinsky
		P. 33 Light from Heaven	by Joseph Babinsky

It is the praying for the receiving of Divine Love whilst accessing and clearing emotions that differentiates the Divine Love pathway from the natural love pathway. Many process and clear emotions, however, do not pray for Divine Love, this is a natural love process.

The clearing of errors from within one's soul opens the capacity for the soul to receive Divine Love. Once you have received Divine Love, you will never lose it, even though you may think and feel this love is dormant, it is always active within you.

### **Divine Love Flow:**

Pray to God with a feeling and longing for  
God's Divine Love to enter you.  
Have a longing for truth from God.  
Be open to experience your emotions.

### EXPERIENCING RECEIVING DIVINE LOVE:

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

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

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

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

#### **The Voice of Divine Love**

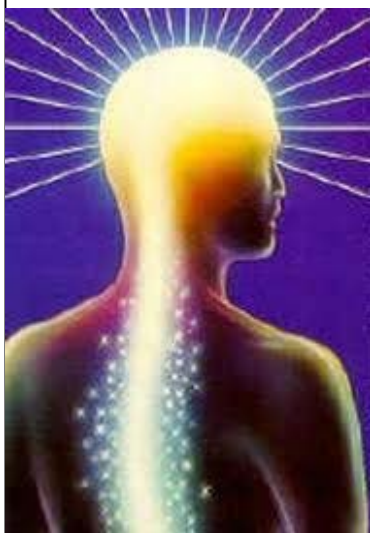
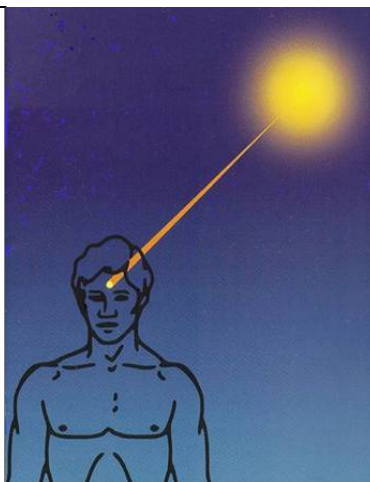
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region.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

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

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

MoC 1,500





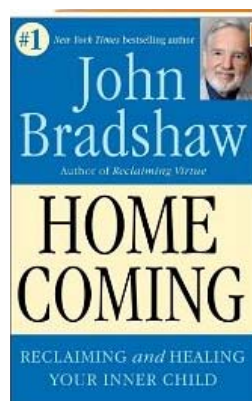
**FEELING the FEELINGS:**

P.80 'Home Coming' by John Bradshaw

All these feelings need to be felt. We need to stomp and storm; to sob and cry; to perspire and tremble. All of this takes time. Recovery of feelings is a process, not an event. But it gets better almost immediately. The contact with the inner child, his knowing that someone is there and he will not have to go on alone, is joyous and brings immediate relief. The actual length of time for grieving varies from person to person; no one can say exactly how long the grief process will take. Knowing how to let go of your defenses is the key. Actually, you cannot stay out of your defenses all the time. There are persons and places where it is not safe to do your grief work. And you will need relief from time to time.

So, the sequence or stages of grief go back and forth. You may be in validation one day, then find yourself minimizing three days later. But you can keep moving forward through these cycles. The feeling of the feelings is what is crucial. *You can't beat what you can't feel!* As you experience the old feeling and let yourself be there for your inner child, the healing work naturally takes place. It's important to keep yourself very safe when doing feeling work. It is best done with a partner or a group. Have someone with you so you can talk to them after doing this work. Don't go too fast. It took a long time to get stuck and frozen, and it will take time to heal. If you feel like you're getting overwhelmed, stop immediately. Let what you've done integrate. If the overwhelming feeling persists, seek the help of a trained therapist.

Home Coming:  
Reclaiming &  
Championing Your  
Inner Child by John  
Bradshaw



**PASCAS  
PERS**

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

## The Three Selves

Every loving thing that comes to me is a gift.

Addiction > Fear > Grief

### I created

**Facade Self**  
  
**Addiction**  
  
**rejected**

**Shame**

**Fear**

### Parent creation

**Injured Self**  
  
**Causal emotions**

### God created

**Real Self**  
  
**No injury**

Fear excuses  
Nobody loves me  
They all reject me

- Less pain
- Victim
- Gets more love

- Demand
  - Murderous
  - Vengeance
  - Shame
- To be crying about an emotion it needs to be about a parent based emotion / causal.

7 May 11

The proof of one's processing, ask;

Am I changing?

Do I feel more loving to other people?

Do I feel more connected to God?

If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?

Parent created causal emotions is the area that we need to process.

Our Façade self issues are pointless in processing. Shame and fear create the façade self.

**PHYSICIAN, HEAL THYSELF:**

The basic principles that facilitate the process of self-healing:

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. **We cannot feel a disease.** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
  - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
  - Am I interested in hearing about the diseases of famous people?
  - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
  - Do I believe that certain diseases “run in our family”?
  - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
  - Do I like hospital TV programs?
  - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
  - Am I a guilt-ridden person?
  - Am I holding a lot of anger?
  - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
  - Do I hold resentments and grudges?
  - Do I feel trapped and hopeless?
  - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
  - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
  - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

# 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:

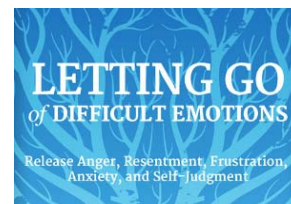
- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for 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.**

## **LETTING GO with The LOVE:**

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling.** Focus quietly on the feeling. Breathe into the sensations and allow them to be.

**Step 2: Ask yourself one of the following three questions:**

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

**Step 4: Ask yourself this simpler question: When?** This is an invitation to just let it go NOW.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

**The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...**

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

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

This process is ever so freeing and uplifting, though sometimes difficult.

Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins



**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.



**MUSINGS by JOHN:**

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book Power vs. Force, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work

and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,  
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support

in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

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

**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.**

**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  
the key!**



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.**

**TWO KINGDOMS and TWO WAYS:**

May 15, 1917

P.513 Book of Truths – Joseph Babinsky

P.184 The Human Soul – Joseph Babinsky

The question arises how or in what way can a man obtain this divine love and this new birth – and the Celestial Kingdom.

*The only way then is simply this:* that man shall believe with all the sincerity of their minds and souls that this great love of the Father is waiting to be bestowed upon each and all of them, and that when they come to the Father in faith and earnest aspirations, this love will not be withheld from them. And in addition to this belief, men shall desire (pray) with all the earnestness and longings of their souls that He open up their souls to the inflowing of this love, and that then may come to them the holy spirit to bring this love into their souls in such abundance that their souls may be transformed into the very essence of the Father's love.

The man who will thus believe and pray will never be disappointed, and the way to the Kingdom will be his as certainly as that the sun shines day by day upon the just and the unjust alike. No mediator is needed, nor are the prayers or ceremonies of priests or preachers, for God comes to man, Himself, and hears his prayers and responds thereto by sending the Comforter, which is the Father's Messenger for conveying into the souls of men this great divine love.

I have thus explained the only way to the Celestial Kingdom of God and to the divine nature in love. And there is no other way whereby it is possible to reach this Kingdom and the certain knowledge of immortality.

So, I implore men to meditate on these great truths, and in meditating believe, and when believing, pray to the Father for the inflowing into their souls of this divine love, and in doing so they will experience belief, faith and possession and ownership of that which can never be taken from them – no, not in all eternity.

And so it is with man to choose and fix his destiny. Will that destiny be the perfect man or the *divine angel*?

Your brother and friend,  
Jesus

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



**JAMES** PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914  
2 Completed 2014

**REVELATION 1** Divine Love addresses the issues of the Rebellion.

**REVELATION 2** Feeling Healing addresses the issues of the Default.

These two 'headlines' came about from Mother's comments through James.

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.

Nanna Beth: The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it's become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There are lots to it.

And as we see this, it takes us into dealing with our rebellion. We chose to not be loving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

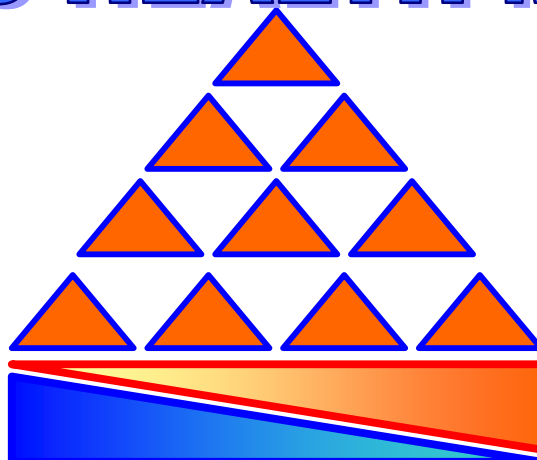
I think to help you summarise it, you could simply say: **The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

I hope this helps John, it might be a bit much, however I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask.

James: I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us.

# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

## **PROFESSIONAL MEDICAL TEAMS**

**Neurosurgery  
Ears, Nose & Throat – ENT  
Urology  
Orthopaedic  
Trauma Surgery  
Gynaecology  
In-Vitro Fertilisation – IVF  
General Surgery  
Ophthalmic Surgery  
Dental & Faciomaxillary Surgeons  
Cardio Thoracic  
Oncology – Cancer  
Cardiology  
Radiotherapy  
Medical Services**

## **COMPLEMENTARY THERAPY FIELDS**

**Complete Therapeutic Systems  
Oriental Diagnosis  
Western Diagnosis  
Iridology  
Naturopathy  
Breathing  
Hydrotherapy  
Food & Diet  
Oriental Systems  
Chinese Herbalism  
Japanese Medicine  
Ayurveda  
Tibetan Medicine  
Traditional Arabic Medicine  
Shamanism**

**Imaging – X-ray – Ultrasound – CAT scan – MRI**

**Pathology**

**Streamer – Case Manager**



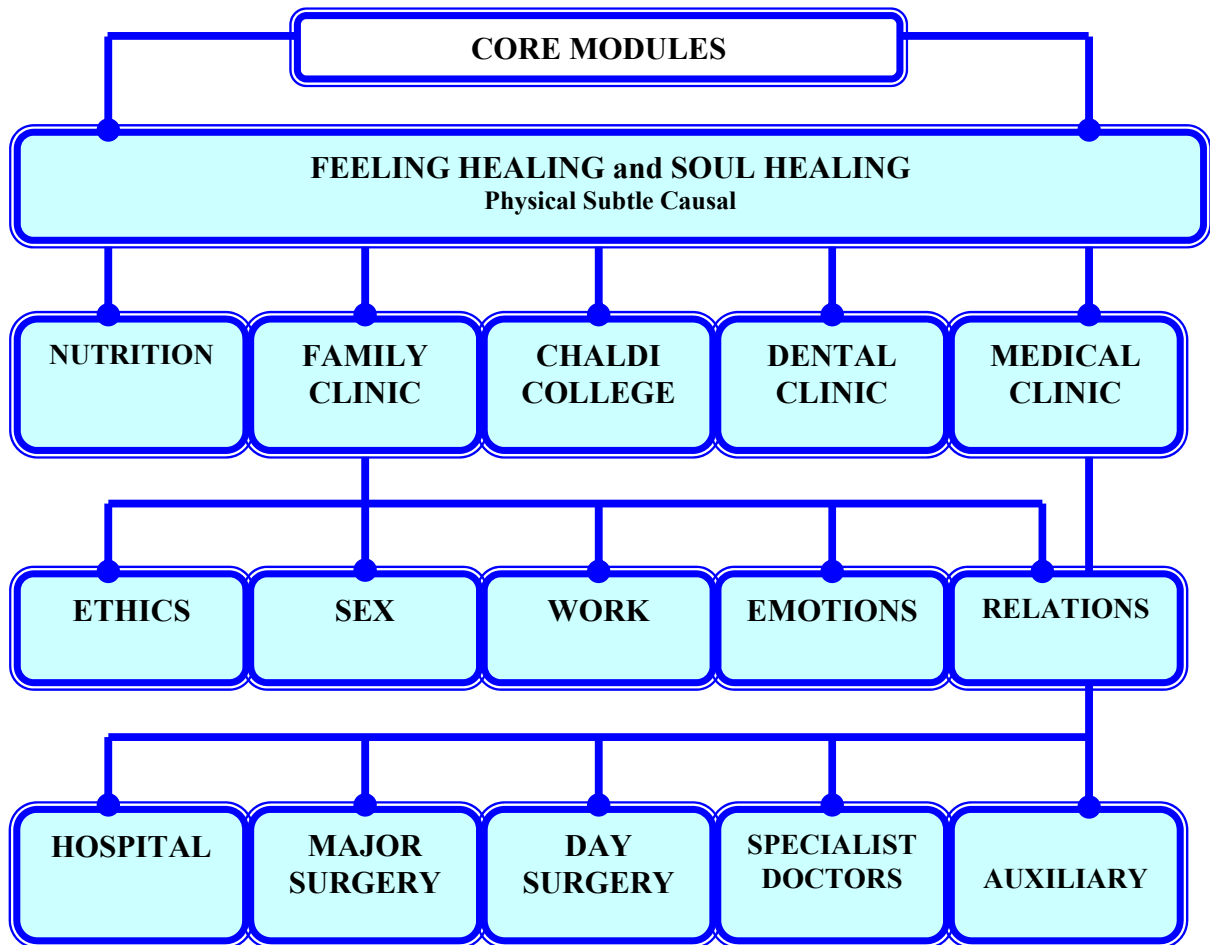
**Streamer's Meeting**





# PASCAS CARE

## Life Practice Matrix - Feelings First



**Feelings first**

### **EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

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



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

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

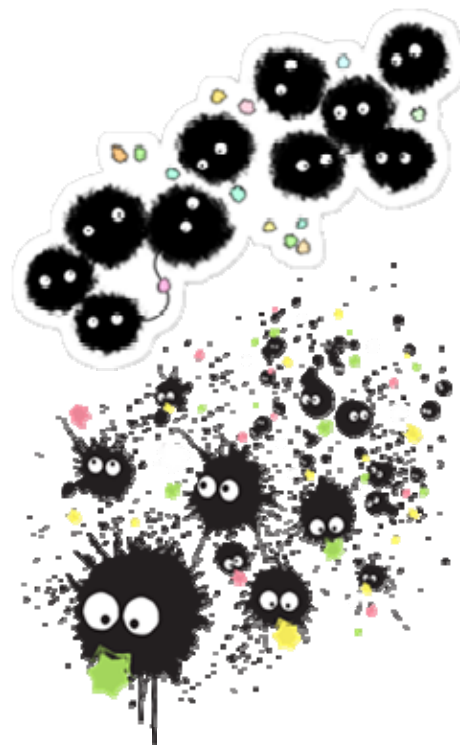
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing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



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

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

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



## OUR BODY NUDGES US TO LONG FOR TRUTH!

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

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

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

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

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

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

Note from James Moncrief 2 June 2018

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



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



**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

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



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

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

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

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



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

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

### BODILY PAIN is OUR FRIEND:

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

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

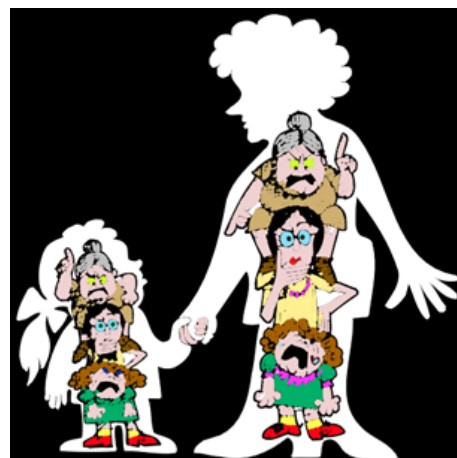
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including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



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

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

James Moncrief 9 May 2018



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



# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



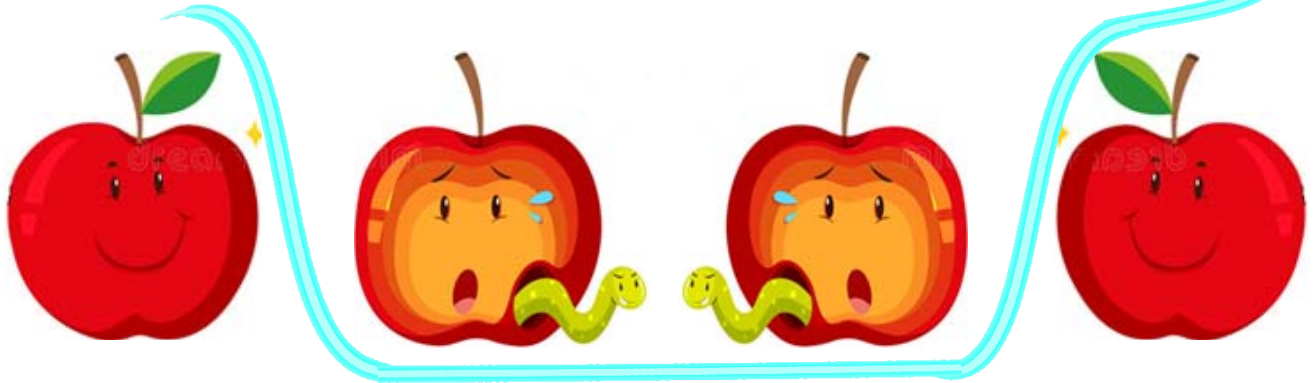
Neglecting a child's educational needs



Leaving a child without supervision



# Pole Shift



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

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

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

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

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



## 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.**

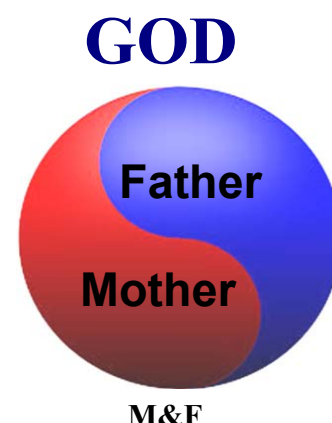
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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



**J&M**



**AVO**

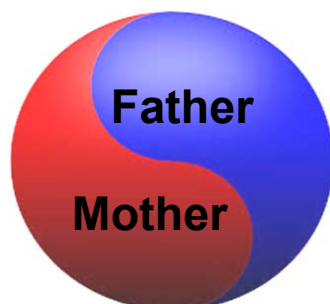


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

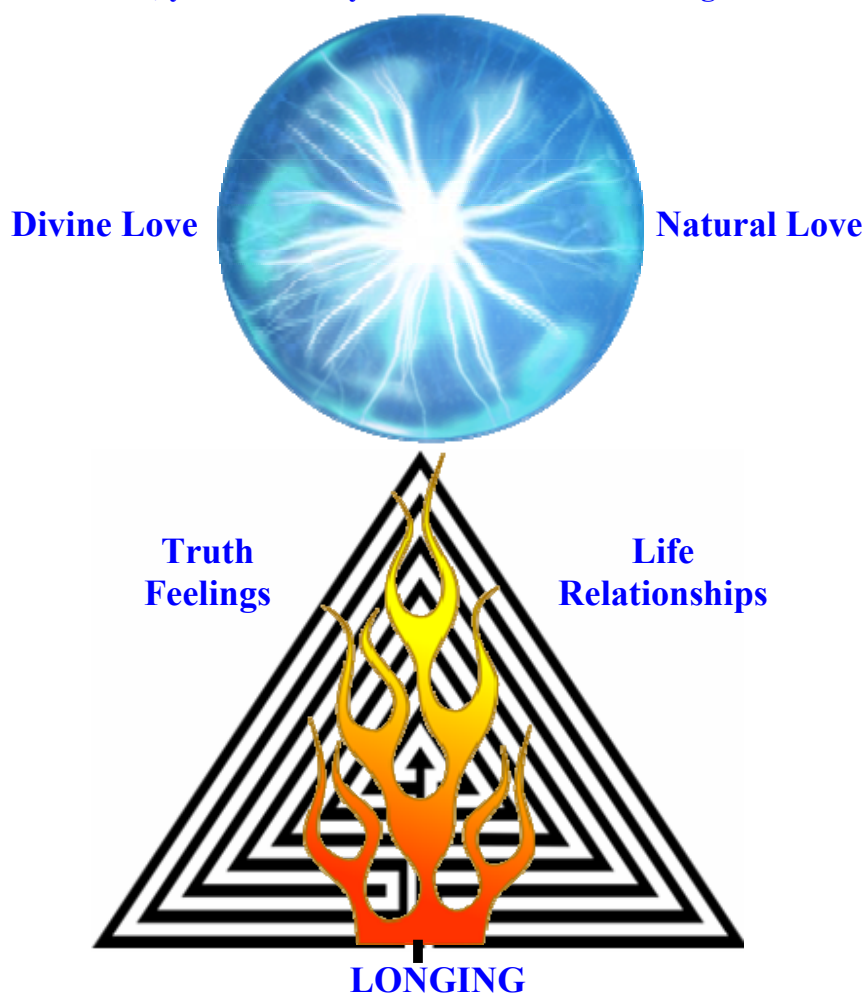
**WE ARE Children of God**

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.

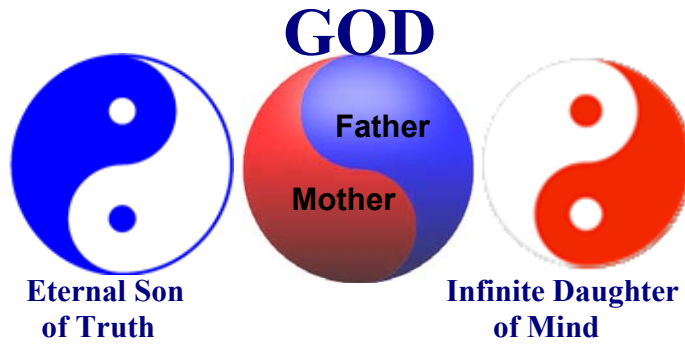
## HOW TO GET TO PARADISE:

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.

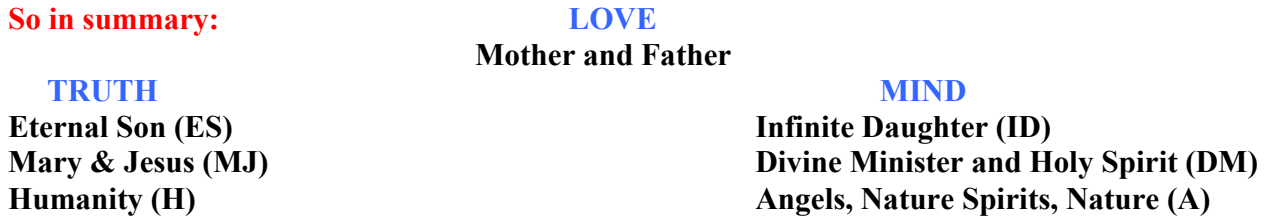
The LOCAL UNIVERSE TRINITY:

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

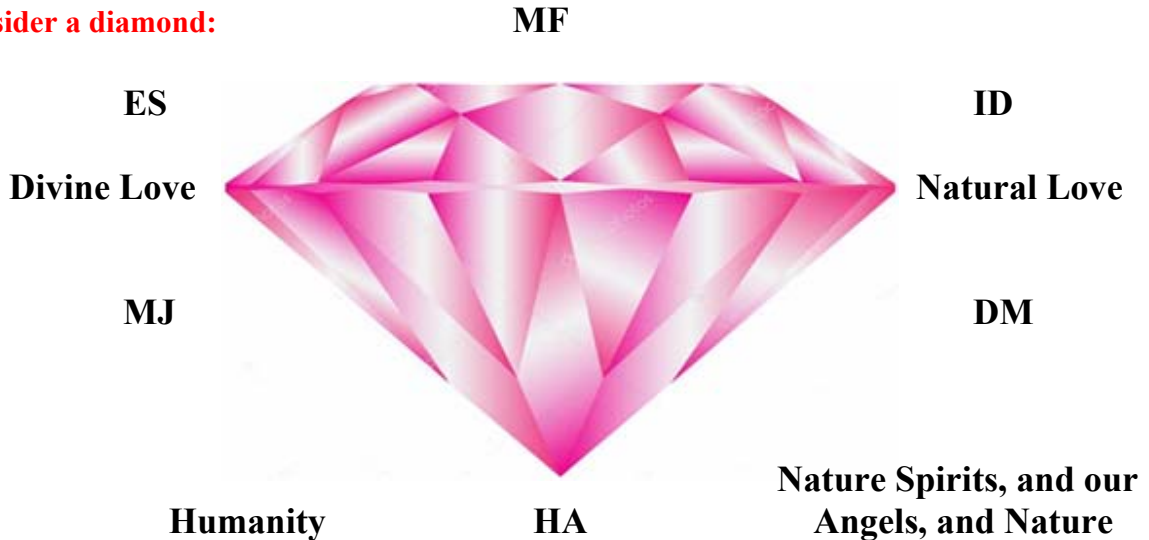
PLANETS that engage in REBELLION:

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.

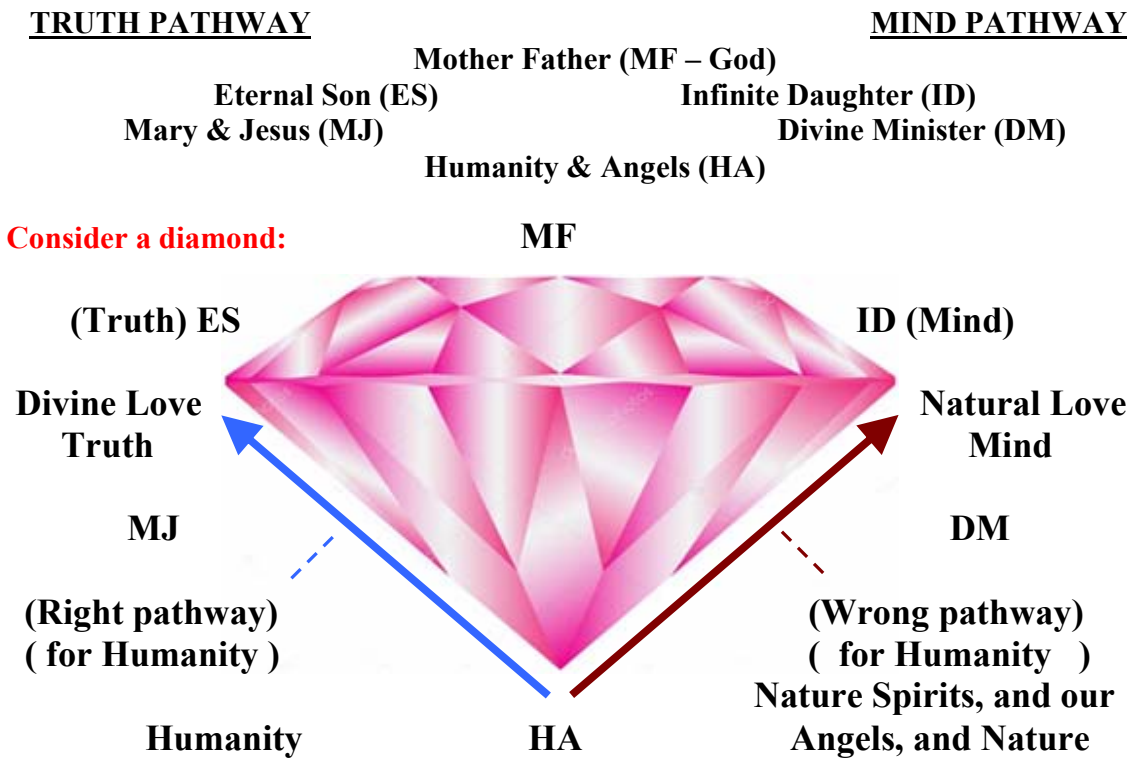
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

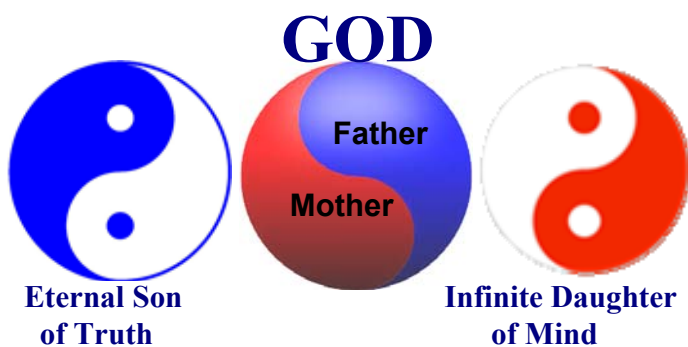
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

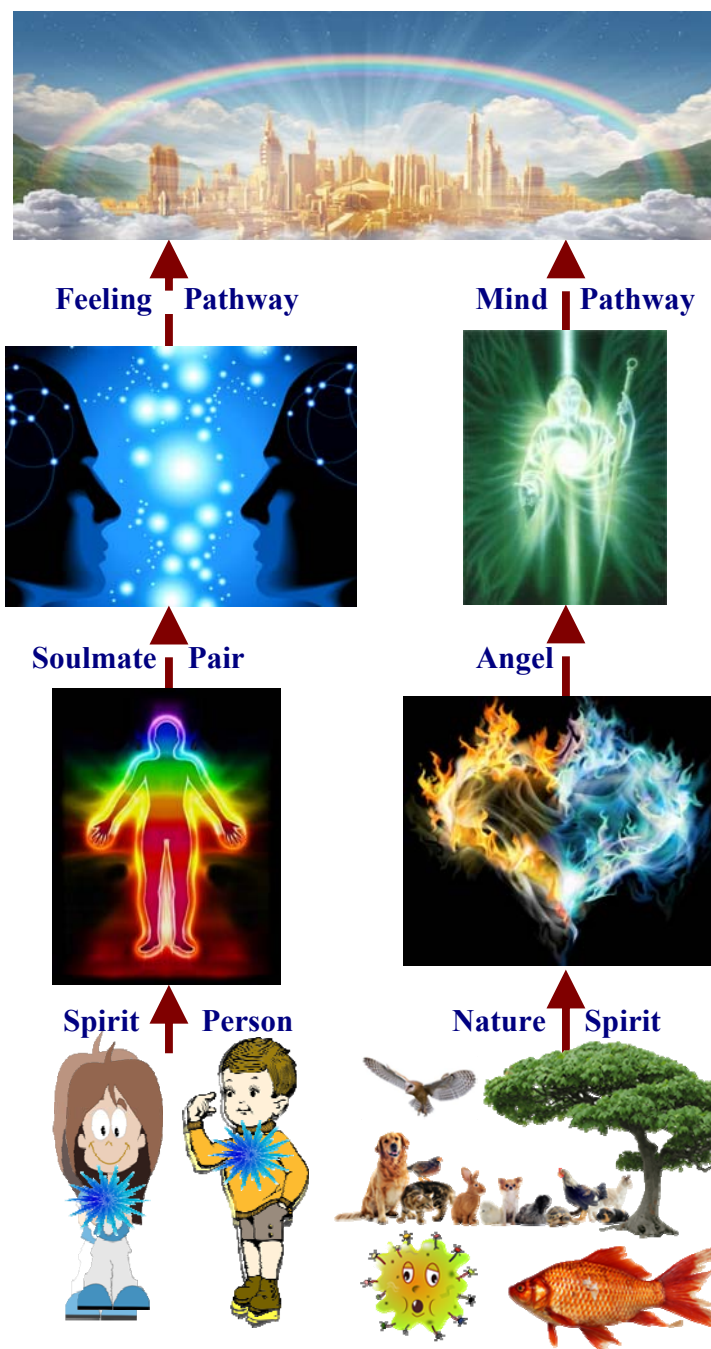
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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.



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

***Cause No Harm*** < to OTHERS  
to MYSELF

**Strive to love others as I am to love myself**

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

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

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

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

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

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

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

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

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



Maybe we could simply long for and ask:

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



MoC 1,471



### **DEVELOPING our LOVE:**

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

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

It could be said that we move towards atonement by:-

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

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

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

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

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

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

We may be perplexed by the free will that we have been gifted. If we have free will why does the universe continually confront us with our errors. It even seems to increase the magnitude of the errors until we are eventually compelled to resolve them. This suggested, we really do not have any free will at all. But then the realisation dawned that a kinship aspect of love is nurturing. Love does not exist without nurture. It is not possible for God’s creation, our world, not to nurture us on the pathway to atonement. All we have to do is be willing to allow the process to occur.

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

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

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

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



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

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

## **Library Downloads – Pascas Papers**

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

**The Only Prayer That Man Need Offer to the Father:**

(as given within the first century)  
I am here, Jesus

**The Prayer for Divine Love**

2 Dec 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

**P.211 The Human Soul**

Let your prayer be as follows:

(version below is from 'The Human Soul')

**HEAVENALY FATHER, I recognize that you are all holy and loving and merciful, and that I am the child of your care, and not a subservient and depraved creature.**

**I am the greatest of your creation, and the most wonderful of all Thy handiworks, and the objects of Thy great soul's love and Tenderest care.**

**Your will is that we become at-one with you, and partake of the great love, that then you have bestowed upon me through your mercy and desire that I become, in truth, you children through love.**

**I pray that you will open up my soul to the inflowing of your love, and that then will come your Holy Spirit to bring into my soul this, your love in great abundance, until my soul shall be transformed into the very essence of you. And that there may come to me faith--such faith as will cause me to realize that I am truly your child and one with you in very substance.**

**Let me have such faith as will cause me to know that you are my Father, the giver of every good and perfect gift, and that only I can prevent your love transforming my soul into a *divine angel*.**

**Let me never cease to realize that your love is waiting for me, and that when I come to you with faith and earnest aspiration, your love will never be withheld from me.**

**Keep us in the shadow of your love every hour and moment of my life, and help me to overcome all temptations, and the influence of the powers, which endeavor to distract me away from you.**

**I thank you for your love and the possibility of receiving it, and I know that you are my Father --the loving Father who smiles upon me in my weakness, and is always ready to help me and take me to your arms of love.**

**I pray this with all the earnestness and sincere longings of my soul, and trusting in your love, give you all the glory and honour and love that my finite soul can give.**

**Amen**

**MoC**



Note: The 'false teachers' are our parents, as they are also the 'evil ones'.  
Also, the evil ones, being those parts of one's mind, that are controlling you.

## Prayers to our Mother and Father

From the 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.

**The HUMAN SOUL – Pathway Home:**

P.196 Joseph Babinsky

What is the soul?

It is not the intellect and it is not the mind. The soul may be identified with its qualities of emotions, feelings, aspirations, longings, passions and many other similar things. When the individual soul begins to open, she will experience feelings and emotions as never before in all her existence. And when she recognises and realises what is happening, and chooses to continue to allow her soul-feelings to be felt (meaning that she does not suppress her feelings and emotions), and seeks and asks her Heavenly Mother-Father to fill her soul with Divine Love, a wonderful experience will begin to envelope and enter her innermost being.

Divine Love is a real spiritual substance that comes from God in response to the soul which desires to know the truth about its origin, purpose and destiny. Divine Love comes from outside self and feeds the hungry soul. When the desires and passions of the soul are engaged through the process of the inflowing of Divine Love, there is actually no limit as to what may take place in the outer manifestations of the soul's newfound energies. The soul that was buried by the concerns, appetites and energies of the physical body now awakens to its true identity. When the human begins to feel its authentic and real self (which is its soul), this real self bursts with freedom. Where the human willingly follows the scent of Divine Love, a new leadership and path develops in its life. A key difference is that the soul on the Divine Love path expresses God-reliance, whereas the soul on the natural love path expresses self-reliance. Knowing the truth about itself (its origin and destiny) is the truth that sets the soul free.

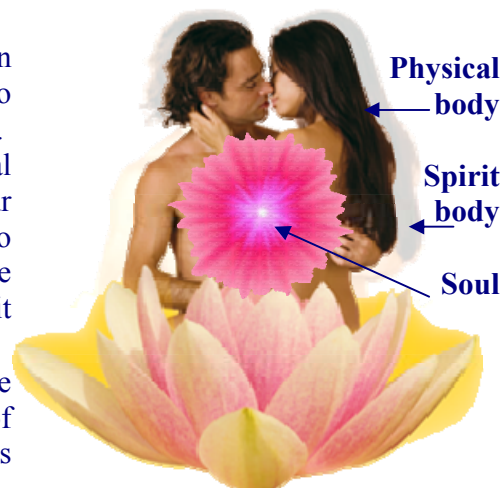
A vision may come to the person whose soul – now God-reliant and infused with the flow of the Divine Love – becomes the leading energy in her life. The soul on the Divine Love path is the life of the spirit body and of the physical body too where it has been given the freedom to *be* so. On this path it now becomes possible to envision herself as a true child of the Heavenly Mother-Father, fully cared for and provided for. Her soul may now soar to Heaven's Gate so that she may say with complete trust: *Thy will be done on Earth as in Heaven*. This inner soul-vision will unfold and continue to unfold in greater and deeper degrees, until she begins to experience in the outer (the physical realm) what she has already felt to be true in the spirit realm.

### A Vision

*For this was my soul created in pristine condition;  
This I become in truth.  
Divine Love is the gift which enables it to be so.  
As in Heaven – so on Earth;  
It is done:  
The Heaven-born child,  
At-one with God.*

### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. 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.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

**The BEAUTIFUL MIRACLE:**

5 Oct 2012

**The DIVINE UNIVERSE**

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of our Mother and Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

**Soul within  
spirit body  
prior to receiving  
Divine Love.**



**Divine Love being received  
from The Spirit, covering the  
spirit body of the requesting  
personality.**



**Divine Love having been  
assimilated within one's soul,  
now being reflected through the  
radiance of the spirit body.**





**SHINING TOWARD SPIRIT:**  
**665. The Shining toward Truth**

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas  
[www.lulu.com](http://www.lulu.com)

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

**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.**

Every illness that manifests itself in the physical body can be related back to blocked and suppressed emotions. This is not an exact science, nor need it be. All blocked and suppressed emotions need to be accessed and released.

**Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.**

**Those who concentrate on the emotion rather than the mind / intellect are more accurate.**

**A pain in the lower back reflects unworthiness issues with self love.**

**A bit of chest pain, asthma type issues – grief – you need to cry.**

**Stomach, spleen, liver – all to do with fear.**

**Eyes – short sighted – not willing to see the big picture.**

**A lot of anger based emotions come out in your skin.**

30 Aug 08

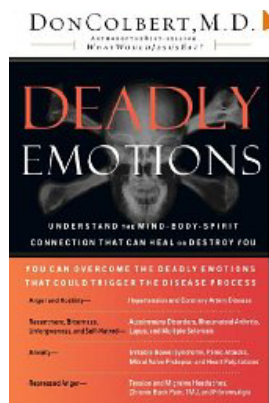
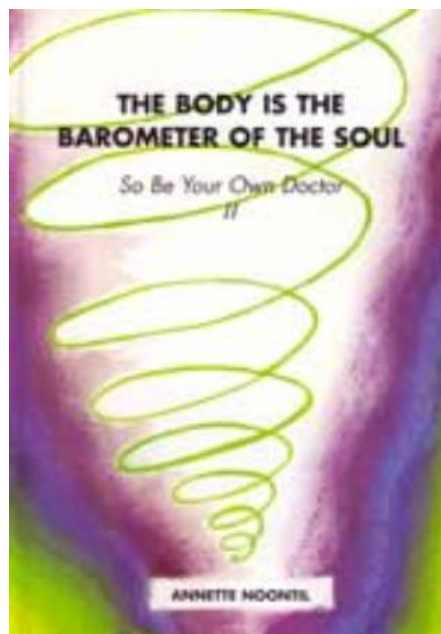
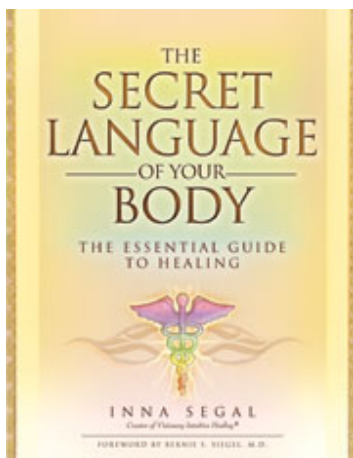
**“The Body is the Barometer of the Soul” by Annette Noontil**

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

Also consider:

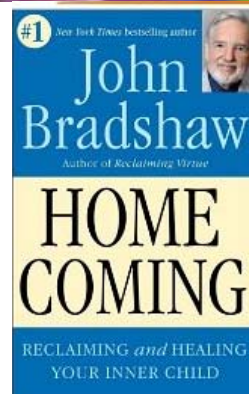
*"The Secret Language of your Body, the essential guide to healing"* by Inna Segal.

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



Deadly Emotions by Don Colbert.

Homecoming: Reclaiming & Championing Your Inner Child by John Bradshaw



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

**James Moncreif'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 Moncreif 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                                         |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 150   |
| Religion of Feelings                                             |                        | 2017                      | 40    |
|                                                                  |                        | This group being pages of | 3,085 |

**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://dlscr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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

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

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

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

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

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

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

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

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

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

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



As we progressively become aware the availability of Divine Love and embrace our Soul Healing, more and more profoundly developed teachings will be introduced to us by our Celestial Spirit friends.

Divine Truth teachings will continue to expand in detail and complexity as we become ready and willing to receive same through doing our Feeling Healing. This journey was commenced for us by James Padgett and James Moncrief.

**101 Years: FEELING HEALING and the DIVINE LOVE:**

**2013 – 2014 Speaking with MM & J**

**2007 – 2010 Comments on Padgett**

**2005 Paul – City of Light**

**2003 Messages Mary & Jesus**

**2002 The Rejected Ones**

Various auxiliary writings including  
**1954 – 1963 Revelations via Samuels**

**1914 – 1923 Padgett Messages**

**Are we ready and willing to embrace what is waiting for us to enjoy?**

**We are a young experiential inhabited planet. As we grow in Love and embrace our Feeling Healing, then we become into a condition by which we can ask for and receive guidance in how to achieve developments for the benefit of all of humanity.**

**As we apply these gifts freely for the welfare of all, then we will be provided assistance to advance our capabilities. Energy enables communications which in turn enables universal education. With education everything is possible.**

**UNIVERSAL Roadmap and Structure  
1925 – 1935 The Urantia Book**

**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:

