

PASCAS CARE

Cure by Crying



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

Em: info@pascasworldcare.com

Em: info@pascashealth.com

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 persons' perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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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 in 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

A Spiritual Journey

<http://us6.campaign-archive1.com/?u=7b572301eabd13f5075f1c9a0&id=76e3081d98&e=d0acb97ddc>

Memories.

Belgium. Received by WV.

February 11th, 2014

I am here, your friend Joseph.

I have come to share some information on memories.

When someone dies, the spirit memory becomes very vivid and alive. Since they do not have the gross physical body anymore, everything becomes very clear to them and they will see things as they really happened.

One of the reasons why memories on the physical level are not perceived in a clear way is because the memories have to be obtained from the spirit mind. The physical mind works like a filter, blocking out the parts you don't want to see whatever the reason.

So you see, what you are actually doing is channeling yourself or your own spirit mind. It is the same principle as you are now channeling my spirit mind. And as you have noticed, sometimes your channeling is very clear but sometimes it can be a bit blurry because you have too many things on your mind, blocking the communication between our spirit mind and your interpreting machine: "your physical mind".

So, there is nothing complex about it. It is all simple logic and it can be understood by the simplest mind. Thank you my dear friend for letting me deliver you this small message but I saw it would do you, and a lot of other people good to get some clarification about the subject.

Your friend, Joseph.

Werner Voets is the author of 'The Truth' www.lulu.com

Recovering from Traumatic Memories.

Gavere (Belgium). Received by WV.

February 18th, 2014

I am here, Joseph.

I have come because of the questions you guys have concerning the memories of distressful events or traumas.

I'm sorry to tell you that people have indeed got to go through these traumas again **once they have reached a certain degree of spiritual development**. The only big difference is they don't have to relive it with every negative emotion attached to it. Some people do actually relive their trauma in a dreamlike state, as WV did, but remember that it is only for the purpose of healing the memory or trauma.

Healing can only be done by Love. So it is obvious that asking for protection and love from God, during the reliving of such a trauma, will cause His Love to flow into your soul. His Love will embrace you and fill your body with the warmth and healing you need. This way the reliving becomes detached from all negative emotions and the trauma will no longer exist in its original form but only as a memory without any negative feelings attached to it. This is one way to let go of traumas that occurred during your life; to use God's Love to do it.

Another way, is to confront the person who caused the trauma in your life. The prerequisite for this to work, is that the perpetrator must have had the insight he (she) needs to understand that what he did was not loving and is willing to undergo the emotions his victim has towards him, if necessary. Of course, as you can readily see, this way of healing will not take place much because of the almost impossible fact the perpetrator needs to have had some spiritual awakening so his love for his victim is strong enough to heal the damage he has done. But, it can happen.

The third possibility is that the traumatized person finds somebody who loves him (her) so unconditionally that he will receive the love that is needed **to heal the trauma**. As we have said in the beginning, only love is able to heal. Whether it is the Love of God or the love of man, is of no importance, as long as it is pure enough to look beyond the veil of flesh.

But no matter how the healing takes place, it can only take place when the victim feels safe enough and is ready to let go. Never can a healing (of a trauma) be

forced if the victim doesn't feel safe enough to relive or look back at the trauma that haunts his (her) consciousness or unconsciousness.

Memories should be void of emotion, which doesn't mean they cannot contain love. It is because we connect certain emotions to our memories that it will cling on to our spirit mind and cause unpleasant reactions. That is why the energy we call 'love' is needed to disconnect the emotions from a specific memory or trauma. I know you find this last part of my information a bit incomprehensible or strange, but it is true. Don't worry; you will get your head around it.

Love is a universal energy that resonates within every creation. **It is not an emotion**, which can be as volatile as acetone, it is an energy that permeates everything in the universe, that is present in everything and will exist forever. It is an energy, not created by man's mind (like an emotion) but intrinsic to the existence of the soul, whether it is natural or Divine Love. The soul is always the source of love. Love cannot be created by the mind, only emotions can. **And the soul cannot create emotions**, only the mind can. So you see how simple it actually is, as it is always. Truth is never hard to understand, you only have to be open to receive it and use your mind only to translate what we tell you, that is all.

I love you my dear friend and I know you can feel it. God bless your openness to receive. May His Light shine through you and light up this universe. I am your celestial friend, Joseph, father of Jesus.

This message addresses many things that have been puzzling. Firstly was obviously the issue of – *do you have to revisit these memories to be healed of their effect.*

The second and unasked question is the matter of **WHEN** this should happen. It's very clear there is a right time to do this, and that it needs some spiritual maturity. It's also obvious that this is not the first step along the spiritual growth path, as some suggest and teach.

DEDICATION:

About 10% of the population is mentally healthy. They are confident and full of energy. They don't understand why the rest of us have so much trouble.

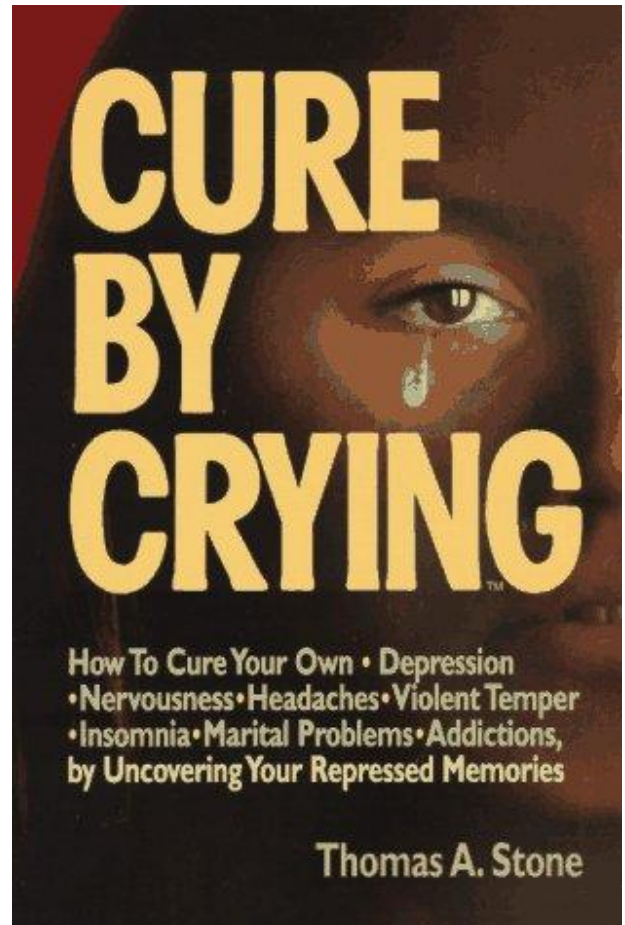
Another 20% is almost mentally healthy. They may have a few bad habits, but they can overcome them by making a firm decision, "Just do it."

The remaining 70% struggle with low energy, shyness, headaches, addictions, bad tempers, sleep problems, failed love, sex problems, difficulty reading, talking and selling. They attempt to solve their problems by positive thinking, astrology, pills, support groups, subliminal learning, and religion, but their lives always stay the same because **they never find the real cause of the problem, blocked traumatic memories.**

COMPARATIVE OBSERVATIONS:

Thomas Stone's observations are readily compared to other researchers' findings. Dr Hawkins observes that 12% of the world's population calibrates 400 and above on the Map of Consciousness. Some 78% of the world's population calibrates below 200 on the MoC.

Consciousness Calibrations Worldwide	
Consciousness Level	Population Percentage
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212



Fields above 500 - Love based
Awareness
Beingness
More feeling based activity, rather than intellectual – in the mind based activity.
Energy field of Love is the one that heals.

Fields 200 – 500 - Doingness
Intellectual
Life is seen as an opportunity.
We are getting closer and closer to truth.

Fields below 200 - Wanting & Craving
Desiringness
Fear Driven
Self hatred
Grudges
Values are based on what one has.
The energy fields below 200 are opposed to life, do not support life.

Compare Dr Michael Newton's groupings with Tom Stone's and Dr David Hawkins:

SOUL DEVELOPMENT LEVELS		
Level 6 – Highly Advanced		few
Level 5 – Advanced		1%
Level 4 – Upper Intermediate		9%
Level 3 – Intermediate		17%
Level 2 – Lower Intermediate	31%	73%
Level 1 – Beginner	42%	

1	2	3	4	5	6	7	8	9	10	11	
white	off-white gray/ grayish with tints of pink	white and reddish pink	light orange- yellow with tints of white	yellow	deep gold/ gold with tints of green	green or brown- ish green	light blue; light blue with gold; green or brown tints	deep blue	deep blue with tints of purple	purple	
Level I		Level II		Level III		Level IV		Level V		Level VI	Higher Levels

Incentive to consider releasing stuck or frozen emotions is that one's quality of life improves dramatically:

Correlation of Levels of Consciousness and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

Humanity overall calibrates around 212 on Dr Hawkins MoC, that is midway in the first sphere.

It is not until one reaches around 500 that one's quality of life and environment would be said to be living in the most beautiful location and most idealistic environment of the planet.

Consider this pH (Potential Hydrogen) chart with the Map of Consciousness chart and also with Primary Emotion chart and then the Human Emotion frequency chart. You will discover many parallels as you compare these charts with others that you find. The lower the MoC calibration, the greater the acidic reading of the pH and also the propensity for illness. Physical illnesses correspond to emotional injuries which also correspond with any given calibration on the MoC.

Values are Approximate					
Nakatani	Cell Voltage	Cell pH	Salivary pH	Cell pH	Symptoms
210	-105	8.84	8.04		
200	-100	8.75	7.95	Viruses Bacteria Cancer Cells Die 7.8-8.8	Symptoms of Healing
190	-95	8.66	7.86		
180	-90	8.58	7.78		
170	-85	8.49	7.69		
160	-80	8.40	7.60		
150	-75	8.31	7.51		
140	-70	8.23	7.43		
130	-65	8.14	7.34		
120	-60	8.05	7.25		
110	-55	7.96	7.16		
100	-50	7.88	7.08		
90	-45	7.79	6.99		
80	-40	7.70	6.90		
70	-35	7.61	6.81		
60	-30	7.53	6.73		
50	-25	7.44	6.64		Vigorous Healthy
40	-20	7.35	6.55	Normal Cell	Tired Illness Fatigue
30	-15	7.26	6.46	Cell Mitosis 6.5-7.4	Cancer Develops 6.3-7.0
20	-10	7.18	6.38		
10	-5	7.09	6.29		
0	0	7.00	6.20		
	5	6.91	6.11		
	10	6.83	6.03		
	15	6.74	5.94		
	20	6.65	5.85		
Can't Read	25	6.56	5.76		
Reversed Polarity	30	6.48	5.68		
	35	6.39	5.59		Pain
	40	6.30	5.50		
	45	6.21	5.41		
	50	6.13	5.33		
	55	6.04	5.24		
	60	5.95	5.15		
	65	5.86	5.06		

ABOUT the BOOK:

Thomas Stone gives truth to the saying that “Necessity is the Mother of Invention” He suffered from depression, panic attacks, chronic headaches, insomnia, marital problems, and a dozen other symptoms. He tried the normal solutions, marriage counselling, group therapy, psychotherapy, but the symptoms wouldn’t go away.

At the age of 30 he admitted to himself that he was neurotic, the mildest form of mental illness. The professional therapists had not cured him, so he set out on a personal mission to cure himself. He had no university grant, no laboratory full of electronic equipment. The library was his source of information. His living room became his laboratory, and his family became his test subjects.

Working for 20 years, he explored 250 different therapies. He combined ideas ranging from Freud to Primal Therapy and added many discoveries of his own. Gradually he developed a do-it-yourself therapy that is more effective and more permanent than going to a professional therapist.

His method is based on two basic assumptions: First, that depression, headaches, panic attacks, insomnia, marital problems, addictions and hallucinations all have the same cause, Blocked Traumatic Memories from early childhood. Second, that if you can recall these traumatic events, and drain away the pain by crying, your brain will gradually repair itself and your symptoms will disappear.

Using the therapy on himself, he found 25 traumatic memories, and he cried about each one. His depression and headaches disappeared. He started sleeping better. His coldness turned into warmth. His marriage improved. His reading speed quadrupled. His energy doubled.

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

‘I had a pretty good upbringing’ in comparison to other people.

**Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal emotions.
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of Love.**



CAUTION

Re-experiencing your blocked traumatic memories from childhood can be a physical strain on your body. At times you may experience bawling, screaming, and faster heart beat. If you have any kind of pre-existing health problems, especially heart problems, stroke, diabetes, and sleep apnoea, you should consult your physician / doctor before attempting The Therapy.

Street drugs, alcohol and even prescription drugs may cause you to experience much more bawling, heavy breathing and fear than the patient / friend who does The Therapy without drugs. They can also interfere with your natural brain chemistry so the therapy will not work at all.

If you have pre-existing schizophrenia, paranoia, manic depression or suicidal tendencies, and you are using prescribed medications, consult your psychiatrist before attempting The Therapy. You should continue to take your medication and do not reduce dosage without supervision of your psychiatrist.

Also it is believed that your condition is a combination of blocked traumatic memories, plus a mineral and vitamin deficiency. You should not attempt The Therapy until you start a complete mineral and vitamin supplement program.

CURING YOURSELF

Blocked memories were causing my (Thomas Stone) symptoms. When I uncovered them and cried about them, my symptoms disappeared.

The Therapy method is based on two assumptions: first; that your symptoms were caused by painful events in early childhood that you have blocked from memory; and second that if you remember these events and, more importantly, cry about them, your symptoms will gradually fade away.

The crying is more important than the remembering, though both are essential in the long run. Even when you cry at a sad movie, you are improving your mental health ever so slightly.

Therapy Principle 1:

**The First and Most Important Principle in this Book is:
The More You Cry,
The More Your Mind / Soul Will Heal Itself.**

The crying and bawling will never be more than you can handle. It will be almost a pleasure compared to the misery you've endured all of your life. The Therapy is a lot of work, however, you will be fascinated by the memories you find, even while the tears are running down your cheeks.

DEFINITION of NEUROSIS

The condition of having traumatic memories stuck in your head is called “**NEUROSIS**”. This neurotic condition is physical in the sense that there is a physical change in the brain, as though “wires” have been cut or “switches” have been turned to the off position.

The traumatic scene is blocked but not erased. It continues to exist in the form of electrical / chemical energy in the brain, reflecting the essence of the traumatic scene stored within one's memory which is housed within your soul.

Neurotics lack energy because most of their energy is used to suppress the old pains. Their lack of energy is in direct proportion to the size of the pile of pain. As the pain is "discharged" by bawling, the energy improves dramatically.

It is no wonder that neurotics don't know they are neurotic. The memory of trauma is blocked. They literally do not know they were mistreated. And not knowing is the single biggest stumbling block that prevents them from getting cured.

Since a very large percentage of our population is neurotic (70%), most of their symptoms are socially acceptable.

The concept of curing neurosis by crying is childishly simple. The real difficulty is how to uncover the blocked memories. Frustrated by the problem, the professionals have looked for short-cuts such as drug therapy. No doubt drugs do a lot of good, but they leave the blocked memories intact, stuck somewhere in the nervous system, interfering with efficient thought, distorting normal brain chemistry and the weakening immune system.

I (Thomas Stone) don't like treating symptoms. I much prefer to find and eliminate the cause.

Most of The Therapy process was discovered between 1903 and 1960. The method which we call "The Therapy" is a combination of 13 discoveries by other scientists and 7 discoveries by Tom Stone.



Our memory and intelligence are housed within our soul, our mind is housed within our spirit body, and our brain is within our physical body. Our soul animates the spirit body which in turn animates the physical body. It is the disconnection of the silver cord between the spirit body and the physical body that results in the death of the physical body. The spirit body, which looks much like the physical body, goes on living. Emotional injuries become blocked within our soul, such injuries are reflected through the spirit body and then into the physical body as illnesses.



**TRUTH
Emotions**

They each
construct
their own
network.

**ERROR
Emotions**

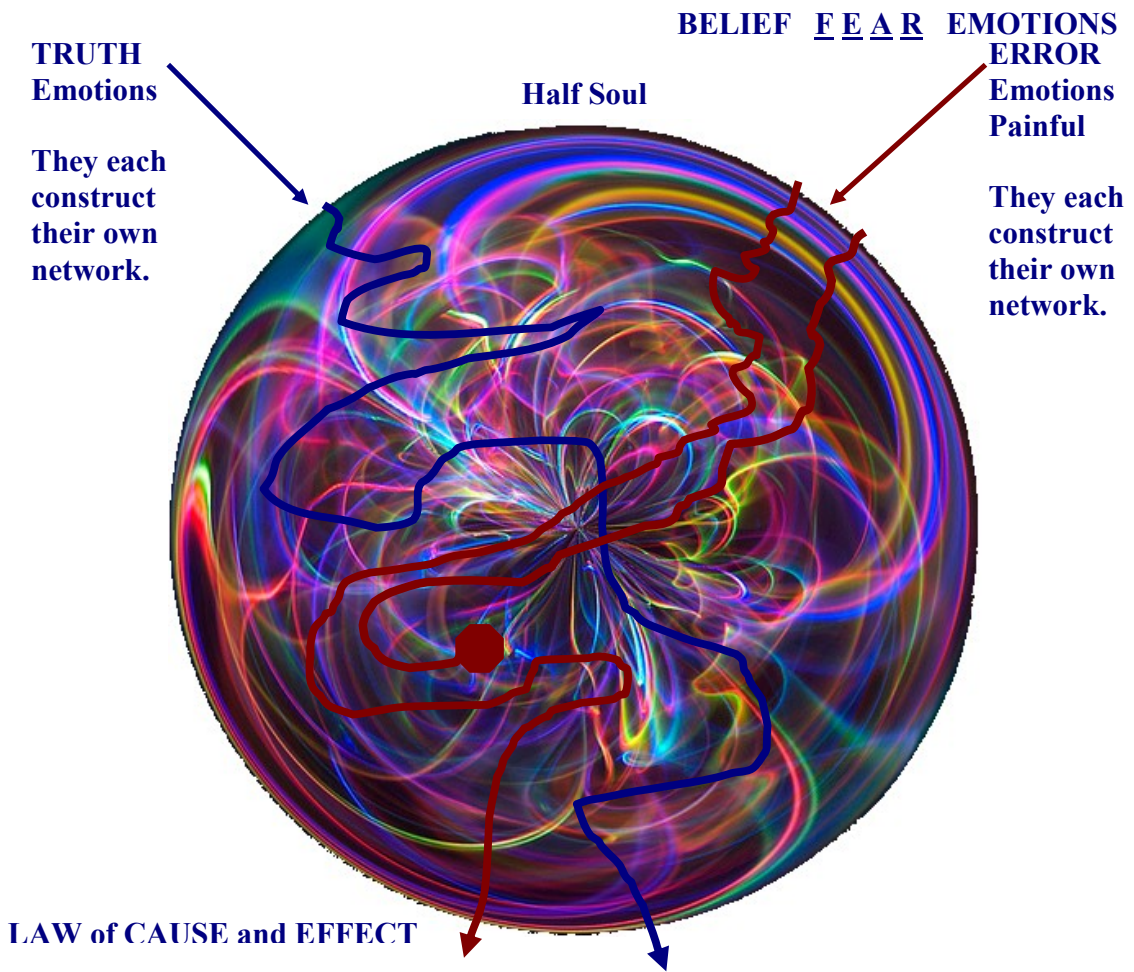
They each
construct
their own
network.

SOUL  **SPIRIT BODY**  **PHYSICAL BODY**
PERSONALITY

The soul has pathways similar in construction to your brain. Your memories are stored in your soul, they are then reflected through your spirit body and then your physical body.

When an error enters your soul, it sets up a pathway for more error to enter your soul. And when truth enters your soul, it sets up a pathway for more truth to enter your soul. This is what happens to your soul physically.

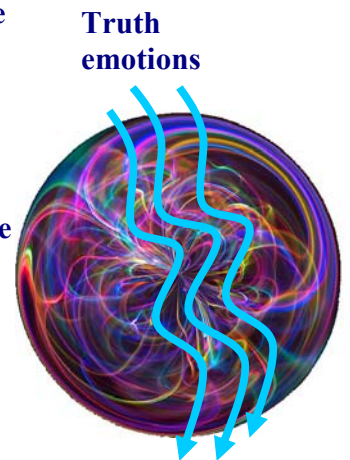
The construction of the soul and brain is very similar. Picture your soul as energetic pathways with all these connection points. Consider your soul like your brain where all these tiny networks are constructed of each other. Emotion is energy in motion. There are unimpeded pathways through the soul, in the same manner as the brain, for emotions to flow. We have pathways where only error flows, being error constructed pathways. Similar pathways for truth are separate pathways.

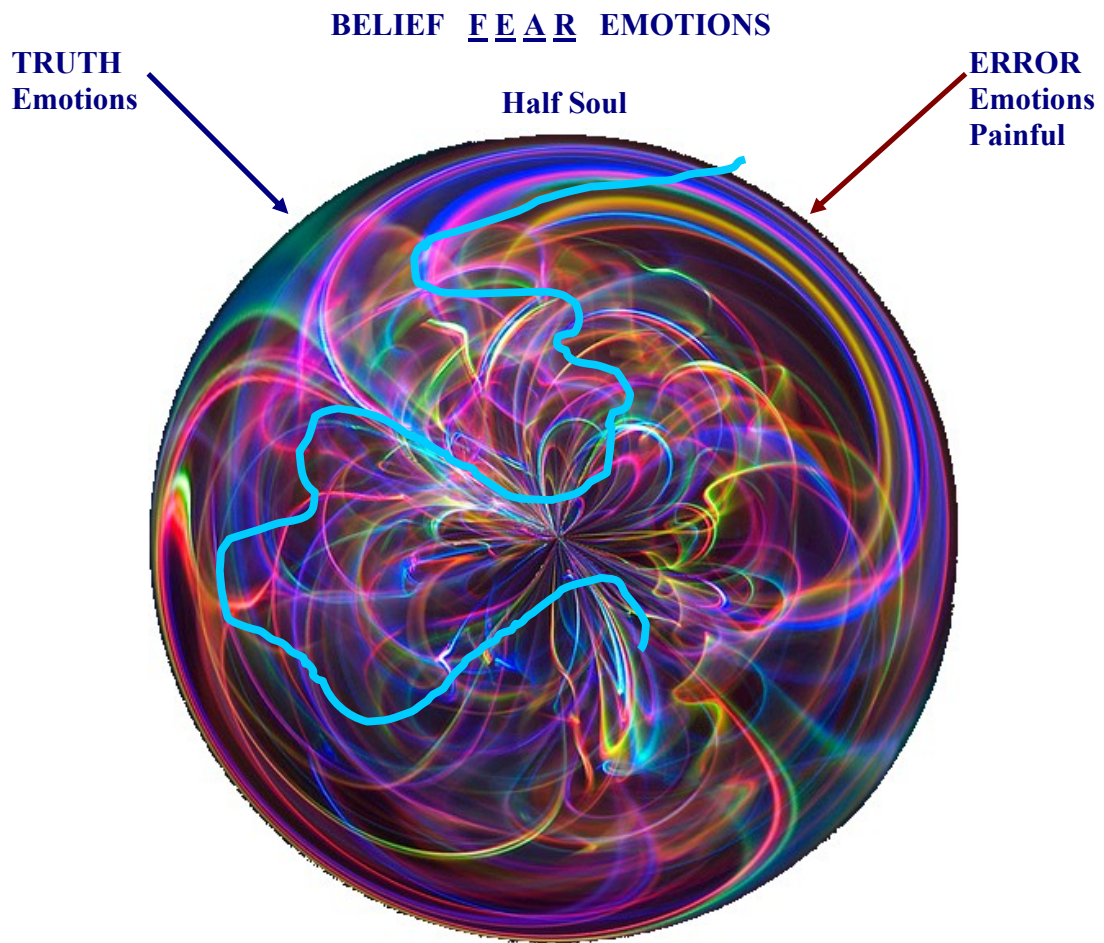


This construction, which has become constructed inside of our soul, has been constructed because error has become truth inside of us. Error is always painful at the core level, and we are always trying to avoid the painful feeling of the painful core emotion, and that is what allows these errors to be constructed.

If I allow all of my emotions to pass through me, including the painful ones, then let us see if I have the same belief.

When we are willing to experience all emotion, we start generating these other pathways in our soul. Instead of being a mixed up jumbled mess that is going on inside of us, there are these very simple and direct pathways that get constructed within our soul that are due to new beliefs, where the emotions can pass through without huge amounts of impedance throughout our soul.





It is the emotions that allow these false beliefs to enter.

What we want is to deconstruct the emotions that allow false beliefs to be attracted to me firstly, and then enter me so that they settle within me. Many of us struggle to get back to the emotion. One of the reasons is that the belief system was created to support the denial of the emotion.

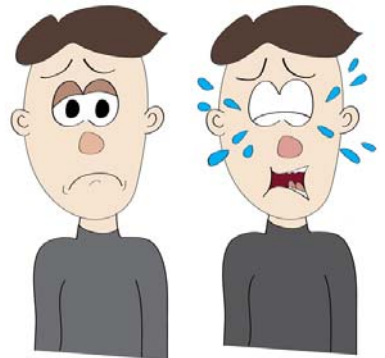
We have to be honest about our belief systems, particularly establishing if our belief systems are loving or unloving. How can we allow any belief system to enter our soul? Truth is always loving. If a belief system is loving in all of its aspects, it will be more harmonious with truth than belief systems that are unloving. The more love there is in the belief system, the more truth there must be in the belief system.

The METHOD ... In a NUTSHELL

The Therapy works. One person, playing the role of the therapist, having read the book, *Cure by Crying* by Thomas Stone, asks the most obvious of questions, for example, “What’s wrong with you?” The other person, the patient / friend, closes his eyes and looks at his internal wiring and programming.

“What’s wrong with you? ... “Why are you depressed?” ... “What happened when you were little?” ... just list a few of the suggested questions listed towards the end of this document.

But why would a human not remember? Why do we assume that he can’t. After all, many humans have a photographic memory. Do they have a bigger brain, more connections? No! The neurotic has the same size brain as the genius with the photographic memory. (Refer to *Pascas Care – Total Recall*)



In “The Therapy” we don’t accept the answer “I don’t remember.” Instead, we ask the question again ... and again ... and again. If you ask the same question often enough, eventually the brain will give you an answer. It may not be the whole answer, but just a small piece of the puzzle, and as the brain let’s go of one small piece, it also lets go of some pain, just a few tears at first, then crying, then an explosion of bawling.

As the small amount of pain is discharged, the pile of pain is reduced in size ever so slightly, and the mind is more willing to let go of another piece of the puzzle, followed by more bawling, then another piece, and so on.

... and that, in a nutshell, is how The Therapy works.

Therapy Principle 2:

**If you Ask a Question Over and Over,
Your Brain Will Eventually Answer It.**

What makes the whole process simple is that the patient / friend does most of the work by following his intuition.

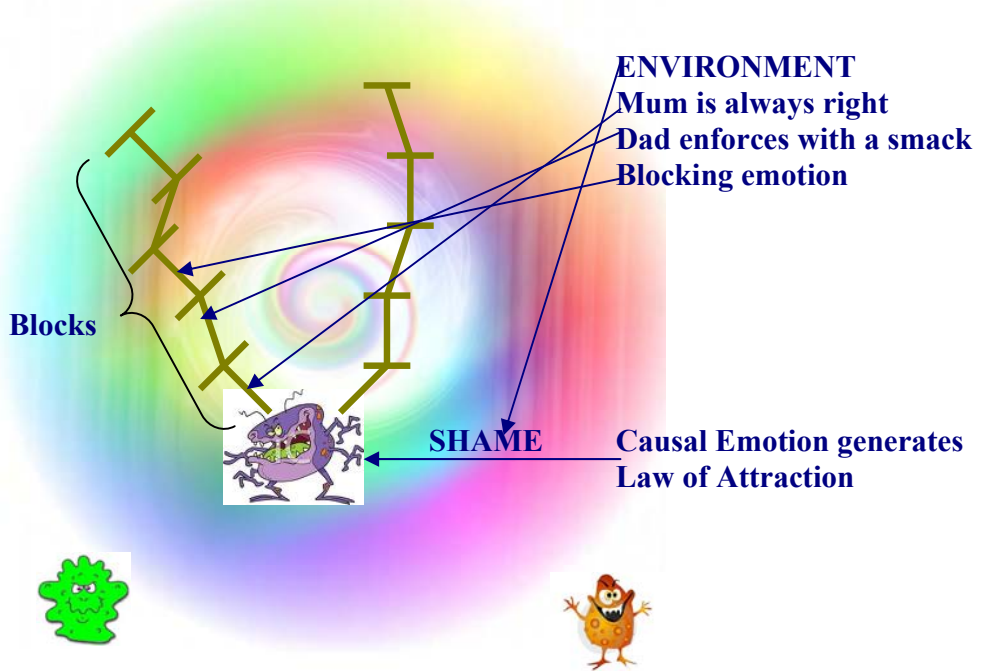
Is it DANGEROUS to Dig Out BLOCKED MEMORIES

Is The Therapy dangerous? Could the remembering cause a person to commit suicide? Could The Therapy cause a heart attack?

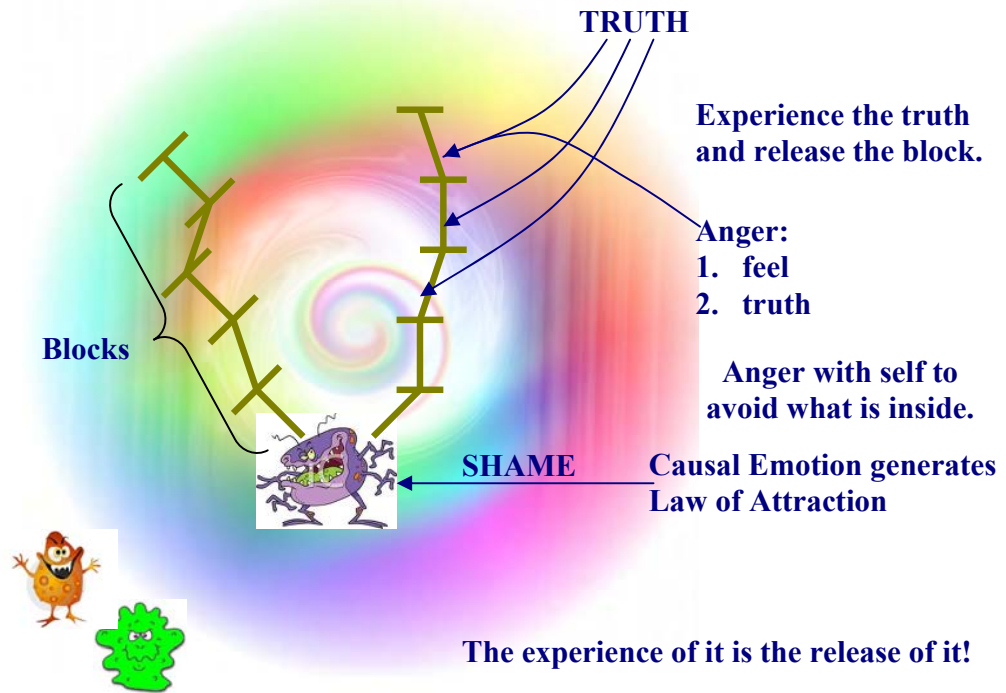
My (Tom Stone) personal view is that The Therapy would have the exact opposite affect. A suicidal patient / friend will be much, much, more likely to commit suicide if he doesn’t do The Therapy. As soon as he discovers his first blocked memory, his feeling of depression will be replaced by a feeling of hope. Removing the pain from the nervous system will make the entire body healthier, and take pressure off of the heart.

The nervous system has a marvellous self-defence mechanism which I call the “governor.” The subconscious mind (soul) is very clever about which blocked memories are allowed to come to the surface, and which ones remain blocked a while longer. Believe me there is an intelligent power at work in The Therapy, almost as though the subconscious mind is a separate living person.

EMOTIONAL ERRORS are within the MIND



EMOTIONAL ERRORS are within the MIND



Therapy Principle 3:
**Your Own Nervous System Has a Built-In “Governor”
 that Protects you from Feeling too much Pain.**

When do the Symptoms Disappear?

Headaches, Lack of Energy, and Nervousness go away fairly quickly, as soon as you reduce the pile of pain. I (Tom) used to have headaches 2 and 3 times a week, but since therapy, I haven't had a headache in 5 years.

Depression: The feeling that most people call “depression” will change in quality. Before therapy, depression feels like, “There is no hope, life has no meaning” After you have experienced some blocked memories and the bawling that comes with them, the same feeling will become, “I feel like another blocked memory is trying to come up”

Sleep Problems: Most sleep problems are caused by blocked memories. Nightmares are old feelings trying to come up during sleep. If you ever experience the intensity of a terrifying nightmare, it should give you some idea of the amount of pain that is stored inside of you.

(Another issue is that whilst we are in the sleep state, our spirit body continues to be fully active. The spirit body astral travels and sometimes experiences we have whilst being out-of-body can be terrifying, thus resulting in the desire not to sleep.)

In the beginning, therapy can cause nightmares to be more frequent, because the questioning will throw your defences off balance. But the more you cry and remember; gradually your nightmares will be less frequent and much less intense.

Difficulty falling asleep will improve quickly. Difficulty waking up can seem to get worse temporarily. Much of the work of therapy is done during sleep. Your brain is rewiring millions of switches that have been disconnected for years. It's very hard work, and you may experience what we call “heavy sleep”. You will feel as if you were drugged. Your body will need to sleep until the rewiring is done, and you should give in to the urge to sleep late if you can afford to. Believe me, it's not laziness. You are actually working very hard.

What is a Symptom?

Neurotics in general are very poor communicators.

Programmed or Hypnotic Symptoms

“Dinner Table Scene” Nancy (Tom's wife) tried to say it again, and again her father interrupted. She tried again ... and again ... and again. As a child, no matter how often she tried to talk, her father continued to shut her up. It went on for years.

When Nancy finally recalled this event, she discharged it as lethargy instead of bawling. Her body became stiff and heavy and she could not move. Her arms and legs were like weights. It went on for at

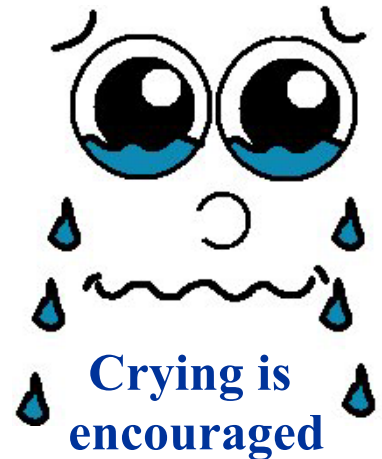
least a half hour, and when she finished, she was breathing heavily as though she had run a race. The heavy breathing is a very dependable sign that there has been a successful discharge.

With any release, it may seem as a minor improvement, one of thousands, but seen together, the thousands of little improvements add up to a big jump in my joy of living.

Temporary Cure vs. Permanent Cure

It is possible to remove symptoms without curing the neurosis. Some therapies appear to remove symptoms, but if the pain isn't felt, the symptoms can reoccur. The most obvious example is pills. If you take a pill to overcome depression, it seems obvious to me that the cure is temporary.

Many therapies work on your present day situation and make no attempt to dig out the past. This can be very effective on people who are 90% mentally healthy to start with. Once the patient recognises his own bad habit, he can change his life with a decision, and the therapist will rightfully say that the symptom went away within a few days. But the issue here is how much pain is stored in the nervous system. A patient with only a little pain can make quick progress by working on current problems, but a patient / friend who has 30 or 40 traumatic scenes will make no progress until he cries about his blocked memories.



Sometimes just attention and the hope of attention can relieve symptoms. A neurotic who is depressed may suddenly feel better when he finds a new girl friend, or a job that makes him feel important, or a counsellor who seems to really care. But when the girl friend or job or counsellor is gone, the depression will return because the blocked memories are still there.

The “faith healing effect” or the “placebo effect” can remove symptoms. Medical research is full of examples of people being cured by sugar pills because they believed the pills would work (30% success).

The placebo affect is much like hypnotism. Dr Ernest Hilgard of the Stanford Laboratory of Hypnotism Research tells us that there is a certain kind of person who responds well to hypnotism. They want to believe in a magic cure, but their logic will not allow them to believe in magic. So when they are given a “magic with a scientific basis”, only then can they believe it. Hypnotism, acupuncture, transcendental meditation, astrology, can actually remove symptoms because of belief. In fact, the symptoms can go away permanently.

Symptoms can be removed by pills, by personal attention, by faith, by force, and by your own decisions, and if these things work for you, why not stay with what works. Everyone does not need to remove their blocked memories. But fixing a symptom without fixing the cause is a little like remodelling a house with a bad foundation. You can patch the cracks in the wall, only to find another crack a week later.

I (Tom) believe it is important to remove the underlying pain because of the damage it does to your body. There is no absolute proof, but many studies suggest that blocked pain may be the cause of backaches, migraines, allergies, digestion problems, immune problems and possibly even cancer.

Other Symptoms

Most of my (Tom) symptoms are just like yours, so you might enjoy knowing how long it takes to cure some typical symptoms using The Therapy:

Face rash	went away instantly
Stiff walking	went away instantly
Sleepless nights	enormous improvement in 6 months
Headaches	enormous improvement in 2 months
Nightmares	gradual reduction in intensity
Nervousness	enormous improvement in 3 months
Depression	the meaning of the word depression changed almost immediately from “Nothing to live for” to “Here comes another old memory.”
Slow reading	quadrupled speed in 2 years
Insane compulsive crushes on the opposite sex	went away completely in 4 months. I still like girls, but it is no longer a compulsion
Lack of energy	enormous improvement in first month, but it does reoccur when a new memory comes up
Procrastination	gradually improved in one year
Irregular bowels	went away in 2 years, but does reoccur from time to time
Narrow mindedness	went away almost instantly
Closed mindedness	went away almost instantly
Immaturity	gradually went away in 3 years
Nasal voice	voice became full within a year but nasal voice reoccurs when I face a new challenge
Irritable, unfriendliness violent temper	improved gradually
Lack of intuition	improved gradually
Selfishness	improved gradually
Absent-mindedness	improved gradually
Inability to sell	improved gradually

**PASCAS
PERS**

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.

Long for the truth of the feelings that you express – ask God to provide the Truth.

The inner core of our soul is blessed with natural love emotions that are all have a high frequency or higher.

Man erroneous emotions all have a low frequency or a very low frequency.



Core Emotions
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

Human Emotion	Energy Frequency	
40.0 Serenity of Being	Ultra-high Frequency	
30.0 Postulates		
20.0 Action		
8.0 Exhilaration		
6.0 Aesthetic		
4.0 Enthusiasm		
3.5 Cheerfulness		Very-high Frequency
3.3 Strong Interest		
3.0 Conservatism		
2.9 Mild Interest		
2.8 Contented	High Frequency	
2.5 Boredom		
2.4 Monotony	Low Frequency	
2.0 Antagonism		
1.9 Hostility		
1.8 Pain		
1.5 Anger		
1.4 Hate		
1.3 Resentment		
1.2 No Sympathy		
1.15 Unexpressed Resentment		
1.1 Covert Hostility		
1.05 Anxiety	Very-low Frequency	
1.0 Fear		
0.98 Despair		
0.96 Terror		
0.9 Sympathy		
0.8 Propitiation		
0.5 Grief		
0.4 Making Amends		
0.3 Undeserving		
0.1 Victim		
0.08 Hopeless	Ultra-low Frequency	
0.07 Apathy		
0.06 Useless		
0.06 Failure		
0.04 Pity		
0.03 Blame		
0.02 Regret		
0.01 Dying		
0.0 Body Death		

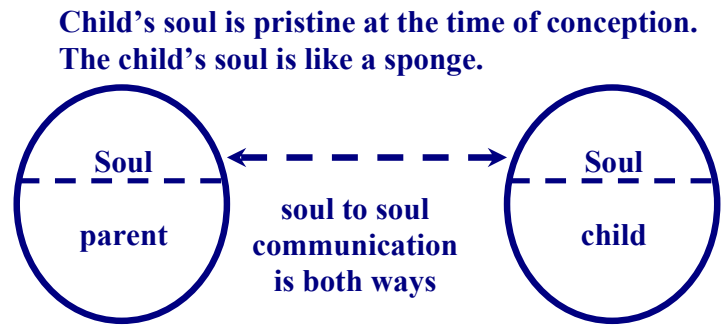
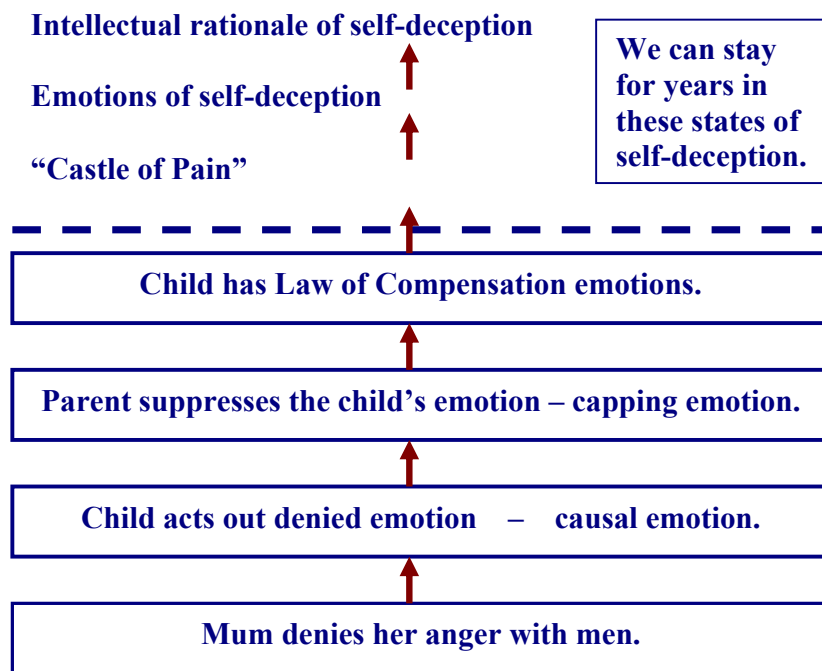
Happiness Domain

Un-happiness Domain

Doing Therapy Alone

If you want a cure, you must dig out the old scenes and cry about them. Anything less is just a temporary bandaid.

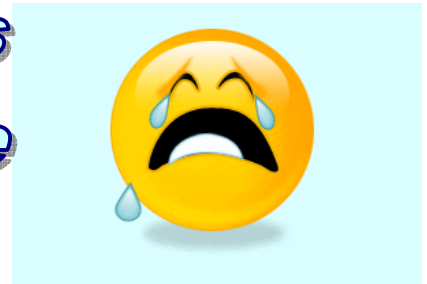
If you want to keep digging out blocked memories and your therapist doesn't you may have to eventually get away from him and go it alone. You definitely need another person at the beginning, perhaps the first month, or the first year, but once you learn to recognise your own brain feelings, once you have seen programmed commands in action, once you have discharged a similar story and found the real scene that is hidden under it, once you have learned to use dreams to find blocked memories, and once you discover your own doorways, you might be ready to go it alone.



**Every interaction with your child is soul to soul, not mind to mind.
Dealing with your own soul issues assists the child.
The child has no damage at the time of conception, it is pristine.
Children are children of God, we are just the caretakers.**

Gradually our symptoms faded away. Our minds (Tom and Nancy) started to open up. We became interested in more things. Nancy went back to school (college) to work on a second degree. My reading speed exploded and I began to study subjects that I never cared about before: history, economics, sports, self-defence, selling, politics, religion. My pile of books filled every room in the house.

*Crying is
welcome
here*



We got involved in new activities, and suddenly our schedules were so busy that we stopped doing therapy because there was no time to do it. I was for all practical purposes cured, in the sense that my headaches and nightmares were gone, I had plenty of energy, I was happy and positive, and I was taking responsibility instead of blaming everything on others. Nothing irritated me. I was a warmer, friendlier person. I wasn't perfect, but I was much, much better.

I reached a point where I decided, "No more therapy! Let's get on with our lives!" But about a month after this big decision, I was driving to my office, and something on the radio got me thinking, and suddenly I found myself weeping. I entered my office, turned the lights down low, closed my eyes and asked myself the question that Nancy would have asked. "What's the feeling?" I played both roles, therapist and patient. I started to weep, then cry, then I bawled for about 20 minutes. A part of a blocked scene came to the surface, without a therapist, all by myself. It was much more efficient than using a therapist. It only took 20 minutes, and I didn't have to waste Nancy's time.

Therapy by Going to the Movies

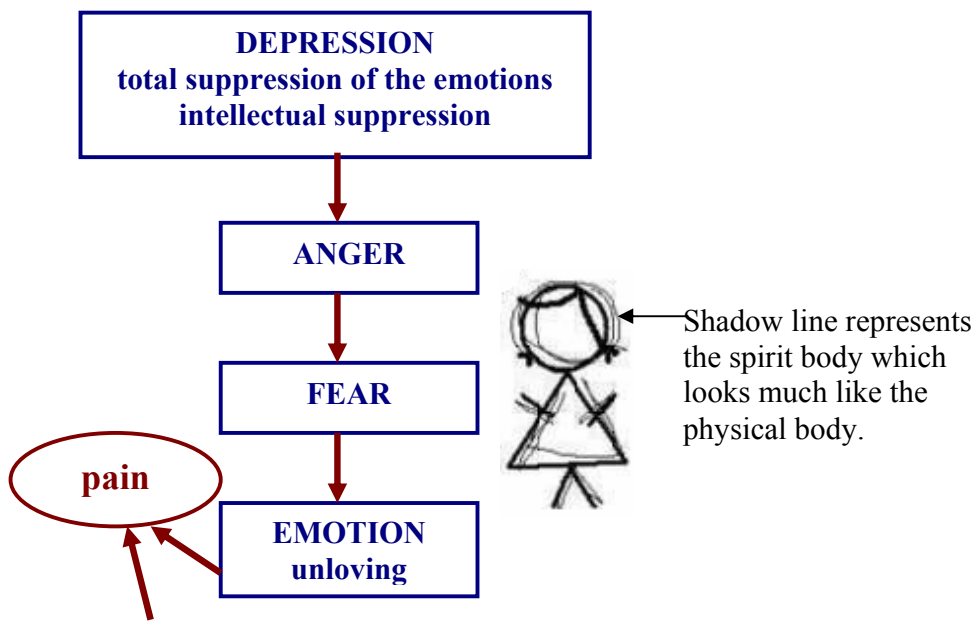
The easiest way to do therapy alone is with a video movie. You may not know why you are crying. But trust me when I say it is a valid discharge. It is reducing your pile of pain, and it is moving you closer to mental health. Remember the first law: The more you cry, the more your brain (soul) will heal itself ... even if you are crying in a movie.



You might be tempted to just use movies instead of therapy, but that won't work. Many of the movies that have made me cry had absolutely no affect when I originally saw them before starting therapy. Apparently the therapy sessions push old feelings closer to the surface and then the movie gives you an indirect outlet. The movie is the perfect indirect outlet for the pain. You can explode with feeling without viewing your scene directly.

Your old feelings come to the surface in a definite sequence, though the sequence may not be logical. It's a lot like a log jam. You cannot remove a log from the middle of the jam. You have to start at the edge, remove one log, then one more. Eventually you can clean out the whole pile of logs, one log at a time.





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



**Physical pain is a measure of emotional denial.
Pain is telling me when I am unloving.
Suppressed emotion causes blockages in spirit
body that will start physical problems.**

Doing a Therapy Session by Yourself

Doing therapy with a movie is by far the easiest way to discharge, but it is not enough. There will be times when you have to do a formal therapy session by yourself. When I do therapy alone, I go into my bedroom or home office, I lock the door and I play both roles, patient and therapist. I use the same routine as if I had a therapist. I take the phone off the hook, close my eyes, put on a blindfold, I ask myself a question out loud, and I look inside my mind for pieces of the answer.

The biggest problem is that it is sometimes difficult to pay attention, to stay focused. It is easy to get dopey and drift off to sleep. Consider the following:

- Morning is best.
- Let your emotions tell you when to do it.
- Listen to music during the session.
- Dreams and other doorways.
- Tell your therapist afterwards.

Therapy Principle 4:
**Music Will Help You Find Old Feelings.
You Need Music that Matches Your Old Pain.**

Three Kinds of “Reliving” and Fool’s Reliving

In the first place, 99% of us did not become neurotic as a result of one traumatic event, but rather from an accumulation of day after day after day of mistreatment, no love, no touching, no one to talk to.

In the second place, there are 3 kinds of reliving ... or I might say 4 kinds, if I include fools reliving. There are 3 kinds that are valid in the sense that they really do discharge old pain and they really do lead to a cure, and there is a 4th kind that is not reliving at all.

Complete reliving

Complete reliving is 3-D, stereo, totally vivid in every detail, every sound, every smell. And texture. The patient is so immersed in the scene that he feels he is actually there with mom or dad, in the front yard, with blood on his lip. In Primal Therapy, it is called “primalling”, and it happens frequently with most patients. It is the fastest, most complete, cure, taking from 6-months to 2 years to discharge all the pain.

Complete reliving occurs rarely in psycho-analysis and normal counselling ... perhaps once in a therapist’s lifetime. This process is specialised clinical situation.

Fragmented reliving

Fragment reliving might also be called “reconstructed reliving.” This kind of reliving is much more common. In normal Psychoanalysis and Psychiatry, each patient might experience it once every two years. In The Therapy it can happen continuously, depending on the patient.

In fragment reliving, it is as though the patient is looking at the scene through a key hole. The patient can’t see the entire event. He sees just a small detail, a hand, a pink dress, a funny black hat, and the patient may discharge as he discovers each detail, perhaps just a few details in a session. It may take a month to put all the pieces together, the whole story ... and then the patient feels unsure. “Did that really happen to me?” he’ll say in disbelief. “I feel like I’m making this up.” A wise therapist will encourage him by saying something like, “Go ahead. Make a guess. What do you think might have happened.” This is perfectly safe to say as long as the patient is crying. It is possible that the patient might guess wrong about what happened, but the therapy will work anyway. If he is bawling, he is bawling either about what really happened, or about something similar.

Fragmented reliving does lead to health, but more slowly than total reliving. In my opinion, any therapy that makes you cry, will eventually make you healthier.

In my experience, the most painful scenes will be discharged by a symbolic reliving first, to reduce the pile of pain to a manageable level, before the patient even begins to see the fragmented reliving.

Symbolic reliving

Also called “similar story” reliving. Suppose your mother died when you were 6 years old. Then many years later, you go to a movie about a little child whose mother dies. You may not even remember your own mother’s death, but the movie might cause you to bawl heavily. This is similar-story or symbolic reliving. You are experiencing something similar to what happened to you, and yet you don’t remember

what happened. You don't remember it clearly; you don't even remember it vaguely nor in a fragmented way. It is a blank. And yet the movie makes you cry for 15 minutes. You play the movie 5 times, and you cry 5 times.

The symbolic discharge comes first, and it is easy ... happening almost accidentally sometimes without a session. The symbolic discharge has to be first because we need to drain away a lot of pain before we can even start to look at what really happened.

Therapy Principle 5:
Symbolic Reliving is the Fastest, Easiest Way to Discharge Old Pain.
Fragment Reliving Comes Only After a Scene is Discharged Symbolically.

Fool's Reliving ... Not a Reliving at all.

If it was really traumatic, then they would not remember it at all. It would be total blank, or in some cases, there would be one minor piece of the story that is not blocked.

Memories that are truly blocked, will discharge symbolically first, then will come to the surface in pieces, and with tears, and the patient will feel some surprise and disbelief.

If you can remember it easily, then the memory is not blocked. It may have been unpleasant, humiliating, painful, confusing, but if the memory is not blocked, then it cannot cause symptoms. More likely there are other earlier traumas that are blocked.

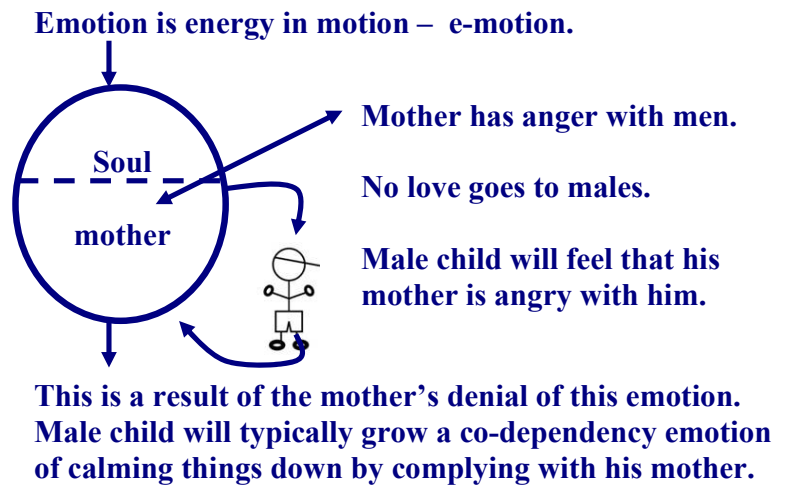
Most of us were not made neurotic by one big event. Most of us were damaged by an accumulation of day after day mistreatment.

What "Traumatic" Really Means

It is popular today to believe that emotional problems are caused by "traumatic events," but what does that mean? The death of a parent, rape, beating, molesting, these events seem like obvious traumas. They make great news stories, exciting movies, dramatic TV shows. But these seemingly obvious traumatic events obscure the true picture of what really cause mental illness: a lack of love and attention from mom and dad.

Therapy Principle 6:
**The Trauma that Causes Neurosis is:
 Lack of Love and Attention from Parents.**

In a sense, the child becomes neurotic because the parents are neurotic. The parents may have good intentions, and in their own way, they may love the child. But if they are neurotic, they will not be able to give the child enough attention. The child is mentally healthy (at least for a while). She is quicker, more alive, and more self-confident than her parents. They won't have enough energy or patience to handle her. Their own compulsive needs and addictions consume so much energy, that there is little left for the child.



Violent events can certainly play a part in the illness, but one violent event by itself is unlikely to damage the mind of a child who is loved and wanted. The real significance of traumatic events is that they are the “last straw” or the “final proof” that no one cares. The child realises that they have never loved her, and they never will.

And the real trauma of molesting would be the realisation that no one cares. The molesting is not the cause, but it could be the “last straw”, and it could become the “similar story” that is covering the real pain of no parental love.

As children start to make transitions into their free will, from the age of 5 to 7, progressing until their maturity, their emotions become more and more of their own. Before that, their emotions reflect those of the parents, and close adult relatives.



Janov tells us that during the primal scene, the child will “split”, and the word is descriptive of what happens. The split is spiritual and physical and it may involve several parts of the brain, but the most obvious split is between the left and right sides of the brain. Before the split, the child has the potential to use talents from both sides, a full range of creativity, language, music, logic. After the split, the child will live more in one side, and less in the other. This is why we find people who have great mechanical skill, but can't express their thoughts, or people with musical genius and no common sense. There are even retarded people with incredible mathematical skill. One part of the brain is blocked; the other side gets double use.

After the split, the child is no longer real. The real self has been hidden away because she knows that her parents cannot accept her as she really is. What is left is an actress. Instead of an original personality, she has a learned performance: the sweet little “angel”, or the “brat”, or the “scholar”, or she pretends to be “stupid”. Whatever the parents can accept becomes the performance. In the beginning, the child may know she is acting, but 20 years later, she is unaware of her own acting. Her real personality is forgotten and out of reach.

The Age of the Split

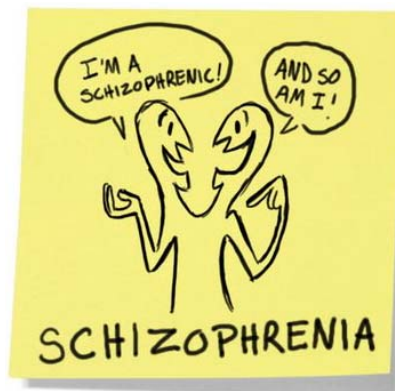
The split usually happens between the ages of 5 and 8, but it can happen much earlier. The earlier the split, the more likely the child will be psychotic instead of just neurotic. I personally believe (but cannot prove) that all mental illnesses are pretty much the same. They are all caused by blocked painful events, and they can be cured by crying and remembering. Obviously, there are exceptions: brain damage from accidents, drugs, or disease, and perhaps some genetic disorders that I can't pronounce.

I suspect that schizophrenia, paranoia, manic-depression, depression and most of the other official 230 mental illnesses are variations on a central theme. The cause is always blocked pain but there are differences in how our symptoms are formed. For example, an 8-year-old will "split" differently than a 2-year-old simply because some parts of the 2-year-old's brain aren't functioning yet. The neurotic child may learn different performances, and different programmed commands, depending on culture, education, economic level of the family, and the age of the split. I suspect that a multiple personality happens when the child splits more than once.

Schizophrenia is a spirit connection state. When a person has a degree of mediumistic abilities within themselves, there are often, quiet a number of spirits surrounding them at any one time. When those spirits surround the person, the person can actually connect to any of those spirits at any point of time. And they will hear those spirits as a voice in their head. So the voice in their head tells them something. Different medical professions will say that that voice in their head has been created by something going on within themselves. But the reality is that these people are quite mediumistic and a spirit is connecting them, telling them things. Now, quite often the spirit connecting with them is quite damaging. Things that could finish up being harmful to themselves. You need to understand why spirits connect to us at any one time, and it is all to do with our soul condition. What is our 'collective emotions' causes an attraction to our friends, but also causes an attraction to our spirit friends. Now some of our spirit friends, you could say, are not that friendly in the sense they have lots of unhealed emotions in them too. And they want to act out those emotions through a person, here on Earth, who is mediumistic.

Schizophrenia is actually spirits talking to a person. The reason why most of the medical profession feel that that is a delusional state is because they don't recognise the spirit world.

Speak to the spirit and find out the path of events. Talk to the person in that state, like they are a spirit and find out details from the spirit, when they passed, what they passed from, what kind of passing they had, and so forth, and you will actually find a lot of the underlying attractions that cause the connection between the spirit and the person who is undergoing the problem of schizophrenia.



29 Jul 09



Don't! Don't! Don't confront Parents!

Your goal in therapy is to reduce your pile of pain by crying.

You are being protected from pain by not knowing. If you knew for sure, the overload of pain could damage your nervous system. That's why the pain is given to you in small portions. It's all you can handle safely.

The therapy has improved my relationship with both parents. I feel no resentment and no anger. As much as I am capable of it, I love them. I love them more than I did before The Therapy.

If You are on Drugs or Alcohol

Addicts who go through Primal Therapy don't go back to their addictions. It is a complete cure because the blocked memories are gone. Former addicts have no desire to go back. In fact, smokers who go through Primal Therapy cannot smoke because it burns their mouth. (Primal Scream, by Arthur Janov.)

Their method is superior to the 12 step program and drug support groups. The only reason you need a support group is because you're still addicted, because you still have blocked memories.

The problem of drugs is a viscous circle. You should get the drugs out of your body before you start The Therapy, and yet you may have difficulty giving up the drugs until after you get rid of your blocked memories.

CAUTION! If you use drugs during therapy, the therapy might work, it might not. If there were any danger, the drugs that you decided to use would be the cause. The Therapy by itself is completely natural. It involves talking and crying, nothing more.

CAUTION. If you do The Therapy while you are using drugs, you and you alone are responsible for what happens.



HOW THE THERAPY WORKS:

A typical session can last anywhere from a half hour up to two or even three hours. In early therapy, it is ideal to do The Therapy every day or once every two days. Here is a brief outline of the routine that we use in every therapy session.

1. **ISOLATE:** If you can afford the time, the patient / friend should isolate for 20 minutes before the session starts. He sits alone, wears the blindfold. No TV. No radio. Nothing to read. Nothing to eat. If your schedule is very busy, you can skip the isolation completely and The Therapy will still work.
2. **THE BLIND FOLD:** The friend / patient wears a blindfold to block out light so he can see pictures in his mind. The place where he sees pictures is called his viewing screen or his picture screen. He lays in a comfortable position on a couch, bed or floor.
3. **CURRENT PROBLEMS:** The friend may spend the first 20 minutes of the session talking about current problems, for example, an argument with his boss. We want to get his current problems off of his mind before we start the real therapy. Also, the current problems are often connected to his childhood, so talking about them will stimulate the old feeling.
4. **QUESTION:** The therapist then asks questions to the friend. He may ask the same question many times. He asks it once, waits about ten seconds, asks it again, waits another ten seconds, and so on. He may ask each question five, ten, or even twenty times. The friend watches his viewing screen and reports whatever pictures appear on the screen. These pictures are the number one tool of therapy. The picture screen is our only link with the part of the brain that is blocked. When we find a picture on our viewing screen, it is as though we are looking into our pile of pain through a keyhole, or through a small periscope. We cannot see the whole picture of what happened. All we can see is one little piece.

As the friend looks at the picture, he tries to put into words what it reminds him of. It's like looking at one piece of a puzzle and trying to recreate the whole picture from just one piece. He concentrates on his feelings to help him find the whole picture.

Therapy Principle 7:

Pictures on the Viewing Screen are the Number One Tool of The Therapy.

The viewing screen is our only link with the part of the brain that is blocked.

5. **FREE ASSOCIATE:** Starting with this one picture, the friend is encouraged to free-associate, which means he should say everything that goes through his mind, no matter how silly or disgusting, and especially he should say any surprising or interrupting thoughts. The more he free associates, the more pieces of blocked memories will "pop" into his viewing screen.
6. **DISCHARGE BY CRYING:** The patient concentrates on his viewing screen and on his subtle feelings. Gradually he pieces together scenes that happened when he was little, and as he discovers

each piece of the puzzle, he cries away the pain. As he discharges the pain by crying, the brain begins to “re-wire” itself and his symptoms disappear.

7. **THE FRIEND / PATIENT TAKES CONTROL:** Eventually, the friend learns how the therapy works and begins to take more control of the session. The friend even decides which questions to ask. Later he learns to do therapy completely alone.

Definition: A **“POP-IN”** is a small piece of a blocked memory, usually a picture that pops into the viewing screen unexpectedly. It can also be a word, a phrase, maybe even a familiar smell.

The Importance of the Blindfold

The blindfold does several things: First, it forces the friend to look inside of his head and not at the room. It helps the patient to become aware of his viewing screen. It’s like the TV screen of the mind. Many times the first clue that a blocked memory is surfacing will be a picture on the viewing scree. We call it a “pop-in”.

For every 20 minutes of crying, there may be an hour or more of digging and chattering that is not very exciting to the therapist.

Free Association and “Flow”

The trouble is that when you hide negative ideas from your listener, you are also hiding them from yourself.

It’s as though when you drop your guard on your words, you also drop your guard on your blocked memories.

Therapy Principle 8:

Free Association and Flow:

Talking fast and freely without judging creates a sort of trance, loosens blocked memories, and causes “Pop-Ins”.

I cannot emphasise enough why the friend must eventually be in charge of the therapy. When a little child has an overload of pain, he must block off whole sections of the brain that become un-usable. Different people will block off different sections, so each person will have different brain skills to work with. One friend may find old feelings by key words. Another may find old feelings by cold calculating logic. A third may find feelings by looking at dreams or songs that get stuck in his head. We all have different parts of our brain blocked, and we have to work with what’s left. This may be why some people cannot do Dianetics which depends on key words.

Therapy Principle 9:
The Friend / Patient is in Charge of the Therapy.

So let's give the friend/patient 85% control, but not 100%. The friend does need some very special help. The most important thing the therapist must learn is which questions to ask, and when to ask them.

Why the Method is so Simple

If you can just be quiet and listen without judging and without interrupting, you create an environment in which the friend can heal herself or himself. The more you listen, the more easily she'll talk and the more quickly she'll slip into the past. While she seems to be talking endlessly on irrelevant subjects, have faith that she will eventually slip into an old feeling.

Therapy Principle 10:
**If you Can Listen Without Judging, the Friend / Patient will
 Eventually Find an Old Feeling.**

Your friend has an amazing amount of intuition that helps the therapy. You may be overwhelmed by our list of questions, but you can solve it quickly by asking the friend: "What question would you like to use?"

The only part of therapy that is really tricky is hypnotic commands, also called programmed commands. But they will eventually resolve themselves even if you never find the command.

Your Question doesn't have to be perfect

The feeling was coming up by itself. That's why the question "What's the feeling?" is so powerful. It is a short way of asking "What is the one feeling that is trying to come up by itself?"

Therapy Principle 11:
**Your Question Doesn't have to be Perfect, Because Only One
 Feeling is Trying to Come Up by Itself, the One that is Next in
 Line.**

Doorways

Definition: A **"Doorway"** is a re-usable pop-in that is unique to each friend / patient. It is as though the Super-Conscious (soul) is giving you an easy entrance into the old pain. He has opened a hole in the dam and if you go back to the same spot next week. He will open it again . . . and again.

Therapy Principle 12:

Doorways:

After you have done Therapy for several months, Your Super-Conscious will give you an Easy Entrance. A Reusable Doorway into your Pain.

Doing Therapy with Just One Question

We have developed specific questions (schedule towards the back of this document) for starting a session, for finding blocked memories, for finding memories in dreams, and for helping the friend to focus on the pain. Some questions are direct and some are indirect. The most important questions are called “core” questions because they get to the core of the problem. An example of a core question is “What was the most unhappy day of your life?”

The core question you will use the most is “What’s the feeling?” It is a shortened way of asking “What is the one feeling that is trying to come up by itself?”

To make things even simpler, you don’t have to use all of the 76 questions. You can do therapy for weeks and months, using just one or two questions.

The Enormous Quantity of Pain

Finding problems in the human brain is similar to finding problems in Data the robot, with one big difference. The robot answers all questions without pain. The human, on the other hand, may explode into tears while answering the questions.

Probably the biggest mistake that other therapies make is that they grossly under-estimate the amount of childhood pain that is stored in the nervous system. The quantity is enormous. If we could capture the pain and hook it up to a generator, one neurotic could power a whole city. Once you start discharging your blocked memories, you’ll know what we mean.



We use the word discharge to suggest that when the friend cries, he is discharging or reducing the electrical pile of pain. In reality, the activity of the brain is partly chemical and partly electrical, but I find the word discharge to be useful even though it may not be perfectly scientific. It is useful to imagine the overload of old pain is stored as electrical energy, and that every time the friend cries, he discharges a little of that overload.

The Importance of Balance

The friend may say “I really want to feel all the old pain”, but the Super-Conscious (soul) knows better. The friend has forgotten how unbearable the pain was, but the Super-Conscious (soul) hasn’t forgotten.

The distinction between your subconscious and your Super-Conscious is important. Your subconscious is like a big stupid filing cabinet, full of blocked scenes. It must be stupid because a hypnotist can easily plant a command there and make you walk like a duck.

The person that you call “I” is really only a small part of your self. Your Super-Conscious (soul) is much bigger and more intelligent than you are. Consider this: Who pumps your heart? Who runs your liver, your kidneys, and your adrenal glands? Who controls over 75 trillion cells and over 50,000 chemical reactions in your body? Who creates your dreams? It’s a bigger part of you that I call your Super-Conscious. Sometimes we call it “your nervous system” but even that is run by your Super-Conscious.

Most of the cure will result from indirect questions that lead to discharge of small “spoonfuls” of pain, usually in the form of crying.

SOUL

.....
Emotions
Awareness
Desires
Passions
Creativity
Aspirations
Intention
Memories
Personality
Free will

Therapy Principle 13:

The Spoonful Principle

Your Nervous System (the Super-Conscious) will Allow you to Feel Old Pain in Very Small Pieces (Spoonfuls) because Protecting and Balancing the Whole Body is More Important than Finding Blocked Memories.

The only way a child can gain an awareness of itself is to experience life.

If a child has illness and personality issues, you need to look at your own issues.

An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1st sphere and also to progress through the 2nd sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

QUESTIONS for DIGGING OUT a BLOCKED MEMORY:

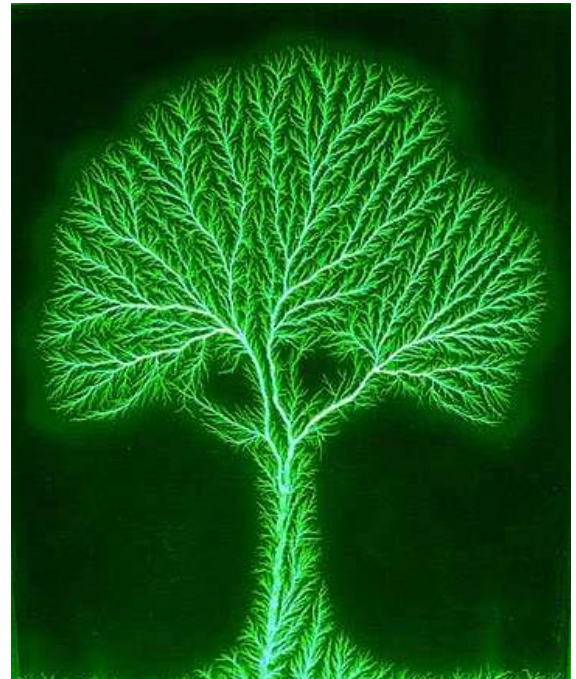
If you recall an event easily, it is not a blocked memory. But it may be the first scene that comes up when starting therapy, and this first scene may help me find the memories that are blocked.

The pain in your brain is like the Mississippi River. Your pain may be physically stored in 50 scenes, in 50 different parts of the brain (soul actually). But these scenes are all physically connected by nerve paths (brain and soul have similar structure), so that if you find one scene, you can find another and another.

The important thing to look for is the starting point, the scene that is not blocked, it is easy to recall, and it is easy to get to tears when you talk about it.

Compare this with a blocked scene. The blocked scene will come in pieces. And you will likely be thinking, "I'm not sure this ever happened; I feel like I'm making it up."

But when you find the mouth of the river, you know it really happened. The details may be forgotten, but not blocked. And when you recall the details, you will explode with tears because you have found a scene that is physically wired into all of your other blocked scenes. You are draining away pain from all the other scenes, just as the mouth of the Mississippi is draining water from the little creeks upstream.



Therapy Principle 14: **The River Principle.**

All of your Traumatic Scenes are Physically wired together by Nerve Paths.

**A useful question: The basic question to find the "Mouth of the River" is:
"Can you remember the most unhappy day in your life?"**

**A useful question: The question to take you "up-stream" into your past is:
"Is there an earlier beginning?"**

We call it the river principle. Here is the procedure in a nutshell:

- You find the mouth of the river, the scene connected to all the other scenes, by asking, “What was the worst day in your life,” or “Tell me the 10 worst days of your life.” There are many ways to ask it.
- Once you find an unblocked scene that makes your friend cry, you say, “Start at the beginning of the scene, and tell me what happened.”
- After the friend tells the scene, you ask, “Is there an earlier beginning?” Wait until the friend finds an earlier beginning, then say, “Starting with the earlier beginning, run through the entire story again and tell me what happened.”
- Each time the friend tells the story, you ask for an earlier beginning. Repeat the same procedure again ... and again ... and again, until it stops working.

The Importance of Detail

Therapy Principle 15:

Specific Details and Specific Words from a Scene Can Cause a Friend / Patient to Explode in Tears.

The reverse is also true: The friend / patient can prevent tears by speaking in generalities and avoiding details.

Blocked Memories are not the same as Forgotten Memories

The scenes that are truly blocked will come to you in pieces, like the pieces of a puzzle.

It's like looking at the scene through a small keyhole. You can see parts of the room beyond the keyhole, but you cannot see the whole room at once. If you look through the keyhole from different angles, you can see different details and then you can make a guess about what is going on in the room.

When he says, “I feel like I'm making this up,” it's a pretty good sign that he has found a truly blocked scene. The reason it seems so unbelievable to him is that he literally has never seen it before.

A friend may tell a story of being molested or raped at the age of twelve or eight, and the therapist may believe that he has found the cause of the mental illness, but I doubt it. Most likely he has found the tip of the iceberg, an unblocked scene that was forgotten, not blocked. The friend has not thought about it for years, but it is not a blocked scene.

Neurosis is generally not caused by any one event. Most likely, as you do your therapy, you will find ten, twenty, or thirty scenes and when you add them together, the bottom line is, “My parents didn't love me. The only way I could get their attention was to give up being my real self.”

CAUTION: Guessing is useful as long as the friend / patient does the guessing. It is serious and dangerous for the therapist to guess because he could be planting an untrue idea in the friend's mind.

The therapist must be careful not to plant suggestions. It interrupts the friend and gets him off track. In the worst case, it could lead to legal problems if the friend believes the therapist talked him into believing a false story. As long as the guesses come totally from the friend, there is little that can go

wrong. And if the friend says, “I feel silly. I feel like I’m making it up”, it is a healthy sign. It means that the friend can feel the difference between reality and a guess.

How do you Know it really Happened?

In the beginning, it might not matter if it’s true. The important thing is the crying. Remembering by itself will not cure you. It’s the crying that permanently drains off the pain. You will get the similar story first, you will bawl heavily and reduce your pile of pain, and only then will you begin to see your own real blocked memory. When the real scene comes, it may be fragmented into many pieces.

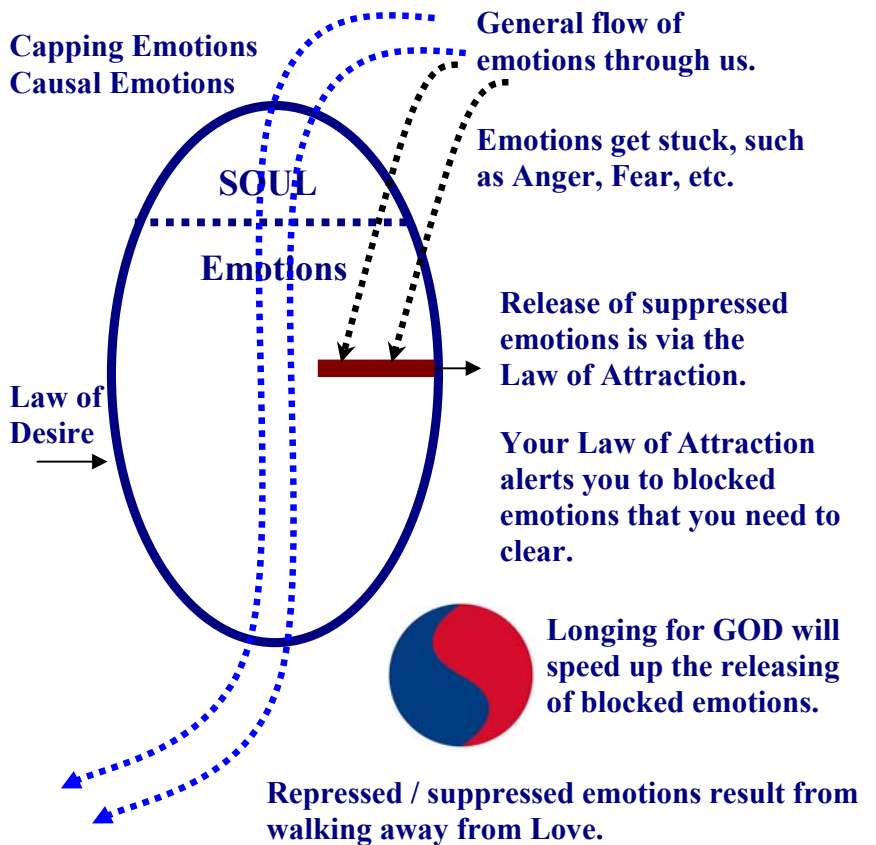
The problem for healers is that the patients own physical soul is generating the problem.

When the person who we are trying to heal does not want to deal with the cause, the healer’s power is severely diminished to assist them because their own soul is generating the problem.

All illness is a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person’s soul condition is not addressed, then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal / core level, particularly in the medical and healing profession. 16 May 09

WE are CREATED as EMOTIONAL BEINGS:



HOW to FIND BLOCKED MEMORIES from DREAMS:

Dreaming is intimately connected with neurosis. In fact I'm convinced that dreaming is the mechanism of neurosis. Sigmund Freud was the first to make the connection between dreams and neurosis. He said "Dreams are the royal road to the subconscious." After digging 25 blocked memories out of my head, I can tell you that Freud was right.

Therapy Principle 16:

Dreams Really are the Royal Road to the Subconscious because Dreaming is the Physical Mechanism of Neurosis.

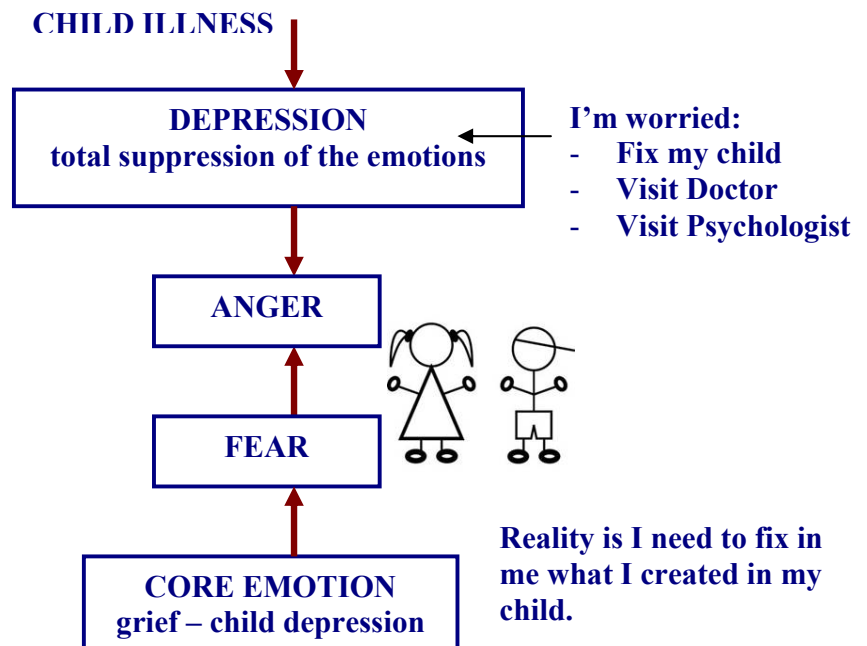
The storage-and-connection function insures our survival. But when a child is traumatised, it becomes distorted. It becomes the mechanism of neurosis. If a mother hates and mistreats her own child, what can the baby's little brain do with that information? It literally does not compute! It is impossible! It cannot be processed.

The only thing the little mind can do is to leave the information in the box; neither discards it, nor stores it. If the information comes up during a dream, it must be disguised so the little mind won't recognise it. This is why neurotics have weird dreams.

All neurotics have some sort of sleep problem, nightmares, insomnia, and difficulty waking up. The connection between neurosis and sleep is absolutely fundamental.

Yawning and the "Sleep-Switch"

The key to understanding the yawn is that it has something to do with pressure. In my opinion, the yawn is directly related to the "sleep-switch". The sleep-switch is not just a synapse (single nerve connection). I believe it is a relatively big, physical switch. It so big that pressure control is a significant part of the system.



Let's pretend that your fingers are nerves. You can visualise the sleep-switch by gently placing your left hand fingertips against your right hand finger tips, and trying to make all five contacts simultaneously. Now imagine doing that if your hands had a billion fingers, and that some fingers must not touch because they represent blocked feelings that you are trying to keep under control.

If you can visualise this switch, then you can probably grasp the problem of the Super-Conscious as we approach sleep. If the contact is not perfect, a blocked memory would accidentally pop into

consciousness with full force. The yawn is part of the delicate pressure control that helps this very big physical switch to make a gentle controlled contact, a soft landing, with some parts of the switch making clean contact while other parts are intentionally not in contact. This is the purpose of the yawn. And like all good theories, I believe it explains everything.

If I am right, I would expect neurotics to yawn much more than mentally healthy people because they need more delicate control when making the transition from away to sleep.

If you see your friend yawn, that tells you that the question is having an affect. You are shaking the wires.

Do you see what is happening? Why does the question-that-can't-be-answered cause a yawn? It is because the Super-Conscious (soul) cannot answer the question until it does a little rewiring. It must have sleep to do the rewiring, to give you an indirect spoonful and still keep balance. So by asking the question again and again you are forcing the patient to go to sleep, to close the sleep-switch, and the yawn is necessary to control the delicate switching process.

Heavy Sleep

It's a lot of work, and you absolutely have to sleep until the work is done.

Therapy Principle 17: Your Brain Rewires Itself During Sleep.

How to Find Blocked Memories from Dreams Free Association and "Flow"

The way to find old feelings in your dream is to break your dream down into pieces, then look at each piece and "free associate". In other words, you look at each piece and ask the question, "What does it remind you of?" One piece of the dream may remind you of something which reminds you of a second thing, and a third. You will be forming a "chain of associations".

A useful question: The way to find old feelings in a dream is to break the dream into pieces, then ask: "What does each piece remind you of?"

Dreams are Tricky

Sometimes you can free associate from your dream and not find any meaning, but the next day you'll suddenly know exactly what it means. So it pays to look at your dreams more than once. I have found new meaning and new tears from dreams over a year old.

Understanding your Dream Symbols

When you look at your dream, you are looking at your own programming. A computer is programmed with numbers and letters and commands. Your mind is programmed by picture symbols. So it may be helpful to know a little about those symbols.

A useful question: If you try to do therapy in the middle of the night, use the question: “What’s the feeling in the dream?” or simply “What’s the feeling?”

When ever you have a repeat dream with a definite feeling, use the question: “What’s the feeling in the dream?” or simply “What’s the feeling?”

Using Dreams to “Shake the Wires”

Running through your dream and asking the questions will put pressure on your nervous system and force discharge to the surface, if not immediately, then perhaps a few days later. When you look at a dream, you are looking into your temporary file, and that is exactly where the blocked memories are. If you are neurotic, every dream will have some connection to blocked pain. Even though you don’t recognise it, believe me, it is there.

One way you can prove it to yourself is to watch for yawning and dopiness. When you free associate from your dream, you may not find any obvious feeling, but you may yawn continually, or feel dopey or sleepy, while you are trying to tell it. You may think there is nothing in that dream, but your nervous system is being shaken by the questions. The yawn and the dopiness means that the scene you are asking for is too much, and your nervous system will have to give you an indirect discharge later.

Quick Review: How to Find Blocked Memories from Dreams

1. **Ignore dreams that are vague and fuzzy.** Work only with dreams that are clear and easy to recall.
2. **Break the dream into pieces,** then look at each piece and ask the question, “What does _____ remind me of?” or “What is it all about _____?” (you fill in the blanks.)
3. **Don’t ignore small details.** An insignificant detail may be the doorway to your hidden feeling.
4. **Run through your dream the following day.** You may find a new meaning that you missed the first time.
5. **Dreams are tricky.** Try running the dream backwards. Look for opposites.
6. If a **nightmare** wakes you up in the middle of the night, you might be able to do therapy immediately. Use the question, “What’s the feeling in the dream” or simply “What’s the feeling?” If the nightmare is very intense, therapy might not work. But if it is mild, you should be able to find old pain.
7. When looking at a **repeater dream** with a feeling, ask the question, “What’s the feeling in the dream?” or simply “What’s the feeling?”
8. Even if you get no discharge directly from your dream, it pays to run through each dream because it **“shakes the wires”**.
9. Take **notes** on your dreams as soon as you wake up to be sure you can remember them during therapy.

The FIRST WEEK, OPENING the FLOODGATE:

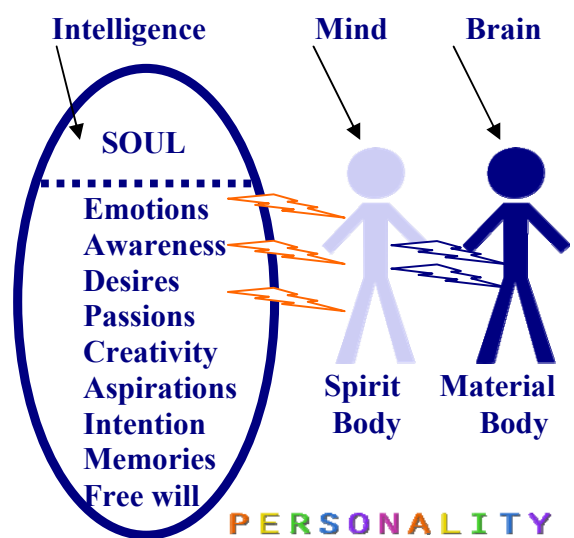
After the friend gets the hang of doing therapy, a typical session is the ultimate in simplicity. The friend lays down on a davenport, reclining chair, or the floor, puts on a blindfold and starts talking. The friend will usually tell the therapist what question to use, because she already knows what's bothering her. She may say, "I want to tell you a dream I had last night," or "I want to talk about a problem at work", or simply, "Ask me what the feeling is." The therapist will ask her favourite question about every ten seconds and she does the rest.

Toward the end of my therapy the sessions were even simpler than that. I would work alone in the bedroom with music and find the old feeling by myself. After I found the feeling and cried a few tears, I would go into the kitchen and ask Nancy (Tom's wife) to help me.

Doing therapy is a little like driving a car. It's simple once you get the hang of it, and sometimes the hardest part is getting the darn thing started.

An experienced therapist can guide a patient to tears in the first session, but if you have never been a therapist before, don't be surprised if it takes several sessions to get started. It is important to try to get tears in the first session because it helps the friend overcome any scepticism she may have about the method. She will believe in the therapy and become anxious for the next session.

The real you is your soul. That is the bit you want to develop.



Hypnotic Commands

Unfortunately, the most difficult session is the first one because the first feeling to surface may be blocked by a "hypnotic command" which is a little difficult to recognise. It is also a challenge for me (Tom) to try to explain it to you. It's hard to explain because it is so simple. The hypnotic command will be screaming at you, but you will miss it because it is so obvious.

For example, she would say, "My father was always drunk", or "My parents fought all the time." When I tried to get her to talk about a specific day, or a specific fight, she could not do it. She would answer, "It was always like that".

For three days we got nowhere. Her answers had a common theme, but I didn't notice it. Can you spot it? It's as plain as the nose on your face. Whenever I asked her a question, her answers would contain words like, "always", "every time", "over and over".

Finally on the third day I began to suspect a hypnotic command and I asked her to repeat the word "always", and here is what she said, word-for word:

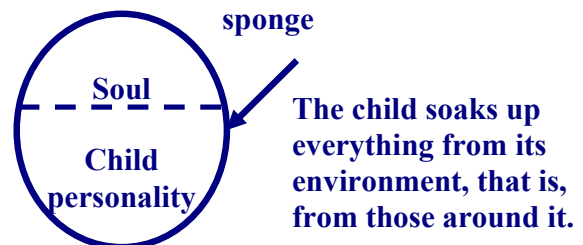
"Always ... always ... always ... always ... always ... ever ... ever ... ever ... forever ... forever ... forever ... never ... never ... never ..." and then she started to weep, and then she cried.

She was crying as she remembered that her childhood had been always the same. No attention, no love, no hope. Nancy had spent her first two years of life caged in her baby bed, not allowed to get out and walk, not allowed to see anything, no conversation, no stimulation, just two years of near isolation. Her never, ever feeling was connected to a very big pile of pain.

At last we had found a leak in the dam, and this first memory gave us the confidence to keep working. Discharging the hypnotic command changed Nancy's speech pattern. She no longer answered every question with "always". She was able to look at specific days and moments. I hope you're getting the main point. The pain connected to the words "always" and "never" had given them a hypnotic effect as though some hypnotist had planted the words in her mind and commanded her to "never get specific".

Definition: A **hypnotic command** (also called "programmed command") is a word or phrase that is connected to early pain, and that has a programming effect on the friend's speech, actions and viewing screen.

Where do hypnotic commands come from? Some are words that parents repeated day after day, for example, "Shut up", or "Hold still", or "Get lost", or "Don't cry!" Others are decisions the child made as early as 1 or 2 years old and later forgot, for example, "Don't trust parents", (don't trust the therapist).



Therapists have known for a hundred years that neurosis is caused by childhood pain, yet they have not been able to dig out enough pain to cure the neurosis. One thing that has held them back is the hypnotic or programmed command. Once you get past that, the therapy will take on a life of its own.

The child's soul has no defence against the emotions flowing to it from its environment.

Therapy Principle 18:
Starting Therapy is Sometimes Difficult because of Hypnotic Commands (also called Programmed Commands).
After the first few months, these commands become less important.

It is significant that Nancy started with the word "always", and ended with the word "never" which is the opposite of "always". The brain frequently uses opposites as defence.

Therapy Principle 19:
The Way to Find Old Feelings from Hypnotic Command (Programmed Command) is to Ask the Friend / Patient to Repeat the Phrase and Watch Her Picture Screen.

If you can appreciate the programming effect of Nancy's word "always", then perhaps you can also appreciate the devastating effect of some other common commands: "I can't see", "I can't move", "Don't trust anyone", "I can't believe it", just to list a few. The command, "I can't move" could program the body to feel stiff, and could prevent movement on the viewing screen. The command "I can't see" could give a person poor eye sight, and a blank viewing screen. "Don't trust" could program the friend to distrust the therapist.

The principle will show up many times in therapy. A disguised dream is a defence and a doorway. Analysing is a defence and a doorway. A sexual fantasy is a defence and a doorway. It is one of the central principles of The Therapy.

Therapy Principle 20:

Every Defence is Also a Doorway.

For example, a hypnotic command is a defence and a doorway.

The First Session and How to Instruct the Friend / Patient

Here is the speech I always give to the patient at the start of the first session. You may wish to reword it to fit your own personal style, or you can just read it as is:

"Put on the blindfold. Make yourself comfortable. Do you need a pillow?"

I'd like you to form a picture of a tree in your mind. Do you see it? Good! The place in your mind where you see pictures is called your viewing screen. Sometimes I also call it the picture scree. During therapy you must constantly watch your viewing screen because when an old feeling comes to the surface, the first clue will usually be a picture on your viewing screen.

How good is the picture on your screen? Is it clear? Is it fuzzy or fragmented? Imagine the tree moving closer and closer to you. Now imagine it moving farther away. Imagine it with green leaves. Now imagine that it is autumn, and the leaves are yellow and gold, now imagine that the leaves are falling."

If the friend has any kind of problem with her viewing screen it could be a clue that she has a hypnotic command stuck in her head. No movement might suggest something like "I can't move", or "Hold still". A blank screen might suggest "I can't see". The possibilities are infinite, but if the friend has read the book, his intuition will help you find the command.

If you or your friend find a phrase that might be a hypnotic command, ask her to repeat it and watch her picture screen. The first phrase you try may not be exactly right, so ask the friend to consider if there is another similar phrase that has some feeling. Ask her to repeat the opposite phrase. The friend's intuition will do the rest. When she stumbles across the right words, she'll know it because she'll feel something familiar.

Continue instructing the friend:

“You are going to cure yourself. You will do most of the work. The way you will be cured is by crying. Remember this simple rule: the more you cry, the more your mind and soul will heal itself.

You must do the work because you are the only one who can see your viewing screen, and you are the only one who knows what you are feeling.

You must learn to recognise your own brain / mind / soul feelings. Some of them are pretty obvious. A question is a brain feeling. Other common feelings are hunches, familiarity, curiosity. You can feel the difference between a dream, and a real memory, because they each have a different feeling. You can find your blocked memories by trusting your brain feelings.

My job is to help you by asking questions. In school and in business, when a question is asked, you are expected to answer it concisely and accurately. But in the therapy, you must learn a new way to answer questions. We call it “free association”.

When I ask you a question, I want you to say everything that goes through your mind no matter how silly, childish, rude, disgusting or stupid. This is called “free association”. If you can tell me every thought that goes through your mind, it will help you find your blocked memories.

Free association seems to loosen up blocked memories so small pieces suddenly pop into your viewing screen. We call it a “pop-in” when something new and surprising pops into your viewing screen.

A pop-in comes from the part of your mind that is blocked. It won’t be the whole blocked memory ... just one small piece. You can find the other pieces by free association and by trusting your feelings.

Sometimes the memories you are looking for will be very subtle. When you find one, you may feel unsure. You may think you are making a big deal out of nothing. But follow your hunches and try to put that subtle feeling into words. When you find the right words, the tears will come.

Do you understand everything I’ve said?

Do you have any questions?

If you have no questions, let’s begin.”



Now ask the starting questions slowly, one at a time. The purpose of starting questions is to get the friend talking and to eliminate any problems that might distract her. You need to ask these starting questions only once, but be sure she is finished answering before you go on to the next question.

“How do you feel? Any strange body feelings?

Is there anything on your mind?

Anything you'd like to talk about?

Do you have a present-time problem?

Have you had a recent misunderstanding?

Do you have any negative feelings about the therapy?"

Some friends can free associate easily, and some can't. The ones who can do it easily will take charge of their own therapy quickly. If your patient has difficulty with free association, you'll have to help her along.

The patient who can't free associate might have a hypnotic command like "Shut-up", or "Be quiet". It is possible that she was ignored as a child and not allowed to talk. You can help her learn free association by using the starting question "Do you have a present time problem?"

She may talk about her job, or her boyfriend. Her talk may seem irrelevant to her childhood pain. You may think you are wasting your time, but have a little faith, and trust the friend's instincts. At the very least, the friend is learning that it is safe to talk to you, and that you won't laugh, interrupt, or tell her to shut up. Once the friend learns that lesson, you may see her slip into the past all by herself.

The friend may talk for twenty minutes about present time problems. It doesn't matter what she talks about. Just talking will stimulate old feelings. But after twenty minutes or a half hour it may be time to look for an old feeling.

Remember, there is only one feeling that is ready to come up. All you have to do is ask for it. You might try several different questions before you find the old feeling. At times you'll feel confused about which question to ask. But in the end, it's not critical which question you use, because the feeling is coming by itself no matter what you ask.

The feeling is right there in front of you, but it is hiding. There are only four places it can hide.



Kinds of Discharge

Let’s be clear about the meaning of the word “discharge”. The blocked scenes are stored in the form of chemicals with electrical potential, like the chemicals in a battery. A discharge is valid if it physically drains away the stored-up chemicals.

I believe it is self-evident that bawling and screaming about a blocked scene will discharge and reduce the size of the pile. I am also sure that lethargy is a valid discharge.

Yawning is most definitely not a discharge. It is part of a pressure control for closing the sleep watch.

Anger and laughter are questionable. No doubt they are healthy emotions and may stimulate some chemical flow that make the friend feel better. They may even improve the health of the body. But I don’t believe they reduce the pile of stored chemicals in the brain.

Janov believed that anger is a defence that covers the pain. It is sometimes instructive to watch a friend get angry, yell obscenities, and few seconds later she is bawling. It’s the bawling that reduces the pile of pain.

FEAR:

**In reality, our whole life is governed by fear.
When you become one with God, all our fears will be gone.
It is our fears which cause all of our physical pain.**



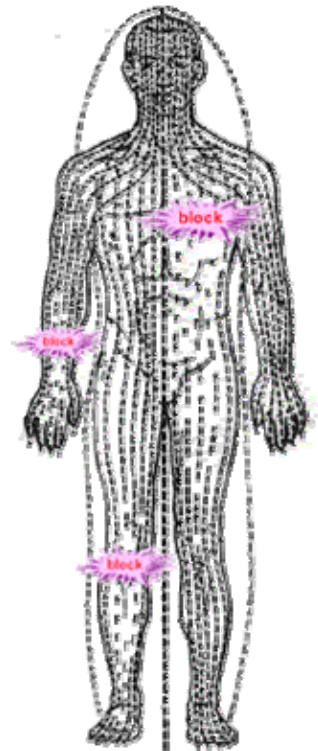
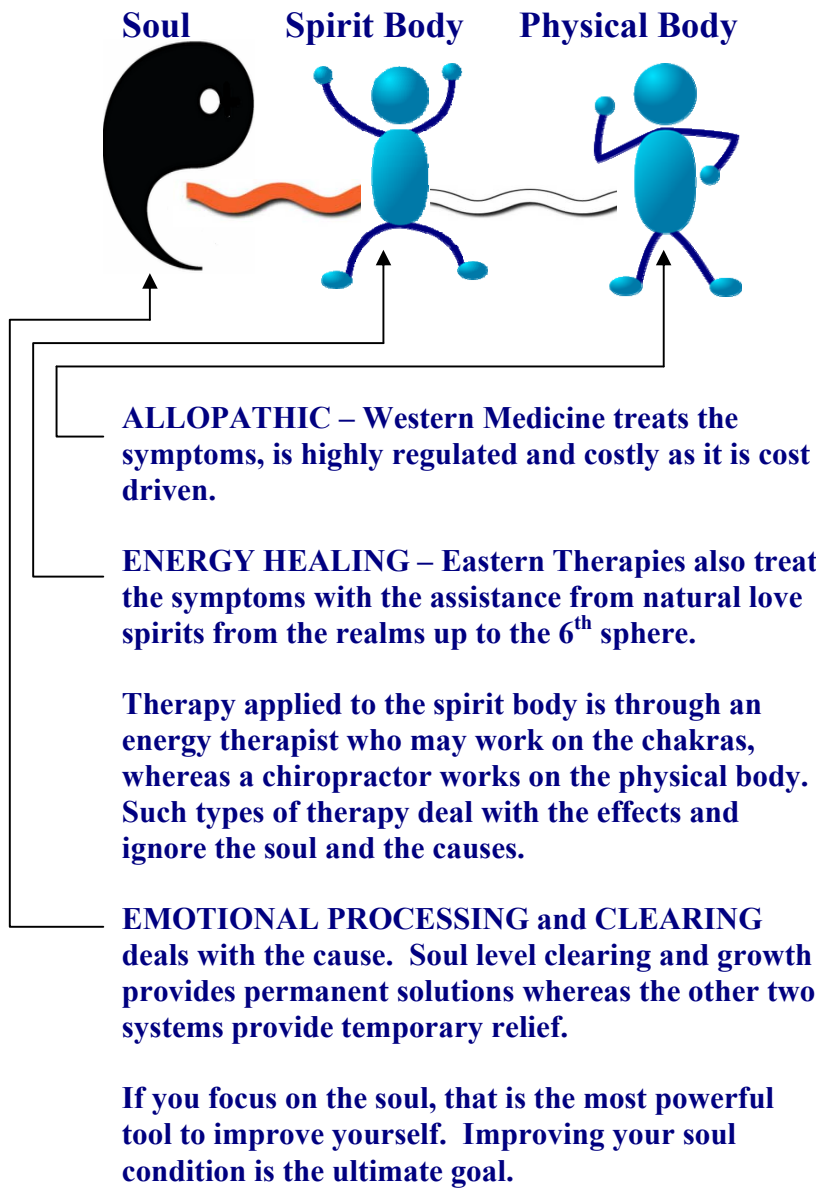
Is fear a discharge? Probably not. In one of Nancy’s most recent sessions, she told of scene when her Dad was drunk and angry. He knocked over the Christmas tree and smashed a chair. Nancy said, “I forgot how scared I used to be”, and then she cried. She felt fear when it happened but she discharged it with tears 30 years later.

Ending the Session

Before you end the session, be sure to shake the third bush, the indirect questions. The friend/patient who tells you that no feeling is coming up may suddenly start bawling about something very indirect, like a dream, a movie, or something in the news.

Sleep is critical to the therapy because that is when the rewiring is done.

HIERARCHY of HEALING SYSTEMS



TIPS on Being a GOOD THERAPIST:

The best preparation for being a therapist is to experience being a patient. You'll experience blocked memories popping into your viewing screen. You'll experience blocked memories popping into your viewing screen. You'll learn what it feels like to burst into tears while telling the details of a scene. You'll experience the earlier beginning, programmed commands, doorways, and brain feelings.

If your therapist is new at his job, you'll see how his mistakes can interrupt you just when you are close to feeling. If he is too talkative, if he tries to analyse or label you, if he gives you sympathy, or if he judges or disagrees with what you say, you'll see how all of those mistakes can interfere with your progress.

Listen without judging

Traditionally the psychiatrist's job is to sit quietly and listen without judging.

If you can master this simple formula of listening without judging, you will create an environment in which the patient can cure himself. Talking to you will focus his thoughts much more than when he is alone. Your very presence will stimulate his old feelings. The faster and more freely he talks, the more he will go into a kind of trance in which old feelings will surface more easily. Just being there with him will make him feel safer when he starts to cry. You accomplish all of this by sitting in silence and listening without judging.

Ten Guidelines of a Good Therapist

The following guidelines should guide you on the road to being a good therapist. If you vary from these guidelines, you will slow the therapy and make extra work for yourself.

1. **Ask each question over and over again.** You may ask the same question 10 times, 20 times, 30 times. You might even use the same question for several sessions. The patient will tell you if the question is having no effect, and then you can move on to a different question.
2. **Be as quiet as possible.** Even a squeaky chair can be a distraction. Each time you ask a question be totally quiet while the friend is answering it. If the friend doesn't say anything, count to 10 silently before you ask the question again. Silence becomes more important as the friend gets closer to feelings.
3. **Never sympathise.** If the friend is crying, squirming, or yelling, be quiet and listen. You may be tempted to comfort him, but realise that you are comforting him by just being there. If you say anything at that moment, you will interrupt him and cause him to lose the feeling. Think of it as a trance, and your interruption will bring him out of the trance.

Later in therapy, there may be times when a touch or a hug is appropriate. It may actually help the friend cry more. Trust your instincts. You'll know when the time is right. This has nothing to do with sex. It is a fatherly or motherly hug ... a hug for the soul.

4. **Never judge, evaluate, or disagree.** It is perfectly okay for the friend to be wrong, stupid, silly, immature, unreasonable, childish, selfish, hateful. All of these feelings will eventually correct themselves after the old pain is removed by crying.
5. **Be warm, friendly and courteous.** Be a friend. The friend / patient will tell you nothing if he does not trust you. One famous psychiatrist once said, "I've never had much success with patients that I don't like." But rest assured that the more the patient discharges his pain, the more you will grow to like him.
6. **Interrupt very carefully.** If the friend becomes silent for a long time, he might be in the middle of a fragile thought that you can't see. So ask him in a whisper, "Where are you now?" or "Are you in the middle of something?" If he falls asleep, let him sleep. Your questions may have forced him to sleep to do some rewiring. Go read a book until he wakes up.
7. **Don't theorise, analyse, or label.** It does not help the friend to say, "You have a mother complex", or "You need to improve your self-esteem". Keep your target clear. The more he cries, the more he gets cured. Only removing the old pain will help. Even if your analysis is valid, saying it out loud will interrupt his concentration, and it tells the friend that you are not really listening with your heart.
8. **Don't try to guess what happened in a scene.** The friend can guess, but the therapist must never guess. Even with good intentions, your guesses will just interrupt and confuse the friend. Worst of all, the friend might believe your guess instead of looking inside himself and piecing his own puzzle together.
9. **Pick the right time of day.** Don't attempt therapy if either the friend or therapist is sleepy. Try to find a time of day when both are fully awake.
10. **Don't take it personally.** If the friend says you are ugly or stupid, you know that is not true. It is his old pain that is saying those things. So be quiet, bite your tongue, and help him to find his pain.

The scan question, "Do you have negative feelings about the therapist?" may actually invite the friend to attack you. If you are tempted to defend yourself, here is a way to do it without interrupting his "trance". You can say, "Yes, that is your feeling". You are agreeing with him, and reminding him that while his feeling may be valid, he might be feeling it toward the wrong person.

F false
E expectations / emotions
A appearing
R real



The LONG JOURNEY, OVERCOMING OBSTACLES:

Depending on how many blocked memories you have, your therapy may last several months or many years. It could be a very long journey, and you will undoubtedly encounter some road blocks along the way. If you don't know how to handle them, you might get discouraged.

To start your journey on the right foot, set a goal for yourself to become 100% cured, totally mentally healthy. Like all goals, you may never get there, but if you get only halfway to mental health, the quality of your life will improve 1,000%

The importance of Notes

The solution is to look at the larger picture, and that can only be done by looking at written notes. Write a brief summary of each session, listing the date, what questions were asked, what feelings and scenes came up and how much crying. I usually note how many minutes of crying, and how intense (weeping, soft-bawling, loud-bawling or screaming).

Programmed Commands

The solution to the PROGRAMMED COMMAND is to repeat the command 10, 29, 30 times while watching your picture screen.

Stalled Sessions

Sometimes the therapy doesn't seem to work no matter what you do. We call it a "stalled session" if you work several hours and nothing happens.

We do not consider it a stalled session when you have a "connection" (new understanding, discoveries, insights, etc.) even though you may not cry. We have found that when the therapy was going full speed, we would usually have one session with lots of bawling, followed by a session with many connections, then a third session full of bawling followed by a fourth session of connections, and so on. A truly stalled session has no tears and no connections.

At times the friend starts the session with a lot of nervousness, and he believes, "The way I feel, I know I'm going to discharge a lot today", and then nothing happens. Other times the friend starts out calm and happy, and ends up bawling within 10 minutes. It's sometimes just the opposite of what you'd expect.

This "opposite effect" is more evidence of the existence of the Super Conscious (soul), who is more interested in balancing the needs of the entire body than in curing the neurosis.

The solution to the STALLED SESSION is to "SHAKE the WIRES" by asking the scan questions, and especially by running through your dreams.

Plateaus

The solution to a PLATEAU is the same as the solution to a single stalled session. Keep “SHAKING the WIRES” by asking scan questions and especially by running through your dreams.
You also might try a day of isolation.

Friend who can't Free Associate

When the friend has difficulty free associating,

1. Look for programmed commands
2. Encourage the friend to “flow” on any subject that makes her talkative.
3. Prod the friend's thoughts by asking starting questions and scan questions.

Negative Feelings about the Therapist

As a neurotic, you may feel irritation or some other feeling toward your therapist. Chances are 99% that you are experiencing old feelings about Mom (or Dad, Sister, etc.) transferred onto the therapist. Of course, there is a 1% chance that your therapist really is an “insensitive, opinionated, two-faced jerk”.

Very quickly the friend learns that he (or she) cannot be totally open or honest, and this makes therapy impossible. The only way therapy can work is if the therapist is willing to accept every word, no matter how childish, vulgar or insulting, that comes out of the friend's mouth.

The important thing is to recognise and cry about your negative feelings towards the therapist. Whether or not to confront the therapist about it, is a separate issue.

A useful question: The way to handle TRANSFERRED FEELINGS is to ask the question, “Do you have negative feelings about the therapist?”

If your therapist cannot handle criticism in silence you can use the same question in self-therapy or temporarily find another therapist for this one issue.

Death Feelings

Crying is the normal way you will discharge the stored up pain energy, but it is not the only way. I believe that I (Tom) was discharging for six months by experiencing the dullness. Nancy has discharged in the form of lethargy. Some therapists believe that laughter is a discharge. I don't think it is, but I won't rule it out as a possibility.

In the months that followed, my energy became more than I had ever dreamed possible. For the first time in my life I experienced brief periods of perfect mental health, quicker reactions, brighter personality, and pure pleasure of being alive.

The existence of this long slow discharge should tell you how much pain is stored inside of a neurotic. An event that may have lasted only a few minutes had to be spread out over six months before I could handle it.

The solution to “DEATH FEELINGS”
is to sink into it, embrace it, cry about it,
and keep doing The Therapy.

The Exploding Patient

During your therapy, you may find yourself, or your friend yelling and screaming violently, and it may appear that the session is dangerously out of control. Please believe this: there is inside of you a mechanism that controls how much pain you can take. It's a lot like the governor on a motor that makes it impossible to run the motor too fast.

Nancy and I are fortunate in that neither of us have ever used drugs or alcohol. I believe this has made us perfect test subjects for this therapy. My daughter Beth, on the other hand, has used marijuana for about eight years. I tell you of her drug problem because drugs might affect your style of discharge.

When Beth did therapy, she would become terrified that some one was under the bed. I'm sure her husband was very concerned. I have a hunch that her drugs were a part of the problem. Every drug affects the nervous system differently. Heroin deadens childhood pain and makes reliving impossible. LSD and marijuana stimulate blocked traumas and bring them closer to the surface, which creates fear ... fear that the old feelings might slip through. Hallucinations are a last ditch defence to prevent the reliving.

**When I know the
truth, fear
dissolves.**



All of us when we were young experienced a fear of the dark, fear that there was a monster under the bed or in the closet. Fear of the dark is really fear of an old feeling that is near the surface. In the dark it is more difficult to keep old feelings under control. Neurotics have to do something all day long in order to keep from feeling old pain, read, watch TV, smoke, chew gum, work, start an argument. In the night you cannot do these things so feelings come closer to the surface. As a defence, you mind transfers the feelings outside of you to the monster in the closet, so you won't have to know that it is really inside of you.

With a few exceptions, 99% of your discharge will be tears. Fear and anger are normally defences that prevent (cap over) the tears.

Most of the discharge using The Therapy will be from symbolic reliving or fragmented reliving, and it will come up with tears most of the time.

The solution to the EXPLODING FRIEND is to,

1. Get a physical check-up from a doctor.
2. Get drugs out of your system.
3. Start a program of complete mineral and vitamin supplements.
4. Trust your built-in governor.

Theorising and Analysing

The solution to the THEORISING friend is to be sure she is wearing a blindfold and watching her picture scree, and then let her theorise, and trust her instincts. The Therapist should never theorise.

Sleeping Late

Some symptoms go away in the first week. Others go away in a few months. Sleep problems are unique in that they may come and go and come again until the last scene is discharged. I've said in other parts of the book that I've grown to almost perfect mental health. But it would be more accurate to say "perfect mental health as long as I finish my sleep". If I don't sleep until I'm done, I will be a little dull for the whole day, but still 1,000% better than I was before therapy.

In my experience, if I discharge a big scene, I will feel great for many days afterwards and I will sleep like a baby. Then a few weeks later, as another scene is trying to come up, I will have sleep problems again.

How do you Know where the End Is?

At times the patient will appear to be getting worse. Discharging an old feeling will increase his mental health, but then as the next old feeling comes close to the surface; the patient will become tired and dull again. It's a lot like remodelling a house. It gets worse before it gets better.

The solution to your doubts is to keep written notes. The only way you can be sure that you are making progress is to remind yourself of how you were just a few months ago, by looking at your notes.

Is it Really a Cure?

Before therapy, I had a rash on my face, now it's gone. I used to have headaches and nightmares, now I don't. I was depressed, now I'm cheerful. I used to be irritated by people and things, but today nothing irritates me.

Before therapy, I would procrastinate. Today, I start projects immediately. Before therapy I could not understand mechanical things. Last summer I rebuilt a transmission.

Before therapy I had not read two books all the way through in my whole life. Since therapy I have read over 200 books on subjects ranging from history to economics, religion, banking, mythology, sports, war, self-defence, salesmanship, sex, public speaking and politics.

I used to have a miserable marriage. I would get insane crushes on other girls. Now I have a wonderful marriage and I no longer have insane crushes. I still notice girls, but it does not interfere with my life.

Before therapy I did not enjoy the beauty of nature, and autumn leaves made me feel depressed because they reminded me of blocked scenes. Last September I took a two day trip to Wisconsin for the sole purpose of looking at leaves.

I wish I could tell you that I am 100% cured, but I know that I am not. I'm still afraid of heights, which is a clue that there is more pain inside of me. I have found at least one traumatic scene that has not discharged yet, and perhaps it never will

I don't know if I am 90% cured or 50%. All I know is that the quality of my life is 1,000% better than it used to be. I can't imagine going back to my life before therapy. If I am ever to be punished for a crime or indiscretion, the worst punishment I could imagine would be to send me back to my old life. It was like being in hell. I was sinking in quicksand and no one to pull me out. I was in a fog and could not see three feet in front of me. I was miserable, I was sad, I was lonely, I was lost. I thank God for the great works of Freud, Janov, Hubbard, and all the other people who helped me find a way out of the darkness.

Hubbard's Accident

In the movies we often see this typical scene: A woman starts yelling and screaming hysterically and immediately everyone around her tries to calm her down. Someone says "Call a doctor". They give her a pill or a shot to quiet her.

If they had let her yell until she was done, it would have moved her closer to mental health. But in movies, as in life, we always want to quiet someone who is upset. The pills and the shot are not for the lady who is screaming, but for the other people who can't stand to watch, because her scream is stimulating their blocked pain.

Observation

Once you get half-cured, you get so busy with life that you don't have time to do the therapy. You get distracted.

In a completely different field, many chiropractors diagnose illnesses by using kinesiology which is simply a physical way to communicate with the Super Conscious (soul).

The emotions you feel about the pregnancy feeds into the child.

The time in the womb is the most damaging for the child.

GROWING to MATURITY:

If you could wave a magic wand and instantly cure your neurosis, you would still have a long journey ahead of you. Your traumatic childhood did much more than just damage your mind. It also created a void inside of you. Curing your neurosis is like erasing the pages of a bad novel, and what you end up with is a lot of empty pages. Your therapy will not be complete until you rewrite those empty pages.

You were taught that you were stupid, and now you have to discover how smart you are. You were told to shut up, and now you have to learn how to shout. You became self-centred because your needs were never met. Now you must learn to fill your own needs, and then focus on other people.

In short, it's time for you to grow-up and become an adult. It's time to learn how to talk, to take responsibility, and become a giver instead of a taker. It's the way you were supposed to be, if your parents had allowed you to be yourself. The adult is there inside of you, and The Therapy will help you to find it.

In the early part of therapy, you will cry about what happened when you were little, perhaps violence, the death of a parent, or just being ignored. But in the later stages, you will find yourself bawling about maturity subjects. You'll cry about the mess you've made of your life, what you have lost, and what you could have been. At times you'll cry for people other than yourself.

These maturity issues may come up by themselves, without asking questions. They will come up in dreams, or during free association, or during conversations with your spouse. They will often be accompanied by exploding tears. Frankly, I can't explain why you must cry about these kinds of subjects. They're not necessarily connected to blocked scenes. But there is definitely some pain attached to each issue. It's as though your whole brain has been in a coma. It is stiff, or dead, or dried-up from under-use, and now it hurts to bring it back to life.

Therapy Principle 21:

The Therapy Method Continues to Work even when you are No Longer Looking for Blocked Memories.

What is Love?

Have you ever been in love? Have you ever had the thought, "I can't live without her (or him)?" Have you ever felt desperate about your need for that other person?

Love is a wonderful feeling, but when you are neurotic, love feelings get mixed up with your childhood feelings and with your longing for your own other half.

If Carl Jung were alive today, he would say that falling in love is really "unconsciously projecting your Anima onto someone of the opposite sex". Translation: When you feel the longing for your other half and you cannot find it inside your head, you look for it in someone else, and then you fall in love with that person.

It isn't necessarily sick. In fact, it is so common that it may be the natural way to fall in love. It might be the glue that holds a marriage together, and yet, if the feeling is too strong, too desperate, it can destroy the marriage with possessiveness and jealousy.

I'm not saying that falling in love is sick, but the degree of desperation is definitely sick. A mentally healthy person does not feel desperately in love. He feels passionate, and affectionate, but it does not cloud his judgement. He can get over the loss of a loved one in a few months, while the neurotic will feel the pain for many years.

Why are you so Negative?

I used to think that people who smile a lot were phony and insincere. I have read success books that advocate positive thinking, but I've had a hard time learning it. I used to have so much negativity inside me that whenever I tried to act positive, I would feel dishonest.

One day Nancy and I were visiting a psychic friend and I asked the psychic for some advice on my career. She advised me to not take my career so seriously, and to think of it as a hobby instead of a job. In that moment I realised what a negative person I was. I tended to see the negative side of everything and I miss the positive side.

As Nancy and I drove home I started asking myself an obvious question, "Why am I so negative", and then I started to bawl so hard that I had to pull the car off of the road. I bawled about all the negativity that had been stuck in my head, and now it was time to let it go. Since that day I have become more and more positive, and it is no longer just an act.

You will never learn to be genuinely positive when your mind is full of childhood pain. You will accomplish more by sinking into the negative, and letting yourself cry. But after you have bawled uncountable hours and reduced your pile of pain, the day will come when you can honestly see the positive side of things.

Discoveries

This book contains no less than 30 new discoveries on curing mental illness, and the only way I know they are true is by my instinct.

The method is the same: ask an obvious question, watch your picture screen, free associate, and look for feelings. But in the maturity stage you'll be creating your own unique questions: "Why are you so negative?" "Why can't you confront people?" "Why can't you sell?" "Why can't you tell the truth?" "Why can't you be yourself?"

It's the opposite of positive thinking, and I think it's more permanent! Positive thinking attempts to hide the pain. Therapy removes the pain forever. Ultimately you will be able to use positive thinking, and it won't be an act. If you allow yourself to feel the pain and let it out of you, eventually your positivism will be real.

WE NEED to FEEL CAPPING and CORE EMOTIONS:



EMOTIONS of SELF DECEPTION



TOOLS of DENIAL



DENIAL of EXPERIENCE



CAPPING / BLOCKING EMOTION



CORE EMOTION – Childhood Enacted



Underlying causal/core emotion.

Every child is reflecting its parents suppressed emotions, denial reflected in suppressed anger – emotion reflects the causal event/emotion/grief. Get through the anger then into grief.

The more we are away from core emotions, the further we are away from our true selves.

We are made to feel emotions.

We shut down our emotions instead of nurturing and processing our emotions. We blame ourselves or blame others.

We need to feel our capping and core emotions.

All depression is our desire to suppress our anger.



Denial Emotions

Anger



Blocking Emotions

Fear



Causal Emotions

Grief

Everything is a reflection of our soul based emotion or the denial of the emotion. The body tells us constantly

**Anger - 1 – expectation that is not getting met
- 2 – anger tells you when you are afraid but ignoring it
Fear of pain results in anger suppression.
Fear is the cause of all of our pain.**

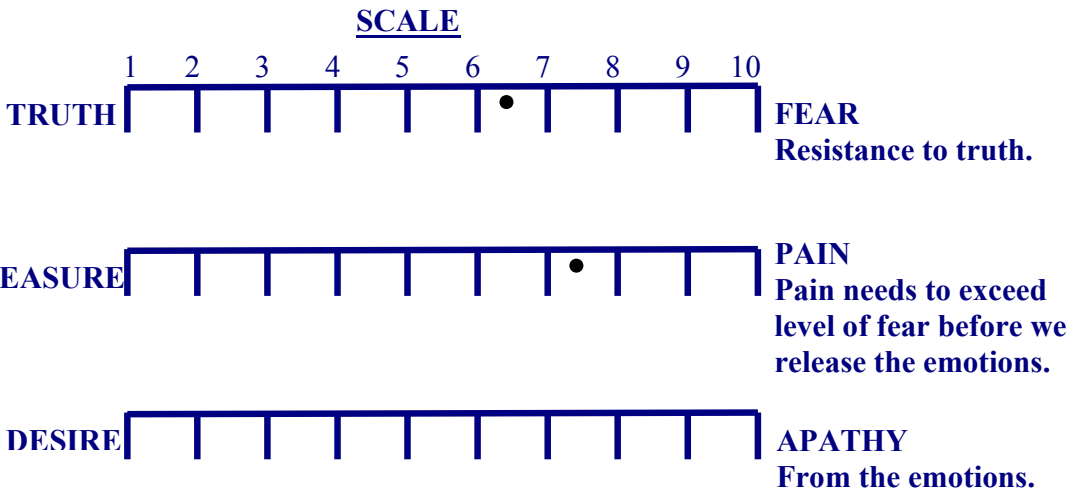
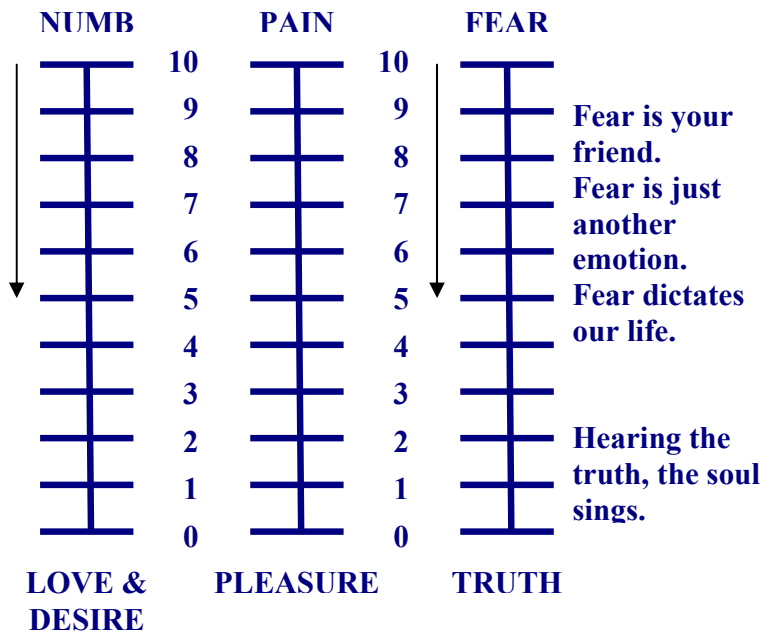
Three Great Truths:

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

Fear is the worst problem we have on the planet, it causes all other problems, it also causes our pain. We are even afraid of our own fear.



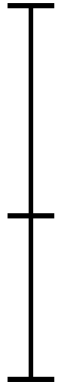
Is it any wonder why we have trouble feeling fear?



GOD RELIANT When in Truth, all of God's Laws work in harmony for you.	SELF RELIANT
---	---------------------

DESIRE / FEAR PENDULUM:

DESIRE



Desires need to be higher than the fear to feel the emotion.

FEAR



Reduce fear with truth.



DESIRE NEEDS

To enter emotions:

- Prayer to grow our desires.
- Prayer to feel truth.
- Nurture feelings that are positive.
- Lessen the fear that suppresses the desire.

TRUTH (all happens emotionally)

PAIN / DESIRE



Desires need to be higher than the fear / error to feel the emotion.

FEAR / ERROR



Reduce fear with truth.

If your fear is greater than pain you will not deal with the pain.

We are accepting the fear more than pain.

We need to get fear lower than pain / desire so we can address the pain.

Pain is error leaving.

PLEASURE

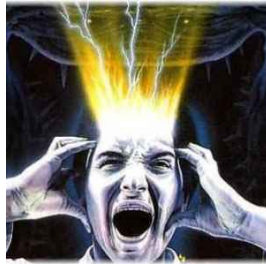
1. Breath – into diaphragm.
2. Feel your body – be in your body.
3. We want to get into an emotion as they occur – allow the emotion immediately.
4. Pray – a longing directed towards your Creator for assistance to deal with our emotions. PURE connection with God, needs to be with sincerity.
5. Allow your Law of Attraction to trigger your fears – notice your LOA.

TRUTH (all happens emotionally)

LACK of SELF- LOVE:

- A composite of:
- lack of self-worth
 - lack of self-acceptance
 - arrogance and pride
 - self-loath and hatred
 - lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



Feelings first

Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.



I ♥
ME

WHAT CAUSES HEADACHES:

20,000,000 Americans suffer from headaches. Some migraine sufferers take up to 30 aspirins a day to control the pain, and often have to go home from their jobs because they can not work.

If you ask an average doctor what causes headaches, he'll likely tell you something like this: "We don't know what causes headaches. Sometimes they can be triggered by a food allergy."

If you go to the top specialist at one of America's six major headache clinics, he might say, "Headaches occur when neurons in the back of the brain stem become unstable, causing an imbalance of serotonin, thus causing depression of nerve cell function in the cortex and causing the blood vessels in the scalp to expand. This sounds very scientific, and it's probably true, but it does not solve your problem. We still don't know what causes the "neurons in the back of the brain stem to become unstable?"

There are three kinds of headaches: migraine, tension and cluster. Migraine headaches and tension headaches are caused by blocked childhood pain. These headaches occur when an old memory is trying to come up, and you are trying to shove it back down. This painful struggle is your headache. Very little is known about cluster headaches, but they might also be caused by blocked pain. My own headaches disappeared after a few months of therapy. Janov's patients have also had their migraine headaches cured.

I (Tom) can remember therapy sessions when my face would hurt around my eyes. It was the beginning of what I used to call a headache. But as I started to cry, the feeling in my face would turn into bawling, and then I knew that my "ache" was just me physically blocking my tears. Draining off the pain by crying has permanently cured my headaches. It seems self-evident that blocked pain was the cause.

Obviously, all headaches are not neurotic. There can be some physical problems such as meningitis, flu, eye strains, just to name a few. About 3% of headaches are from physical problems, and you should contact your doctor to eliminate that possibility. But if your doctor gives you a thorough check-up and ends up saying, "we don't know what causes headaches. It might be a food allergy", then you can be pretty sure you are in the 97% who has a neurotic headache. There may indeed be a food allergy, but that is not the cause. In most cases the blocked memory causes the headache and the allergy.

Should you attempt the therapy while your head is hurting so badly? In most cases, I would say not yet! Read the next section about brain chemistry. It should help you get your headaches under control before you start therapy.

If you cannot control your headache, you might find immediate tears by sinking into the headache. Sometimes a symptom is the doorway into old pain. Stop fighting it! Feel it! Say it out loud, "My head hurts! Somebody help me! I can't stand it any more!" Ask your therapist to use the question "Why does your head hurt?"

But your safer choice is to start a program of minerals, vitamins, and amino acids, as discussed in the next section. We want your old feelings to come up in small controlled spoonfuls. We don't want to explode your head in the process. Blocking old traumas is a natural defence mechanism and it should be reasonably comfortable. If your nervous system has all of the nutrients it needs, you should be able to maintain your blocked memories without headaches, though you may feel nervous and irritable.

Understand your Brain Chemistry

In theory, if you are in perfect health, you could do the therapy without reading this section. But in reality, if you have emotional problems, you probably also have some brain chemistry problems. You can solve them by knowing a little about brain chemistry and proper nutrition. If your body has all of the minerals, vitamins, and amino acids it needs to make your brain chemicals, then your therapy will go much smoother. With a little luck, eating the right nutrients might reduce some of your symptoms before you start therapy.

Over the past 30 years scientists have made remarkable progress in understanding brain chemistry. They have developed miracle drugs that can control the symptoms of neurosis, depression, schizophrenia and manic-depression.

The effectiveness of these drugs has lead some scientists to conclude that many mental problems are caused by chemical imbalance in the brain. But I have to ask, “What causes the chemical imbalance?”

I have no doubt that a chemical imbalance can cause neurotic symptoms, but I suspect that most of the time it is the other way around: the extra work of maintaining blocked memories consumes vitamins and minerals so the brain cannot make its own chemicals, thus causing the imbalance. A neurotic burns up twice as much energy as a mentally healthy person. That’s why neurotics are always tired. It is a lot of work to maintain the blockage and to process information when your brain is clogged up.

In my own case, the cause of my neurosis seems simple and obvious: before therapy I had symptoms (headaches, depression, etc.) and after therapy my symptoms disappeared. I have never been on any kind of drug, alcohol, or vitamin except coffee and an occasional vitamin C during a cold. So in my case the obvious cause was blocked childhood trauma. But that might not be true of you. You would be foolish not to at least consider other possibilities.

I believe that your headaches are a combination of blocked memories, and mineral and vitamin deficiencies. The extra burden of keeping the memories blocked has consumed vital nutrients that you need to build your own brain chemicals. Without the raw materials, you can’t make the chemicals and you can’t keep the memories hidden, and so your head hurts.

“Every day is a day of devotion.”

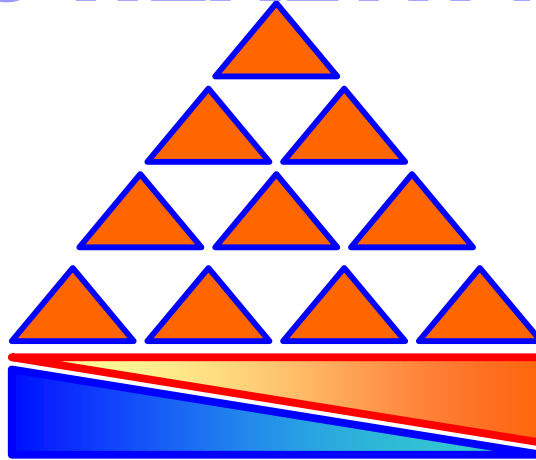
Please Mother and Father, may I receive Your LOVE.

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

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

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

PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

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

PROFESSIONAL MEDICAL TEAMS

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

COMPLEMENTARY THERAPY FIELDS

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

**Imaging – X-ray – Ultrasound – CAT scan – MRI
Pathology
Streamer – Case Manager**

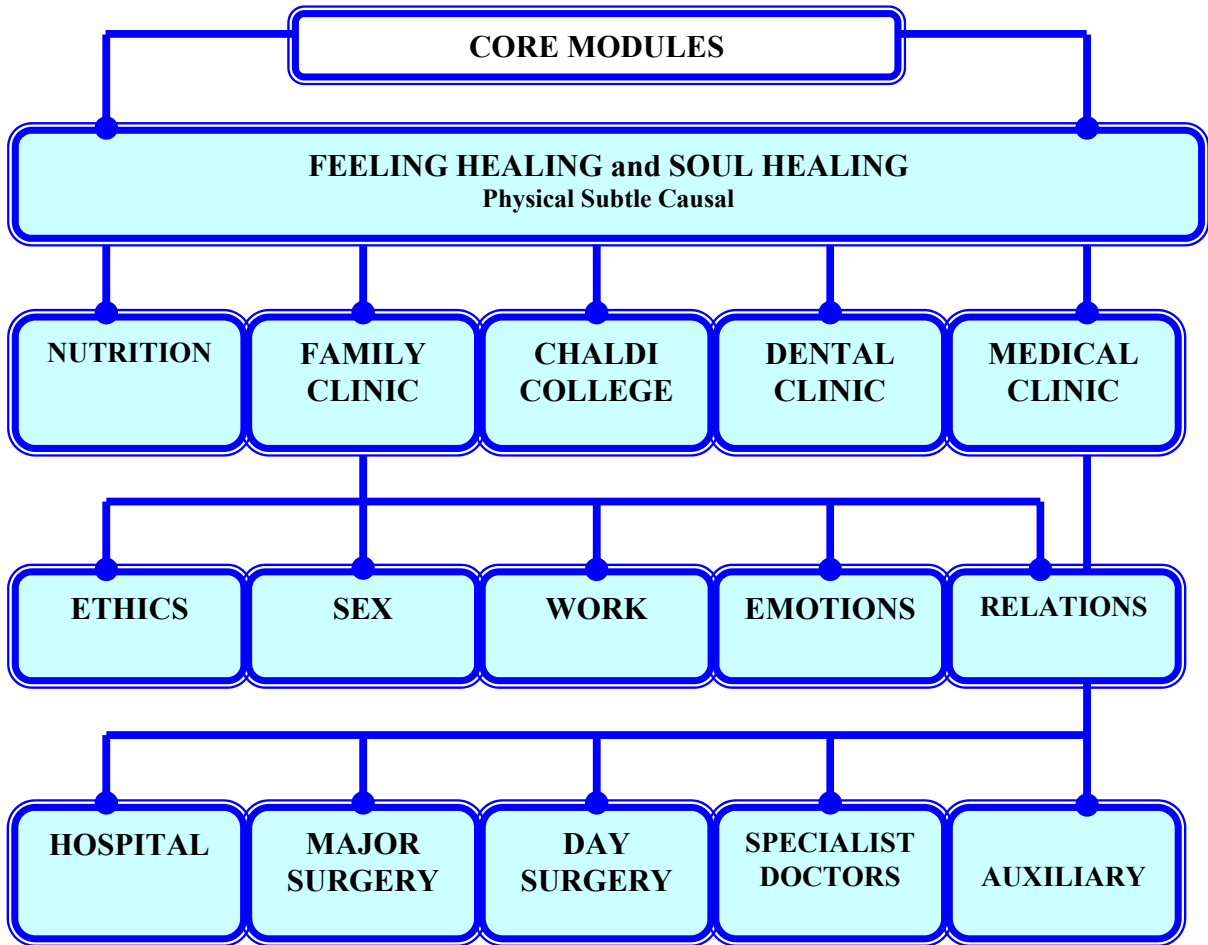


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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

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

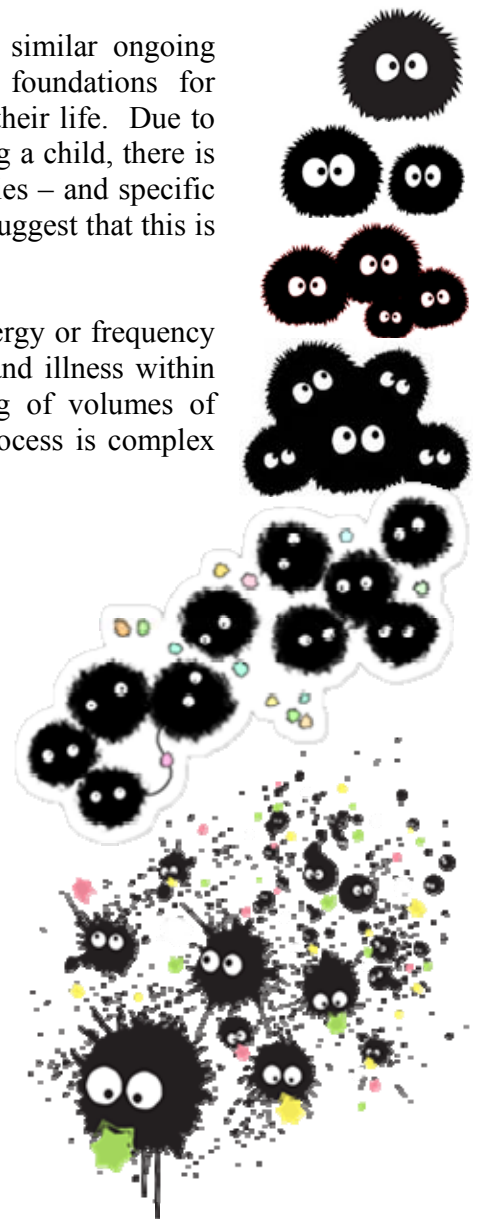
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

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



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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

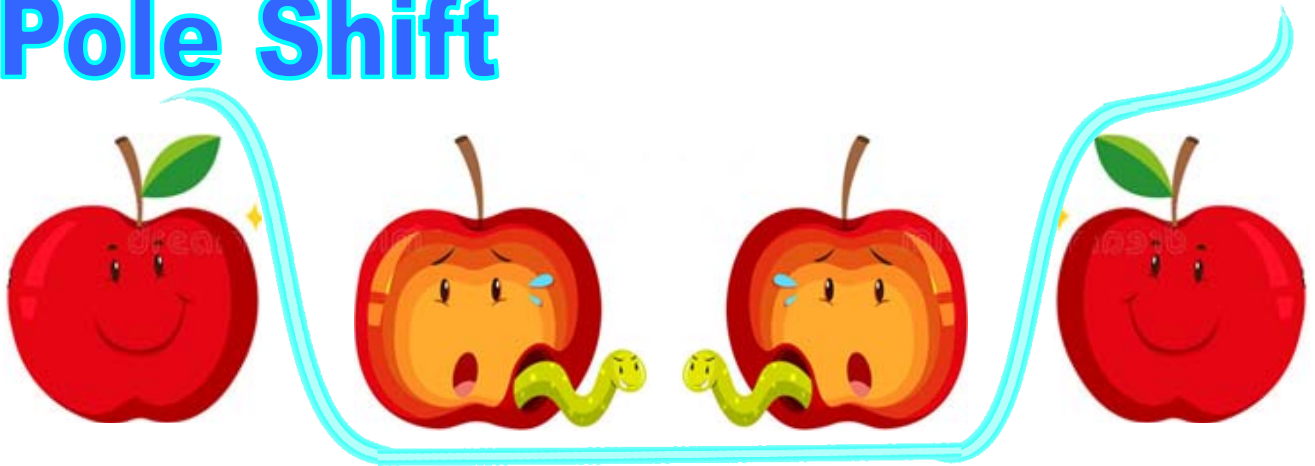


Hitting and humiliating a child

**CHILDHOOD
TRAUMA**



Pole Shift



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

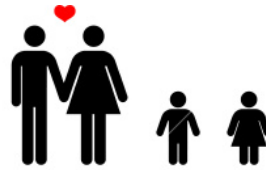
At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers.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

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

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

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

There is not a time when you are not responsible for your child's emotions, if the emotion came from you, as parent.



Everything a child may be doing is a reflection of a parent's interaction emotionally at that moment.



Your child is a complete reflection of the parents own denied emotions.

Denial of emotion is the biggest thing that affects our children.

Your children are safer because of your soul condition, as your soul condition improves the safety of your children improves.

Every suppressed and denied emotion that you, as a parent have is experienced by the child in full.



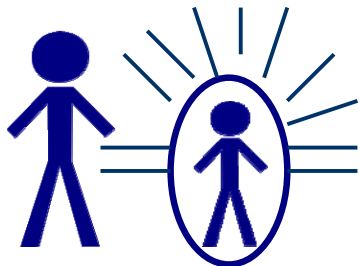
Love never expects anything from anyone.

**PASCAS
HEALTH**





1 in
110
children
has
autism.



12 Apr 10

AUTISM

Child is absorbing a barrage of emotions from the environment – when the barrage lifts, they begin to feel their own emotions. The child reflects every unhealed emotion of those around him / her.

Autistic children are born lighter than most children and absorb aggressively, the emotions of others.

Autistic children are born sensitive, as more and more children are currently so hence the increase in ASD Diagnosis. Further they do not have any sense of themselves (which is also related to the denied / suppression emotions being projected upon the child inclusive of in the womb from the time of conception) and so they respond immediately "without checking first into others emotions. The cause is due to the parent/s not the child and is not only a Fear Emotion suppressed in the parent but a range of emotions being projected. We all as parents deny and suppress emotions thus project them at our children and the world in general, it is just that these children are highly sensitive souls and therefore the affects upon them is exacerbated.

Asperger's syndrome – a form of abnormal personality characterised by social aloofness, lack of interest in other people, stilted and pedantic styles of speech. Often considered to be a mild form of autism.

Aspergers is a toned down version of autism. Autism is where the child is so sensitive emotionally that all it is doing is experiencing the emotion of its environment and not experiencing any of its own emotions. Aspergers is a toned down version of that, where it is experiencing some of its own emotions, but experiencing, to a large degree the emotions of its environment, largely its parents.

The parents need to look at how much they are holding on to emotionally that is getting projected to the child. These are very sensitive children and they are very sensitive to the reflected emotions that the parents are denying within themselves.

It does not mean that the parents have any more emotions than that you are denying in yourself. What it means is that this newly born child has an extra degree of sensitivity to the suppression of those emotions.

5 Apr 09

Autism is very much the result of the suppression of the emotion within the parent and the child being so sensitive to the suppression of the emotion in the parent and the child is already quiet sensitive to the suppression of emotion. So the child suppresses its own emotion as of a result.

13 Dec 08



If parents clear, does child become no longer autistic?

Secrets of the Universe

Question from Audience: I am curious about autism. If parents have emotional damage and there's an autistic child, if they clear that damage, does that child have a choice to be un-autistic?

Answer: Yes, You can experiment with that if you want. I am sure you will want to if you have an autistic child. What happens for an autistic child is that there are so many emotions coming to the child that it can't determine the difference between the emotions coming to it and its own emotions. What it starts doing is expressing moment by moment the emotions coming to it, rather than its own emotions. In other words, because of its sensitivity, it has great difficulty in determining its own self awareness.

You will notice actually over the last 20, 30 years – children are much more sensitive. This is a growing fact because as mankind's condition expands in love generally, then the children coming have less damage in love so therefore they are less suppressed. Now when the parents release different emotions that cause this barrage of emotions coming to the very sensitive child, the child will no longer be autistic.

There are some couples who have already started doing this and they have people ask, 'What are you doing now, what's going on?' and they say, 'Ah we're dealing with our emotions' and they say 'I can't believe you'. The children are changing rapidly as a result of their parents' dealing with their own emotions.

26 Sep 09

So there is a lot of emotions in both of you (parents) about feeling controlled by his allergies, and if you allowed yourself to go into those emotionally you will find the source of them.

Don't beat yourself up of your child's condition. You tend to say to yourself it is all my fault.

A lot of children that are very young, now a days, are very, very sensitive to emotional suppression. You have heard of these indigo children, and so forth. What is happening more and more since the last 45 or 50 years (1960 onwards), as more and more of the general population deals with emotion, the more sensitive new children become when they incarnate. So, we can a series of children in one family were they don't have these severe reactions, and all of a sudden the last child in our family has the severe reactions. And it is an indication that these children are now coming into the environment in a far more sensitive state, and because of that, they become far more sensitive to emotions.

You will find later, that it is quiet a blessing because you will actually be able to deal with a lot of your own emotions by actually noticing his allergic reactions. Now some of the other children like this are children with Aspergers syndrome or Autism. They have more sensitivity to emotional suppression but they emotionally suppress within themselves, whereas other children come out with different allergic reactions.

There is also often spirit influences in childhood onset of different problems of different problems. So sometimes there is heavy spirit influence in the past in these generations. You could have things like where parents or grand parents who have passed and great grand parents who have passed who have taken excessive interest in your son, Zen, but unfortunately their own emotions have been pushed upon him as well because of his emotional sensitivity.

The only way to protect him from those kinds of influences are prayer and then you also allowing yourself to work through the emotion of why they are attraction is occurring. Because that is also a Law of Attraction for the parents.

So there are a lot of combination of events that could actually create a child having problems right from the time of birth. Most of those problems result, not just from the parents emotions but from spirit connection that has occurred as well.

The key is not to be afraid of it, but rather to realise that is occurring. You could even, if you feel that there is some spirit around him (son) who might be influencing him in some way, you can trace this back a little, if there has been cancer in the family, and that usually means that a parent, grand parent, or great grand parent who has passed with cancer, and therefore, if that parent has a strong affiliation with the new born child, that the child might get leukaemia very rapidly. Once you see a relationship, instead of just saying we have that problem in the family, talk to the spirits who have passed who have that problem, and tell them that you just need to back off from my child and see whether the child actually recovers. You will find in a lot of the cases the child will actually recover.

28 Jun 09

ASTHMA

Denial of grief manifests as asthma. When a parent denies his/her grief, they are denying their children the experience of their own sadness and when they do that, they get into an asthmatic state straight away.

Every denial of grief by children, during their life, which is the subsequent denial by the parents of their own grief that caused them to shut down their own grief during their life so that now their asthma is of a result of their own grief as well.

No matter how old the child is, if you, as parent, have shut down your own emotion when they were little, how much of their emotion is really yours? A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them for good until they release it.



You will find that you, as a parent, even at 80 when your child is 60, she/he will have an emotional experience as a result of you releasing the emotion. The child can release it themselves, but there is a really positive effect when the parent chooses to release their emotion for the child.

Desire for God's Love – prayer.

Desire for Divine Truth.

Be humble – passionate desire to feel and experience your own emotions.



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

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

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

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

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

Primary emotion	Secondary emotion/feelings	Tertiary feelings/emotions
<u>Love</u>	<u>Affection</u>	<u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>
	<u>Lust/Sexual desire</u>	<u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>
	<u>Longing</u>	<u>Longing</u>
	<u>Cheerfulness</u>	<u>Amusement</u> · <u>Bliss</u> · <u>Gaiety</u> · <u>Glee</u> · <u>Jolliness</u> · <u>Joviality</u> · <u>Joy</u> · <u>Delight</u> · <u>Enjoyment</u> · <u>Gladness</u> · <u>Happiness</u> · <u>Jubilant</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</u>
<u>Joy</u>	<u>Zest</u>	<u>Enthusiasm</u> · <u>Zeal</u> · <u>Excitement</u> · <u>Thrill</u> · <u>Exhilaration</u>
	<u>Contentment</u>	<u>Pleasure</u>
	<u>Pride</u>	<u>Triumph</u>
	<u>Optimism</u>	<u>Eagerness</u> · <u>Hope</u>
<u>Surprise</u>	<u>Enthrallment</u>	<u>Enthrallment</u> · <u>Rapture</u>
	<u>Relief</u>	<u>Relief</u>
	<u>Surprise</u>	<u>Amazement</u> · <u>Astonishment</u>
	<u>Irritability</u>	<u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</u>
<u>Anger</u>	<u>Exasperation</u>	<u>Frustration</u>
	<u>Rage</u>	<u>Anger</u> · <u>Outrage</u> · <u>Fury</u> · <u>Wrath</u> · <u>Hostility</u> · <u>Ferocity</u> · <u>Bitter</u> · <u>Hatred</u> · <u>Scorn</u> · <u>Spite</u> · <u>Vengefulness</u> · <u>Dislike</u> · <u>Resentment</u>
	<u>Disgust</u>	<u>Revulsion</u> · <u>Contempt</u> · <u>Loathing</u>
	<u>Envy</u>	<u>Jealousy</u>
	<u>Torment</u>	<u>Torment</u>
	<u>Suffering</u>	<u>Agony</u> · <u>Anguish</u> · <u>Hurt</u>
<u>Sadness</u>	<u>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
<u>Fear</u>	<u>Horror</u>	<u>Alarm</u> · <u>Shock</u> · <u>Fear</u> · <u>Fright</u> · <u>Horror</u> · <u>Terror</u> · <u>Panic</u> · <u>Hysteria</u> · <u>Mortification</u>
	<u>Nervousness</u>	<u>Anxiety</u> · <u>Suspense</u> · <u>Uneasiness</u> · <u>Apprehension (fear)</u> · <u>Worry</u> · <u>Distress</u> · <u>Dread</u>

The 20 GREAT DISCOVERIES:

Freud's Discovery 1:

Free Association.

If you allow a patient / friend to say everything that goes through his mind, eventually he'll solve some of his own problems. We call it "the talking cure."

Freud's Discovery 2:

"Dreams are the Royal Road to the Subconscious."

When Freud said those great words, he was perhaps the first to recognise that sleeping and dreaming are the mechanism of neurosis.

Jung's Discovery

Trust the Patient's / Friend's Instincts.

Let the patient interpret the dream instead of dictating to the patient / friend what it means.

Hubbard's Discovery 1:

Blocked Memories are Connected to Specific Words.

If you can find the right word, and say it out loud, you'll start to cry.
Telling specific details will make you cry. Using general words will prevent tears.

Hubbard's Discovery 2:

Watch your Viewing Screen.

The viewing screen, like dreams, is the "royal road to the subconscious."
It is the number one tool of therapy.

Hubbard's Discovery 3:

**If a patient / friend tells a blocked scene over and over,
he will find new details and tears each time through.**

If the therapist keeps asking for an "earlier beginning" the patient / friend will find many earlier scenes connected to the first scene.

Hubbard's Discovery 4:

Programmed Command or Hypnotic Command.

A programmed command is a word or phrase stuck in a person's mind and having the power of a command or a hypnotic suggestion.

Janov's Discovery 1:

The Incredible Quantity of Pain.

Janov's Discovery 2:

Understanding Does not Cure the Illness.

Only feeling the pain will cure the illness.
Insights, understanding and connection come after the pain.

Janov's Discovery 3:

The Traumatic Scenes are Trying to come up by Themselves.

The patient / friend has to do something all day long to keep the traumatic scene hidden. He must smoke, or work, or watch TV, or something to distract himself from the feeling that is coming up.

Janov's Discovery 4:

A Nightmare is an old Feeling Trying to come up during Sleep.

This is important because it would seem to verify the temporary file theory.

Janov's Discovery 5:

The Nervous System has a built-in Governor.

It is virtually impossible for a patient / friend to experience
More pain than he can handle comfortably.

Winson's Discovery:

Dreaming is Off-Line Processing.

Stone's Discovery 1:

The More you Cry, the More your Mind / Soul will Heal Itself.

Even crying in a movie will reduce the pile of pain. It is not insights and understanding that cure the neurotic. It's feeling the pain, getting it out and over with.

Stone's Discovery 2:

Curing the Brain is Natural.

The mind is constantly trying to heal itself. Neurotics like to talk about the past because they're trying to resolve it. I found my first traumatic scene simply by isolating, because the scene was trying to come up by itself.

Stone's Discovery 3:

The Spoonful Theory.

The nervous system cannot let go of all the pain at once, but it will let go of a small portion (a spoonful). It may not be what you asked for, but it will reduce the pile of pain a little bit.

Stone's Discovery 4:

Three Kinds of Reliving.

There are three distinct forms of reliving, and all three can eventually cure the neurosis: Complete reliving is best, but also hardest. Symbolic or similar story reliving is the easiest way for the amateur. Fragmented or reconstructed reliving is slow, difficult work. You must discharge a scene symbolically before your mind will let you see the scene in fragmented form.

Stone's Discovery 5:

Doing Therapy Alone.

You can do therapy alone with the movies, music, a blindfold and using the basic therapy procedure.

Stone's Discovery 6:

Doorways.

A doorway is an easy entrance, a shortcut into the pain.

Stone's Discovery 7:

Every Defence is a Doorway.

For example, a programmed command interferes with therapy, and yet when you recognise it, it becomes the doorway into your pain.

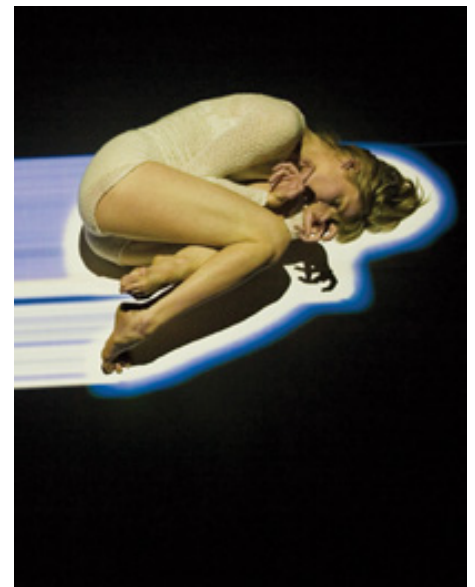
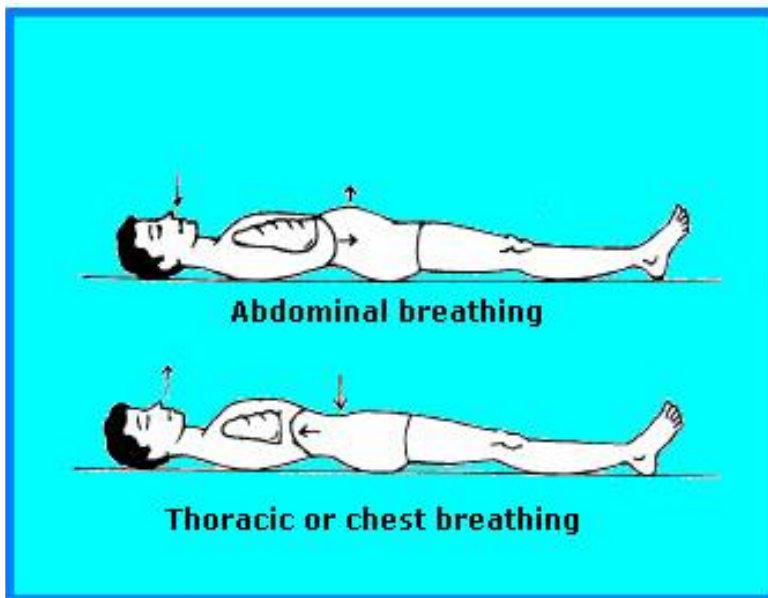
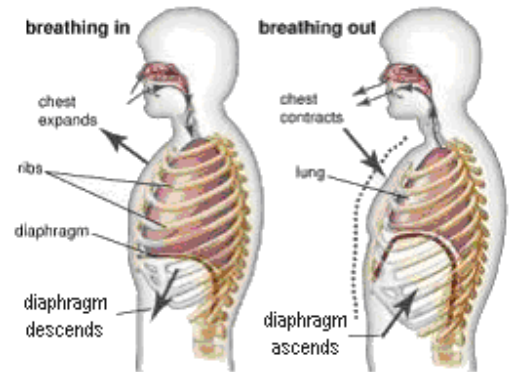
ACCESSING ONE'S EMOTIONS:

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

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

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

These three steps can lead to significant emotional releases.



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.

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

Library Downloads – Pascas Papers

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

info@pascashealth.com

The QUESTIONS:**Appendix A**

The list of 76 questions will help you get started. This may seem like a lot to learn, and yet you will learn them naturally when you understand the reasons behind them.

If you can understand why the questions are asked, you'll learn them quickly, and you will find yourself rewording them so they feel more natural for you. You will even create new questions of your own, and that's what I want you to do. We are all different, and sometimes changing one subtle word can make an enormous improvement in the effect of a question.

To make things even simpler, you don't have to use all of the 76 questions. You can do therapy for weeks and months, with just one question. The question you will use the most is "What's the feeling?" It is a shortened way of asking "What is the one feeling that is trying to come up by itself?"

Starting Questions: At the beginning of therapy the patient / friend may be distracted without knowing it. He/she may claim to be ready but in reality he/she is hungry, or sleepy, or mad at his boss, or worried about the therapist telling secrets, or nervous about people in the next room. The purpose of the starting questions is to discover and eliminate those distractions.

Another purpose is to look at those distractions because they may actually be old feelings trying to surface. For example, if the patient / friend is mad at his boss, and if he talks about it for a while, he may clarify a specific feeling, "My boss never notices my work." Then he may find tears when he remembers, "My Dad never noticed."

Here are the starting questions:

How do you feel? Any strange body feelings?
 Is there something on your mind?
 Anything you'd like to talk about?
 Do you have a present time problem?
 Have you had a recent misunderstanding?
 Do you have negative feelings about this therapy?
 What question would you like me to ask?
 What is the feeling?

Core Questions: These questions get right to the core of the neurosis. In effect they all ask the same question in different ways. They all ask, "What happened to you when you were little?" That basic core question rarely gets a direct answer, and yet the entire therapy is the answer to the question. After a year of therapy you may have uncovered 15 traumatic scenes. You may have found them by using the indirect questions. The discharge may have come in small spoonfuls. But you did get an answer.

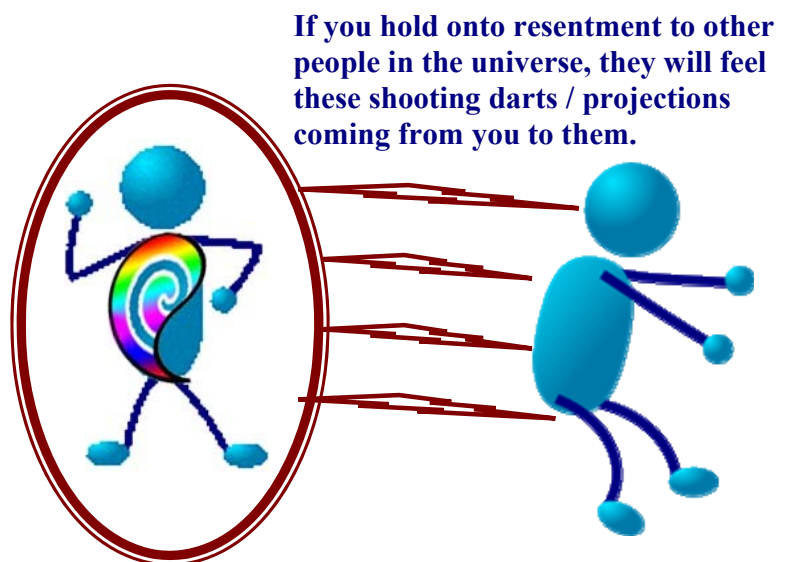
The core questions are important because they shake the wires, loosen the log jam, rattle the drawer full of junk, and they tell the Super Conscious (your soul) that you're aiming for a total cure, and you need him to "get to work on it." My favourite core questions are:

Can you remember the unhappiest day in your life?
 Why did you have to split?
 Why did you stop feeling?

What is the one feeling that is trying to come up?
 What is the feeling?
 What is the old feeling?
 What do you want more than anything in the world?
 What happened to you when you were little?
 Why did you have to stop being yourself?
 Why can't you scream?
 Why can't you finish the therapy?
 What was the worst physical pain in your childhood?
 What was the worst emotional pain in your childhood?
 Did someone leave you?
 Did someone die?

Indirect (or “scan”) Questions: I think it was Freud who first discovered what he called “transference”. A simple example of transference is when you feel anger at your boss so you kick the cat. That’s a simple example, but not a real good one. You may not really understand transference until you experience it in your therapy.

Transference means that when an old feeling starts to surface, for example, a feeling that “Dad never noticed me,” you will feel the “not noticed,” but you won’t be aware that the feeling is about Dad. You’ll have the feeling, but no one to aim it at. So you might feel it toward your spouse. Your spouse will try to convince you that he does indeed notice you. But no amount of talk will convince you. This is transference. Neurotics do it constantly. It happens automatically and unconsciously. The neurotic is unaware that he is doing it.



It takes a great intelligence to spot transference in yourself because it just plain feels exactly like you spouse never notices you. Neurotics transfer feeling onto their spouse, kids, boss, fellow workers, politicians, neighbours, football teams, pets, and hammers. Perhaps the easiest transfer you can see in yourself is to think of a movie that makes you cry, for example, *West Side Story*. When you see Tony die in Maria’s arms you feel that painful loss ... but you weren’t in love with Tony. You are really crying about someone you lost, some one you loved a long, long time ago, but you can’t remember who it was. You may have lost someone when you were 3 years old, and you have transferred the feeling to Tony and Maria.

Since 90% of all old feelings will be felt indirectly and symbolically before the memory can be viewed, and since 90% of old feelings will be transferred onto the wrong object, indirect questions can be very useful when the core questions seem to get no results. Go down the list and ask each question. Most of them may have no effect. Don’t panic, just go to the next question. Sooner or later you’ll find one

question on the list that will spark the patient's / friend's interest, and he will become talkative. The very fact that he is talking fast will tell you that the question has sparked an old feeling.

This is a designed systematic list. It is a checklist. It is designed to touch on every person or object that could possibly be the object of a transfer. This is one time when the friend should not decide the question. The friend may object to one of these questions and five minutes later he will be bawling about the very question he did not want to use.

Indirect questions are helpful for a friend who has difficulty with free association. If the friend has nothing to say, ask all of the questions on this list. Sooner or later you'll find a question that will make him talk freely.

Here is our list of indirect questions. I also call them "scan" questions because they scan all the possible objects of transferred feeling. I might also call them "transference" questions. All three names are descriptive. This is a carefully designed list. I don't recommend changing it very much:

- What's the feeling?
- Tell me about your dream.
- Is there a movie that makes you cry?
- Is there a song that makes you cry? ... book? ... story?
- Is there something you don't understand about yourself?
- What do you want more than anything in the world?
- Is there someone (or some group) that irritates you?
- Is there someone you'd like to be closer to?
- Is there someone you can't communicate with?
- Is there someone who believes differently from you?
- Is there a problem you can't solve, no matter how hard you try?
- Is there something you'd like to say to your Mum?
- Is there something you'd like to say to your Dad?
- Is there something you'd like to say to your Sister? Brother? Aunt? Uncle?

These next questions are also part of the indirect or scan list, but since they can embarrass the friend before he is ready to bare his soul, you should instruct him that it is okay to not answer them:

- Do you have a secret you're afraid to tell me?
- Have you recently been almost caught in your secret?
- Do you have a sexual fantasy?
- Other than sex, is there another feeling in your sexual fantasy?
- Do you have a negative feeling about the therapist?

Probing or Focusing Questions: The starting questions, core questions, and indirect or scan questions are all asked at a time when we don't really know what feeling is coming up. Their job is to shake the wires, to look at all possible places that old feelings might hide, and try to find a pop-in.

Once the pop-in shows itself, the game has changed. Let's suppose that while answering the scan question, the friend has a pop-in, for example, "a woman in a black dress." If it pops-in to the viewing screen just once, I'd ignore it. But if it pops-in a second and third time, I'd consider the possibility that

it is the first piece of a blocked scene. You've found a leak in the dam. It is at this point that you use probing and focusing questions.

Like tuning in a TV set, or focusing a camera, you don't do it until you've found the right channel. Starting, core, and scan questions can be asked without a lot of skill, but probing and focusing questions should be asked carefully, gently, as though you are talking to someone who is busy solving a calculus problem. You don't want to intrude. You don't want to interrupt. The patient may need your silence while he is trying to get hold of this vague, fuzzy, ghost that we call a pop-in.

This is where asking questions becomes an art. You, as a therapist, must be sensitive enough, tuned in to the friend enough, to decide whether your probing question will interrupt a delicate fragile thought, or will it be just the perfect gently nudge that helps the friend explode. Listen to your friend. She can tell you when a question feels right. When in doubt, silence and gentleness is always safe.

If the pop-in is, for example, about a woman in a black dress, you ask:

What is it about the woman in the black dress?
 Tell me about the woman in the black dress?
 Do you see any other pictures?
 Tell me what happened.
 Go to the beginning and tell me the whole story.

Typically, when a blocked memory starts to surface, the friend may say "This is silly. I feel like I'm making this up." These doubts are actually a sign of health. You must encourage the friend to keep looking at the unbelievable story as it unfolds:

Go ahead. You're doing good.
 If you feel like you're guessing, that's OK.
 Go ahead, make a guess.

The Therapist should never make a guess. Let me say that again. The Therapist should never make a guess, because he could be planting ideas in the patient's head. It is safe for the friend to make a guess because his guess will be based only on his pictures and his feelings.

If the patient pauses for a long time, you might say:

Continue.
 Is there more?
 What's going on in there?
 What's the feeling?
 What question would you like me to ask?

When the friend begins to cry, you can see it by watching his lips and nostrils. If he seems to be holding back his tears, don't point out that he is holding back. That will just interrupt him. Say in a gentle whisper:

What are the tears for?
 What's the feeling?

If the friend has just spent a long time talking about present time, if for example, he talks 30 minutes about his boss, encourage him to look into the past by asking:

Does your boss remind you of anyone earlier?

The friend may avoid feeling by talking about his boss in general, vague terms. If you help him to get specific, he is more likely to find old pain. Ask him if there is one specific word to describe his boss. He may answer, for example, with the word “unfair” or “arrogant.” Then you can lead him into a specific old feeling by asking:

Was there someone earlier who was unfair?

Was there someone earlier who was arrogant?

Sometimes the patient will have a lot of feeling connected to a single word. You can unleash the tears by asking for a definition:

What does arrogant mean to you?

Questions for Finding Blocked Memories in Dreams: Here are some questions you can use with dreams:

Tell me the whole dream.

Was there a feeling in the dream?

Was there a famous or special person in the dream?

Look at each piece of the dream and tell me what it reminds you of.

Programmed (or Hypnotic) Command Questions: These questions are important in the first several sessions when a friend can't get started. If a friend starts easily, you may never need these questions:

What do you see on your viewing screen?

Are you having problems with your viewing screen?

Is there a word or phrase that is interfering with your viewing screen?

Is there a word or phrase that you use all the time?

Do you have a hypnotic command interfering with therapy?

If the friend has a word or phrase that he repeats habitually, for example “You know,” you should instruct the friend to:

Repeat the phrase “You know,” over and over and watch your viewing screen.

If that doesn't work, then repeat the opposite, “I don't know” over and over and watch your viewing screen.

Questions to Dig Out a Blocked Scene:

Can you remember the most unhappy day in your life?

Move to the beginning of the scene and tell me when you're there.

Now run through the entire scene to the end.

Is there an earlier beginning?
 Move to the earlier beginning and tell me when you're there.
 Now run through the entire scene again.

Symptom Questions: Sometimes a physical symptom can be a pop-in. In other words, the symptom can be a message from your subconscious (soul). A backache can mean that you have carried a heavy burden of blocked pain. A buzzing in your mouth can be the blocked need to suck milk from your mother's breast. An aching back, a sore muscle, a rash, a buzzing feeling in your mouth, might be your body trying to tell you something. If you have an aching back, ask the question, "Why does your back hurt?" If you have a skin rash, ask "Why is your skin sore?" or "What is it about the rash?"

Caution: Obviously backaches, rashes, etc. can also be completely physical and unrelated to blocked memories.

Everything is interconnected.

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

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

EMOTION HOUSE CLEANING:

We are emotional beings, a mixture of loving emotions and unloving toxic emotions.

Toxic blocked emotions such as shame, guilt, apathy, grief, fear, unloving desires, anger, and pride, are ultimately physically very damaging. Should these issues not be released they can also assign us to the hells. You can envisage these as being within your untidy basement, each tread in the stairs being one of these emotions.

Praying for God's Divine Love and embracing Feeling Healing will commence to tidy up your basement and bring you into a higher soul condition as well as better physical health.

Continue on with your Feeling Healing and the addressing of your emotional issues while always asking for and receiving Divine Love. This will bring brilliance and lustre to your first floor of your dwelling, now that the basement is clear.

It is far easier to progress up these stairs with the aid of receiving more and more Divine Love than try on your own.

As you grow in love and pass beyond the 1st sphere (floor) into the 2nd sphere (floor) you enter the realms of love, you no longer are dominated by fear. Few achieve this beauty and cleanliness.

Should you progress above the 2nd sphere by continually asking for and receiving Divine Love, then your negative emotional issues are now diminishing. Now being in the 3rd sphere, you are progressing towards the Celestial Heavens. Your home is now one of increasing beauty.

Map of
Consciousness
(MoC) Scale

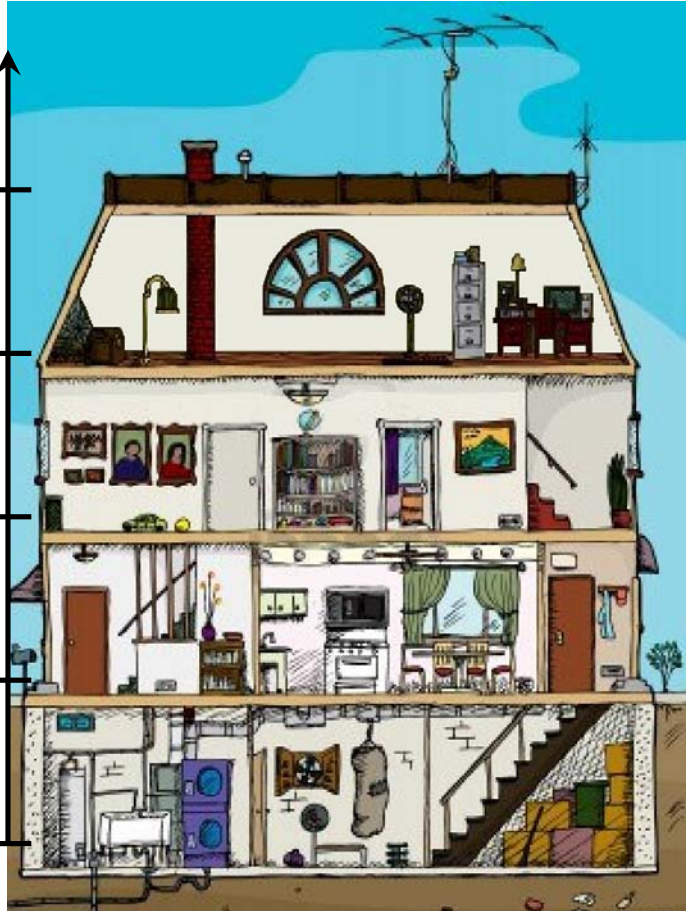
780
3rd sphere

650
2nd sphere

500
1st sphere
upper Earth
planes
fear dominates

200
1st sphere
Earth planes
being the hells

0



YOUR JOURNEY in GROWING in LOVE:

Cure by Crying is a pathway for accessing blocked and erroneous emotions. The releasing of emotions, those being in error, enables you to grow in love and physical health. Clearly it is possible that this Therapy process can enable your consciousness (soul) to grow in love to the extent of progressing from within the 1st sphere, where most of us are, into the equivalent of the 2nd sphere whilst living here in the physical world. It may also be possible to progress with this therapy into the 3rd sphere. However, what has been noted by other researchers, the 2nd sphere equivalent is probable and achievable; progressing into the 3rd sphere is possibly not likely, certainly not without a longing assisted with prayer.

It is the development of one's love for his / her Creator, growing a passionate desire for Divine Love whilst being humble at all times, a willingness to feel one's own emotions, that this practice of feeling and releasing emotions can assist you in growing infinitely in love and progressing further and further up through the spheres whilst here in the physical state.

Your growth in love is exponentially developed by your love for your Creator and your ever growing desire for His / Her Love. This Love will enable you to feel more and more emotions that need attending to and release thereof, being replaced with Truth.

Prayer will greatly assist with your journey of releasing blocked emotional injurious memories and once you have completed the releases of these memories, prayer will continue to assist with your growth and journey of love.

The true essence of The Therapy's potential is developing a burning desire for God's Love and Truth whilst practising The Therapy. With this embraced by prayer, your journey will be one of wonderment, joy and ever expanding ecstasy.

Only Three Things Needed

A L O N G I N G for GOD'S LOVE to ENTER YOU
 A L O N G I N G for GOD'S TRUTH to ENTER YOU
 H U M I L I T Y

Humility is the passionate desire to experience fully
ALL of your own emotions,
 without blame, judgement or condemnation

'Light Body Health Sciences' are particularly successful when three elements line up together, these elements being:

- ✓ The patient / friend is confident that the treatment modality is efficacious. When the friend is receptive to the treatment being offered and that he/she is willing to embrace his/her underlying emotional issues which are the cause of the ailment and issues emerging within the physical body, then the potentiality for a successful treatment is greatly enhanced. The friend needs to be desirous to experience and to achieve a release of the underlying cause, that is, the erroneous emotions creating the ailment.
- ✓ The modality that is being offered as the treatment vehicle is efficacious. That can readily be determined by applying kinesiology muscle testing and calibrating the integrity of the modality as it applies to Dr David Hawkins' Map of Consciousness scale. Anything that calibrates under 200 is not efficacious, in fact it is life threatening. As the calibration reading increases up the scale, then the more efficacious it is. Modalities that calibrate over 500 are very efficacious, being love orientated.
- ✓ The consciousness or soul condition of the practitioner best be in good condition. Generally speaking, health carers generally are loving people, otherwise they would not consider this career path. That is, it is most likely that they will calibrate over 500 on the Map of Consciousness. When a practitioner is in the space above 600, they usually have a very powerful reputation resulting from their extra-ordinary successes in treating friends.

When a practitioner is distracted by earthly pressures and pursuits, it is time to remind such practitioner to pray for and ask to receive Divine Love. Divine Love is the only substance that changes one's soul from the human to the divine.

October 11, 1917 – George Whitefield

Book of Truths

'When a man shall receive in his soul sufficient amount of the Divine Love, there will come with it to that man a power and knowledge of the laws governing the relation of spirit to material organism that will enable that man to perform these same acts that are called miracles; and further, there will be some who will have that power and will demonstrate the same in confirmation of the truths that you are receiving.'

Thus, all treatment programs require a three way cooperation; patient / friend, modality, and practitioner. When these three aspects all are positively in alignment then the treatment will be wonderfully successful. If one element is not lined up, then the treatment will most likely be ineffective.

July 9, 1917 – Jesus

Book of Truths

'Well, my brother, I see that you are much better than you have been for some days past, and that you have prayed more to the Father for the inflowing of His love, and, as a consequence, have more of it in your soul, and are in a better condition spiritually and physically.'

The ultimate healing modality is asking for and receiving **Divine Love**.

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) ^{188:5.2} **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) ^{188:5.3} **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)

MUSINGS by JOHN:

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

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

Yours respectfully,
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

CONCLUSION:

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

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

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

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

Why haven't other methods been going deep enough?

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

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

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

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

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

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

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

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

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

[I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.](#)

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they

having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with

the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

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

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

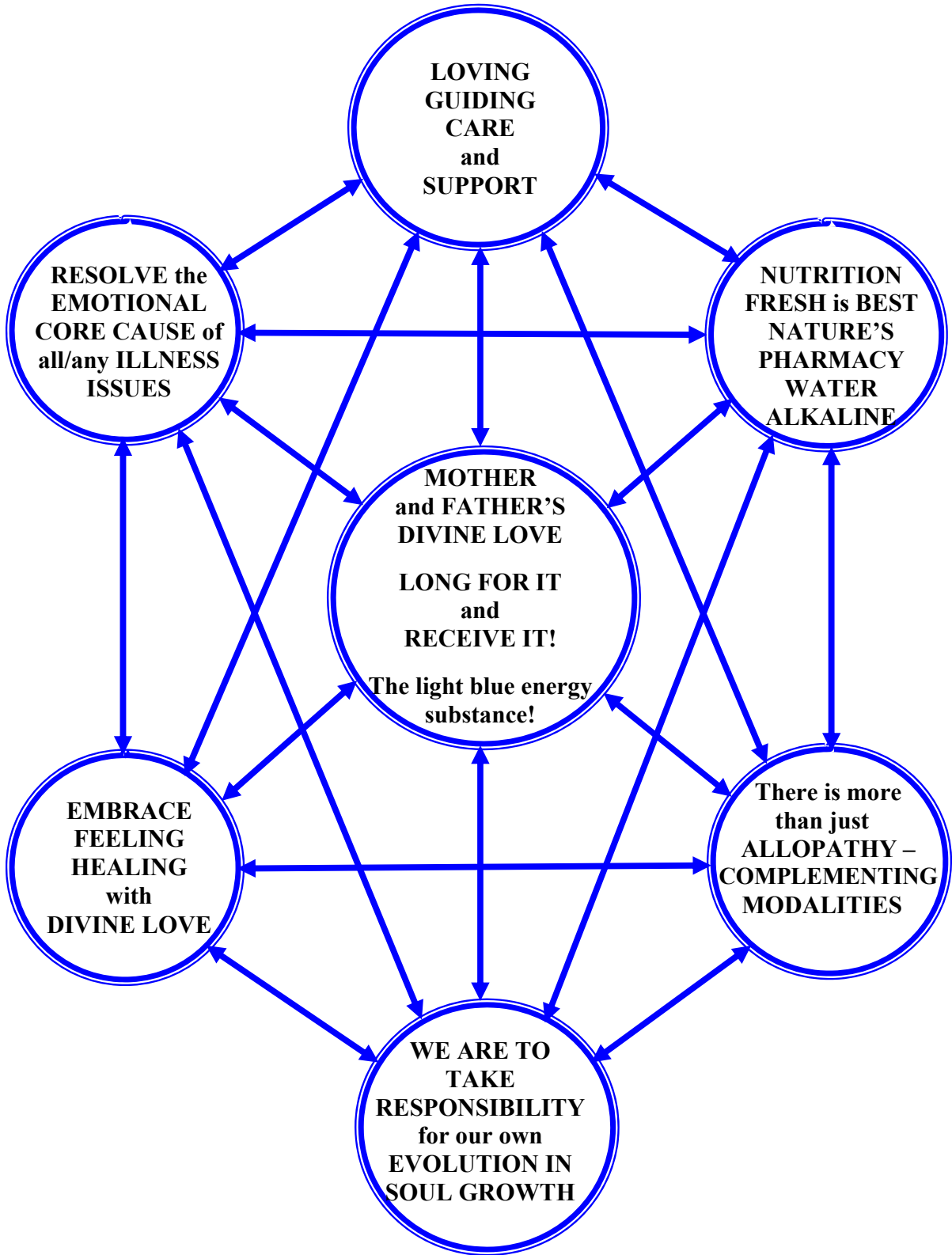
Primary and most important readings are the writings of James Moncrief.

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

Love from us all over here – your Nanna Beth.

HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



The Only Prayer That Man Need Offer to the Father:

(as given within the first century)

I am here, Jesus

The **Prayer for Divine Love**

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

Keep us in the shadow of Your 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 endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

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

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

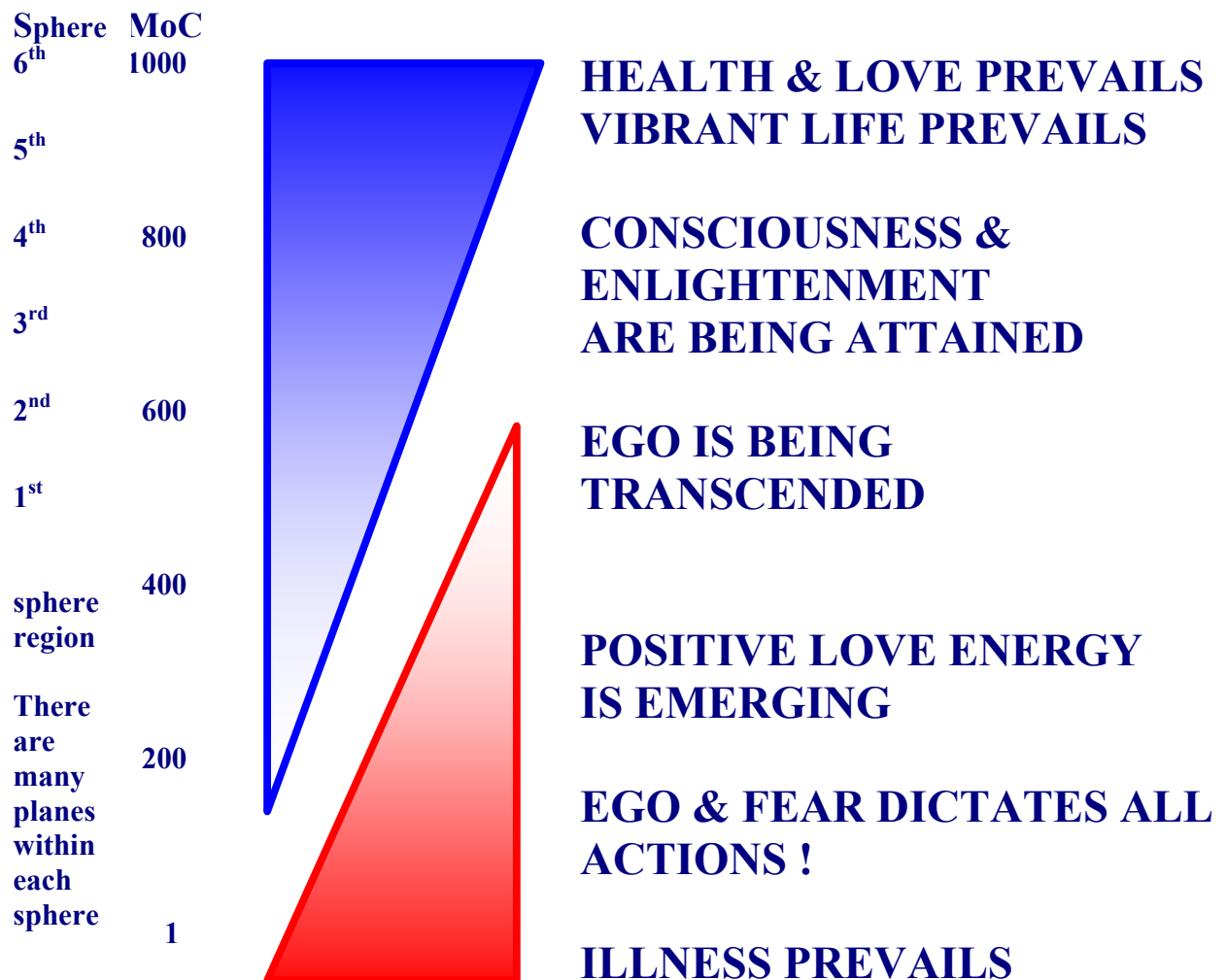
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Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of one's mind, that are controlling you.

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1st sphere and also to progress through the 2nd sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

WE ALL ARE BEING GUIDED HOME:

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

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

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control. Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

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

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

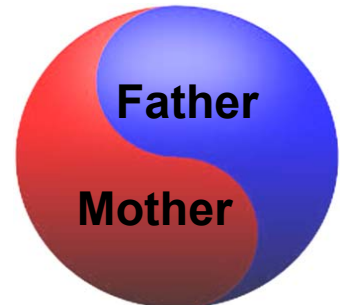
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

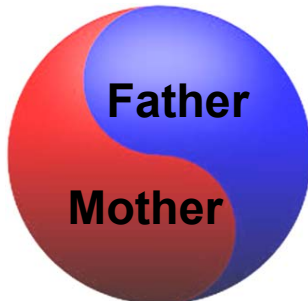


HUM

WE ARE Children of God

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

GOD



**M&
F**



J&M



WE ARE Children of God

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

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

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

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

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

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

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

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

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

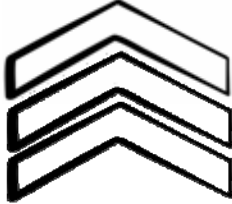
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

The CHOICE is OURS to MAKE:

Celestial Truth:

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

Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.
 FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!
 It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.
Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good!
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live. And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



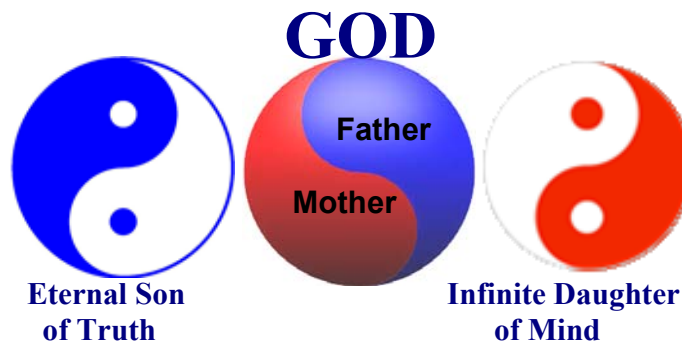
**God's Divine Love:
Pray for it, ask for it, and receive it.**

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:





PARADISE TRINITY:

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

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

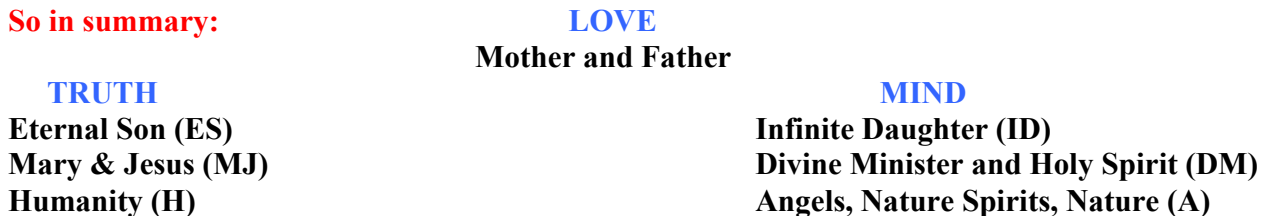
The LOCAL UNIVERSE TRINITY:

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

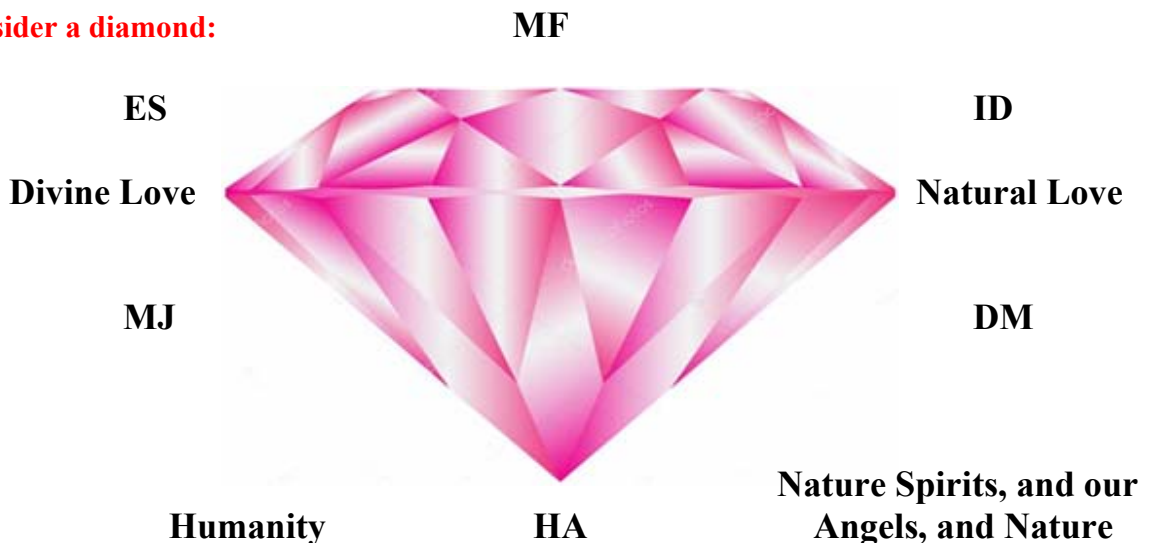
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

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

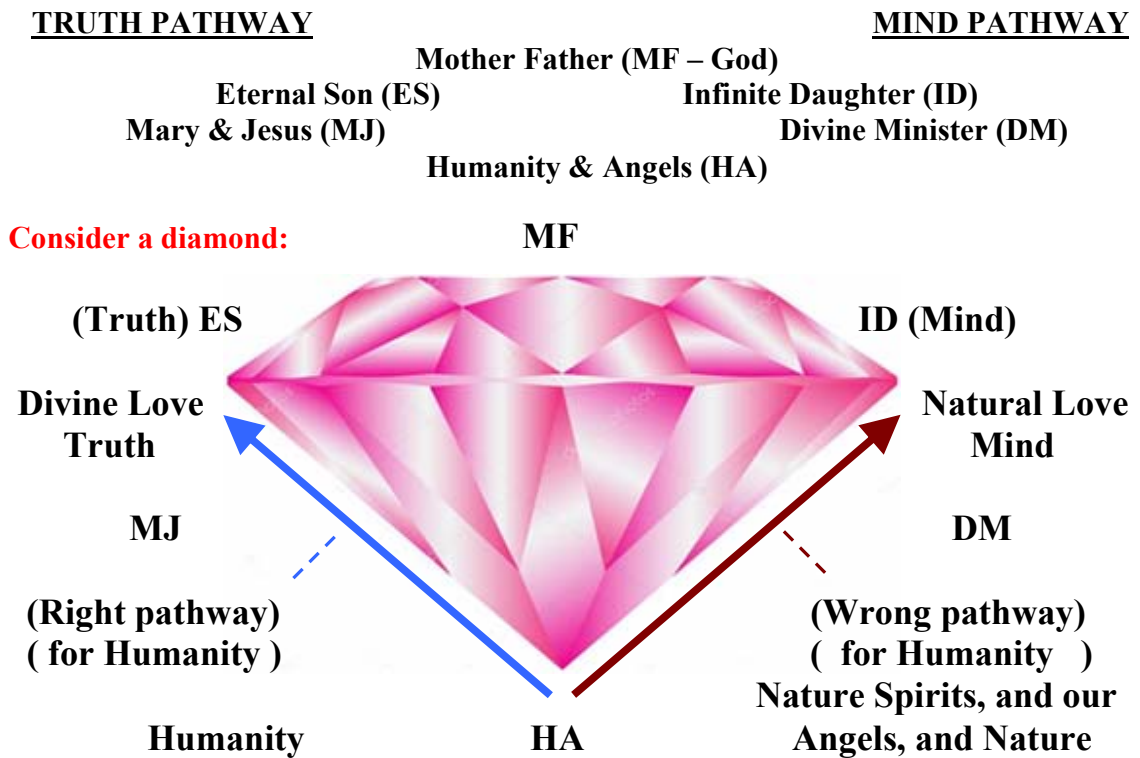
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

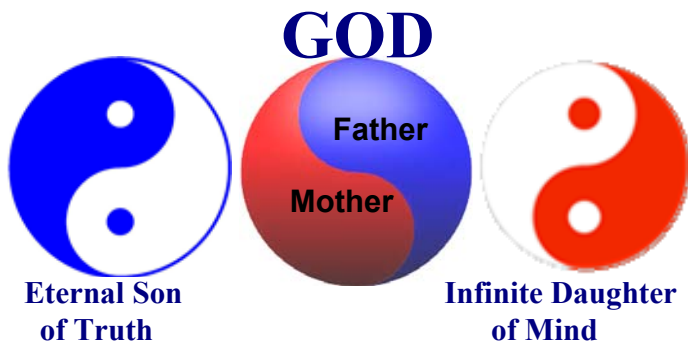
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



CREATION of SOUL and SPIRIT:

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

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

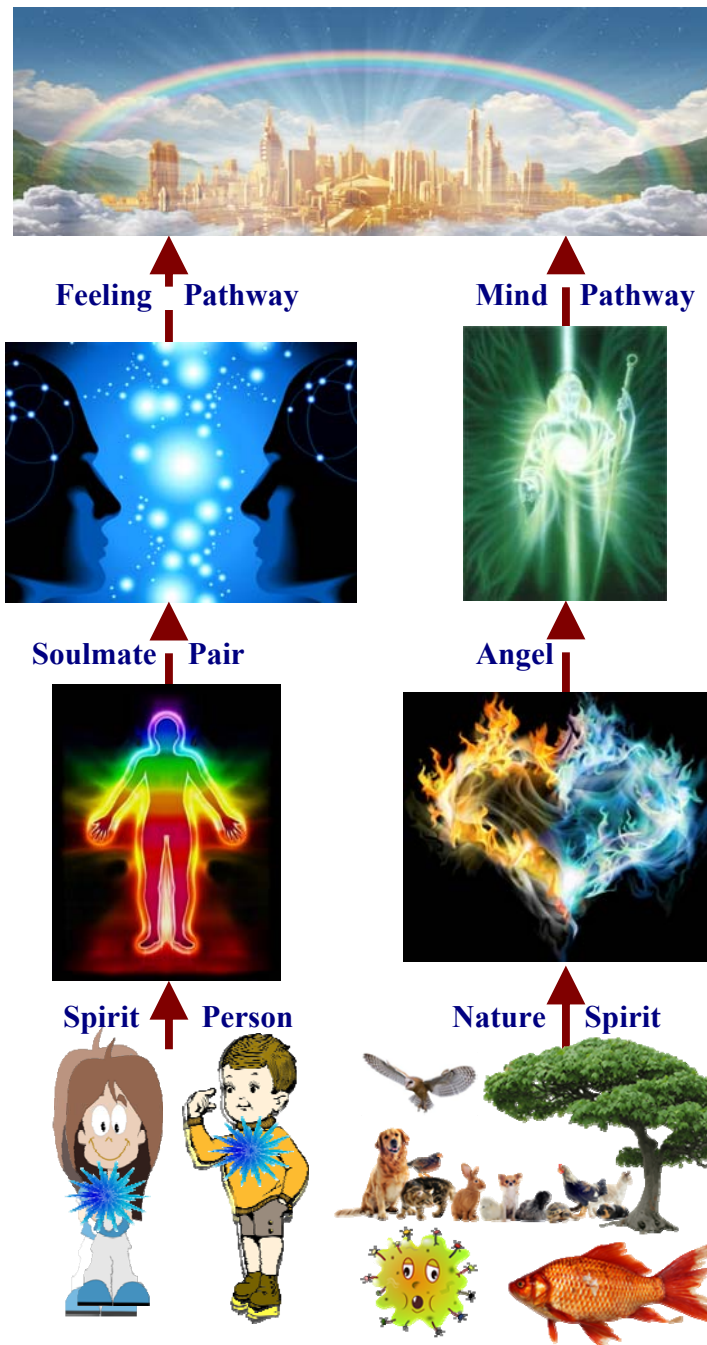
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



Goals of Pascas Care are lead by our desire to:

Treat the cause rather than the symptoms, this is the focus of Pascas Care.

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

Further stated policy, Pascas Care – Kids of the World:

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



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

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’.

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

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

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

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

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

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

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

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

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

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

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

Three Great Truths:

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



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

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

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

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

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

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

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

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

30 Aug 08

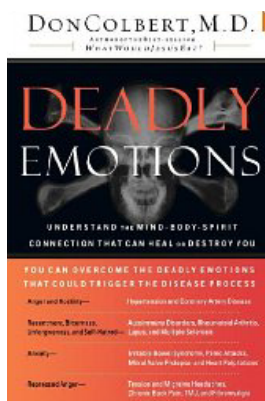
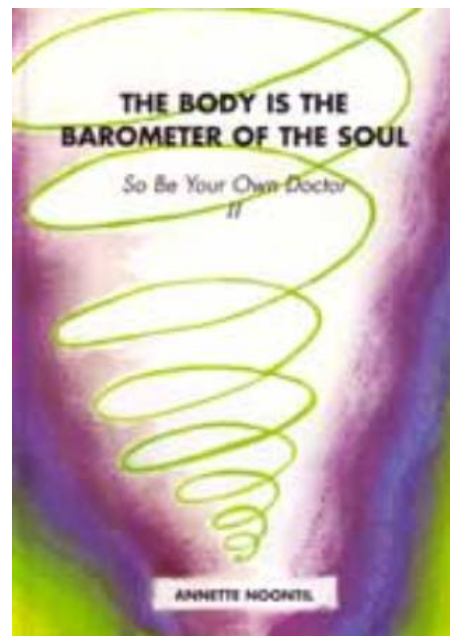
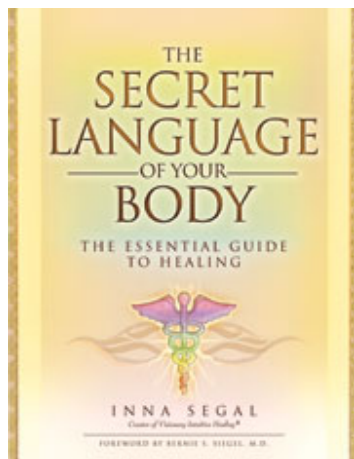
“The Body is the Barometer of the Soul” by Annette Noontil

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

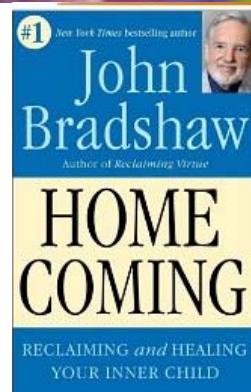
Also consider:

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

www.innasegal.com/



Deadly Emotions by Don Colbert.

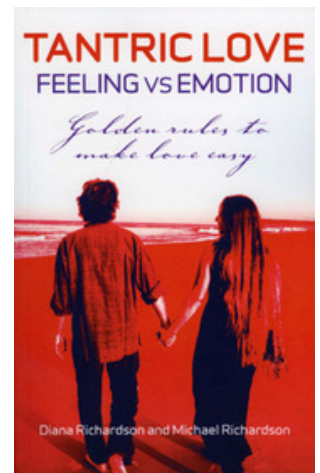
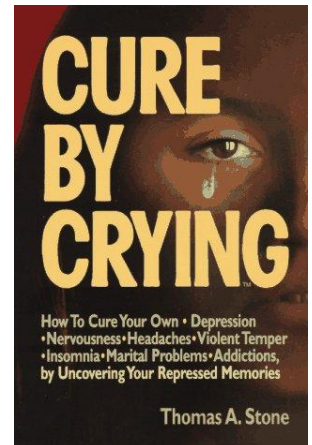


Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw

In **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.

Other recommended reading:

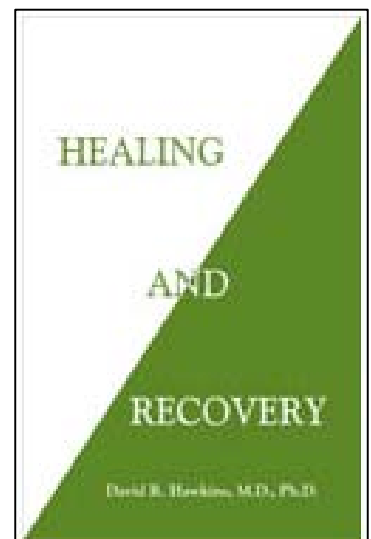
- The Book of Truths** – Joseph Babinsky
containing the Padgett Messages
Little Book of Truths – Joseph Babinsky
The Human Soul – Joseph Babinsky
True Gospel Revealed Anew by Jesus
Vol I, II, III, IV – Geoff Cutler
The Truth – Werner Voets
Through the Mists – Robert James Lees
The Life Elysian – Robert James Lees
The Gate of Heaven – Robert James Lees
Gone West – J M S Ward
Post Mortem Journal – Jane Sherwood
Thirty Years Among the Dead – Carl A Wickland
A Wanderer in the Spirit Land – Franchezzo
Revelations – Dr Daniel Samuels
Judas Messages – <http://new-birth.net/dlindex.htm>
Judas of Kerioth – Geoff Cutler
The Richard Messages – James Reid
The Divine Universe – Zara Borthwick & Nicholas Arnold
Shining Toward Spirit vol I, II, III – Zara & Nicholas



In David Hawkins book, ‘Healing and Recovery’, you will learn why the body may not respond to traditional medical approaches. Specific instruction and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one’s healing and recovery program is explained, along with how easy it is to incorporate them in the process.

Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life’s challenges without resorting to drugs, surgery, or counselling.

‘Healing and Recovery’ provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

<http://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 them selves and doing their Healing.

Feeling Bad? Bad feeling are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

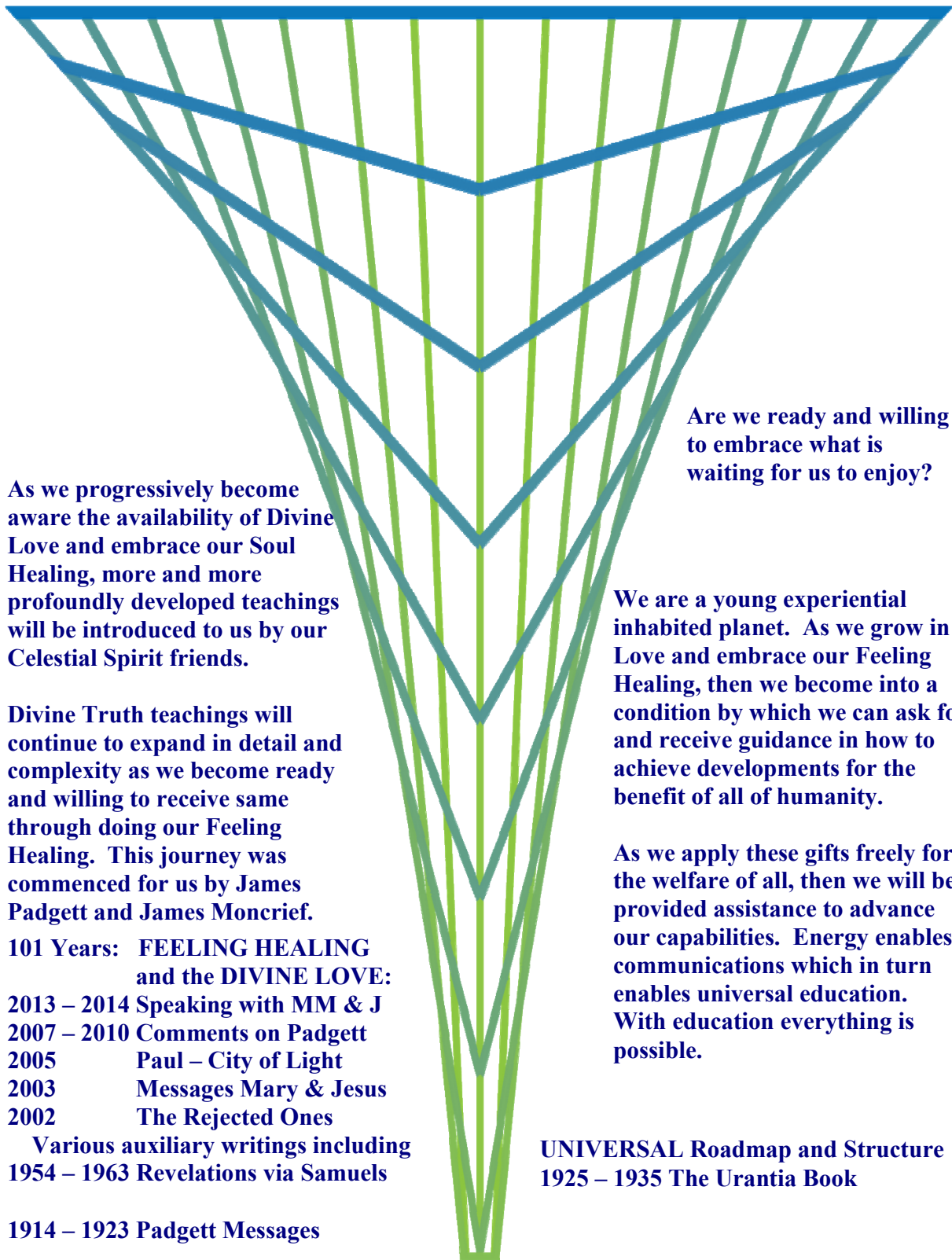
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



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



SOUL  SPIRIT BODY  PHYSICAL BODY
PERSONALITY

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

Your soul is the real you!

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



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**

Prayer: is emotional exchange with God