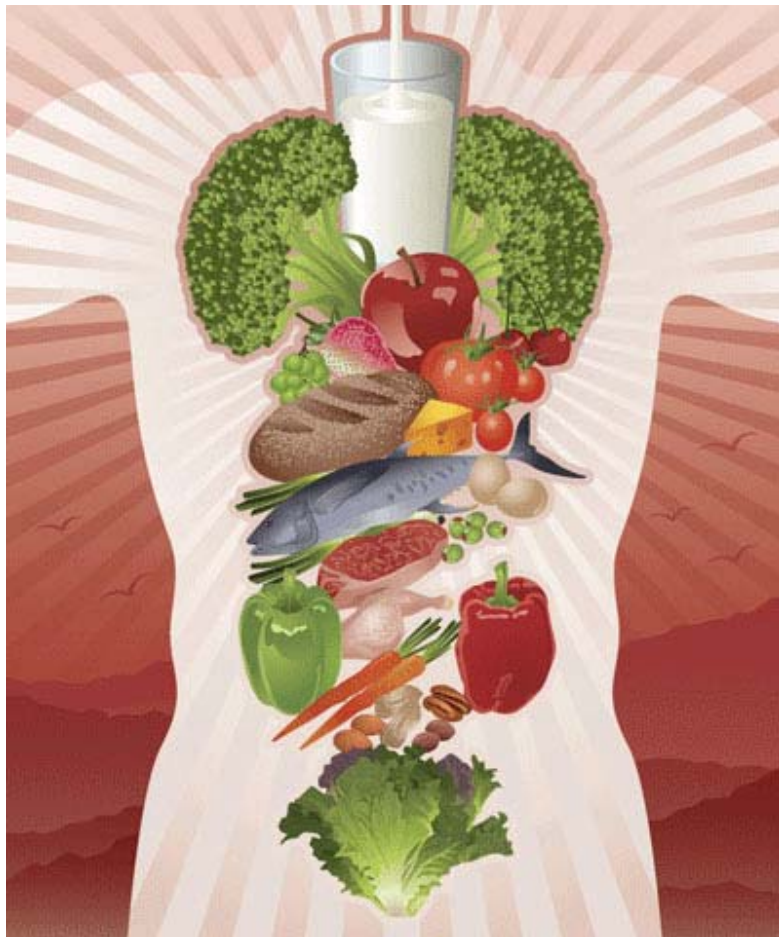


# PASCAS CARE

## Beliefs and Health

### - the relationship



**“Peace And Spirit Creating Alternate Solutions”**

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## PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

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



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



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.

The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

**PASCAS  
HEALTH**



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



**WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:**

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us, and in make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief      5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief      13 March 2003

**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'.

**FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE'S OWN PAIN:**

**You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don't remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.**

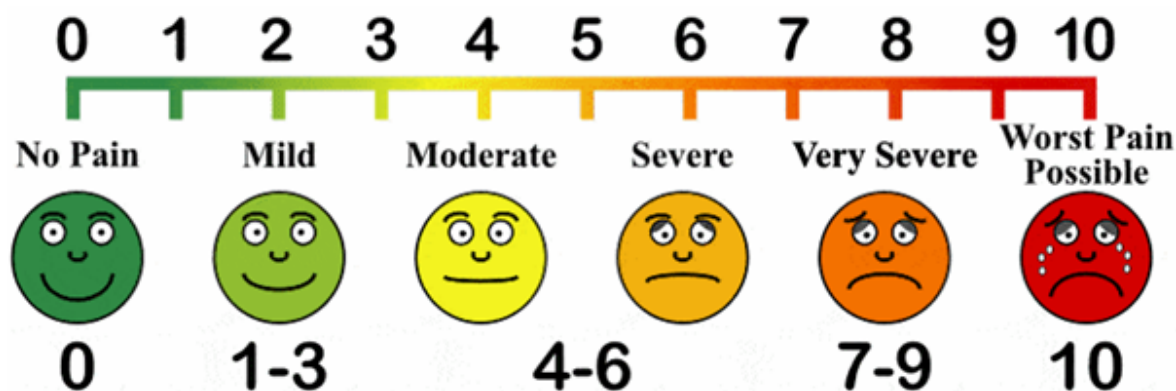
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don't feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. **THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD.** For without wanting to know why – what's the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don't want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to **SHOW YOU THE TRUTH THROUGH YOUR FEELINGS**, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



# 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!

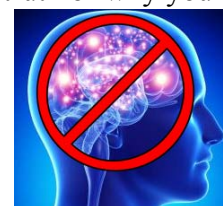
We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

## 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

**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**

<b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b>
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### **It All Begins -- and Ends -- in Your Head Rearranging the Furniture of Your Mind:**

Studies of the placebo response reveal our ability to alleviate every imaginable health condition and symptom 30% to 90% of the time, based only on our belief in the effectiveness of medical treatment. Hypnosis, which is successfully used to control or eliminate a wide variety of unpleasant symptoms, also shows the power of expectation and attitude on health. Spontaneous remissions from cancer often come about when beliefs change—when patients reinterpret their symptoms and alter their attitudes about their lives.

The influence of beliefs upon health cannot be overstated. This is in keeping with the main rule of consciousness, "You get what you concentrate upon." Our thoughts and emotions follow our beliefs and create the attitudes, assumptions, expectations, and behaviours that determine how we react to life events and what we think is possible.

Our beliefs are the furnishings of our mind, put in place by us. They are not the result of mysterious unconscious forces that are beyond our control. Choosing to become aware of our beliefs is the first step in rearranging them to better suit us.

Beliefs associated with health can be emotionally charged in ways that lead us to avoid looking at them closely. When **we manifest unwanted physical symptoms**, it is often because we have resisted making needed changes in how we think about and respond to challenging events and situations. It can seem safer to be limited by illness than to face the discomfort of examining and changing our beliefs.

In order to free yourself from unconstructive programming about health, you need to become aware of the influence of mass social beliefs—like the assumption that aging means inevitable physical and mental decline. Such beliefs connect to constellations of related beliefs, for example, that arthritis, deafness, poor vision, weakness, impaired balance, memory loss, and lack of interest in sex are part and parcel of getting old.

Unconstructive beliefs about health also come from well-meaning sources like our families, medical professionals, advertising, the news, and public health messages. One that may nag at you as you learn to use the mind-body approach is the mass belief that worrying about health is a sign of responsibility, while feeling optimistic and confident is irresponsible and delusional.

Negative beliefs tend to get most of your attention when you are using the mind-body approach because the discomfort of undesirable situations often provides the stimulus for making changes. However, becoming aware of your constructive beliefs is also important. A focus on what works for you allows you to build on your strengths and provides models for ways to alter unconstructive beliefs. Studying health leads to well-being more surely than studying illness.





[http://www.thebodysoulconnection.com/Books\\_and\\_Tapes/attitudes.html](http://www.thebodysoulconnection.com/Books_and_Tapes/attitudes.html)

Attitudes and beliefs, we hold, effect our physical health as well as our capacity for emotional health, happiness and peace of mind. It is believed that attitudes have everything to do with how we experience life, both in adversity and in joyous times. Positive attitudes are empowering and help us focus on the blessings in our daily life. Positive attitudes enable us to enjoy a measure of happiness that may otherwise be overlooked if we are focused only on the negative circumstances and difficulties in life.

When we talk about positive attitudes, we are not talking about pretending to be happy or upbeat. We are referring to a mature positivity that derives from realizing our blessings even in the midst of the sadness, pain and loss inherent in a full and vital life. Developing positive attitudes and beliefs is an acquired skill and can be learned by even the most cynical and hostile among us.

Since many of the beliefs and attitudes we hold arise from the perceptions we carry about life and living, it becomes important to examine the perceptions we make and the conclusions we draw about our experiences. There is a humorous story about a high school teacher demonstrating the dangers of alcohol to his science class. He drops a garden worm into a glass of water and the class slowly watches the worm wiggle its way up the side of the glass and out to freedom. He then drops the same worm into a glass of alcohol. The worm sinks to the bottom and can not work its way up and out. Eventually, it gives up and dies. The teacher turns to the class and asks, "So class, what can we learn from this experiment?" A student raises his hand and says quite confidently, "I can see that if you drink alcohol, you'll never get worms!"

This whimsical story demonstrates the importance of closely examining the beliefs and conclusions we draw from our life experiences. Nearly all life events leave us with many options as to what to believe, and what we choose to believe dramatically affects our ability to overcome illness, endure the pain necessary for growth and healing, and achieve a sense of happiness and peace of mind that is so vital to a life well lived.

It takes tremendous courage to examine the beliefs and attitudes we hold, and it represents a true voyage of discovery. Honest self-examination exemplifies what Joseph Campbell calls "the hero's journey" and as such, it is an endeavour fraught with demons, dragons and obstacles demanding the most dauntless acts of courage and honesty.

Honest self-examination demands the ability to see ourselves, as we are, without apology and without pretence. Then, it demands the ability to see ourselves in all our glorious potential, without apology and without pretence. This is the hero's journey: to be able to see ourselves with new eyes, eyes that refuse to deny the truth of our frailties and humanness, and eyes that refuse to deny the innocence, strength, courage and love that lie within each one of us. Marcel Proust, the great writer, once said "The real voyage of discovery consists not in seeking new landscapes but in having new eyes." Changing our attitudes and changing our beliefs gives us "new eyes" with which to see the world.

So let's begin the voyage of discovery into the healing power of attitudes and beliefs. Each and every one of us should consider to review and to examine and uncover the attitudes and beliefs we hold. Once discovered, we can begin eliminating negative attitudes and beliefs that contribute to our pain and helplessness and begin cultivating new and empowering attitudes and beliefs that give us hope. This is the

process of having new eyes with which to see the world. The world has enough pain, loss and difficulty to keep all of us sad, bitter and hurt for a lifetime. The world also has enough hope, love and renewal to bring us blessings, joy and happiness even in the midst of life's inevitable sorrows.

May you be blessed on your journey.



**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.**

Emotions, all emotions, both good and bad, consider feeling and releasing them by expressing / talking about them, and releasing them as and when they arise. Notice the sensations in your body, ask yourself three questions: What is this really about? Where is this coming from? And what's underneath this? Long for the truth of what these feelings are trying to tell you about them selves. Yes, there is always more behind the feeling experience; it will go back all the way to one's childhood experiences – eventually. Always talk about the emotional feeling, talk it out.

Expressing – talking about – these emotional feelings to a friend is what releases them from within your persona. This is all about bringing the real you into the forefront, not the contrived you that our parents unknowingly imposed upon each and every one of us. This is about discovering our full and wonderful real self, who we were created as, our unique individuality. This is about liberation of one's self and the discovery of who we each truly are. To do this, we have much to peel off of our persona. The completion of this difficult discovery process is the bringing about of a wondrous reality and freedom of expression, to live true to ourselves and to be free of pain. We are to live true to our feelings.

God is Two Personalities who are One Great Soul, that is, one soul that is both our Parents – our Mother and Father; Our Heavenly Mother and Heavenly Father being the ultimate Soul-Mates, and you can relate to God as your Mother and Father, and it's a wonderful feeling to experience.

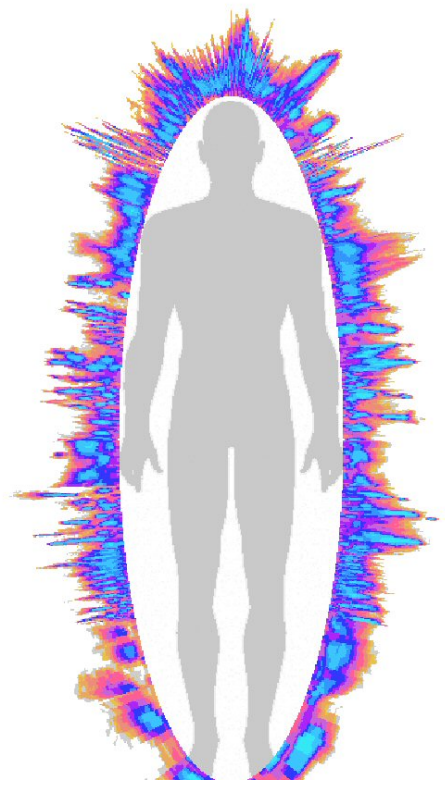
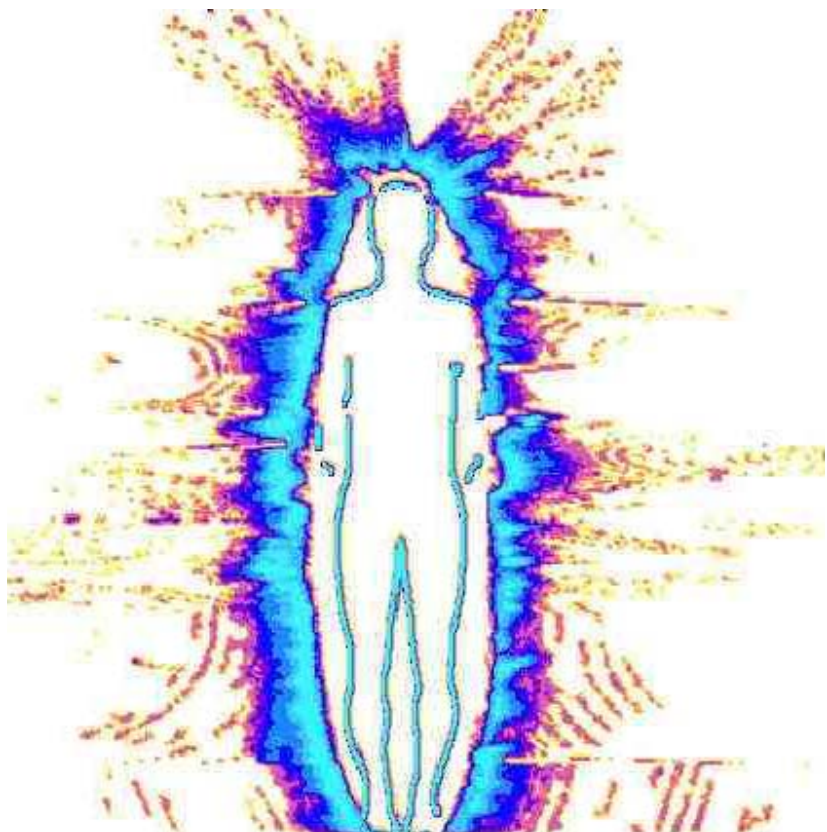
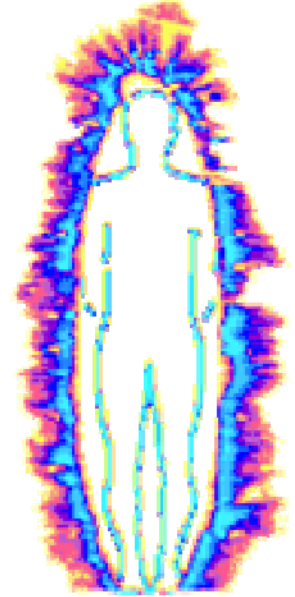
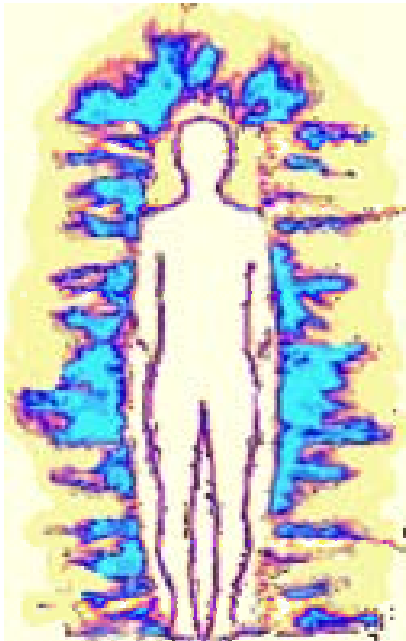
The aim of doing your feeling-healing is to get you into a positive and perfect mind and will state, that is, to perfect one's natural or self-love. And one can do it with or without God's help. If you choose to do it without, then one day having achieved this goal a new longing will come to you, a longing to go further, deeper, to move beyond the limitations of one's natural love, and to satisfy this longing you will need God's help and love (the Divine Love), but you'll know you are ready for it. You will feel it's time, and you will start to long to know God. It's the next logical step to get to know personally the Two who created you, your soul, being your Soul-Parents.

You will have spent all this healing time sorting out your relationship with your own mortal parents, finding out what is wrong in your relationship with them and fixing it, all the while sorting out your relationship with yourself. And having once got it all sorted, then you will be free and ready to move onto dealing with what will become (along with your relationship with your soul-mate) the biggest and most important relationship in your life.

If you feel you are ready to ask God into your life (and currently and including the next forth-coming spiritual age, you can do this anytime, not just once you've finished your feeling-healing; or if you already have God in your life, be prepared for your relationship with Him (or Them to change), then you can begin to long directly to God, your Mother and Father, for Their Divine Love. Long with all your heart for Them to fill your soul with Their Love.

Feeling bad will make you feel BETTER – Eventually! By James Moncrief

**Emotional or disturbed auras on the left, auras in harmony on the right:**



## *Meridians – the Pathways of Energy Flow*

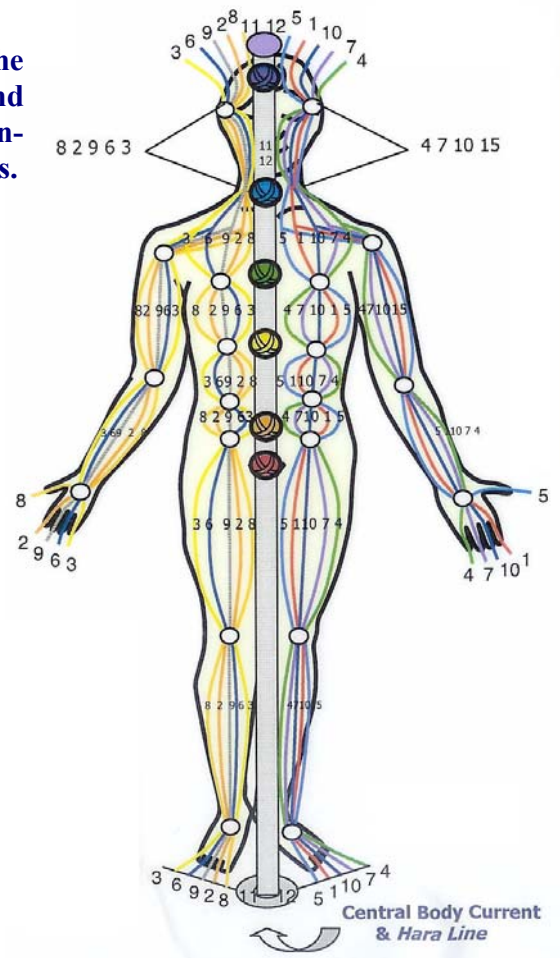
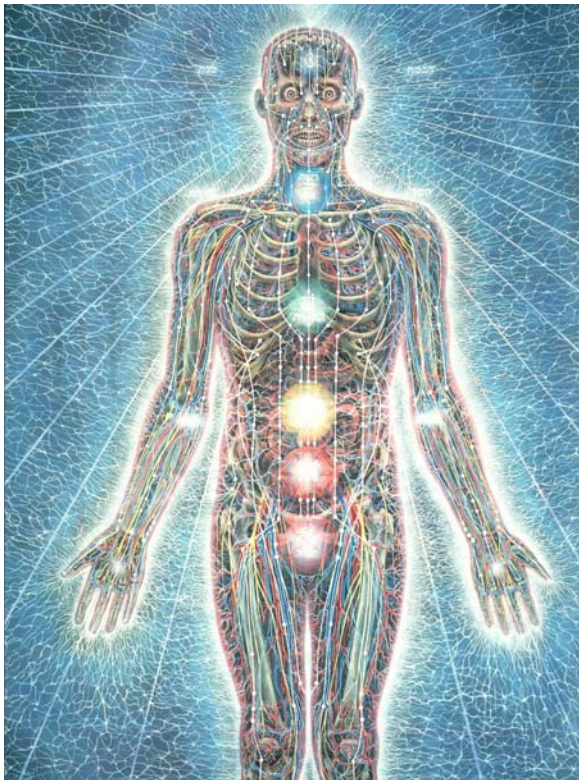
<http://www.crystallotus.com/Acupressure/Index.htm>

The pathways of chi flow are called meridians. Where are the meridians? When a surgeon operates on a person, he does not find any meridians. The surgeon does not see air either, but it is still there. Compare a meridian with a stream. A stream, unlike a pipe, has no defined boundary. It is simply where water flows, and it may constantly change its shape, although the change is so small that it generally maintains a definite line of flow. In the same way, a meridian has no fixed boundary.

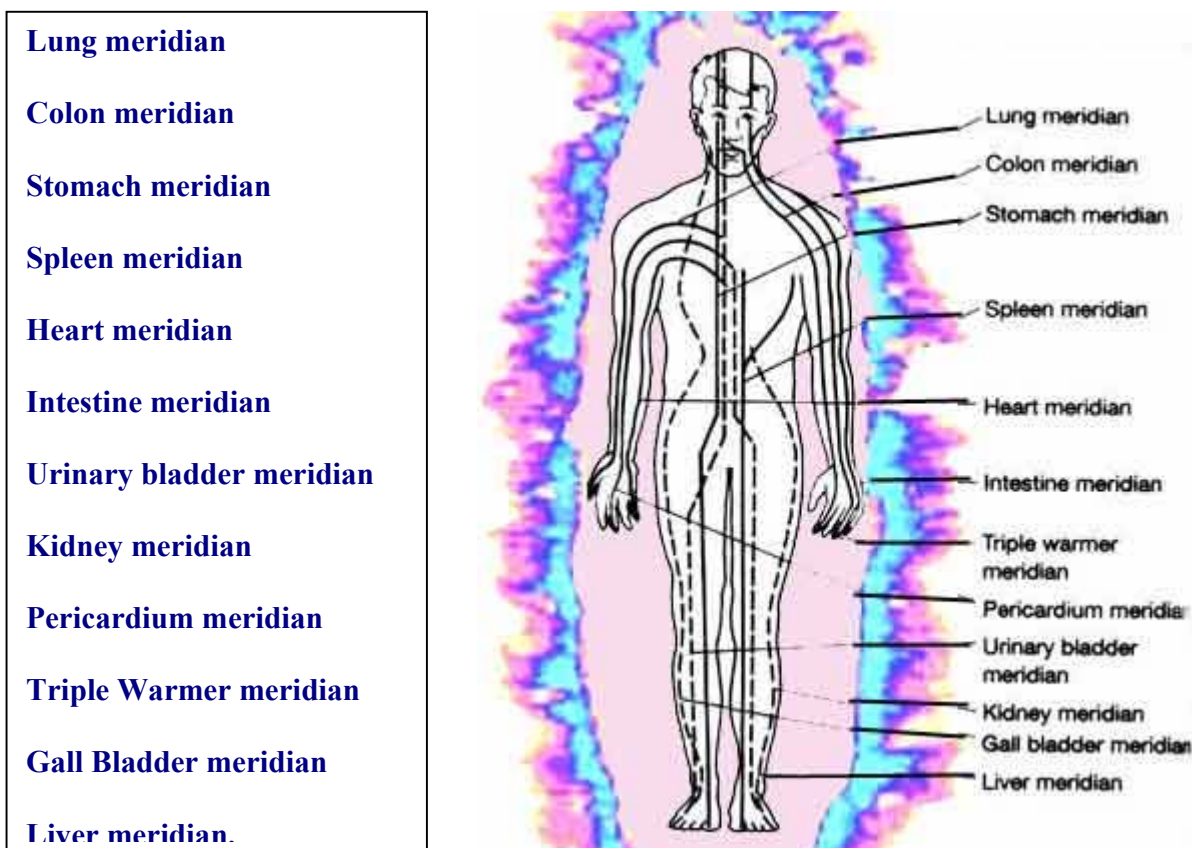
It exists where the chi flow is, though it maintains its general form. Meridians are of two kinds: the main ones are called channels (jing), and the branches are called collateral (luo). However, the term 'meridians' is often used to denote channels.

When Chi does not flow easily and smoothly we have what is commonly called a dis-ease. The Chinese believe that a Chi gets trapped in the meridian and the body suffers from all the ailments. To heal this blockage the Chinese healers understood the flow of energy through the various Meridians. They stimulated the energy points to let flow the Chi and, so therefore the healing took place.

Tonal lines create the web-work of energy which the scalar-wave frequencies of the core Katha Grid and DNA Template translate into the Chakra Meridian-Nadius Line (Hara Line) and chemical DNA systems.



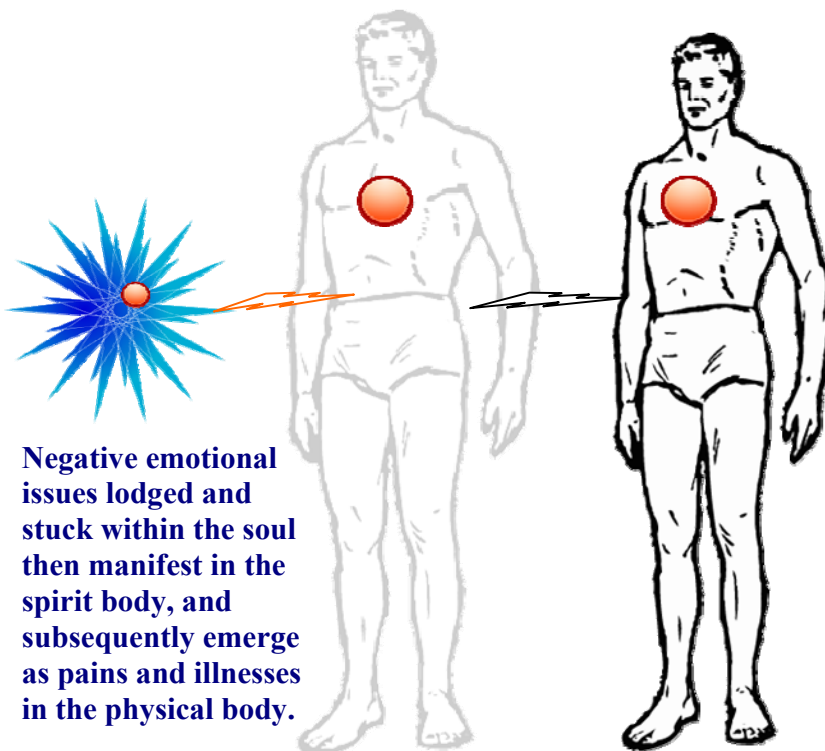
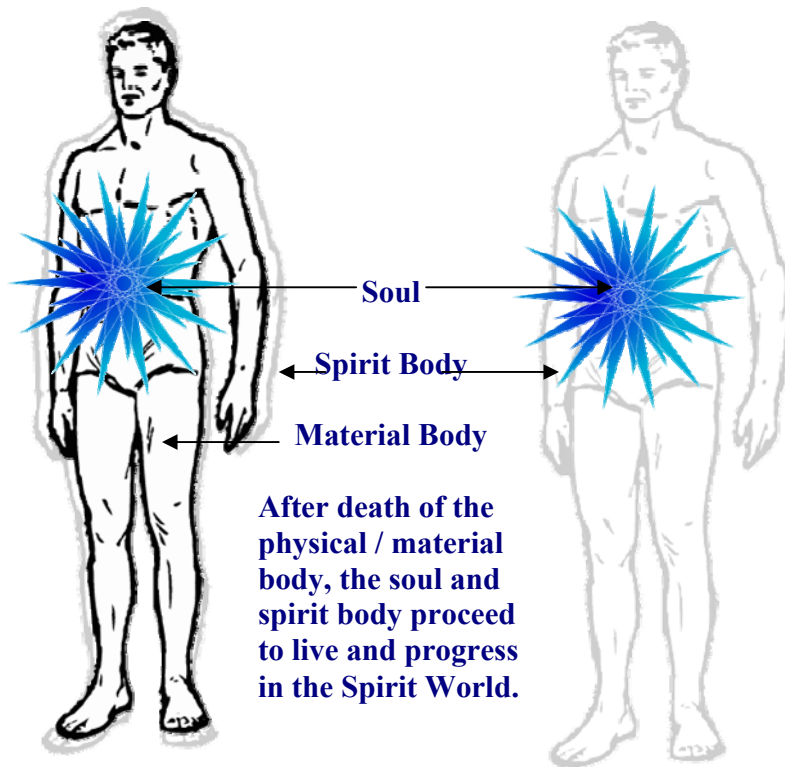
Meridians, or channels, can be classified into two groups: primary and secondary: Primary meridians are those that pass through internal organs, secondary meridians do not. There are twelve pairs of primary meridians flowing in a never-ending circle. For simplicity, only one of each pair is described. The twelve meridians are as follows:



Negative energy in the form of holding onto an untruth about anything, being a person or an event, deposits within one's soul as a tiny cell of unwanted energy. This tiny energy blockage can grow and grow should you allow the issue to fester within your being.



Untruths with anger and hatred will slowly, but surely, manifest themselves into your meridian system which resides within your spirit body. This then results in energy flow blockages within your meridian system, being the template for your physical body. Unless these energy blockages are released and allowed to pass through your spirit body, you will begin to feel pains within your physical body, and subsequently, an illness may emerge within your physical body. Such illness is a direct result of an emotional issue, or series of related emotional issues, that could have commenced during your early childhood, or even before birth. Proceeding to release these emotional time bombs while receiving medical assistance for your physical body can result in the permanent recovery from such illness.



SOUL  SPIRIT BODY  MATERIAL BODY  
PERSONALITY

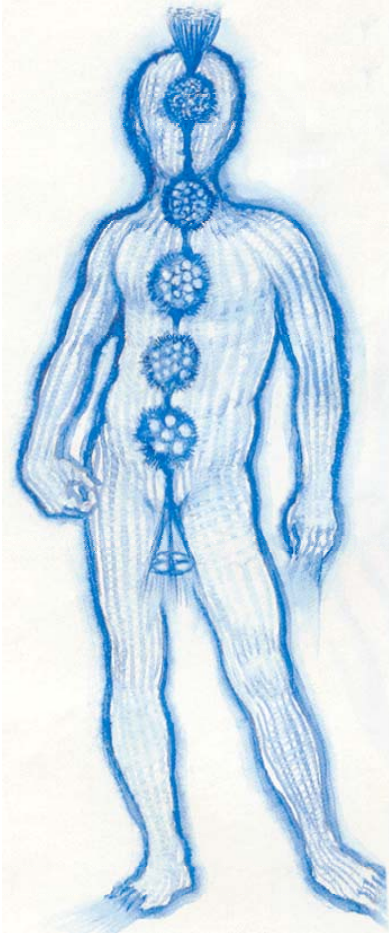
### HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being part of your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.



In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

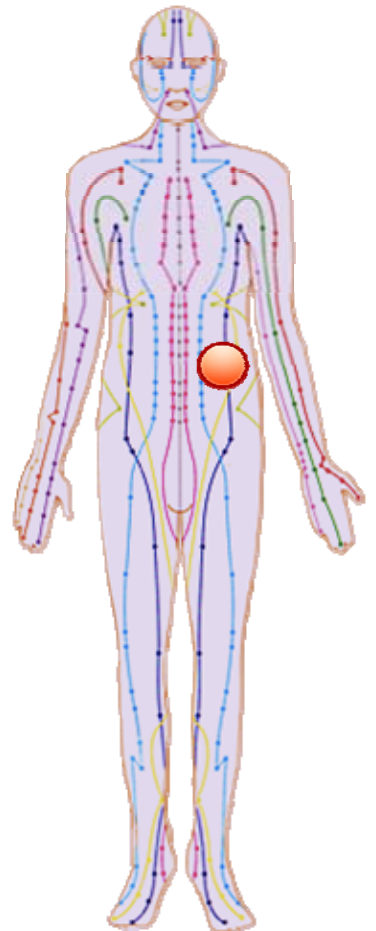


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.



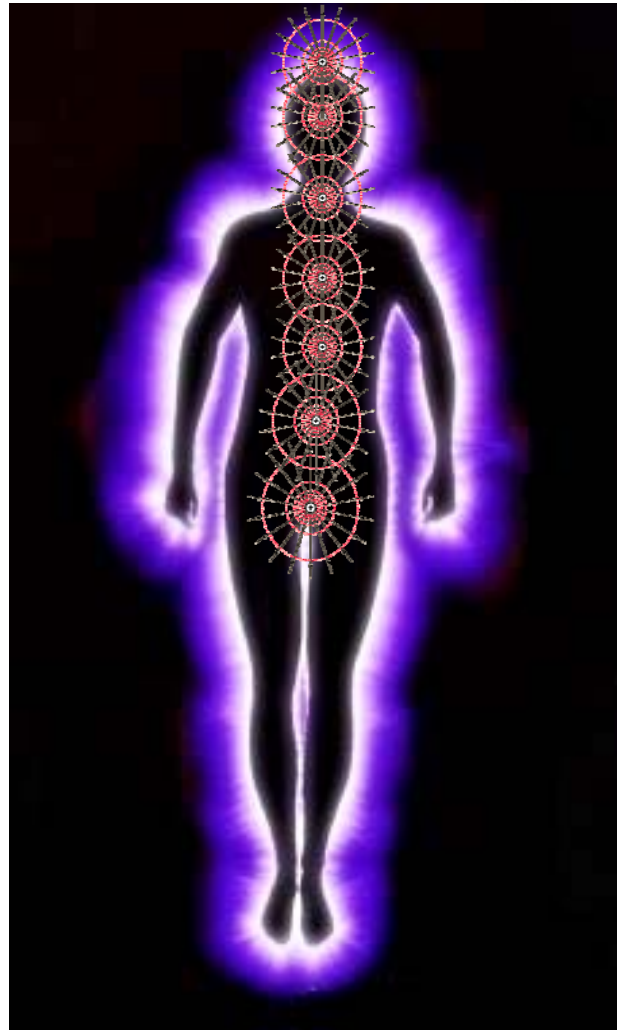
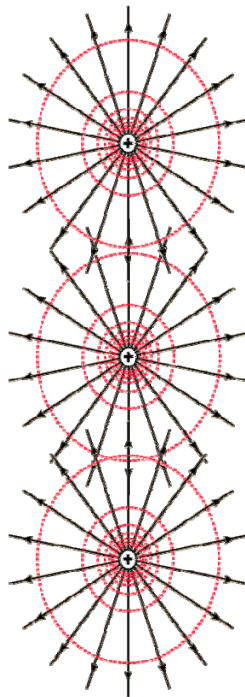
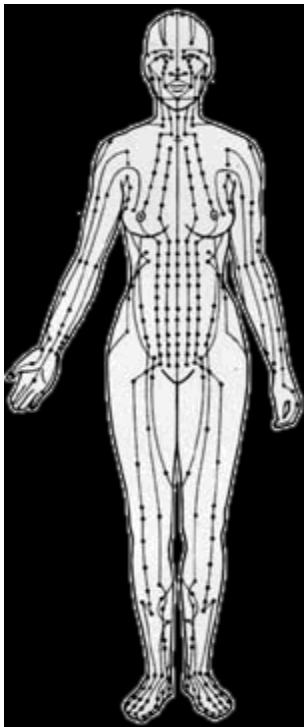
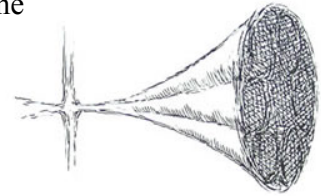


**MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.**

Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

Etheric or Astral Body: The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body. Almine

Each chakra point, major or minor, has a swirling vortex that draws in energy to feed the spirit body and subsequently the physical body.



## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

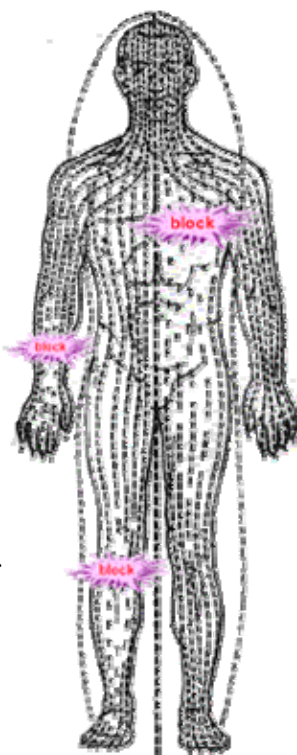
It is the energy level of love that steadily brings about a release from erroneous and harmful emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

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



### CREATION, DEVOLUTION and EVOLUTION:

Aman and Amon (also called Andon and Fonta), our first parents, physical being was born of natural parents, who in turn had been born of their own parents. Their bodies were not created instantaneously, but evolved just as all of God's creatures evolved. Aman and Amon were both nurtured physically as infants and then children. **But our first parents' souls were placed in them when they were already adults.** They had no clear memories of their earlier life before that great moment. As soon as they possessed a soul, all of the normal human psychological manifestations appeared.

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 they were apart.

They were indeed a primate species of humanoids. But Aman and Amon (they were not Adam and Eve) were more beautiful than their animal relatives, and knew, even from their very appearance, that they were marked even by Nature to be different.

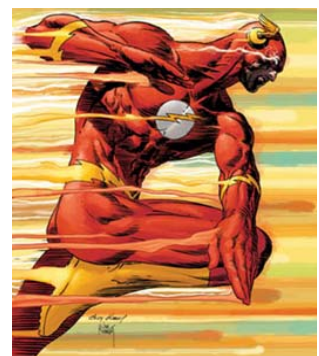
The human body, without a soul, calibrates at 200 on Dr Hawkins' Map of Consciousness. Domestic animals typically calibrate 200 to 250. Our soul is the source of our personality, intelligence, and memory. Our soul is formed from the energy substance of natural love. There is nothing of the Divine within our soul.



The First Parents did not recognise the full beauty of the gift of Divine Love, and subsequently it was withdrawn. Man, left to his own perseverance and determination can develop into the perfect man with only Natural Love, however that is a slow and tedious pathway and limited to perfection of the soul, fit only for the 6<sup>th</sup> natural love spheres.



By embracing Divine Love and one's Feeling Healing, man can become fitted to enter the Celestial Heaven and higher in rather quick time. One's life on earth, living with the Love and embracing Feeling Healing, can be that of living in Heaven!



**Further, Feeling Healing with Divine Love, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.**

# DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!

What Do Kids Feel Sad About?



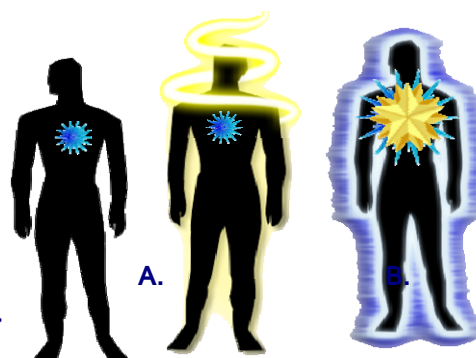
Being Unloved and Rejected!



# EVOLUTION

**STEP 1: Longing for and receiving Divine Love:**

- A. Soul within spirit body prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



## STEP 2: **FEELING HEALING + SOUL HEALING**

It is the Divine Love that strengthens one's resolve to persevere with embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

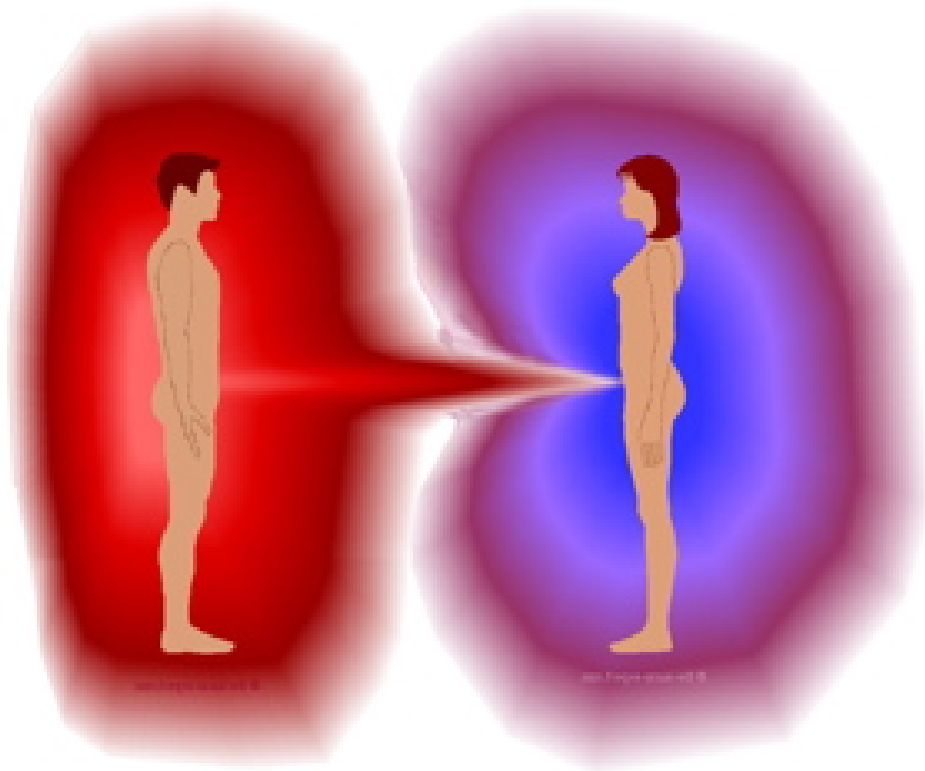
Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

















It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.

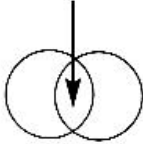


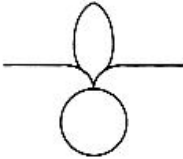
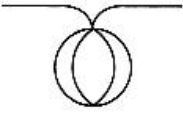


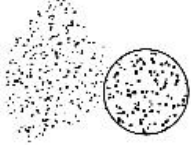

pH4			pH7			pH10
Strong Acids		Mild Acids		Mild Alkaline		Strong Alkaline
 White Bread		 Meat/Fish		 Fruits		 Asparagus
 Alcohol		 Legumes		 Vegetables		 Cayenne Pepper
 Colas/Sodas		 Nuts		 Avocados		 Melons
 Sugar		 Dairy		 Almonds		 Kelp

# How Matter is Formed

(This is not entirely accurate)

	The Matrix (a pattern of light)	The Frequency (the specific tone)	The Blueprint
<b>STEP 1</b> Within the etheric realms or Indwelling Life the blueprint is formed	○	+	○ =
			
			<i>Membrane dividing blueprint from manifested life</i>

	<b>(a)</b> The blueprint starts to push against the membrane	<b>(b)</b> The blueprint is now in manifested life
<b>STEP 2</b> A corresponding frequency within manifested life calls the blueprint forth. (With frequency, like attracts like.)		
	<i>Pocket of frequency created by devas</i>	<i>The blueprint begins to fill the space of like frequency</i>

	<b>(a)</b> Atoms rush into the designated space and arrange themselves according to the matrix and frequency	<b>(b)</b> The form is materialized
<b>STEP 3</b> The blueprint is negatively charged (having come from the etheric or Indwelling Life) and attracts atoms (positively charged—within matter, opposites attract.)		

## FEEDING YOUR EMOTIONS:

P.52, Vol 1, Farmacist Desk Reference by Don Tolman.

### EMOTIONS

#### Healing Problematic Circumstances and Physical Dis-ease in General:

Circumstances in life that bring about mental or emotional pain or physical illness or injury to oneself or others may be related to the following conditions: Not understand the true meaning and purpose of life; lack of personal honesty and integrity; inability or lack of willingness to express love and forgiveness; withholding the expression of love and acceptance from oneself and others (low self-esteem); unfulfilled need for attention; unexpressed or repressed emotions such as anger, guilt, fear, hostility; persistent worry and anxiety; moving too fast; being too stressed-out, and not taking time to slow down; an internal struggle between one's negative ego (wrong belief system) and one's consciousness, which is deeper understanding of caring, truth and honesty.

Actors are artists of emotional expression. They minimize, exaggerate and substitute emotions all of the time, that's what captures us. Emotions are highly contagious. We catch feelings from one another like they are some sort of social disease. Our brains release electro-chemical molecules of postural, facial, aromatic, and intuition in every encounter. At home, at play, at work, in traffic, on the beach, even during sleep in dreams. Positive emotional health is intelligent and brilliant. When people are popular, happy, charming, and it is their genuine state, not a substituted or exaggerated, "put on", we love to be in their presence. They soothe us. They make us feel good. They can nurture and heal us in times of greatest emotional need. These people are said to be worth their weight in gold. In the subterranean landscape of our land of inheritance, we are all a part of one another's inner, "physicians black bag" for healing or disease.

We give each other encounters that are toxic or nourishing. For better or for worse. This is where whole foods come in. Food and drink is the measure of social exchange. **Whole foods** literally determine at a subatomic, atomic, electric, and molecular level our impulses that lead to health or disease. Amplified good positive energy and release of negative encounters that make us feel ignored, resented, embarrassed, frustrated, and angry is the goal. Whole foods can lift us, calm us, recharge us, amplify us and expand our creative imaginative inventive potentials, especially financial health and wellbeing.



Daniel Goleman in his fascinating book, 'Emotional Intelligence', shows in a brilliant and convincing manner the factors at work when someone of high I.Q. flounders financially and in business and people of





moderate to low I.Q. do surprisingly well. Emotional intelligence consists of self-awareness, impulse control, persistence, zeal, enthusiastic self-motivation, empathy and social deftness. These qualities mark those people who excel in life. These are the ones whose intimate relationships flourish; these are stars, at work and in business ownership, they shine. These have character, self-discipline, compassion and altruism, the basic capacities of quality that our society needs to thrive.

Temperament is not fixed at birth. The brain's emotional circuitry can be nurtured and strengthened by imagination used in daydreams and nightscapes when supported through the emotional encounters of the photo-electro-chemical matrix of whole foods.

The Oxford English Dictionary defines emotions as “any agitation or disturbance of mind, feeling, passion; any vehement or excited mental state”. An emotion refers to a feeling and its distinctive thoughts, psychological and biological states, and range of propensities to act. There are hundreds of emotions, along with their blends, variations, mutations, and nuances. Indeed, there are many more subtleties of emotions than we have words for. In fact, a single spinach leaf has over 12,000 chemicals that can potentially induce hundreds of impulses that can lead to the biological foundation for dozens of emotions.

### **Primary Emotions and their Aspects:**

- **Anger:** fury, outrage, resentment, wrath, exasperation, indignation, vexation, acrimony, animosity, annoyance, irritability, hostility, and perhaps at the extreme, pathological hatred and violence. In short, absence of love.
- **Sadness:** grief, sorrow, cheerlessness, gloom, melancholy, self-pity, loneliness, dejection, despair, and, when pathological, severe depression.
- **Fear:** anxiety, apprehension, nervousness, concern, consternation, misgiving, wariness, qualm, edginess, dread, fright, terror; as a psychopathology, phobia and panic.
- **Enjoyment:** happiness, joy, relief, contentment, bliss, delight, amusement, pride, sensual pleasure, thrill rapture, gratification, satisfaction, euphoria, whimsy, ecstasy, and at the far edge, mania.
- **Love:** acceptance, friendliness, trust, kindness, affinity, devotion, adoration, infatuation, agape.
- **Surprise:** shock, astonishment, amazement, wonder.
- **Disgust:** contempt, disdain, scorn, abhorrence, aversion, distaste, revulsion.
- **Shame:** guilt, embarrassment, chagrin, remorse, humiliation, regret, mortification, and contrition.

The list does not resolve every question about how to categorize emotion. For example, what about blends such as jealousy, a variant of anger that also melds sadness and fear? And what of the virtues, such as hope and faith, courage and forgiveness, certainty and equanimity? Or some of the classic vices, feelings such as doubt, complacency, sloth, and torpor – or boredom? There are no clear answers; the scientific debate on how to classify emotions continues, and will probably never end. It's a very emotional subject.

The argument for there being a handful of core emotions hinges to some extent on the discovery by Paul Ekman, at the University of California at San Francisco, that specific facial expressions for four of them (fear, anger, sadness, enjoyment) are recognised by people in cultures around the world, including preliterate people presumably untainted by exposure to cinema or television – suggesting their universality. Ekman showed facial photos portraying expressions with technical precision to people in

cultures as remote as the Fore of New Guinea, an isolated stone age tribe in the remote highlands, and found people everywhere recognised the same basic emotions. This universality of facial expressions for emotions was probably first noted by Darwin, who saw it as evidence the forces of evolution had stamped these signals in our central nervous system.

In seeking basic principles, Don Tolman followed Ekman and others in thinking of emotions in terms of families or dimensions, taking the main families – anger, sadness, fear, enjoyment, love, shame, and so on – as cases in point for the endless nuances of our emotional life. Each of these families has a basic emotional nucleus at its core, with its relative or aspects rippling out from there in countless mutations. In the outer ripples are moods, which, technically speaking, are more muted and last far longer than an emotion (while it's relatively rare to be in the full heat of anger all day, for example, it is not that rare to be in a grumpy, irritable mood, in which shorter bouts of anger are easily triggered). Beyond moods are temperaments, the readiness to evoke a given emotion or mood that makes people melancholy, timid, or cheery. And still beyond such emotional dispositions are the outright disorders of emotion such as clinical depression or unremitting anxiety, in which someone feels perpetually trapped in a toxic state.

The important thing to re-discover is that whole foods are at the foundation of impulse and its regulation, again, impulse leads to emotion and emotion is sent at the speed of light throughout our entire central nervous system. The nerves attach to our entire body architecture. The nerve message lead to cellular nourishment if the emotion is a healthy positive virtue, or to cellular chaos if the emotional signal is a negative toxic, potentially deadly one. And whole foods carry the bio-chemicals to release negative molecular residues, and strengthen positive construction.

“Life itself teaches dramatically and powerfully enough through such ‘dark’ events centred around crisis, loss and death. When such events are not embraced – the dark, toxic and destructive molecular chemistries are not integrated for purging and in this process of suppressed accumulation – the conscious mind partitions itself and creates a reality, which reflects only that which is acceptable to one’s conscious awareness. The troublesome aspects appear to simply ‘go away’ but the result is that the right hand (consciousness) does not know what the left hand (the unconscious) is doing.”

Physical body symptoms then appear as signals to this inner chaos and try to respond with actions of release and removal. If **whole foods, enough water, sunshine and walking** are not there as support tools, in time serious conditions and behaviours can manifest.

Look around you. Just in the last 10 years emotional abuse, drive-by-shooting, posttraumatic stress and more have entered the common Lexicon of our English language. We’ve shifted from the cheerful “have a nice day” to the challenging testiness of “bring it bitch!”

There appears to be a surging rage and despair spreading across our cities, whether in the form of quiet loneliness shown on the faces of kids left with a TV or computer screen for a babysitter, or kids abandoned, or abused, or neglected, or witness to the ugly intimacy of marital or live together violence. A spreading emotional malaise is seen in numbers that have soared in the records of chronic depression cases around the world. This has coincided with a rising tidal wave of aggression – teens with guns in school, road rage where minor incidence’s end in stabbings and shootings, disgruntled ex-employee’s murder former co-workers, from gang rapes of 8 year old girls to raping 90 year old women.

Research shows that foodless, lifeless junk, eaten as food, and washed down with additive drug-laced formulas of synthetic drinks add to the chaos. Throw on top of that the products of Pharmaceutical Drug Lords mixed with ‘natural’ supplement, pill and capsule remedies, and you have gigantic crucible destined to create a senseless, mindless, plague of human misery and destruction, a real financial tsunami for stock holders and CEO’, but disease, financial strain and death for the weak willed or the ignorant.

## **Emotional Health**

Healing ourselves requires that we remove the external donations taken internally that cause our dis-ease. In this process, we find that the causative factors of illness are not strictly dietary problems. They can relate directly to the mental and emotional life we live as well. **Our thoughts and feelings are powerful, dynamic forces that influences every aspect of our lives and are a major causative factor in either the health or dis-ease of our body and mind.** How we feel and think about ourselves is what we become. Whether we realise it or not, our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues and organs of our physical bodies, as well as the conditions we experience in the world around us.

When we change the way we think, we change our life experience. When we change our attitudes towards others, their attitudes towards us change. The condition of our bodies, as well as the quality of our life experiences, will always be an invaluable aid to mirroring our physical, emotional, mental and ecstatic state of health. If we are not happy with how life seems to be treating us, we simply need to change the way we treat life.

Positive and healthy attitudes or emotions allow the vital life force to circulate freely through the body / mind system. This generates high vitality, enhances regenerative processes, and creates a more positive life experience. Negative attitudes or emotions create toxic chemical molecules that impede the flow of the life force, which lowers one’s immunity and vitality and makes the body more susceptible to pain, injury or dis-ease.

Pain, injury or illness is an indication or warning that we are out of harmony with life and have an existing attitudinal issue in need of recognition and attention. The area or parts of the body affected can serve as an indicator as the nature of the particular issue. Unresolved anger, irritations, resentment, fear, guilt and lack of forgiveness are the sources of most illnesses, and must be released. These conditions are highly poisonous to the human system.

The first and most important step in healing any problem is to become aware of and acknowledge that there is an existing problem. Once we recognise and learn to release the attitudes that inhibit our expression of being conscious, we then remove the root causes of our dis-ease. In this way, symptoms will fade away and we will establish permanent healing.

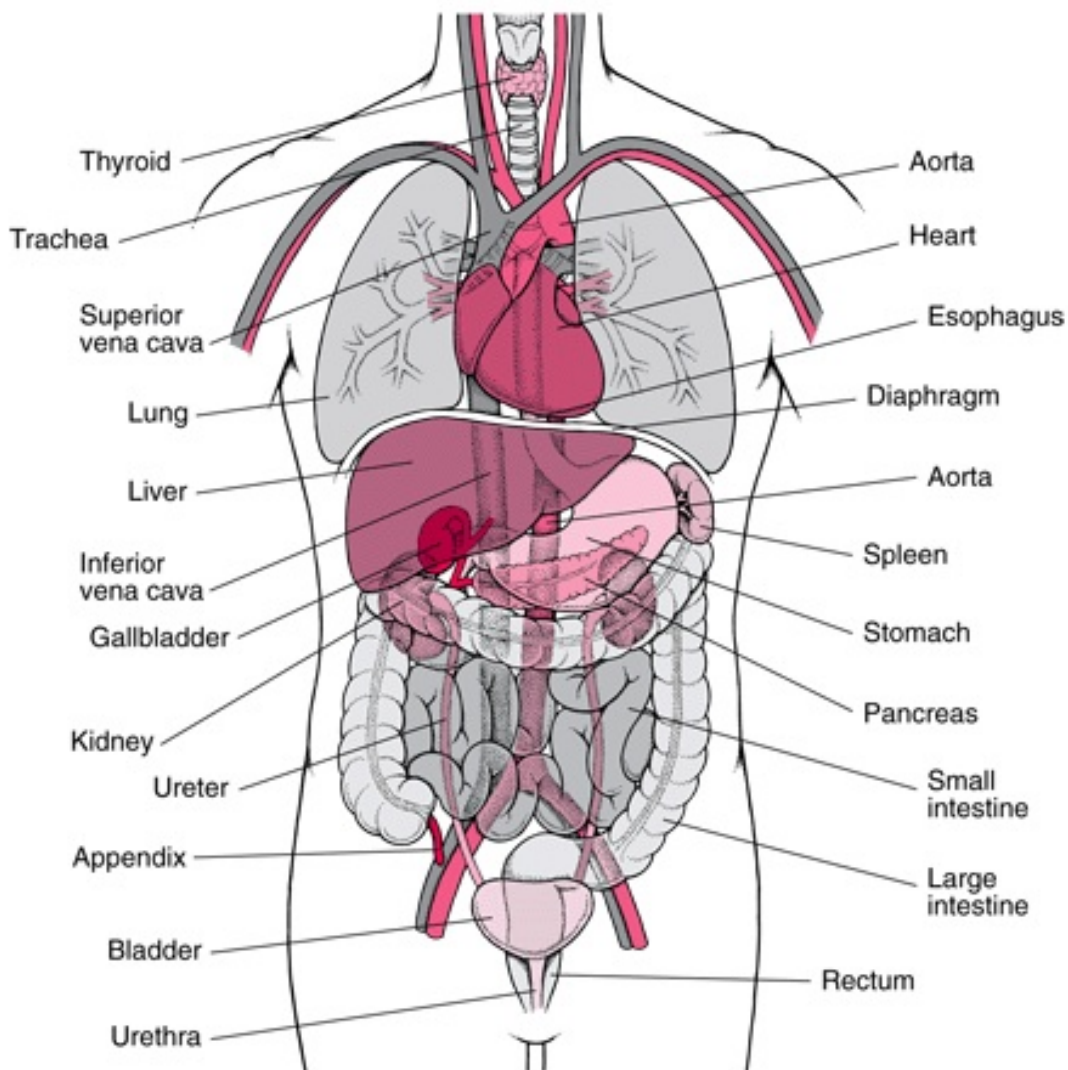
There is not a medicine, supplement, ointment or potion that can compare to the power of changed thoughts, whole foods, loving touch or fasting for healing the body, emotions and mind. Touching and fasting must be present before true, lasting healing can typically occur. By consciously choosing touch and fasting, we can free ourselves of the blockages commonly referred to as pain and dis-ease. Dietary and bodily hygiene opens the door for love to enter and negative emotions to resolve and be released. When you let go of guilt, for example, you are then free to love yourself and life more fully. When you

find it in your heart to let go of resentment and anger, you are then free to love other people more fully, and will experience greater harmony in all of your relationships. This is the basic formula necessary for healing ourselves on an individual level and for healing our world on a global level. Whole foods not only assist this process, whole foods are the very foundation of our emotional fabric.

Whole food dietary hygiene is the key that opens the door to life. Internal physical cleanliness is the force that fully activates the bio-circuitry in our mind / body system. Love in a pure clean, flowing body is the source of healing. Wrong diet and lack of physical hygiene can create the negative and destructive energies in and between people in their social encounters, when emotions are developed and exchanged. Love, accept and nurture yourself and other.

### **Anatomica Metabolic Nutricon of Emotions**

The following information shows how emotions can affect the location where certain dysfunctions of the body may occur. Read and find the emotions or their synonyms in the rainbow of emotions chart. Then, target the anatomic site metabolically using colour healing through whole food nutrition.



### **ANATOMIC SIGNATURE of FEELINGS:**

#### **Right side of the body:                      Masculine energy**

Giving, assertive, extroverted, bringing ideas into action. An inherited perception of the male image reflects relationships with one's own masculine side and or relationships with men (father, husband, boyfriend, friends). Problems in this area may indicate unresolved relationships, resentment or anger with a particular male; inability to give to oneself or others; holding aback on some level; inability to express or over expression of masculine energy; overexertion in work or activities.

#### **Left side of the body:                      Feminine energy**

Receiving, passive, introverted, intuitive, creative, inherited perceptions of the female image. Reflects relationship with one's own feminine side and/or relationships with women (mother, wife, girlfriend, friends). Problems in this area may indicate unresolved relationships with a particular female; inability to receive (feeling unworthy); inability to express or over-expression of feminine energy; inhibited creative expression; not responding to one's intuition.

#### **Top half of the body (from waist up):**

Communication, self-expression, the senses, emotions, touching. Outgoing, assertive, active, sociable, interpersonal relationships. Problems in this area may indicate repressed emotional or creative expression. Also refer to other parts of the upper body.

#### **Bottom half of the body (from waist down):**

Represent our contact with the Earth. Stability, strength, balance, grounding, self-support, independence, introspection. Problems in this area may indicate lack of emotional stability, balance and self-support. Also refer to other parts of the lower body.

[within the Language of the Body, references are added from the  
Farmacist Desk Reference, vol 1, by Don Tolman – they are referenced as (FDR)]

**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  
PERS**

### **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.

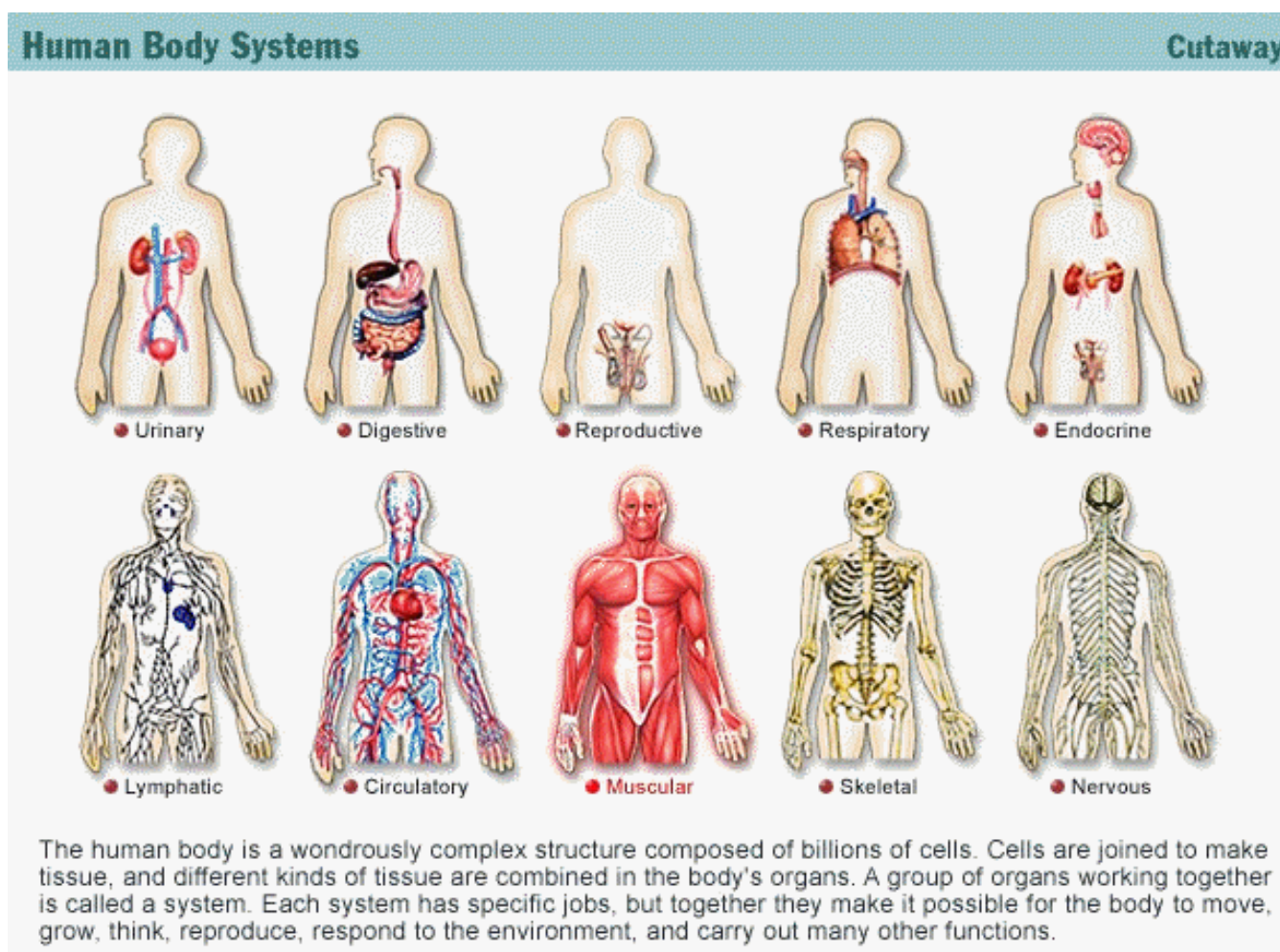


**LANGUAGE of the BODY:**

P.29 by Helen Belot

Body Parts, their Relationship to Life Situations, Some Common Diseases and Terms.

In Sekhem, we use the energy systems, the nerves and meridians of the body to carry the energy, and so we start at the feet as they represent balance and direction. However, in the interests of quick reference the areas are categorised in alphabetical order:



**Abdomen:** Assimilation of ideas, concepts and nourishment. All relationship problems, past and present are held in the abdomen.

**Accidents:** Attracting your attention to the area of your life that is in need of attention. Anger is usually involved and sometimes stress. Look also at the area injured and any rebellion against authority, injustice and restrictions.

**Aches:** The need for love, acceptance and nurturing.

- Acne: Lack of trust in the self and the image of the self that the individual wishes to portray. Low self-confidence and confusion regarding your image and interaction with others.
- Addictions: All types of addictions have a common theme which is the inability or refusal to accept the self and the talents that you have been given or worked for mixed with fear, anxiety and anger. Self rejection. Constantly putting down or negating the personal abilities. An abdication of responsibility of the self and placing that responsibility on those around them or their environment. They are opting out. This is usually coupled with a lack of strength to continue any commitment given. However, they do vary, for alcoholics are drowning their anger, drug addicts looking for a different reality, food addicts expressing a loathing of the self and their life situations and compensating by creating a different image.
- Adenoids: Inability to express anger to family friction. Fear.
- Adhesions: Fear of releasing relationships and situations. Holding on when it is past the time to move on.
- Adrenals: These glands produce adrenalins in response to danger, defeat, despair and fear. Effects are on many areas of the body such as the blood pressure, muscles, digestion, etc., and collectively are often referred to as the 'flight fight syndrome'. Often stress and other emotional and physical problems so producing a vicious circle of more defeat, despair and more stress exacerbate the problems.
- AIDS: non- Inability to accept your gender and sexuality. Anger, guilt and acceptance of the self.
- Alcoholism: Anger and an inability to cope with life. Usually unrecognised or denied anger. Trying to drown the sorrow of their inadequacy, their anger and rejection of the self.
- Alimentary Tract: From mouth to anus has to do with the taking in, digestion, assimilation discrimination and elimination or rejection of ideas, concepts and nourishment.
- Allergies: Who are you allergic to? Look at what was happening in your life just prior to the beginning of the allergy. It is always **who** – not **what** you are allergic to. It is so much easier to blame a "what" than a "who".
- Alzheimer's: Anger at the world and a refusal to see reality and to take responsibility for the self and what they have created. Passing the total responsibility of themselves to another or others.
- Ankles: Moving forward with grace and ease. Very difficult to do if your ankle is bandaged or in plaster. Also one of the areas of the body representing sensuality and the capacity for pleasure and enjoyment.  
[FDR – Farmacist Desk Reference, vol 1 by Don Tolman]  
(FDR p56) The capacity to support oneself. Stability, balance, our connection to the Earth (being grounded). Flexibility, movement, progress. The ability to deal with and adapt to the motions and movement of life's changing experiences. Problems in this area may indicate resistance to progress and change; inflexible attitudes (unwilling to 'bend'); a lack

of self-support; ungrounded or unstable; uncertainty about one's direction in life. Refer also to Knees (which are closely related to the ankles).

- Anus: The release point of unwanted ideas and experiences. Letting go with ease.
- Anxiety: And anxiety attacks: These are caused by a combination of intense anger and fear. Often confused with heart attacks and are possibly the chief cause of heart attacks.
- Appendicitis: The giving up on life. Inability to cope. It is just too difficult.
- Arms: The strength and ability to reach out to life and to hold on to life to the fullest. Upper arms are to do with strength and endurance.
- Arteries: Carry the joy around the body.
- Arthritis: Lack of self-love. As there is no love for the self it cannot be accepted from others. To acknowledge and accept love from others and to let it into their being is in conflict with the self image so producing conflict within the body and ultimately within relationships.
- Asthma: Fear – so failing to take in life to the fullest. In small children and babies it is fear generated by adults fighting above them. However it does not take a child long to realise if they stop breathing they get instant attention so there is always an element of manipulation and control present after a time. In adults it is fear as well as the manipulation and control aspect.
- Back Injuries: A shut down of the spiritual energy at the 1<sup>st</sup> and 2<sup>nd</sup> chakras. A turning off of the flow of energy. See also bones and spine.
- Bad Breath: Self loathing of some aspect of the self. Cannot let go of the desire for revenge and it fouls the system.
- Birth defect: You chose to experience this restriction in this life. You choose your parents and your children. It is an agreement between you. Karma, in that it may be unfinished business from a previous lifetime (but not likely).
- Bladder: Anxiety and emotional holding.  
  
(FDR p57) Related to the water element, which signifies emotions and desires. Associated with issues of control. Problems in this area may indicate trying to control or hold back emotions or desires that need to be expressed holding onto old ideas that need to be eliminated; a need to let go and flow with life; feeling out of control emotionally, 'pissed off' at someone or something; a need for approval; lack of confidence; feeling weary or tired; shyness; feeling ineffective.
- Bleeding: Losing the Life Force Energy. Letting it all seep away. Giving up on some aspect of life.

Blood: The joy of living. The life giving force within us.

(FDR p57) ‘In the blood is the life.’ The blood represents the joy and nourishment of life itself coursing through our bodies, bringing vitality to cells, tissues, and organs. Problems with the blood may indicate a lack of joy and enthusiasm with life (discouraged); scepticism; selfishness; unresolved issues with a member or members of one’s fail (blood relations).

Toxicity in the blood can result from negative or destructive thinking. To purify the blood it is best to eat pure, whole foods and to refrain from food that has been obtained at the cost of pain and suffering to animals. It is very important to lift one’s thoughts and emotions, which greatly influence the blood.

Blood clotting: Congealed and rigid thinking. Unable to flow with changes and so giving up on life.

Blood Pressure: The Pressure of life with little joy.

High: Anxiety and long standing emotional problems that have not been recognised, dealt with or resolved.

Low: An inability to resolve the issues that are recognised. Draining of the life force from the body by continually trying in the same ways.

Blood Problems: Closing down on life. There is no longer any joy in what you do. The inability to create joy.

Bones: Represent the support structure of the body. The very structure of your life and ‘environment’. From the feet to the top of the head, the bones represent the framework and structure that supports the rest of the body, mind, emotions and spirit. Anger whether recognised or not, that has to do with support or the lack of support is held in the bones. Broken bones are always to do with anger as well as the area of life corresponding to the break.

Too much independence can be harmful in some circumstances, or you may fail to recognise the support that is given or even reject it. So often the support is there but not recognised, acknowledged, or it may be rejected – then the individual complains that they were not supported.

(FDR p57) The framework, foundation and support of our physical, emotional and mental structure. The ability to support ourselves. Strength, power and integrity. Associated with our earthly lessons. Problems with the bones may indicate a need to become more solid, stable and grounded in relation ourselves and life; lack of internal support or strength; rebellion; lack of personal integrity; building one’s beliefs upon falsehood rather than upon the ‘solid foundation’ of honesty truth and love.

Beware: Some people are ‘Brutally Honest’ and get more joy out of the ‘Brutality’ than the ‘Honesty’. Don’t create ‘Victims of your honesty’.

Bowel Small: The assimilation of ideas and concepts as well as fluids and nutrients.

Large: The discrimination and decisions of what to keep and what to release, of food, ideas and concepts.

Brain: The communication centre and control tower of the body.

Brain Abscess: Anger at the self and a refusal to take any of the responsibility.

Brain Cancer: An abdication of responsibility for and to the self.

Breast: Nurturing and being nurtured. Remembering it is both of the self and others, and too little or too much.

(FDR p57) (Female): Nurturing, giving, love and mothering. Strongly connected to a women's self-image, feelings about her own femininity and issues related to motherhood. Problems in this area may indicate over-mothering; unwilling to provide nourishment or nurturing physically or emotionally; frustrated desires related to child-bearing; overly forceful attitudes; feelings of inadequacy as a woman, feeling misjudged and/or misunderstood (not respected).

Breathing Problems: All types of breathing problems are the failure to take in life to the fullest.

Bunion: Rigidity and stubbornness in movement and how you wish to be supported. No joy or self love in the path you have chosen but refusing to change.

Burns: Anger and burning resentment and a need to look deeper into the issues that are hiding under the burn. Look also at the area the burn represents.

Buttocks: Sitting on past issues. The holding on of old emotional pain.

Calves: The interaction of day to day affairs are held in the calves of the legs and the fears associated with these things. Fear also when the daily aspects of life no longer fit with the hopes, dreams and wishes.

All cramps are to do with fear and in this area always to do with support issues.

Cancer: Is the disease of unfinished business. All the things you have not wanted to look at, that were too painful, or you thought you could not alter and so there was no point in trying to deal with. And all the anger, hatred, jealousy you denied, suppressed or repressed. If you will not process the emotions then the body has to. There is always an element of corrosiveness and bitterness to the emotions causing cancer for these are very strong emotions. To deny these very powerful emotions only drives them to boil and seethe deep below the level of the conscious mind and ultimately causes damage to the body.

## Carpal-tunnel

Syndrome: Anger and frustration at personal injustice in this life.

Cheeks: Gives depth and resonance to the voice and the personality.

Chest: The taking in and living of life to the fullest capacity. Protection of the deepest secrets and emotions.

Chin: Determination and aggression.

## Chronic

Disease: A refusal to change or to view things differently even when it is to your detriment.

Colon: Integration and/or rejection of ideas. Holding on to past problems and hurts. The need to let go with ease.

(FDR p58) Elimination of that which is no longer necessary. Issues related to control and materiality. Problems in this area may indicate holding on too tightly to people, material things or the past; guilt, bitterness, doubt; cynicism; envy; over-controlled attitudes; feeling cut-off, lonely, or left out; unwillingness to let go; repressed rage; fear of rejection; long-standing repressed emotions. Financial worries and feelings of scarcity can restrict the movement of the bowels.

Constipation: The fear of releasing something important. The inability to let go.

Cramps: Fear. Paralyzing fear. See also the area the cramps occur.

Crohn's Disease: Refusal to acknowledge the hurts and difficulties of childhood. Fear of not being good enough for a parent or parents.

Croup: The inability to speak and to release the anger due to family upheavals.

Depression: Anger that is unrecognised as anger because of childhood conditioning; or that has been repressed or suppressed because of fear of reprisals, abuse or retaliation in some form. Verbal and psychological abuse is often more corrosive and lasting than physical abuse in many circumstances. In severe cases a rejection of reality and responsibility.

Diabetes: The shut down on the sweetness of life and a longing for what might have been. There is also a very controlling and manipulative aspect to diabetes and there is always an emotional trigger or upset prior to the onset of the disease.

Diarrhoea: The elimination of what is harmful or unnecessary to the body. Repeated and continual diarrhoea represents the inability to discriminate on what is right for you and should be retained, and what should be eliminated from your life. Usually to do with relationship and or anger.

- Ears: The capacity to hear. Problems are what you do not want to hear.
- (FDR p58) The capacity to hear and to listen. Willingness to perceive the true messages of life. Being open and willing to hear and consider other's opinions. Problems in this area may indicate a persistent refusal to hear truth; avoidance of issues considered unpleasant; refusal to hear other points of view; lack of enthusiasm; guilt; irresponsibility; emotional repression; un-supportiveness; vindictiveness.
- Elbows: Inflexibility in looking at and reaching out to life.
- Epilepsy: A struggle for life and feeling persecuted so opting out at times.
- Eyes: Are the windows of the soul. Also your capacity to see the past, present and future clearly.
- (FDR p60) The capacity to see life and its issues clearly. Willingness to be open and make contact with people and the world around us. When we are open, our eyes become a clear channel through which our heart and intelligence find expression.
- Excellent sight is the physical counterpart of clear emotional perception. Problems in this area may indicate a persistent refusal to see truth; emotional repression; low self-esteem; feeling abandoned, unsuccessful or overwhelmed; lack of motivation; fear of intimacy; fear of what's 'out there' and/or what's inside oneself.
- Eye problems: What do you not want to see?
- Far-sighted: (FDR p60) Too extroverted; avoidance of one's own self-development; procrastination; fear of being close with others; living in the future and neglecting the present; not wanting to look or take responsibility for what one has created.
- Face: The mask we present to the world. The person or persona we would like others to believe we are.
- (FDR p58) Reflects attitudes about one's self and life, self-image, ego, self-expression, and emotional history. The ability to face ourselves and the issues of life with honesty and integrity. Facial expressions can be an open book that reveals much about our inner feelings. When we are trying to be something other than our true selves, or hide our true feelings, there is conflict within, and the face becomes a mask of tensions rather than an expression of our soul's beauty and joy.
- Fainting: The inability to cope so you just black out and leave it to others.
- Feet: Feet support the whole of your being. They are what you stand on, so are the foundation of your own support system and how you walk through your world. Do you tiptoe through the tulips, clomp along, ride rough shod over everyone else, crash in where Angels fear to tread or walk lightly over the rice paper leaving no trail? Walk towards a mirror and analyse how you walk. Does it fit with the internal image you have of yourself and how

you walk through life? Or is this the mask you wish to portray to the world? Look closely at your feet and take note of your first impressions and how you react to them, their looks and image for they will tell you much about yourself. Look at the type of shoes you wear in the same manner. Feet, and particularly the soles of the feet, represent understanding both our yourself and all you have created and how that relates to those around you. The interaction of your faith with your reality.

Feet also control direction and will point to the direction of your interest.

The feet, legs, and spine are all to do with support of others but particularly of yourselves.

See also toes.

(FDR p58) Understanding, balance, self-support, stability, motivation. Being grounded and connected to the Earth. The foundation of one's body. Stepping into new experiences. Taking the necessary steps forward emotionally, mentally or physically. The ability to stand on one's own feet. The courage to be one's true self. Problems with the feet may indicate fear of stepping into new and different experiences in life; not being grounded; out of contact with reality; lack of motivation; unsure of one's role in life, or lack of identity; fear of being one's true self; being too tired emotionally or mentally, to move forward. Leading others along paths of dishonesty or wrong-doing may also result in problems with the feet.

Fever: Fever and high temperatures are to do with anger. Look also at the area of the body involved.

Fingers: The day to day incidentals of living.

(FDR p58) Like the hands, fingers represent the capacity to do, to grasp, and handle life's experiences. They are an extension or expression of the love of the heart and creativity of the mind. Fingers represent taking responsibility, giving and receiving, the ability to 'feel'. For problems with fingers see Hands or Arms.

- Index: Ego, judgment and authority.

(FDR p59) The ego, pride, judgment, power, authority, ambition, leadership.

- Middle: Anger and sexuality.

(FDR p59) Balance, introspection, awareness, philosophy, service, responsibility.

- Ring: Union and grief of all types.

(FDR p59) Relationships, emotions, heart, creativity, sociability, adaptability.

- Little: Family and your connection to the family. Illusions and self deception.

(FDR p59) Mental or physical communication and expression, the subconscious.

- Thumb: Will and intellect. Fear and anxiety.

(FDR p59) Will power, strength, issues of control, steadiness of purpose, the conscious mind.

Frozen



- Shoulder: Gripped by fear and unable to reach out to life. Often to do with mid life crisis and so associated with other things such as finance, loss of status, loss of attracting the opposite sex, loss of possibilities, opportunities and such-like fears.
- Fungal Infections: Self doubt and stagnation. Old ideas and concepts going mouldy. Update your beliefs, wants and needs then throw the rest out and start believing in yourself and your own abilities.
- Gall Stones: Solid lumps of anger.
- Genitals: (FDR p59) One's relationship to sexuality and interpersonal sexual relationships. Courage, will-power, achievement. Issues of power and assertiveness. The seat of sensation and the life force (the Kundalini or serpent force). The ability to let go, to surrender to life; spontaneity. The ability to give and receive pleasure. Problems in this area may indicate misuse or excessive focus on sex; indulging in pleasure and sensation at the expense of one's true feelings; unwillingness to channel energy into outlets of creative expression other than sex; selfishness, greed; deception; lack of affection; feeling unproductive; repressed emotions stored in the pelvic region; inhibitions and/or feelings of guilt associated with sex; anger towards or attempting to punish one's partner; fear of letting go; lack of spontaneity in life; inability to fully surrender to the joy of passions and pleasure.
- Glands: (FDR p59) The ability to integrate and balance the totality of one's experience. Vitality, energy, enthusiasm. Our glands produce hormones that keep the mind / body system balanced and healthy. These hormones reflect our attitudes and responses toward ourselves and life. One's attitudes and responses are secreted directly into the bloodstream. Problems with the glands or endocrine system may indicate unbalanced attitudes (overly restricted and/or excessive); too much focus on certain aspects of life while neglecting other issues that need attention (lack of wholeness and integration).
- Glandular Fever: Anger at not receiving the love, attention and recognition you deserve, particularly from a parent. This anger is not always recognised and is turned in on the self. Giving up. Ceasing to care for the self.
- Guilt: Knowing you should not have – but being unable to forgive yourself. However 80% of guilt is anger that you feel you have no right to.
- Haemorrhoids: Worry over releasing that which is no longer wanted. Have you made the right decision?
- Hair: Insulation and feelings of self worth and adequacy.
- Hands: The holding and nurturing of life. We caress with our hands and our eyes. The opposite is grasping. Holding on to everything. I will not let anything go.
- Hands or Arms: (FDR p59) The capacity to embrace and grasp life and its experiences. The hands and arms are an extension and expression of the love of the heart. Communication, creativity, the ability to feel. Reaching for goals, taking hold of one's life or taking responsibility.

The ability to give and receive. Problems in these areas may indicate withholding the expression of love, unwillingness to feel; feeling incompetent or insecure; avoiding one's responsibilities and transferring them onto other; lack of initiative; feeling over-whelmed or unable to hold on; failure to give and/or receive what one is capable of giving and receiving.

**Head:** The sum total of who and what you are and all your experiences. The totality of your being.

(FDR p59) Represents the way we think about ourselves. The head has the position of authority over the body. It is the directing force which ideally synthesizes information from the various levels of our perception and integrated that information into a unified and balance life plan.

Decisions, wisdom, faith, will and intellect. Issues related to one's conscious thinking. Problems in the head area may indicate conscious thoughts not in alignment with love and wisdom; an unbalanced condition whereby one uses intellect to escape from feeling; lack of faith and trust in divine intelligence; overly attached to personal objectives; being too wilful and/or obstinate; being overly critical toward oneself or others; feeling pressured. What you consciously think and speak affects organs in the head area, throat and jaw. The source of true wisdom is found in the heart. Intellect without illumination of life is not wisdom.

**Headaches:** The negating of the self, or putting yourself down. Each time you get a headache, check on your thoughts or speech just prior to the headache starting. The head holds the sum total of all your experiences.

Some headaches can be caused by others sending powerful negative thoughts in your direction and you accepting them as being correct.

**Heart:** The centre of our emotional security and ability to love. Enjoyment of life. The pumping of joy around the body.

(FDR p60) The seat of our true inner self. The doorway of ecstatic illumination. The centre through which we express our capacity for deep feeling, nurturing, affection, forgiveness, compassion and sensitivity for oneself, others and life. Closely associated with our desires. Problems in this area may indicate fear of being hurt; insecurity; feeling unloved; broken-hearted and/or defeated; putting up barriers in an attempt to protect oneself; shutting out the life giving power of love; arrogance, insensitivity, intolerance; misplaced affections and or desires; long-held hurt, bitterness, anger, hostility or rage; too much stress or anxiety, feeling burdened with responsibility. Emotions such as hate, fear and resentment can block the flow of vitality in the heart area. Love is the fulfilling of the law of life.

**Heart Problems:** Are the restrictions and limitations you impose on your capacity for enjoyment of life. The shutting down and squeezing out of joy and spirituality in your life.

- Heart Burn: Fear and anxiety.
- Heels: Your vulnerability. The Achilles heel of your hidden weakness and hidden vulnerability.
- Hepatitis: Anger and rage. The inability to change. The attitude that says – the rest of the world must change, not me.
- Hernia: Repressed or denied anger erupting.
- Hiatus: Anger at your own indecision and then you worry about it.
  - Inguinal: Anger at ruptured relationships and at the restrictions of your life. You are caught in a pattern of your own making and do not know how to get out of it.
  - Umbilical: Anger at not getting the nurturing you need and feel you have a right to, and not knowing what to do about it.
- Hips: Moving forward in life. Looking, planning, moving towards your hopes, wishes dreams and goals, but also unfortunately your fears. What you put your attention into is what you get. So if fear is part of the future you envisage, or you are afraid of or for the future, that is what you will create in your life. What is it that you are looking forward to?
- Hormones: The interaction of mind, body and spirit and how they relate within the physical body.
- For hormone problems look at the fears that inhibit the harmony of all three. Acknowledge and release the fear and then renegotiate a better relationship between body, mind and spirit. Any conflict between the spirit and the mental and physical will cause an hormonal imbalance.
- Hypothalamus: The interaction of our thinking and beliefs with the physical body corresponds to control of the autonomic nervous system. For our thinking, self talk and beliefs can over ride the correct workings of the body. For optimum health and well being it works always in conjunction with the pineal and pituitary glands. Restriction of freedom upsets this function.
- Immune System: (FDR p60) Represents strength, vitality and enthusiasm on the physical, emotional and mental levels. Issues related to vulnerability. A strong immune system indicates a healthy level of self-esteem and enthusiasm for life. Suppression of the immune system may indicate a resistance to being open and vulnerable; lack of enthusiasm for life; feeling that life is not exciting or worth living; feeling down on oneself; being too critical of self or others originating from lack of self-esteem; negative or destructive thinking, anxiety and stress due to one's inability to create positive and peaceful experience; feelings of being attached, beaten down, defenceless and defeated (low self-esteem). It takes tremendous energy to maintain psychological defences to avoid feeling vulnerable. This can create stress in the body and mind and lower one's immunity and vitality. Total honesty and

vulnerability is the only true strength. All other defences are simply attempts to conceal one's fears.

**Incontinence:** Emotional overflow. The results of stifling emotions for a long period of time.

**Indigestion:** Inability to accept an idea, concept or nutrient. Overloading the system.

**Infections:** Boils, infections of all kinds have to do with anger. Look also at the area of infection.

**Inflammation:** A term usually attached to an organ of the body that is inflamed as in appendicitis. It always means inflammation of an organ or an area so indication that anger is or was present in the initial stages of the condition.

**Joints:** All joints have to do with movement. Add this to the specific joint involved.

**Kidneys:** Fear, criticism and disappointment. Kidney stones are just solid lumps of fear. Fear to do with relationships are the predominating ones but fear of all events.

(FDR p60) The ability to flow with life and allow life to flow through us. Issues related to elimination; filtering out and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension / anxiety in impaired functioning. Problems in this area may indicate indecisiveness; being too forceful; repressed anger; feeling of shame; intolerance and/or hostility; emotional stress from relationships; emotional pain; fear of being alone; obsessive thinking.

**Knees:** Ego, inflexibility and patterning are held in the knees. The patterns of your reactions and thinking in this life and also from close spirit buddies are held here. For spirit people patterns, there is always a trigger in this lifetime so it is easier to start with this lifetime. Resentments are stuffed behind your knees. All those small and not so small resentments that we thought were too small or not worth getting angry about are stuffed behind the knees. Hatred is hidden under the knee cap. Pride and ego affect this area also and so enhance and keep in place the inflexibility and rigid thinking. The "why should I change?" attitude.

(FDR p61) The ability to bend and be flexible in one's attitudes. Progress, grounding, self-support, stability, humility. The ability to flow with and adapt to the motions and movements of life's changing experiences. Problems in this area may indicate a need to be more humble or flexible in one's attitudes; false pride; resistance to change or progress.

**Legs:** Feet, legs and spine are all to do with support of ourselves and others. And as always, both given and received.

**Legs & Thighs:** (FDR p61) Moving forward in life. Progress, strength, power, balance, confidence. Our grounding contact with the Earth. The ability to support ourselves. Our legs and thighs carry us on into new experiences and help us carry the weight of life's pressures. Problems

in these areas may indicate feeling unable to move or carry on; a lack of strength and/or of initiative; feeling unsupported, not being grounded; fear of progress and/or change.

Ligaments: Control of the body and of ourselves.

Lips: Sensuality and pleasure. There are more nerve endings in the lips than any other part of the body and this is what makes kissing so pleasurable.

Liver: Is anger and rage and our most primitive emotions. We stuff anger in our liver. All anger not to do with support goes into the liver and then will spill over into other areas and organs of the body. Anger always inhibits joy and pleasure.

(FDR p61) The liver is the hardest working organ in the body. It is related to our desires and emotions and is affected by inharmonious emotional conditions. Problems with the liver may indicate suppressed anger; prolonged bitterness; envy; hostility; unhealthy desires; selfish motives; feelings of despair and distress; feeling helpless, hopeless, or incapable.

Liver Problems: Always have to do with anger and rage but also prejudice, intolerance, blame and an unbalanced view or perception.

Lungs: The taking in of life to the fullest. Humans cannot survive without oxygen but so often breath with only part of the lungs in a shallow or incomplete way so reducing and limiting the amount of oxygen in their bodies. This and all lung problems are a result of failing to take in life to the fullest so reducing the capacity for living.

Unresolved and unacknowledged grief can be a limiting factor in the taking in of life to the fullest.

(FDR p61) The lungs are closely associated with the heart, and reflect taking in the vital breath of life, which is love. Openness, spontaneity, inspiration. Problems in this area may indicate a lack of self-esteem emotional repression; resistance to accepting love; stress associated with relationships; feeling unappreciated; selfishness; resentment; anger; grief for other or self; stifled expression one's potential or capacity; lack of inspiration and/or spontaneity; too much stress or anxiety.

Lymph Glands: The cleaning system of the body. Don't let it clog up, keep your priorities right. The source of many problems are clogged systems. Do the internal cleaning on a regular basis.

Lymphatic System: (FDR p61) Related to the water element and signifies the ability to flow with life. Allowing life to flow through us, releasing that which is unnecessary, and bringing nourishment to cells, tissues and organs. Restriction of emotional energy will produce a corresponding restriction of lymphatic flow. Problems in this area may indicate being uptight; feeling burdened or confused; inability to flow with life's changes; feeling hindered or restricted; impacted or unresolved emotional issues blocking the flow of life force in a particular area.

- Mastoiditis:** Fear, anger and frustration of what is happening around you. A common complaint in children and may often have a Karmic aspect from spirit buddy lives.
- Meniere Disease:** A loss of balance in the life but also a loss of boundaries and reference points of what is right and wrong for you. Sound is directly linked with creation and the Divine so there is a need to look to these areas of your life.
- Menopause Problems:** Cultural attitudes and learned responses added to a fear of no longer being attractive or wanted. Self criticism, not feeling good enough and confusion at the loss or changes of the physical, mental and emotional aspects of yourself.
- Mental Problems:** Refusal to deal with reality and a retreat into unreality. A refusal to take any responsibility for the self and an abdication of the former self.
- Migraine:** Lack of self esteem and dislike of being driven and manipulated by life and particularly in the sexual area. Sexual fears and frustration. Often can be relieved by masturbation.
- Miscarriage:** Fear of the future. Wrong timing or loss of what nature thought was not perfect.
- Mouth:** The taking in of nourishment for the body, new ideas to nourish the mind and emotions to nourish the soul. The formation of and assistance with communications.
- Mouth, Jaw & Tongue:** (FDR p62) The verbal channel or pathway for our mental, emotional and ecstatic expression. Issues related to nourishing and supporting ourselves and to acquiring possessions. Taking in and assimilating new ideas (food).
- The creative power of the spoken word, which can glorify or condemn, heal or hurt. Problems in this area may indicate indulgence in malicious gossip. Lying, constant complaining and/or negativity in the one's speech; stored tension from unexpressed feelings; fear of expressing and speaking up for oneself; feeling of loss or poverty; defiance; stubbornness. Swallowed feelings such as held-back anger and rage, are often stored in the jaw. Refer also to Neck and Throat.
- Multiple Sclerosis:** Inner rigidity, inflexibility and mental hardness. Fear and an iron determination that does not always show on the surface but is deeply held inflexible attitude.
- Muscles:** The ability to move express. The primary avenue for the physical expression of our desires. Will, power, strength. Problems with the muscles may indicate attitudes that are overbearing, controlling, dominating; lack of will to move, change, express or progress. For further indications, see individual headings for specific parts of the body where affected muscles are located.
- Nail Biting:** Insecurity. Particularly about being loved and wanted.

- Neck: Support of yourself, your ideas and creations. Your flexibility of outlook.
- (FDR p62) A pathway through which our feelings move into expression as thoughts and words. The ability to be flexible in one's attitudes. The capacity to view things from various perspectives. Creative expression. Problems in this area may indicate unwillingness to acknowledge one's feelings; unexpressed creative forces; lack of communication; failure to see different sides of a situation; feeling overwhelmed; taking on too much responsibility. A stiff neck can reflect rigidity in one's outlook on life.
- Nerves: Communication system within the body.
- Nervous Breakdown: Communication blockage and/or overload. The breakdown of communications. Concentration on the self, directing and jamming the flow always inwards.
- Nose: Self acceptance. Do you accept who and what you really are?
- Ovaries: Creativity and fertility.
- Overweight: A need for protection or a buffer between you and life or you and another person. Fear of a relationship in some form. See also addictions.
- Pain: A warning sign that the area corresponding to the pain needs attention.
- Pancreas: Digestion of ideas and the sweetness of life.
- (FDR p62) The capacity to take in, assimilate and balance the sweetness of life. The balance of giving and receiving love. Uncertainty, worry, mental confusion, anger, hostility, bitterness, and resentment can take the sweetness out of one's life and blood, resulting in imbalances in this area. Problems in this area may indicate issues of rejection and abandonment; feeling unaccepted; self-pity and/or sorrow; feeling deprived of the sweet things in life; inability to handle or assimilate the sweetness or beauty in life; loneliness; trying to hold onto life too tightly.
- Paralysis: Escape from a situation, person or life itself. Having tried everything and it didn't work you are now resorting to fear and terror for or of the future.
- Parasites: Giving power to external things.
- Parkinson's: The desire to control because of fear. Often the fear is from the past and from childhood.
- Pineal Gland: Controls the amount and type of light we allow to enter our bodies. Light of all kinds. This gland stores and reads the cosmic and stellar light that comes to us from the sun, moon, stars, planets, and other heavenly bodies. This vibrational light is the source of galactic intelligence that is interpreted in the pineal gland.

- Pituitary:** The master gland of the body that controls the other hormones. Must work in harmony with the pineal, hypothalamus and thalamus.
- Prostate:** Masculinity. Prostate problems are a belief in getting old and past your prime of masculinity. Guilt over sexual pressure of the past and shutting down on sexual activity of the future.
- Pneumonia:** Closing down on life due to anger, frustration and disappointments. Pain and grief as the lungs are not supported by the heart.
- Rashes:** Lack of self love and irritation over small things. Attention getting. See also the area of the body affected and skin.
- RSI Syndrome:** Anxiety and frustration over personal injustice coupled with fear for the future.
- Runny Nose:** Crying. The body releasing the emotions you are denying.
- Sciatica:** Lack of support. Fear of the financial future and a hypocritical attitude to money.
- Senility:** Rejection of the responsibility of yourself and what you have created. Returning to the safety of childhood and someone else having to look after you.
- Sexual Organs:** Both male and female have to do with spirituality, conception and creation. This is not just in the biological sense but also in the conception, creativity and nurturing of ideas, concepts and projects. Also your personal acceptance of your gender. How you relate to being female or male colours your whole thinking, for your sexuality is an integral part of your personality and will influence everything you do whether you are aware of it or not. How do you relate to being male or female? Do you understand the restrictions and/or characteristics and stereotype role models and images society presents and sometimes enforces? Or do you get angry, frustrated and hurt by such thinking and behaviour often from your own sex? Have you really accepted your sexuality and how to express it honestly? Competitiveness is also related to this area. Competitiveness between the sexes, and between the same sex. It relates to the mid life crises. Those fears that arise from not getting that promotion, the top job, of being passed over for a younger man or woman, or allowing a sense of failure to eat into the dreams. That feeling of growing old without achieving the hopes and dreams of the idealistic person you were at twenty. The loss of the physical perfection or image that was relied on to attract praise, admiration, other people to you (of both sexes) and situations. These are the problems of this area.

The sexual organs are also viewed as the arsenal, or the weaponry area of the body. You have only to look at the comments made during the gun law debate in Australia and America to understand the connection. Comments such as “You may as well cut off my penis as take my gun away from me”, were common from men in the community.



Both men and women can use sex as a weapon against themselves, their partner or the opposite sex in general. It is then not surprising that problems, illness and injury to the sex organs have to do with anger and/or resentment at a partner as well as the other things already stated.

**Shins:** Represent our standards. Shin problems and injuries are the breaking down or disregard for these standards.

**Shoulders:** Reaching out to life and reaching forward to catch and hold life. Carrying the burdens of life and supporting the totality of the self as well as others. Who is sitting on your shoulders?

(FDR p62) Responsibility ('shouldering' responsibility). Self-esteem. Like the arms and heart, the shoulders are also related to the expression of love. Problems with the shoulders may indicate feeling that one's responsibilities are a burden; shouldering a false sense of responsibility; carrying the weight of someone else's expectations or demands; withholding the expression of love; tensions or stress; fear of expressing oneself; insecurity or lack of self-esteem.

**Shoulder**

**Joints:** Fear of moving and reaching out to life or fear of moving in the wrong direction.

**Sinus:** Gives depth and resonance to the voice and to the personality. A limiting of the personality by giving away your power or giving in always.

**Sinusitis:** Who are you allergic to? It is always 'who' and not 'what'.

**Skin:** Is image. The image you have of yourself. What you think about yourself and how well you accept yourself as you are.

(FDR p63) Related to one's self-image. Individuality, sensitivity and feeling. Issues related to elimination (letting things go). Problems in this area may indicate anger (against one-self or another); fear; anxiety or restlessness; lack of fulfilment; boils can represent anger boiling up from inside, unexpressed emotions surfacing, and/or anxiety regarding one's relationship to oneself and the world.

**Skin**

**Problems:** The inability to love and accept yourself as you are. A discrepancy in what you think you are and would like to be. Look also at the type of rash. Hot and with pustules has to do with anger. Itchy is irritating anger but of a less violent degree. Flaky is the intense desire to be something or somebody different. Oozing and weeping rashes are lack of joy and wanting to give up. The loss of the life force fluids. Look also at the area and type of skin problem to help define it.

**Small**

**Intestine:** The assimilation and integration of ideas with the whole person. Relationship problems are held in the abdomen, so feature in both the large and small bowel.

- Snoring: Stubbornness, the refusal to let go of old patterns that no longer serve you.
- Spine: (FDR p56) Strength, stability, uprightness, and determination in body, mind and spirit. Support, self-esteem, responsibility. The ability to support ideas and projects. Problems in this area may indicate feeling a lack of emotional support and/or personal strength; carrying too much responsibility; depending too much on others for support; carrying the heavy burden of one's own negative and materialistic thoughts. Repressed feelings and fears can manifest as pain, tensions or discomfort in the back and spine (holding back). Lower back pain may indicate repressed sexuality, anger and/or financial worries.
- Spinal Problems: We stuff anger over support issues in our spine and all spinal problems reflect this. A lack of self love, support and self support also.
- Spine Upper: Emotional shutdown or withholding of love from fear or a desire to control. Feeling unloved, the lack of self love and feeling angry about it.
- Spine Middle: Stuck in the past. Caught in the guilt and anger of the past. "Get off my back" feelings. To get someone off your back you have to let them go. Can you? Why are you hanging on to the past pain? What do you gain from this?
- Spine Lower: Lack of support and fear of the financial future. Old and past problems. Feeling weighed down by them. Guilt and the "I should have" or "should not have" of the past. An inability to create or to accept pleasure for the self that is a reflection of the lack of self love found in upper spine problems.
- Spleen: Joy and the making of joy in your life. The spleen controls the making and life of blood vessels so is associated always with joy and the life force.
- Spleen Problems: Giving up on life. Lack of joy in your life. Tried everything and nothing works. What's the use? There is always an obsessional quality to spleen problems. It has to be done your way.
- Sprains: Resistance to moving or resistance to moving in a certain direction.
- Sterility: Not needing to go through the parenting process. Alternatively, fear of creating a life and all of the resulting responsibilities.
- Stiffness: Rigid thinking. Allow new and different ideas to come into your mind and life.
- Stomach: Digestion of new ideas, concepts and nutrition. Vomiting is the total rejection of an idea or concept. Stomach problems are all to do with the worry and fear over the inability to accept new ideas. All stomach and bowel problems are caused by the inability to discriminate between ideas that are relevant and appropriate for you at this time and ideas that are not. Either holding on to everything or letting it all pass through while still worrying over it all causes the problems.

(FDR p63) The ability to discern, choose, digest and properly assimilate life's experiences. Recognising what is beneficial and what is not. Being critical or judgmental and condemning of others or self will affect the stomach. The stomach is a very sensitive organ that reflects even our most subtle feelings. Problems in this area may indicate emotional upsets, worries, anxiety, fear, discontent, impatience, repressed feeling; feeling that one has been treated unjustly; inability or resistance to assimilate and process life's experiences. Lack of discernment and wisdom in choosing the foods one eats can also create stomach troubles.

Stroke: Giving up on life. Unable to change so let someone else take over.

Suprarenals: There are two parts to each gland that sits on top of the kidneys and have to do with stress and our ability to cope with it. This produces a response that affects other glands and in particular blood pressure, digestion and the immune system.

Syndrome: A term used to describe a specific collection of symptoms. Not in itself a disease.

Teeth: Decisions.

Testes: Spirituality, creativity and fertility of the mind and body.

Thalamus: Interaction of the mind and beliefs with the physical body. Control of the nervous system in conjunction with the pineal and pituitary glands.

Thighs: To do with strength, determination and endurance.

Throat: Area of communication, expression and manifestation of creativity.

(FDR p63) The centre of creativity and expression. The power of the spoken word, communication. The verbal channel for the expression of the heart and mind. Problems in this area may indicate fear of expressing and speaking up for oneself; difficulty in expressing feelings; unexpressed creative potentials, fear of success or failure; lack of self identity; lying and negative speech.

Note: Our spoken words are energy in motion and resonate throughout the entire body, powerfully affecting cells, tissues and organs. Negative, critical, unloving words lower one's immunity and may cause illness in the body. Positive, uplifting words and affirmations of truth vitalise and regenerate the cells, tissues and organs of the body.

Throat Problems: The inability to speak up for yourself. What is it you want to say and to whom? Blocked creativity. Go scream into a pillow, the seagulls or anywhere it will not cause problems to open up the channel and allow the creativity to again flow.

Thrombosis: Giving up on life. Blocking joy or no joy in your life to circulate.

- Thyroid: When is it going to be your turn? You have given and given and given and now wish to do things for yourself. It is time to do things for yourself.
- Thymus: Immune system, growth and rejuvenation.
- Tinnitus: What is it you do not want to hear? Not listening to your intuition or inner voice. Refusal to accept responsibility for not listening.
- Toes: The incidental and everyday aspects of support.
- (FDR p58) Big toe, steadiness of purpose, issues of control, will power, pride, self-esteem, leadership. 2<sup>nd</sup> Toe: ambition, authority. 3<sup>rd</sup> Toe: introspection, awareness, service. 4<sup>th</sup> Toe: emotions, social, heart. Little Toe: mental intuition, creativity, dreams, subconsciousness.
- Toes, Big: Have to do with balance, within yourself, in your life and the direction your life is taking. They point in the direction of your interest so if you stub your big toe, look at what direction or pathway you are taking, it may need adjusting. If you amputate a big toe you lose your sense of balance and need to learn how to walk again.
- Fairness and your concept of fairness comes into this area also for to most people it is a part of balance and keeping the balance within yourself and our life.
- Toes, Middle: The incidentals of daily life but again about support and direction.
- Toes, Little: Has to do with alignment and the commitment to a direction taken.
- Toes, Broken: The little toe is the one most often broken. As with all broken bones anger is present but also scattered energies and conflict over direction. You are being pulled in opposite directions.
- Tongue: Tasting life. Communications.
- Tonsillitis: Inability to express anger to family friction. Fear.
- Torso: (FDR p63) This area of the body specifically related to our unconscious feelings. The organs that are most affected by unconscious attitudes are the heart, stomach, lungs, kidneys, uterus, intestines, pancreas, bladder, spleen and lower back. Problems with organs in this area may indicate long held or suppressed feelings such as guilt, fear, resentment and anger.
- Ulcers: Corrosive fear and anxiety. See also area of the body or organ.
- Urinary Problems: Anxiety and frustration usually over relationships, your partner or the opposite sex. Being pissed off. Blaming others.

Uterus: The centre of creativity.

(FDR p63) 'Giving birth to new and creative ideas'. Letting in life. One's relationship to sexuality. Problems in this area may indicate holding onto old wounds and pain regarding sex or relationships; feeling unrecognised or misunderstood; repression and guilt regarding sex; fears or anxieties related to childbearing and motherhood; issues related to receiving, vulnerability and femininity.

Veins: Carrying joy around the body and back to the heart.

Vein

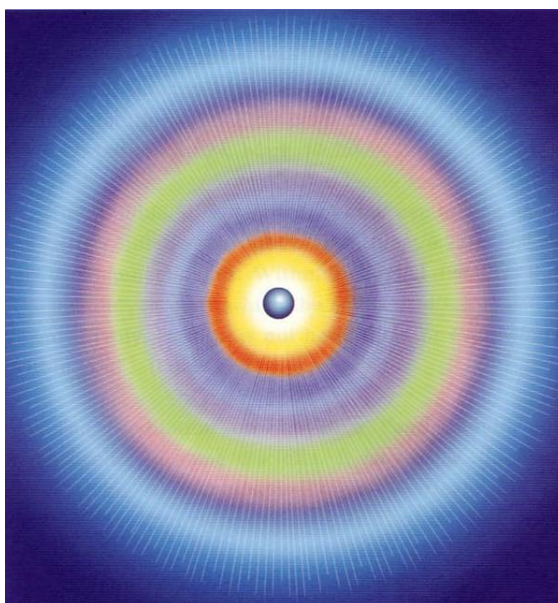
Problems: The shutting down on the dissemination of joy around the body and so in your life. Varicose veins represent you standing in a situation you dislike or hate.

Vomiting: The violent rejection of an idea or concept.

Warts: Tiny bubbles of hatred. Look also at the area of the body where the wart is.

Weakness: A need for rest both mental and physical.

Wrists: Flexibility in dealing with and holding the day to day matters of your life.



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## **EMOTIONS and their EFFECTS on our PHYSICAL BODY:**

P.134 Shattering the Cancer Myth by Katrina Ellis

Asian and other ancient cultures have believed for centuries that negative and even positive emotions, if over-expressed or overemphasised in one's life, will manifest in the body as illness. The chart below shows the positive and negative emotion of each organ and how an overbalance of either of these emotions may affect that organ.

<b>Organ</b>	<b>Positive Emotion</b>	<b>Negative emotion</b>	<b>Over-expression of either emotion can cause</b>
<b>Bones</b>	Feeling balanced and structured in life.	Feeling unbalanced, lacking direction and structure.	Bone cancer and other bone problems.
<b>Brain</b>	Open to change, correct beliefs, adaptability, acceptance.	Set in ways, refusing to change old patterns, incorrect beliefs that may have been passed down through generations.	Brain tumours, psychological problems, schizophrenia.
<b>Breasts</b>	Freedom, allowing others their freedom, feeling safe and protected.	Over-mothering, over-protection of others, forgetting about self, controlling others.	Breast cancer and other problems with breasts, including cysts, lumps and pain.
<b>Cervix / vagina</b>	Self-approval, appreciating own unique sexuality.	Anger at lover, sexual guilt, self-punishment.	Cancer of the cervix or vagina, cervical dysplasia, vaginitis and other related problems.
<b>Gallbladder</b>	Good decision making ability, releasing the past.	Sarcastic, indecisive, bitter, hard thoughts.	Gallstones and other gallbladder problems.
<b>Heart</b>	Joy, expression of love and gratitude to others, materialism.	Lack of joy, serious, stressed, long term emotional issues, overly materialistic.	Heart problems, heart disease and heart attack.
<b>Kidneys</b>	Feeling safe, secure and protected, courage.	Fear, lack of money, feeling, insecure, unprotected.	Kidney cancer and other related kidney problems.
<b>Liver</b>	Love and peace, happy, reacting positively.	Anger, irritable, nagging, nit-picker.	Liver cancer, liver problems.
<b>Lungs, respiratory organs</b>	Peace, accepting life and situations, freedom, happiness.	Grief, depression, feeling suppressed, desire to get something off your chest, sadness worry.	Lung problems, lung cancer, asthma, bronchitis.
<b>Ovaries</b>	Creativity, happy with own femininity and sexual attraction, happy with life.	Extreme sadness and old hurts, loss of feelings of femininity and attraction, lack of creativity and expression.	Ovarian cancer, ovarian cysts and other problems with ovaries.

<b>Prostate, testicles</b>	Feeling strong in your masculinity, fighting spirit.	Sexual pressure, guilt, fears of ageing, resignation.	Prostate or testicular cancer and problems.
<b>Spleen</b>	Self-approval, grounded, secure and protected.	Obsessions, unbalanced, scattery.	Blood related problems, spleen problems.
<b>Stomach / bowel</b>	Relaxed, able to assimilate new ideas, accepting change.	Fear of new anxiety, something in the past is eating away at you.	Stomach and bowel cancer, digestive problems.
<b>Throat, Larynx</b>	Self-expression, expressing how you really feel.	Lack of expression, scared to say how you really feel.	Cancers of the throat, mouth, sore throat.
<b>Uterus</b>	Feeling creative, loved and feeling useful as a woman.	No creativity, feeling unloved and worthless as a woman.	Cancer of the uterus or endometrium.

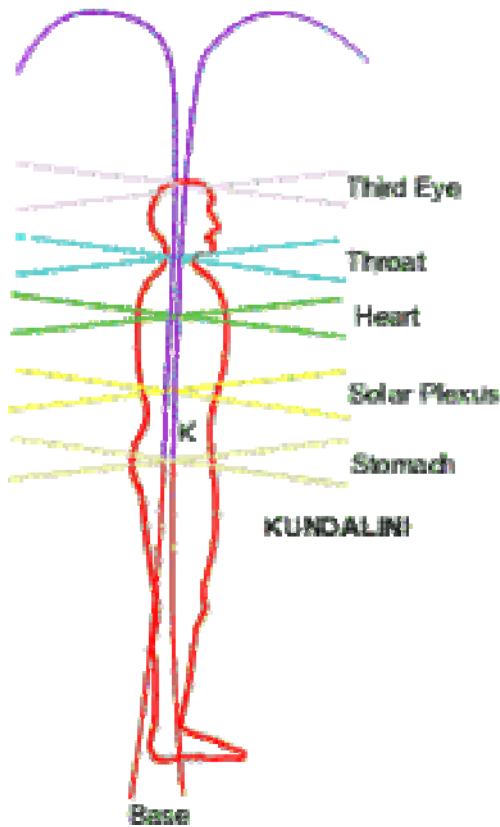


**ENERGY ANATOMY**

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



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



### **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.

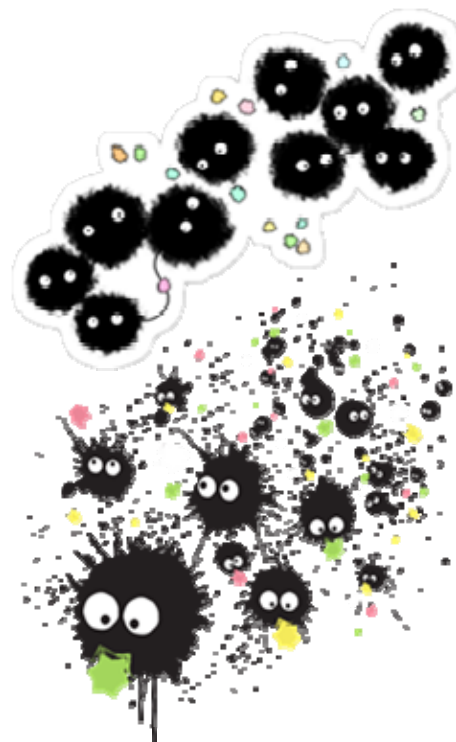
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

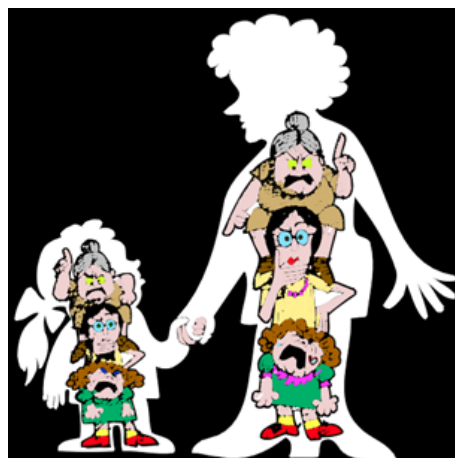
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including 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.



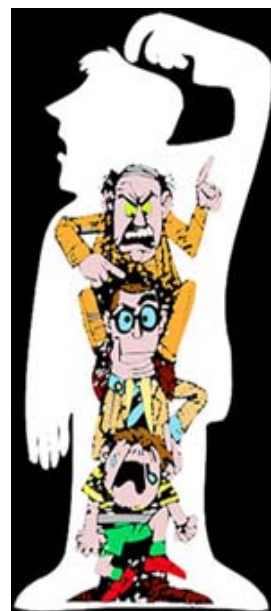
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever 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.



**FEED YOUR EMOTIONS:**

P.63 vol.1 Pharmacist Desk Reference by Don Tolman

Reason and emotion, mind and heart, are the regulators of the bodies response to whole food medicine.

It has been demonstrated millions of times and for thousands of years that whole food diets, colonics, mono diets, and fasting restore disturbances in metabolism, the immune system, respiratory function and mental outlook. It is considered that the increasing levels of pollutants, chemicals, and food additives encountered by anyone living in an industrialized society can create a toxic overload in the body which can lead to more than 95% of all human diseases.

**Emotions are Impulses to Action**

The human body is designed to be able to clean and repair itself. It is only when it is overwhelmed that good health goes south and greater self-care is called for. Every moment of the body's existence, whether in health or disease, is wrapped in an electro-chemical matrix of emotional molecules, generated by the limbic emotional centre of the brain. The neural circuitry there causes neuro-secretors to create actual molecules in response to emotions. These emotional molecular crystalline structures are an electric chemistry that oscillates in frequencies that match anatomical and physiological structures throughout the



**Whole Foods** are those that are unprocessed and unrefined, or processed and refined as little as possible before being consumed.

body. In this, 'like is drawn unto itself'. Simply stated, the chemistry of the emotion we call anger moves through the body as molecules then, when we no longer need them, because molecules of calm have replaced their need in the body, they are collected and released by the bladder.

If anger doesn't erupt, or is not released, over time 'feelings' of resentment and hostility can develop and can become persistent. This constant state overwhelms the bladder because negative emotional molecules are going to wreak havoc.

It may be as simple as a bladder infection. If the feelings persist and the whole foods whose electrochemical messages that generate calm emotional feelings release the stress molecules are not eaten, the infection could lead for instance to a tumour to contain them, and of course, over time and distance, to cancer. It's intriguing that our language has even developed phrases that allude to this reality. We usually say that, 'these people love to piss and moan'. Refer to the book, *The White Stone Carillon*.

Impulses are the medium of electrical surges that generate and build into emotional states. The seed of all impulse is a feeling generated by neurons in response to an impression made upon our senses bursting for expression into action.

All emotions are, in essence, impulses to act, the instant plans for handling life that nature has instilled in us. The very root of the word emotion is *motere*, the Latin verb 'to move', plus the prefix 'e-' to connote 'move away' suggesting that a tendency to act is implicit in every emotion. That emotions lead to actions is most obvious in watching animals or children; it is only in 'civilised' adults we so often find the great anomaly in the animal kingdom, emotions – root impulses to act – divorced from obvious reaction.

In our emotional repertoire each emotion plays a unique role, as revealed by their distinctive biological signatures. With new methods to peer into the body and brain, researchers are discovering more physiological details of how each emotion prepares the body for a very different kind of response:

- With anger blood flows to the hands, making it easier to grasp a weapon or strike at a foe; heart rate increases, and a rush of hormones such as adrenaline generates a pulse of energy strong enough for vigorous action.
- With fear blood goes to the large skeletal muscles, such as in the legs, making it easier to flee – and making the face blanch as blood is shunted away from it (creating the feeling that the blood 'runs cold'). At the same time, the body freezes, if only for a moment, perhaps allowing time to gauge whether hiding might be a better reaction. Circuits in the brain's emotional centres trigger a flood of hormones that put the body on general alert, making it edgy and ready for action, and attention fixates on the threat at hand, the better to evaluate what response to make.
- Among the main biological changes in happiness is an increased activity in a brain centre that inhibits negative feelings and fosters an increase in available energy, and a quieting of those that generate worrisome thought. But there is no particular shift in physiology save a quiescence, which makes the body recover more quickly from the biological arousal of upsetting emotions. This configuration offers the body a general rest, as well as readiness and enthusiasm for whatever task is at hand and for striving toward a great variety of goals.

- Love, tender feelings, and sexual satisfaction entail parasympathetic arousal – the physiological opposite of the ‘fight-or-flight’ mobilisation shared by fear and anger. The parasympathetic pattern, dubbed the ‘relaxation response’, is a body wide set of reactions that generates a general state of calm and contentment, facilitating cooperation.
- The lifting of the eyebrows in surprise allows the taking in of a larger visual sweep and also permits more light to strike the retina. This offers more information about the unexpected event, making it easier to figure out exactly what is going on and concoct the best plan for action.
- Around the world an expression of disgust looks the same, and sends the identical message: something is offensive in taste or smell, or metaphorically so. The facial expression of disgust – the upper lip curled to the side as the nose wrinkles slightly – suggests a primordial attempt to close the nostrils against a noxious odour or to spit out a poisonous food.
- A main function for sadness is to help adjust to a significant loss, such as the death of someone close or a major disappointment. Sadness brings a drop in energy and enthusiasm for life’s activities, particularly diversions and pleasures, and, as it deepens and approaches depression, slows the body’s metabolism. This introspective withdrawal creates the opportunity to mourn a loss or frustrated hope, grasp its consequences for one’s life, and as energy returns, plan new beginnings. This loss of energy may well keep saddened – and vulnerable – people close to home, where they are safer.

All of the body’s responses are created by emotional molecules of photo-electro-biochemistry.

The more dominant the emotional mind becomes – the more ineffectual the rational. This is an arrangement that seems to stem from eons of evolutionary advantage to having emotions and intuitions guide our instantaneous response in situations where our lives are in peril – and where pausing to think over what to do could cost us our lives.

These two minds, the emotional and the rational, operate in tight harmony for the most part, intertwining their very different ways of knowing to guide us through the world. Ordinarily there is a balance between emotional and rational minds, with emotional feeding into and informing the operations of the rational mind, and the rational mind refining and sometimes vetoing the inputs of the emotions. Still, the emotional and rational minds are semi-independent faculties, each reflecting the operation of distinct, but interconnected, circuitry in the brain.

In many of most moments these minds are exquisitely coordinated; feelings are essential to thought, thought to feeling. But when passions surge the balance tips: it is the emotional mind that captures the upper hand, swamping the rational mind.

“Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy.” – Aristotle.





**The ENDOCRINES** p.115

The thyroid controls the whole endocrine system, bringing it into harmony with all of the other glands and the whole glandular system. It is through this development that the spiritual faculties are brought into conscious use. That is, through the stimulation of the thyroid the spiritual faculties are brought out and correlated.

Q. Will you please enumerate the glands for the benefit of those of us who are not familiar with physiology?

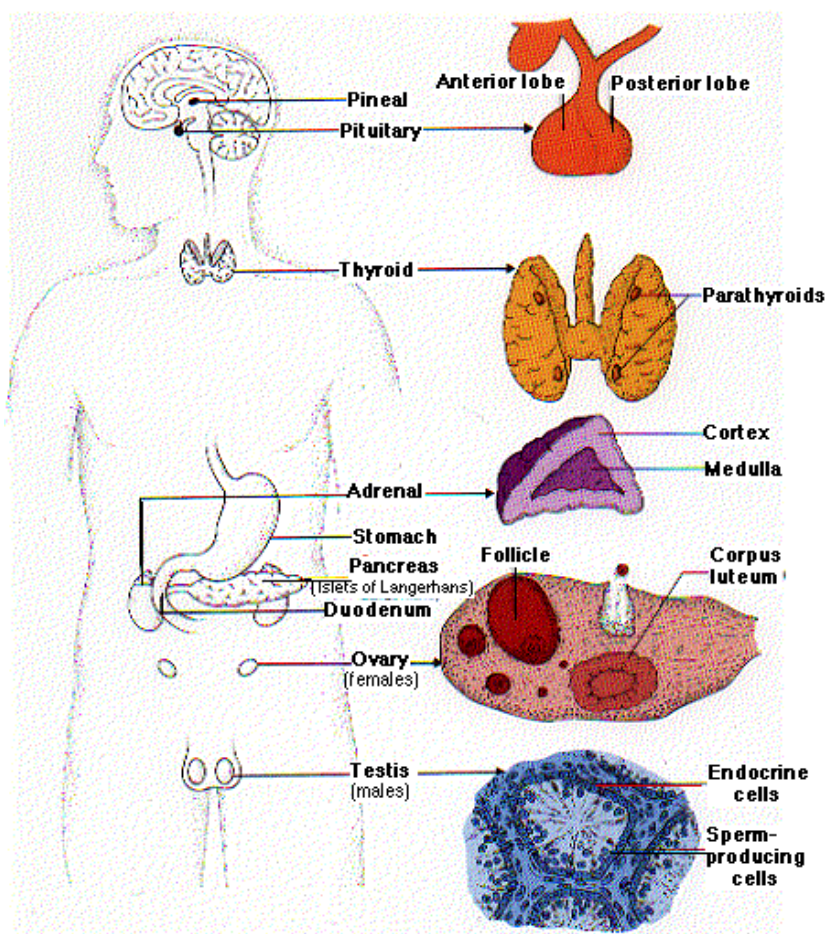
There are seven of these glands: The pineal, the pituitary, the thyroid, the thymus, the pancreas, the adrenals, and the gonads. The thyroid is the most important. It straddles the trachea, with two lateral lobes and one central lobe.

The gonads dominate between 14 years of age and 45 years of age. The thyroid especially dominates from 45 onward. It doesn't begin to function until the advent of puberty. The pineal is more or less active until that period of life. The true outer function of the pineal is to delay the advent of puberty until about the 14<sup>th</sup> year, or until the body becomes strong enough. Many children have more or less spiritual vision for that reason. Many children have very remarkable spiritual insight during their earlier years until this period is reached.

Q. What methods do the Masters use in stimulating the function of the thyroid?

Later in life they use a method of stimulating its action by centring on the thyroid. This brings it into physical activity, and it begins to develop to a greater extent right along, feeding the body until it becomes regenerated. They do not use chemicals at all. It is solely by the concentration of thought upon it.

Q. What is the influence of oxygen from a Master's standpoint? (Masters are, in fact, closed to their feelings and have deluded themselves into their belief of having evolved, whereas they have gone against God and all that is in Truth.)



If it is inhaled in a natural way through the breath, it has the greatest stimulating influence. They do not give it otherwise. They give exercises to stimulate the respiratory organs in order to take in and assimilate more and more oxygen all of the time.

Q. The control of the body is, as we understand it, through the thyroid in relation to this respiration of the body – the influence of the thyroxin.

Yes. It plays a very important part in the oxidation of the material that is thrown off, and also in the bringing of the oxygen into a condition through which the body can use it, putting it into the bloodstream as well.

Q. What is the influence attained through the interstitial cells of the gonads that brings about rejuvenation which you cannot bring about by an increased activity of the thyroid? There must be some way known to bring about a rejuvenation of the body by increasing the activity of the thyroid, but already marked evidences of rejuvenation have been accomplished through the interstitial gonads, by gland transplantation, and by ligation method of Stinach.

Still there is no permanent rejuvenation in that way. But where your thyroid is brought to a certain activity – to the point where spiritual perception takes place – you have your rejuvenation that becomes active and permanent. Your rejuvenation is then permanent.

You will find that in gland transplantation, or in any purely physical method, there is a breaking down period, whereas with the spiritual development there is no such breaking down at all. Where rejuvenation is brought about through the development and use of the thyroid in connection with spiritual activity, it is evidently permanent. There is no need to resort to the gonads at all.

They claim in the East that the spiritual activity can be carried right on from youth. They give specific training to a considerable extent in that. Even in Calcutta University it is known as spiritual transmutation.

Q. Is Emil in a body that has lasted him four hundred years?

Yes. Over four hundred years. It is apparently as young as it ever was.

Q. How does that body differ in the texture of the flesh?

It is finer. You would recognise a finer condition, but at the same time there is no difference really in the cellular construction, apparently. Although a higher state of vibration is maintained, you are not so conscious of this as you are of the facial expression that is immediately noticeable. There is not a sign of old age.

Usually the hands are the first sign of old age, and their hands never show any age. Then, of course, there is no facial expression of old age. The hair is well preserved. In many of them the hair is never grey.

Q. Take some of the younger individuals that you have mentioned who are about 75 and 80 years of age, and look their age, and changes come about in them so that in the course of a few years they become 40 or 50. Was the influence spiritual, and was it working through the endocrine system?

As soon as the spiritual understanding is stimulated to any extent, the endocrine system begins to operate, and, as they say, it comes into its own proper activity. It is just harmonised and speeded up in its action. Each individual still moves in the direction of creating this youth. We have seen that accomplished in a very short time. We had one very remarkable instance.

One of the old coolies, who was with my grandfather and who at that time was an old man, came and asked to go with us on one of our expeditions. I said, "No, you are too old." Emil heard me turn down his request and said, "Let him go, if he wants to." Upon his return, his friends failed to recognise him. His hair was dark, and he had lost his age completely. He was an ordinary coolie for all that we knew, travel-worn and quite decrepit before setting out. He is still living and retains his youthful appearance to this day.

Q. Then one method of rejuvenating the thyroid after the age of 45 is to feed the physical body on vitamin-producing food?

Yes. It all helps at the beginning.

Q. Is there, then, some association between prana and the vitamins?

There is a very close relationship and association. It brings into activity the hormones of the body. The vitamins bring the hormones into activity and increase them.

Q. Are vitamins more physical than chemical?

Yes. They are enzymes and, therefore, catalyzer.

Q. Let us relate this subject to fear. In 1918, during the great 'flu' epidemic, was not fear at the bottom of its continuance?

As soon as fear subsided, the epidemic subsided also. If fear is overcome completely, the thyroid will be undisturbed by any negative emotions. Love overcomes fear completely and stimulates the action of the thyroid gland immediately.

Q. I have heard of many fakirs and of some men or real spiritual attainment who have eaten nails, glass and poisons of various sorts, and have survived for a time, and then, suddenly, collapsed. They would go on, perhaps, for months or years, apparently unharmed. X-rays would show no sign of things eaten but a few moments previously. What caused the ultimate collapse, in those cases where it has occurred?

The cause is primarily egotism. When an individual comes to the point where he is hypnotised into believing that he is the power which performs so-called miracles – when his personality asserts itself beyond the Christ Within in conscious activity – the thyroid ceases to secrete and distribute the antitoxin. Nothing else will destroy the function of the thyroid gland so readily as egotism, which destroys all spiritual activity.

**Truth is recognised from within – the Master from within you:**

It is time that the mass of humanity learn to distinguish between the message and the messenger; the Truth and the vehicle through which Truth is presented to the world. Truth is the same regardless of the book that presents it or the teacher who proclaims it. It is not the setting through which Truth is presented that should be the point of consideration but the amount of Truth that is given. Learning to distinguish between the thing that is taught and the manner in which it is taught comprises all the difference between confusion and illumination. P.13 Life and Teaching of the Masters of the Far East Vol 6. (MOC 960)

True prayer, such as Ho'oponopono, does not push healing upon others. It invites others to resonate with the self-healing we do on ourselves. This is a respectful way of offering distant healing and does not appear to diminish its effectiveness – though research has yet to confirm these anecdotal observations. Inviting healing through the collective consciousness – as we clear negativity in ourselves and help others to do the same for themselves – is likewise a respectful way to offer healing.

The essence of Ho'oponopono is:

Thank you.

I love you.

Further, drink the solar water.

The cleaning process is for you, your family, relatives, and ancestors back to the beginning of time, for Mother Earth and all the dimensions of existence.

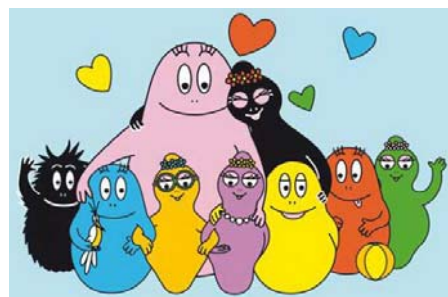
A tune to learn and sing to yourself:

**'Every little cell in my body is happy!  
Every little cell in my body is well!'**

This tune is immensely life enhancing!



**Dr. Ihaleakala Hew Len**



## **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: 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.

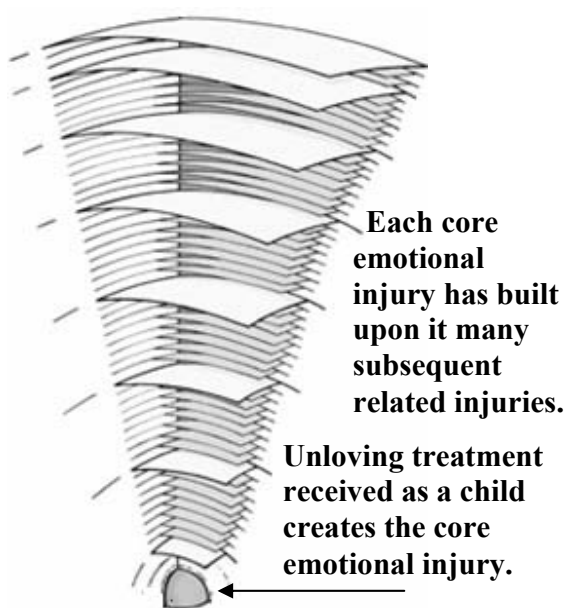
Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing.  
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.  
Primary and most important readings are the writings of James Moncrief.  
Then consider the Padgett Messages, 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 ourself is to simply look to see what feelings we are refusing ourself 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.**



## MAP of CONSCIOUSNESS

<b>God-view</b>	<b>Life-view</b>	<b>Level</b>	<b>Log</b>	<b>Emotion</b>	<b>Process</b>
Self	Is	<b>Enlightenment</b>	<b>700 – 1,000</b>	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	<b>Peace</b>	<b>600</b>	Bliss	Illumination
		↑			
One	Complete	<b>Joy</b>	<b>540</b>	Serenity	Transfiguration
		↑			
Loving	Benign	<b>Love</b>	<b>500</b>	Reverence	Revelation
		↑			
Wise	Meaningful	<b>Reason</b>	<b>400</b>	Understanding	Abstraction
		↑			
Merciful	Harmonious	<b>Acceptance</b>	<b>350</b>	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	<b>Willingness</b>	<b>310</b>	Optimism	Intention
		↑			
Enabling	Satisfactory	<b>Neutrality</b>	<b>250</b>	Trust	Release
		↑			
Permitting	Feasible	<b>Courage</b>	<b>200</b>	Affirmation	Empowerment
		↓			
Indifferent	Demanding	<b>Pride</b>	<b>175</b>	Scorn	Inflation
		↓			
Vengeful	Antagonistic	<b>Anger</b>	<b>150</b>	Hate	Aggression
		↓			
Denying	Disappointing	<b>Desire</b>	<b>125</b>	Craving	Enslavement
		↓			
Punitive	Frightening	<b>Fear</b>	<b>100</b>	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	<b>Grief</b>	<b>75</b>	Regret	Despondency
		↓			
Condemning	Hopeless	<b>Apathy</b>	<b>50</b>	Despair	Abdication
		↓			
Vindictive	Evil	<b>Guilt</b>	<b>30</b>	Blame	Destruction
		↓			
Despising	Miserable	<b>Shame</b>	<b>20</b>	Humiliation	Elimination

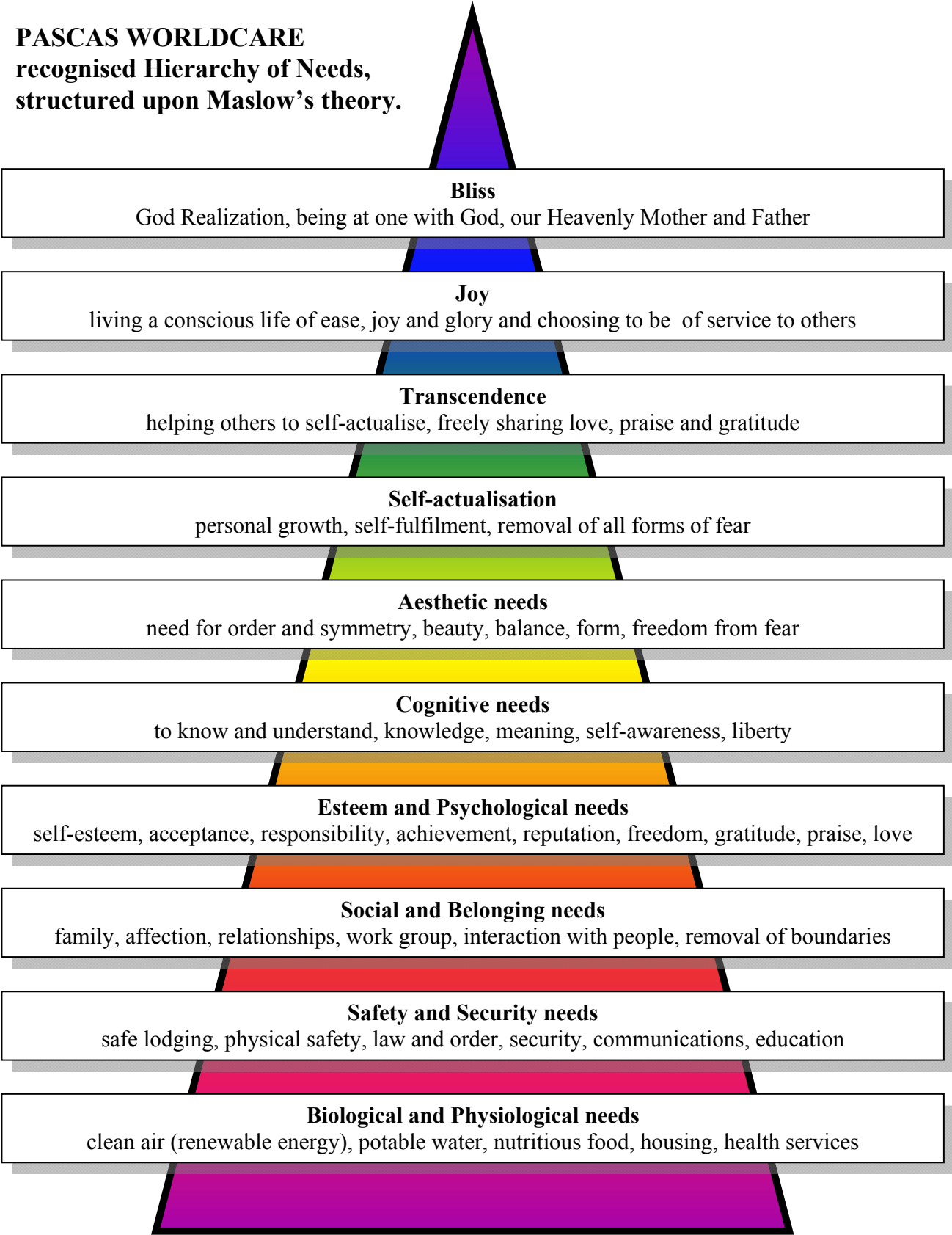
**Power vs Force** by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour

ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd [www.hayhouse.com.au](http://www.hayhouse.com.au)

Or [www.veritaspub.com](http://www.veritaspub.com) for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.



**PASCAS WORLDCARE  
recognised Hierarchy of Needs,  
structured upon Maslow's theory.**



## SHOWER of POWER

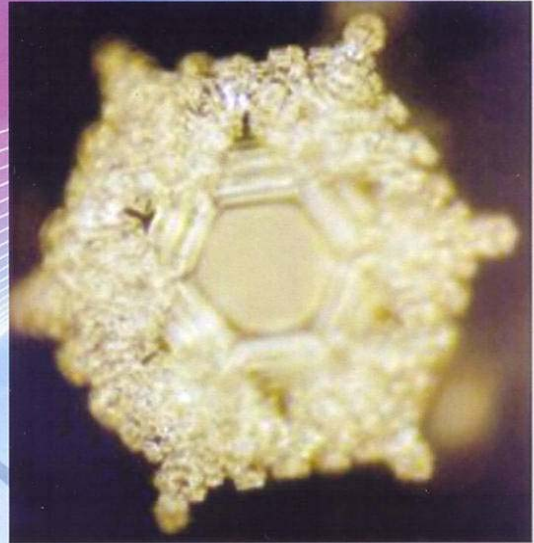
I am Loving  
 I am Beautiful  
 I am Kind  
 I am Joyful  
 I am Expansive

I am Magnetic  
 I am Creative  
 I am Receptive  
 I am Original  
 I am Inspiring

I am Abundant  
 I am Grateful  
 I am Magical  
 I am Appreciative  
 I am Valuable

I am Happy  
 I am Healthy  
 I am Wealthy  
 I am Wise  
 I am Free

I am Right Here  
 I am at Peace  
 I am Fulfilled  
 I am Complete  
 I am SOURCE



Love plus Gratitude



Copyright © Denis Cooney 2006 - 2007

Affirmations actually close one off to feeling their emotions, they are not helpful.

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



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

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

Judas – August 19<sup>th</sup>, 2001

**To find our way home, we must remember who and what we are!  
The real you is your soul.**



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God.

**GOD's Divine Love is always available to you, should you ask for it:**

“Our soul is a container and if it is full of error that it must be willing to empty before it can receive something new. Revelation is to shed light on the errors and the hidden agendas to demolish the castle of pain, renovating the space in readiness for the transformation of Divine Love. We won't grow in love until we are willing to surrender our pride and be the emotional being God created.”

This misunderstanding noted above is common.

The misunderstanding arises from a limited understanding of unconditional love (God's love). This leads us into focussing on our errors and seeking love as a result or consequence of elimination of errors.

The very nature of love is nurture. Love cannot exist without the effect of nurturing. This is what Motherhood is all about. This is why love is so powerful and must always be the primary objective; not removal of error. To focus on error does not produce the joyful experience one should feel as we move towards a greater understanding of love. Always the focus should be on love, because in truth there is nothing else.

As we focus on love, (with humility) our errors start to stand out so obviously and they become easier to remove. The whole process becomes joyful.

To take it a step further, once we focus on love, we may start to understand that in reality we have a somewhat limited 'free will'. The increased love we experience more and more reveals the errors to us and we have no option but to see and remove them. However, in truth we are only love, which has been sullied by the illusion of error. When we start with the premise that we are truly just love, we can only approach the unloving aspects (illusions) from the viewpoint of love. The approach many suggest is to give the error reality, which it hasn't, and then try to proceed to love from a starting point of error. This cannot be a suitable foundation to try to grow from. It is in truth, absolutely no foundation what so ever.

Encourage friends who may be interested to try this experiment: Before dropping off to sleep in your comfortable bed, lie prostrate facing the ceiling and ask for the love of God – God's Divine Love to flow into you. The most common response has been that they were overwhelmed with the feeling of warm, fulfilling joy that filled their being.

(2018.1) <sup>188:5.2</sup> **Divine Love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from.** Jesus brought a new method of living to Urantia (Earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. **True love does not compromise nor condone hate; it destroys it.** (The Urantia Book)

(2018.2) <sup>188:5.3</sup> **The beauty of Divine Love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.** (The Urantia Book)

## **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

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

**Our Father, who art in heaven, we recognize that Thou art all Holy and loving and merciful, and that we are Thy children, and not the subservient, sinful and depraved creatures that our false teachers would have us believe. That we are the greatest of Thy creation, and the most wonderful of all Thy handiworks, and the objects of Thy great soul's love and Tenderest care.**

**That Thy will is, that we become at one with Thee, and partake of Thy great love which Thou hast bestowed upon us through Thy mercy and desire that we become, in truth, Thy children, through love, and not through the sacrifice and death of any one of Thy creatures.**

**We pray that Thou will open up our souls to the inflowing of Thy love, and that then may come Thy Holy Spirit to bring into our souls this, Thy love in great abundance, until our souls shall be transformed into the very essence of Thyself; and that there may come to us faith--such faith as will cause us to realize that we are truly Thy children and one with Thee in very substance and not in image only.**

**Let us have such faith as will cause us to know that Thou art our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Thy love changing us from the mortal to the immortal.**

**Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee, in faith and earnest aspiration, Thy love will never be with-held from us.**

**Keep us in the shadow of Thy love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavor to turn our thoughts away from Thee to the pleasures and allurements of this world.**

**We thank Thee for Thy love and the privilege of receiving it, and we believe that Thou art our Father--the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Thy arms of love.**

**We pray thus with all the earnestness and longings of our souls, and trusting in Thy love, give Thee all the glory and honour and love that our finite souls 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 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 the 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.**

**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'.

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

**James 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**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

**Religion of Feelings****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..*

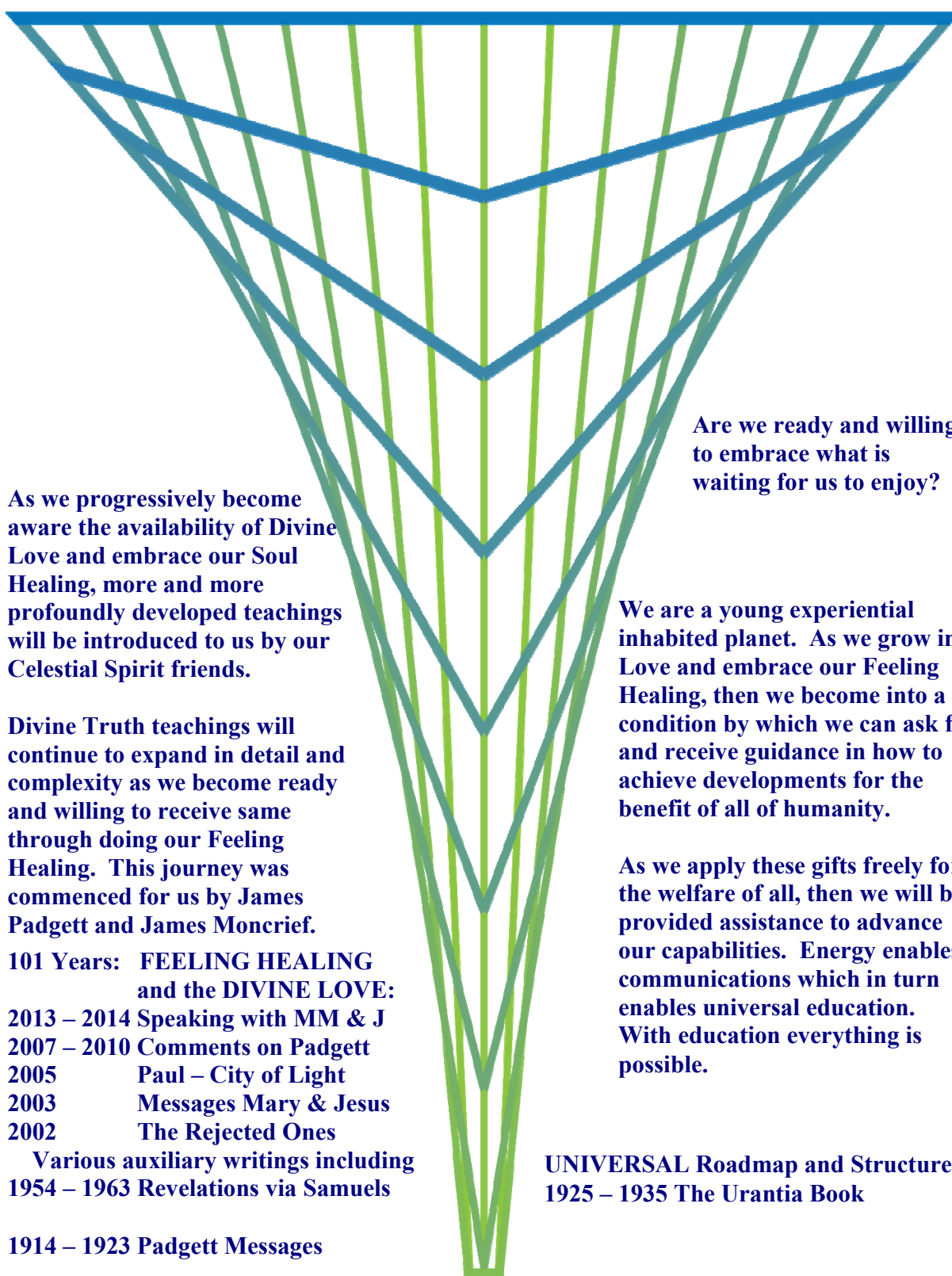
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

### **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



# PASCAS CARE

## "Beacons of Light"

### around the globe

