

# PASCAS CARE

# HEALING CODE

# PRACTICE



“Peace And Spirit Creating Alternative Solutions”

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## PASCAS INTRODUCTION:

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

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

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

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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 us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

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



## 5 Ways You'll Benefit When You Use The Healing Codes

|   |  |
|---|--|
|    | <p><b>You'll take charge of your health—and feel younger and healthier than ever before.</b> If you have nagging health problems that have been bothering you for years... or if you just simply feel sluggish or "out of whack," I'll show you how to treat yourself safely and effectively. I'll show you how to go beyond the symptoms your doctor wants to treat to discover the root cause of whatever's ailing you.</p>  |
|    | <p><b>You'll go beyond the same old tired health advice.</b> Because a large percentage of those who use The Healing Codes are "hopeless causes" who have tried everything under the sun, you'll find The Healing Codes refreshingly different.</p>  |
|  | <p><b>Targeted Solutions</b> – The specific targeting The Healing Codes provide are the destructive, unhealed memories. These are the source of stress... when you remove the destructive memory pictures in the heart and subsequently remove the stress from the body, the neuro-immune system can then heal just about anything on its own.</p>   |
|  | <p><b>Lower Health Care Costs</b> – A recent study published in the <i>Wall Street Journal</i> stated that the money spent on health care in the United States has exceeded 15% of our Gross National Product. The Centers for Disease Control and Prevention in Atlanta estimate that 80% of all health care dollars are spent on illnesses related to stress. When you are able to reduce the stress and heal the origin of the health problem, you reduce and in some cases eliminate, all related health care costs.</p> |
|  | <p><b>No False Findings, Risky Drugs and Needless Surgery</b> – In many cases your doctor is just "flying by the seat of his pants" when it comes to diagnosis and treatment. Why subject yourself to those when a better option is available through The Healing Codes.</p>   |

## INTENTION:

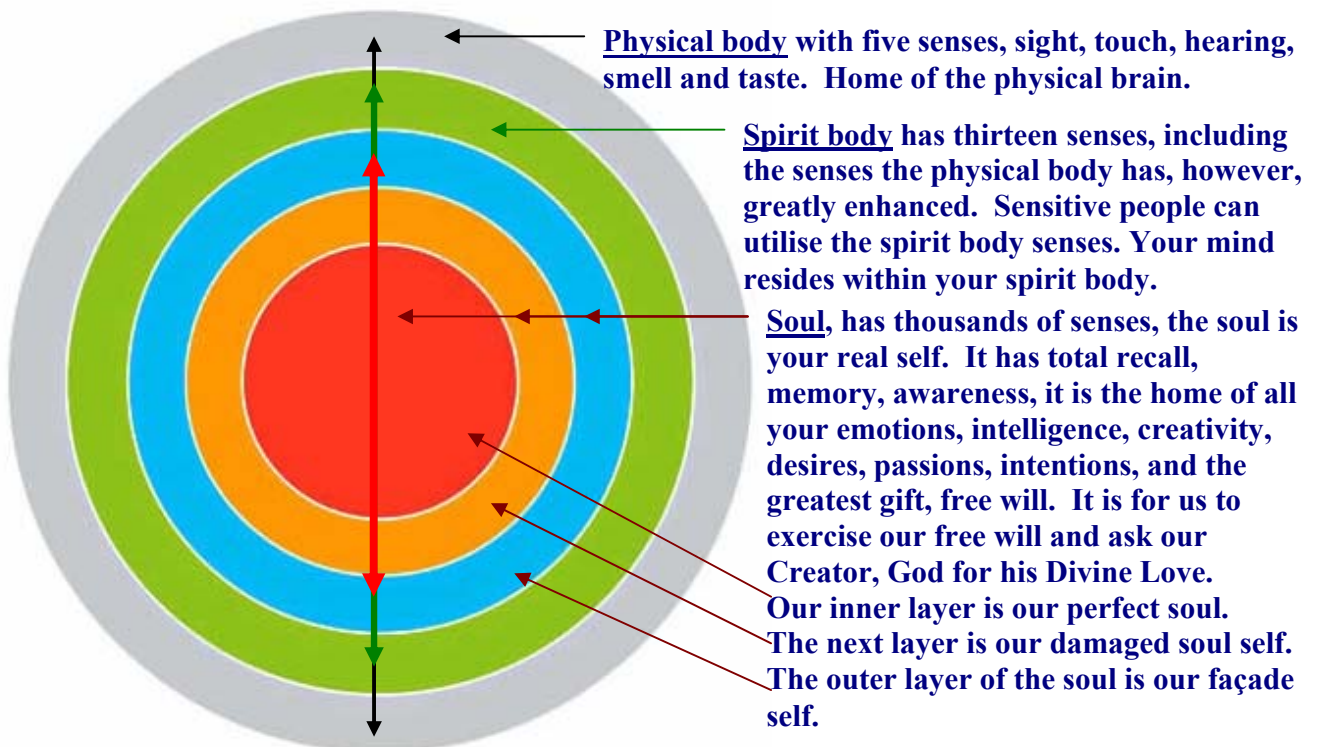
“Human intention can strongly influence the physics of this duplex space, our physical well being,” says Dr William A Tiller.

Human acupuncture meridian / chakra system exists at a higher Electro-Magnetic (EM gauge symmetry) state, so that focused and sustained human intention channelled through this system can produce amazing transformation both inside and outside the body.

Human intention is created within the domain of the soul.



**Soul condition is the sum total of all the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**



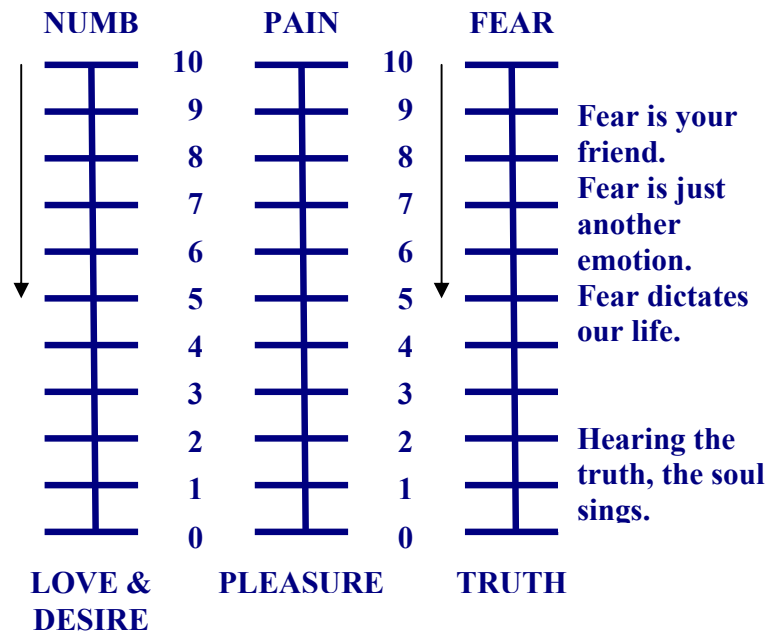
## **HEALING CODES – Putting it all Together:**

<http://thehealingcodebook.com/>

Now that you understand a bit of how the Healing Codes system addresses the physical and non-physical symptoms of heart issues, let us show you how to use this information to heal yourself, both now and for the rest of your life.

**Step One:** First, we suggest that you start by using The Healing Code and working on whatever issue is bothering you the most. Go through the steps suggested on page 220 of The Healing Code book. Identify the emotion behind the thing that's bothering you (fear, hopelessness, anger, anxiety, helplessness, etc.). Rate your issue (1 – 10). See if any memories come up of another time in your life when you had the same feelings, even if the situation is entirely different. Rate that memory in terms of how much it bothers you now. Include the memory or memories that surface, along with your current issue, in the prayer. Do the Code. When you're done, re-rate the memory. Keep working on that early or strongest memory until it's below a 1 – you have perfect peace about it when you remember it. Then move on to work on any other memories that still have a "charge", starting with the next earliest or strongest, until they're all down to 0 or 1.

**Step Two:** Take the Heart Issues Finder. This assessment tool is online at [www.thehealingcodebook.com](http://www.thehealingcodebook.com) (you'll get access to the link when you register the book). After you answer the questions, you will instantly receive a 10 – 15 page, personalised report of your score in the various Twelve Categories of Heart Issues.



This report will pinpoint the issues of your heart at the time you took the assessment. Start with the category of your lowest score. Look for any memories and feelings / beliefs that come up. Rate it 0 – 10, do the Code and work on it until the emotion is below 1, the same as in Step One. This may very well be the hidden source of the problem you worked on in Step One.

After you've worked on your lowest score from the Heart Issues Finder, work on the next lowest score (or the issue that bothers you the most, if something else has come up). Continue working with the Heart Issues Finder until you have addressed all your issues as the scores indicate. You can use this tool as many times as you like, and we recommend you do so. Not only will it enable you to know which issues need the most healing at any given time, it will also enable you to track your progress in the various categories.

**Step Three:** After you've brought up your lowest scores on the Heart Issues Finder, go through the Twelve Categories from this chapter, one per day. This ensures that you address all issues (remember,

90% of the source of your issues are unconscious). You can continue this “maintenance” schedule for the rest of your life. When a problem comes up, go back through Steps 1 – 3 and continue to heal the source of your issues.

### Full Healing Ahead

The Healing Code and the Heart Issues Finder deal with the source of your stress on the cellular level. What about the everyday stresses, the kind of stress we usually think of when we think of stress? You know, when your child throws a temper tantrum, or you’re stuck in traffic, or you’ve had an argument with someone. Consider the 10-Second Solution to Situation Stress (chapter 12 of The Healing Code).

### Heart Issues Finder

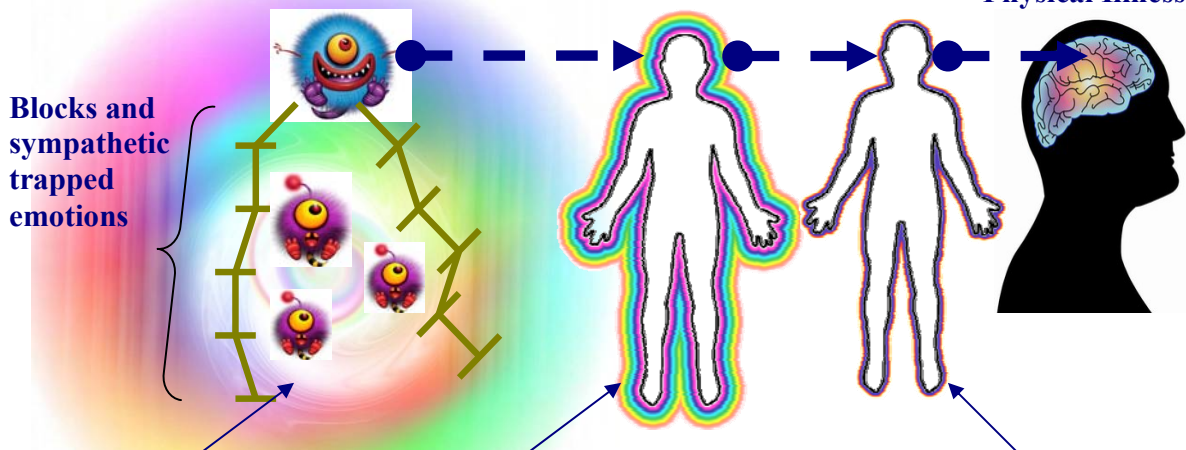
Here’s an overview of the Twelve Categories which the Heart Issues Finder assess:

1. Unforgiveness
2. Harmful Actions
3. Wrong Beliefs
4. Love vs Selfishness
5. Joy vs Sadness / Depression
6. Peace vs Anxiety / Fear
7. Patience vs Anger / Frustration / Impatience
8. Kindness vs Rejection / Harshness
9. Goodness vs Not being Good Enough
10. Trust vs Control
11. Humility vs Unhealthy Pride / Arrogance / Image Control
12. Self-Control vs Loss of Control.



**CORE TRAPPED EMOTION is an ERROR of the MIND**

**Physical Illness**



**SOUL which animates SPIRIT BODY which animates PHYSICAL BODY.**

Trapped emotions (frozen energy) create fissures and injuries in the spirit body which in turn emerge as physical illnesses, firstly as pain, in the physical body. Emotional blockages of the same type create illnesses of similar natures in anyone who has the same style of emotional injuries. Each of us carry our own unique cocktail of emotional issues, as we are emotional beings (our soul), thus each of us has unique pathways to recovery.

## **Your 6-Minute “UNIVERSAL HEALING CODE”**

### **A Word About Prayer**

Prayer is always my (Dr Alex Loyd) first course of action, even before I do any Healing Code. The Healing Code is just a book, an amazing new “screwdriver”. What’s most important is your relationship with God, Father / Mother, Creator, however you work that out. So we urge you to make prayer your primary focus, using The Healing Code as part of the process. (One client says The Healing Code “puts prayer on steroids.”) It is your intent that is the high octane fuel that powers the results.

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

### **How to do the Universal Healing Code**

Use the four exercise positions shown below in the order they are listed, and “shine” your relaxed fingers at the healing centres (as though your fingertips are little flashlights clustered together) two to three inches (50mm to 75mm) off the body. It doesn’t matter if your fingers are straight or curved (whatever is most comfortable for you), only that the fingertips are aimed at the area surrounding the healing centre.



Having your fingertips two to three inches away from your body is several times more effective than touching the healing centres with the fingers. It creates an energy field over the entrance of the healing centre that allows the body to automatically produce the precise positive / negative energy pattern needed for healing (amplification of intention). The reason for the increased effectiveness crystallised for me (Dr Alex Loyd) while we were doing a seminar in Oklahoma City. A gentleman shared that having the fingers away from the body makes perfect sense: it works just like a spark plug. I’m no mechanic, but he said that the spark plug doesn’t touch the metal. There is a gap there and the energy arcs from the spark plug to the metal. He said that in fact, if there’s not enough of a gap, it won’t work right. There won’t be enough power. The same is true of The Healing Code. Having the fingers away from the body creates the exact polarity needed at any given second to give significantly greater power.

## The FOUR HEALING CENTRES

**Bridge:** In between the bridge of the nose and the middle of the eyebrow, if the eyebrows were grown together.

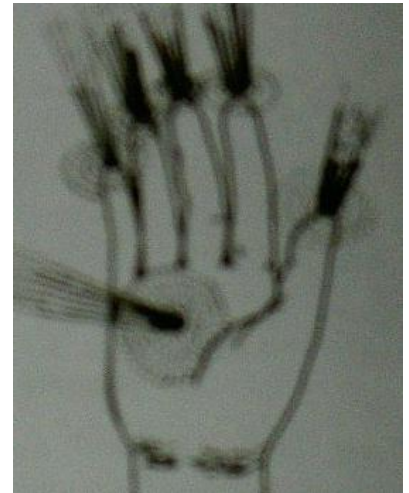
**Adam's Apple:** Directly over the Adam's apple.

**Jaws:** On the bottom back corner of the jawbone, on both sides of the head.

**Temples:** One half inch above the temple, and one half inch toward the back of the head, on both sides of the head.

Each of the four healing centres has a normal hand position and a resting hand position except the Adam's apple; the normal position for that is a resting position. The resting positions are provided so you can rest your hands on your body and do the procedures more comfortably. As mentioned, for the normal positions, your fingertips are two to three inches (5cm to 7.5cm) off the body from the healing centre. For the resting positions, your fingertips aim across the top of the healing centre from two to three inches below or beside the centre.

Add a few minutes to the Code when using the resting positions. If your arms become too fatigued to perform a Code for a specific amount of time, try the resting positions, or prop your arms up with a pillow, or rest your elbows on a table or desk. **If your hands drift off the centre, healing will still occur. Your intention to heal is far more important than being perfect at holding the hand positions.**



It is helpful to rate how much discomfort you feel when thinking about your issue or problem on a scale from 0 to 10 (10 being the most discomfort) before doing The Healing Code. This is the best way to measure your progress as you see the discomfort level decrease until it reaches a 0 or 1.

Do the Code in a quiet, private, place where you can relax without distractions or interruptions.

Here's the sequence:

1. Rate the issue in terms of how much it bothers you, 0 – 10, 10 being most painful.
2. Identify the feelings and/or unhealthy beliefs related to your issue.
3. *Memory Finder:* Think back if there was another time in your life when you felt the same way, even if the circumstances were very different. We're looking for the same kind of feeling. Don't do a lot of digging – just take a moment to ask yourself if there was another time in your life when you felt the same way you're feeling now. We're going for similarities in the feeling, not the circumstance. If you're feeling anxious about an upcoming medical test, you want to ask if you have ever felt that



same kind of anxiety when you were younger, not whether you ever faced a medical test before. Go for the earliest memory that surfaces, and focus on healing that first.

4. Rate that earlier memory, 0 – 10. There may be others. Look for the strongest or earliest, and work on that first. What bothers us now tends to be troublesome precisely because it's attached to or triggered by an unhealed memory. Often when you heal the earlier or strongest memory, all other memories "attached" to that core memory heal at the same time.
5. Say the prayer for healing, inserting all the issues you uncovered ("my memory as a four-year-old, my fear issue, my headaches," or whatever).

**"I pray that all known and unknown negative images, unhealthy beliefs, destructive cellular memories, and all physical issues rated to \_\_\_\_\_ [your problem or issues] would be found, opened and healed by filling me with the light, life and love of God. I also pray that the effectiveness of this healing be increased by 100 times or more."** (This tells the body to make the healing a priority.)

6. Do The Healing Code holding each position for around 30 seconds, repeating a Truth Focus Statement that counters any unhealthy belief, or one that addresses your issue. When you do a Healing Code, you don't focus on the negative, but the positive. Make sure you rotated through all four positions before quitting (usually several sequences). **Do the Code sequence for at least 6 minutes.** Make sure you go through all four positions before you stop. You can always take a little longer, especially if you rated your issue above a 5 or 6. We suggest 6 minutes as the minimum.



**(First Position) Bridge:** In between the bridge of the nose and the middle of the eyebrow, if the eyebrows were grown together.



Main Bridge Position



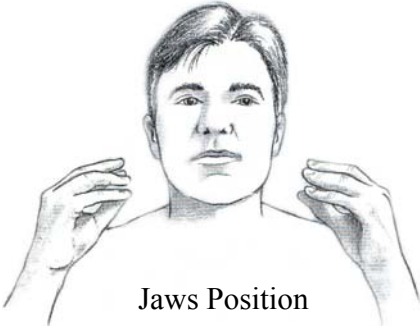
Resting

**(Second Position) Adam's Apple:** Directly over the Adam's apple.

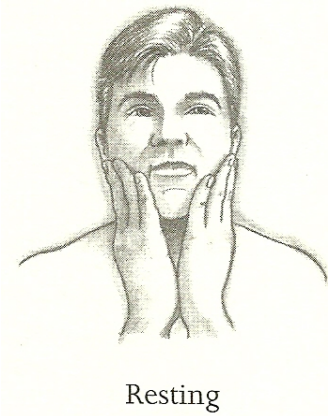


Adam's Apple

**(Third Position) Jaws:** On the bottom back corner of the jawbone, on both sides of the head.



Jaws Position

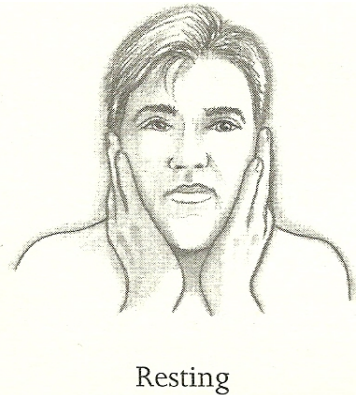


Resting

**(Fourth Position) Temples:** One half inch above the temple, and one half inch toward the back of the head, on both sides of the head.



Temples



Resting

7. After doing the Code, rate your issue again. When that earliest / strongest memory is down to 0 or 1, you can go on to the next memory or issue that bothers you the most.

### Doing the Code for Someone Else

You can do The Healing Code on behalf of someone else. Ask for their permission. With permission and their desire and intention to grow in love and health, they may receive assistance from Divine Love Spirits from the Celestial Realms. Without such consent, assistance may be forthcoming from Natural Love Spirits from the spiritual realms. Simply say the prayer, like this:



**“I pray that all known and unknown negative images, unhealthy beliefs, destructive cellular memories, and all physical issues related to \_\_\_\_\_ [your loved one’s problem or issue] would be found, opened and healed by filling \_\_\_\_\_ [person’s name] with the light, life and love of God. I also pray that the effectiveness of this healing be increased by 100 times or more.”**

Do the Code on yourself. When you’re done, simply pray, “I release the full effects of this healing to [name of person], in love.”

**We recommend you do The Healing Code three times a day.** You can do it more as needed, to get faster results. You may still get results with doing it just once a day, and we strongly recommend you make sure you do it at least once a day. You can also do it longer than 6 minutes. Consistency is key. Doing it for 6 minutes three times or more a day is ideal, and will give you the best results.

### Questions you may have about Doing the Healing Code

#### What should I expect to happen when I do my Healing Code?

There are two areas in which you will most likely see a change or shift when you do The Healing Code:

1. The picture or memory you are focusing on.
2. The physical or non-physical problem resulting from the memories.

**Changes to your memory pictures:** Keep in mind that The Healing Code heals only the pictures in the heart. It does not remove pictures from the memory. (Our memory is within our soul and we have total recall for ever.) This means that the emotional intensity attached to the memory picture is removed, not the picture itself. Many people report that as they use the Code, the picture that they are focusing on begins to fade, and often becomes hard to visualise and hold in focus. As the memory is healed, some individuals describe it as if the energy or power has been drained out of the picture, and that it doesn’t control them anymore. There is often an accompanying feeling of peace and closure. You will know that your picture is healed when you experience some or perhaps all of the signs mentioned here.

**Changes to the issue bothering you the most:** As your picture heals, you will usually begin to see a change in other issues that are bothering you. However, it is important to understand that while some issues have only one picture attached to them, some may have many more than that. If, after completing the Code on a particular picture, your most bothersome issue is unchanged, don't be discouraged. If you continue the process of working on your images, healing will occur within the capability of your immune system to heal the problem.

### **What if I feel like I am not making much progress?**

If you feel that you are working and not making progress, focus on the picture of when the problem started and when the physical and non-physical symptoms began. For example, if migraines have you physically in pain and emotionally depressed, focus on when the pain and depression started.

If, after doing the Code five separate times, you still have not felt any reduction in the 0 to 10 intensity rating, look again for another picture. This may be a picture between your earliest one and the current picture, or it may be your current picture. Work on the picture of greatest intensity instead of the earliest time.

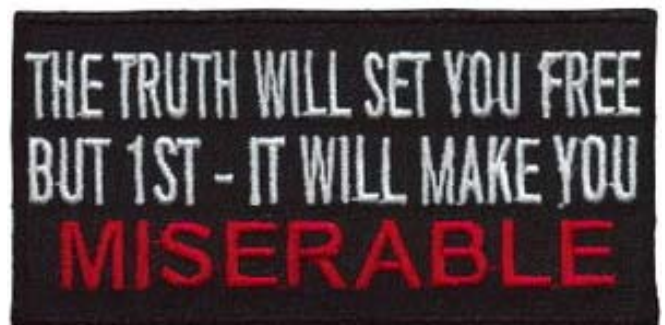
You might also try going to the time in your life shortly before your problem started (up to two years before). You will sometimes find a shock, trauma, or intense emotional event in this time period. Focus on this event until its emotions and beliefs are healed.

If you still do not experience a change in your condition, it may be because another issue is tied to the root of your current problem. Continue working on the issues and category bother you most until the problem breaks.

### **What if I feel worse after completing my Code?**

Uncomfortable healing responses occur with perhaps 1 in 10 people. It's not unique to using The Healing Codes. It is a well-known phenomenon in medicine called the Herxheimer reaction. We call this a healing response because it is evidence that you are indeed healing. Physical toxins and negative emotions may be working their way out of your system.

When you heal the destructive cellular memories and unhealthy beliefs that caused your issues, the resulting stress in your body will diminish. As this occurs, your neuro-immune system will start to heal the physiology of your body. During this process, toxins, viruses, and bacteria will often start to leave your body. When this happens, sometimes you will feel worse until the detoxification is complete. If you have used a detoxification regimen, you may recognise the symptoms. Drinking plenty of water will speed up the ability of your body to rid itself of toxins.



It's important to remember that this is not a problem you are feeling – you're feeling your problems being healed! It is one of the most wonderful things that can happen to you physiologically. However, it can also be uncomfortable. The most common healing responses that our clients report are headaches, fatigue, and a worsening of the feelings of the problems they are trying to heal. There is no rule, but generally the more junk that you have in your body or your heart, the more junk has to come out. Emotional issues are commonly a part of healing responses.

### **Do I continue to do the Healing Code if I have a healing response?**

Yes. If you have a healing response, continue with doing the Code, but shift your focus to easing the discomfort of the healing response.

Of course, if you have a symptom that you believe may be an illness or injury, seek the appropriate medical assistance.

According to Paul Harris, PhD, energy medicine is the only area of health where there has never been a validated case of harm.

Try not to become impatient with the process. It takes as long as it takes.

The healing Code heals the spiritual source of a problem, which is always destructive cellular memories / images and unhealthy beliefs, not the physical symptoms, illness or disease.



### **Should I quit taking medications? Will they interfere with The Healing Code?**

Absolutely not!

### **Should I forgo medical treatment to do The Healing Code?**

Absolutely not! The Healing Code is complementary and works well with traditional care. We believe you should do healing work from as many different healthy angles as possible. Never forego medical treatment or discontinue it without consulting a healthcare professional.

### **How will I know if this working?**

You may notice a deeper level of peace and relaxation. You may notice that the things you usually struggle with aren't difficult anymore. Or you may not recognise anything changing. The best way to observe your changes is to keep a record of the intensity ratings in the Memory Picture Finder. As those numbers decrease, you will know the Code is definitely working. You can download a free Tracking Chart when you register your book ([www.thehealingcodebook.com](http://www.thehealingcodebook.com)).

### **How closely should I watch the clock while doing my Code?**

The most important thing is your intention to heal and how it is affecting your pictures.

### **How far apart should I do my sessions?**

It is best to space your Healing Code sessions throughout the day. However, it is better to do them all at the same time, back to back, than to miss doing one.

### **How important is it to do each position exactly as it is pictured or described?**

The intention to heal is an important factor in success.

### **I notice other things are changing for the better even before my main issue goes away. Why?**

The body will prioritise what needs to be healed in order to heal the source of the problem, not just the symptoms. If you don't allow this to happen then the problem often comes back.

### **Can The Healing Codes harm me in any way?**

Dr Paul Harris, internationally known lecturer and alternative health expert: "This is the only area of health where there has never in history been a validated case of harm."

### **What if I miss a day?**

Try not to miss a day, as consistency is very important to the process. If you do miss a day, just continue the next day, and try to focus on doing the work daily. Healing will still occur.

### **What is "the Heart"?**

Because The Healing Codes heals "Heart issues" and not physical ones (though the physical heals as a result of the heart issues healing), it's natural to ask, "What exactly do you mean by 'the heart'?"

When we talk about "the heart" in the context of The Healing Codes, we mean both the inner core of a person – the essence of who they are – and the place where their spirit (mind), soul (will and emotions) and body intersect. It includes not only our conscious thoughts, beliefs, and will, but the unconscious and subconscious images and beliefs that are stored not only in our brains, but (as science is discovering) also in our very cells.

This is what I (Alex Loyd) believe the Bible refers to as the heart, also called the inner person. It is the part of us that is being renewed from the spiritual life we receive from God. The spirit is connected to the heart, but they are not one and the same. The spirit is renewed when we receive God's grace, and that process begins to transform "the heart" so that your whole self is transformed. (Asking for God's Divine Love and receiving it transforms one's soul, only with God's Divine Love can we grow beyond being a mere man to that of an angel, a Celestial being.)

As your heart reorients toward Truth, the internal unconscious stress signals that go out to your body's cells and to your mind and emotions will change (as your soul condition improves so does the condition

of your body). Without the stress signals, the body, mind and emotions can heal, and your whole life improves.

This transformation happens whenever you become aware of negative beliefs and images and consciously replace the negative with the truth. This happens in prayer and meditation on the Truth (Truth sets you free). It is accelerated by practicing The Healing Code, which incorporates prayer and meditation but also adds an element that addresses the frequency of the negative images / beliefs directly.

Focusing on healing issues of your heart is truly “the heart” of transformation of all areas of your life, because you’re starting from the inside out. Jesus said all our issues come from the inside out, not the outside in. So you want to pay utmost attention to your heart. Solomon said, “Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23).

### The Healing Codes and Other Energy Modalities

People often ask what the difference is between The Healing Codes and other energy modalities such as EFT or The Emotion Code, for instance.

While each system has its unique features, and all deal with energy, the big difference in my mind is that The Healing Codes actually change the frequency of the memory.

Every thought, image, feeling or belief is energy. The first Law of Thermodynamics says that states of energy can never be destroyed nor created, but can change forms. The energy coming into your senses, converted to thought or feeling, takes on a certain frequency.

Let’s say it’s a frequency of fear. That image / memory and perhaps a belief (“bad things happen to me”) stay in the memory, subconsciously usually. It is like a little tuning fork, tuned to the “fear” frequency. Some event happens, similar to the first incident, and you add another “tuning fork” tuned to that fear frequency to your subconscious mind.

When something happens “on the outside” that triggers a fear response in you, it is like a tuning fork is struck. All the little inner tuning forks with that fear frequency start vibrating inside you, sending out stress signals to your cells.

What happens, I believe, in other modalities such as EFT, and other such energy systems that are based on chakras and meridians, is that you “interrupt” the signal between “tuning fork outside” and “tuning forks inside,” so that the tuning forks inside quit vibrating and you feel better.

However, whenever a tuning fork is stuck on the outside that triggers your tuning forks on the inside, those inner tuning forks will vibrate again. So you have to again tap or get your magnet or whatever, to interrupt the signal.

*What The Healing Code does is change the frequency of the actual little tuning forks, so they no longer vibrate to that fear or anger or “I’m worthless” vibration anymore.*

That is the big difference, in my mind. That is what makes The Healing Codes unique and unprecedented.

Many of my clients have told me they have tried everything else, and only The Healing Codes truly heal. I believe it is only The Healing Codes (to my knowledge, anyway) that actually change the very vibration, or energy pattern, of that thought / image / feeling / belief.

Therefore, when a memory is healed, it is actually healed. When all of your fear “tuning forks” are neutralized, you will be able to deal with that outer issue coming at you. It may truly be something fearful, such as cancer. But you will be dealing with the situation itself, and not all the extra stress signals from past unhealed memories. No little “tuning forks of stress” will be set off by the circumstance.

When all your energy can be focused on the situation itself, without the extra “baggage” from unhealed memories, it’s amazing how much you can actually handle with relative peace.

And it’s amazing what your body can heal, when all the cells are able to get back to their original design, without all the confusion of the extra stress signals putting them into “death” mode rather than “growth” mode.

That’s the big difference as I see it. These other modalities are great “symptom smashers” as Dr. Alex Loyd calls them, and can be very useful to do just that. And perhaps what EFT and similar modalities do is not just “interrupt the signal,” but “turn down the volume” so that eventually, the volume is down to 0. However, for the fastest, easiest, long-term healing, nothing matches The Healing Codes in my opinion.

**In summary:**

Bruce Lipton claims in *The Biology of Belief* (2005) that the memories and deeply held “wrong beliefs” cause fear and grief which can produce stress that can lead to the energetic shut down of cells. This then leads to emotional and spiritual problems and eventually physical problems. Lipton also proposes it is our perception of the environment around us that affects our cellular activity and therefore our health and well-being.

<http://thehealingcodes.com/>

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**THE HEALING CODES** 

Unlocking The Issues of The Heart



### The THREE “ONE THINGS”

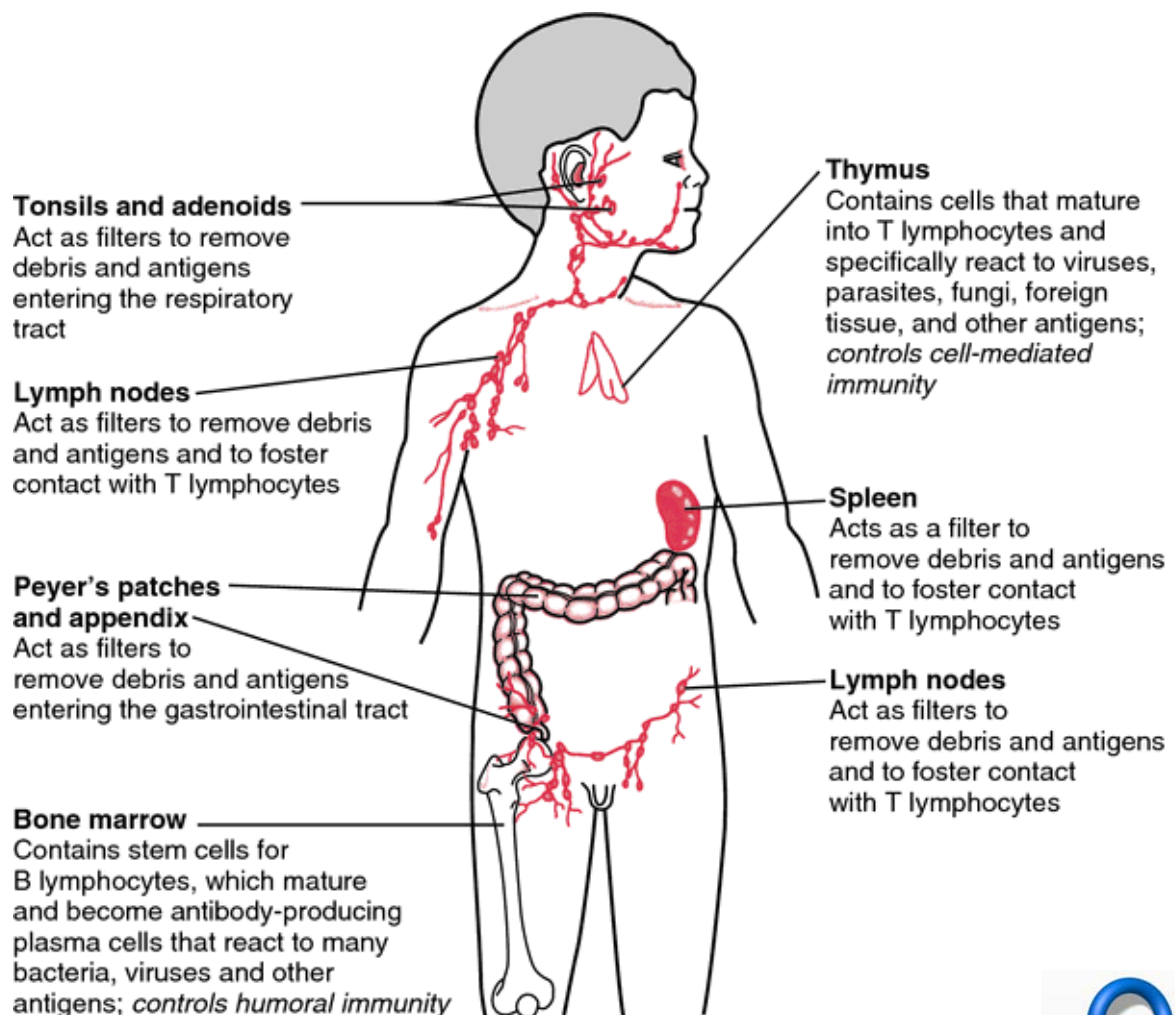
One Thing # 1: There is one thing on planet Earth that can heal just about any problem in your life.

One Thing # 2: There is one thing on planet Earth that will turn off One Thing # 1.

One Thing # 3: There is one thing on planet Earth that will turn One Thing # 1 back on.

What is it? The immune and healing systems of the body.

It's called your immune system. We are born with a self-healing program inside that is designed to be capable of fixing any problem before it becomes a problem. Even if a problem does develop, that's okay, too. The program can fix it once the problem arises.



## **The SEVEN SECRETS to LIFE, HEALTH and PROSPERITY:**

**Secret # 1:** Stress is the cause of all illness and disease.

There is one cause of illness and disease, and it is stress. The proof that The Healing Code heals stress is in unprecedented Heart Rate Variability results, which is the gold standard medical stress balance in the autonomic nervous system.

**Secret # 2:** Everything is energy.

Every problem is an energy problem. If you can heal the energy problem, you can heal whatever the resulting life problem is. The Healing Code is a quantum physics healing system that changes energy patterns in the body. The proof of that are the testimonials from people relating that their problems have healed, including everything from major diseases to relationships to career and success issues.

**Secret # 3:** The issues of the heart control health.

Issues of the heart (called many things by modern science – cellular memory, unconscious, subconscious, etc.) are the control mechanisms for health. They can resonate destructive energy frequencies and create stress. The Healing Code heals destructive cellular memories as evidenced by the healing of destructive feelings, beliefs, attitudes, and thoughts.

How does all of this fit together? Issues of the heart (Secret #3) cause destructive energy frequencies (Secret #2). Destructive energy frequencies (Secret #2) create stress (Secret #1). And stress is the one source of all physical and emotional problems. (Secret #1).

**Secret # 4:** All memories are energy stored and recalled as images, and 90% of them are unconscious.

**Secret # 5:** Inherited memories, pre-language and pre-logical-thinking memories, and trauma memories become a stimulus / response protective programming belief system.

The stimulus / response system activated when situations similar to a trauma memory occur in the present. How broad the definition is of what is similar depends on how painful the original cellular memory was.

You must address the source, and there's only one – the issues of the heart.

**Secret # 6:** We have to be able to heal the unconscious mind, what Dr Alex Loyd calls the “heart”, and then live by that healed heart. We always do what we believe. If you're doing something wrong, it's because you believe something is wrong. 100% of what we do, we do because of what we believe.

How do you know if you're having a stimulus / response belief that's being reactivated and that the problem is not your current circumstance? It is 1. your feelings, 2. your thoughts, 3. your behaviours, or 4. loss of conscious control.

**Secret # 7:** When the head and heart conflict, the heart wins. We know that the signals sent from the heart – the cellular memories of the heart – activate the stress response in the body, which leads to all of our problems.

### **The Heart-Body Connection**

We've been talking in these last four Secrets about things that we would call non-physical: memories, beliefs, actions, thoughts. However, please don't forget the first Secret, which is that these memories, these beliefs, these heart issues control the physiology of our body. These wrong beliefs kick the body's stress response into action when it should not be kicked in. When that happens it causes, over time, almost all illness and disease that we know of. It shuts off our cells, causes the immune system to be turned off, and we end up with every kind of health problem we can imagine. Both the physical problems and the non-physical problems all originate from these heart issues, from these cellular memories that create destructive energy frequencies that send our body into the stress response when it should not.

So there we have it: Secrets # 1 through 7. We believe that this material has never been put together in this way before. Some of it is new insight and new research as to how the body, mind and heart work. We believe that for the first time you can take all of this information and all of this truth and heal your heart issues, heal your cellular memories, and remove the stress from your life so that you can do the things you have dreamed of all your life in achievement, relationships, career, peak performance, preventative health, healing a health problem, and your relationships with your family members. Anything in your life, we believe, can be greatly enhanced by understanding how all of this works and then using The Healing Code to heal the source of all of your problems – your heart issues and the destructive, painful cellular memories of your heart that contain wrong beliefs.

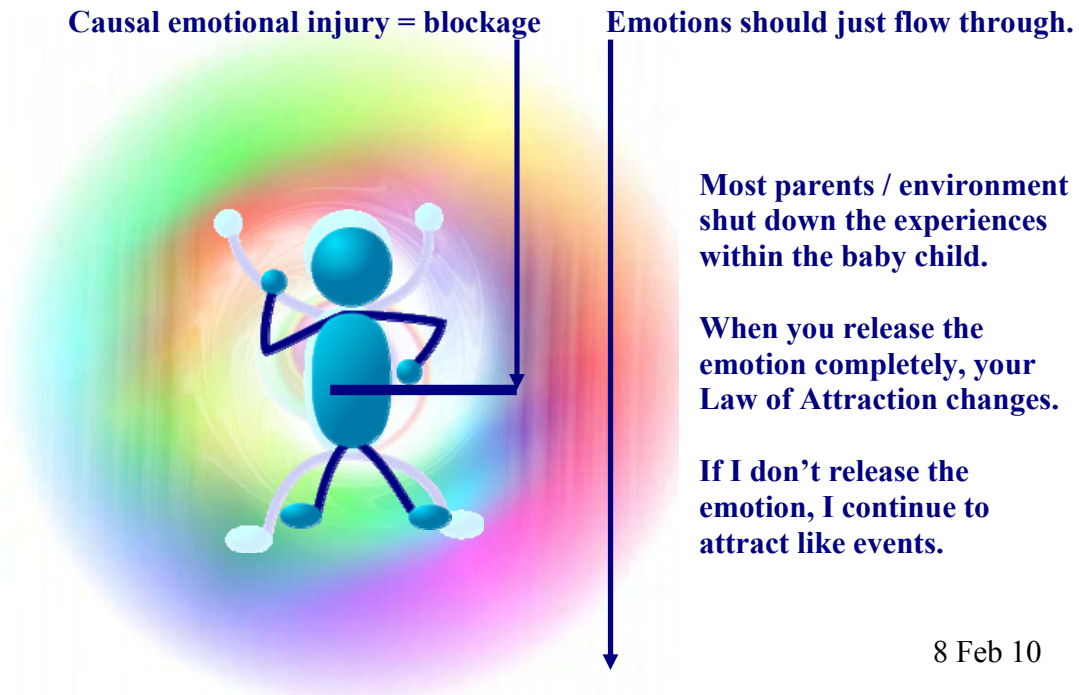
Welcome to a new life.

The conclusion of the matter, based on all seven Secrets, is two truths:

1. **To heal your problems you have to heal the stress.** There's just no other way. It's the one thing everybody agrees on, including the federal government (USofA), traditional health, alternative health, research going back twenty years, and twenty million web sites. There's just no way around it; you have to heal the stress if you want permanent, long-term, complete healing for your problems.
2. **To heal the stress you have to heal your memories.** According to research from Southwestern University Medical School and Stanford University Medical School, the thing that causes the stress response in the body is not just our current circumstances. It is our wrong beliefs, our destructive cellular memories that are encoded and stored in our hearts, in our minds – what the Bible calls the heart.



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

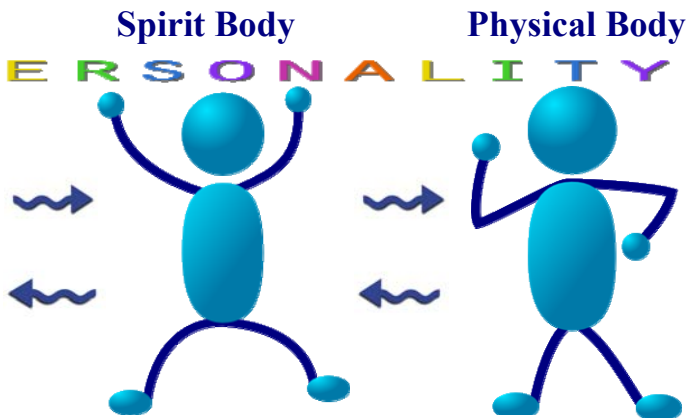


**INTELLIGENCE, MIND, BRAIN:**



Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.

Soul does not know sexuality.



Spirit Body has organs, being material body for spirit world, spirit body reflects condition of your soul.

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

Feeling  
Healing with  
Divine Love is  
the key!



**SUPER SENSORY SENSES**



Spirit bodies have enormous capabilities, however, one capability it does not have is the ability to see one's soul or anyone else's soul. Only upon entering the 8<sup>th</sup> sphere, being at one with God, does the soul become visible. One's soul condition is reflected through the spirit body. Most spirits believe that the spirit body is the soul, this is not so.

The super sensory senses are within the soul:

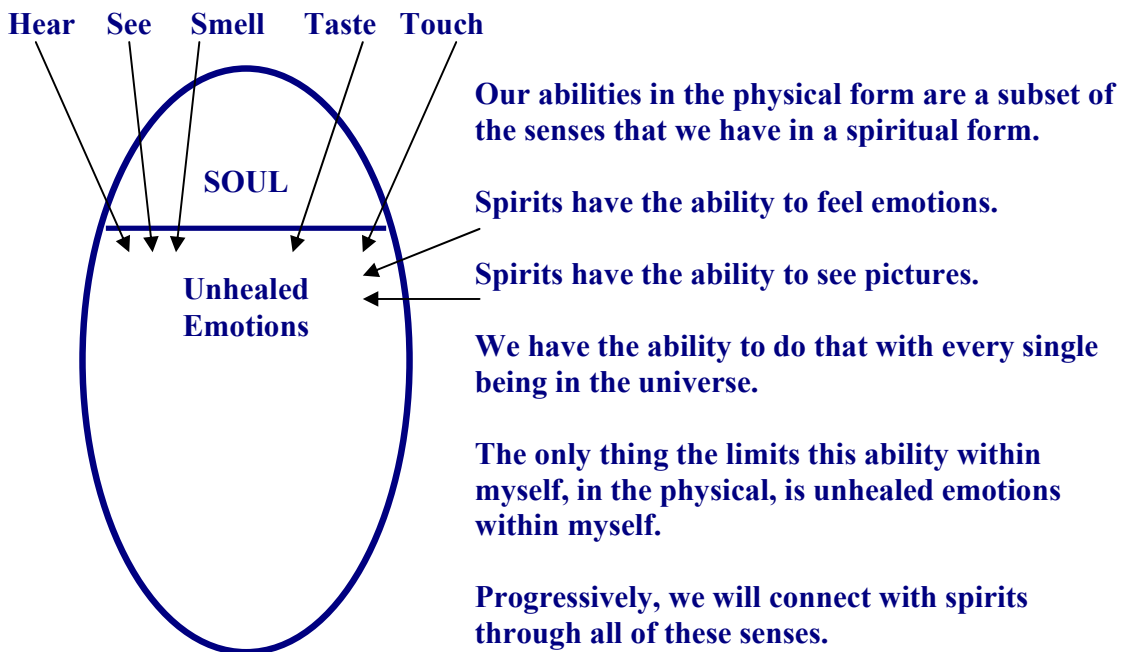
- Soul has many, many senses.
- Spirit body with a dozen or so senses has much higher senses and capabilities than the physical body.
- Body has five sensing tools – sight, smell, touch, hearing, and taste.

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

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

Soulmate development is soul to soul.

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



**MAP OF CONSCIOUSNESS**

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

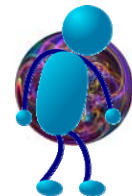
The scale is exponential, grows at a factor of 10.



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



Soul expands as it grows in love and condition.



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

The inner core of our soul is blessed with natural love emotions that 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                 | Very-high Frequency  |
| 8.0 Exhilaration            |                      |
| 6.0 Aesthetic               |                      |
| 4.0 Enthusiasm              |                      |
| 3.5 Cheerfulness            | High Frequency       |
| 3.3 Strong Interest         |                      |
| 3.0 Conservatism            |                      |
| 2.9 Mild Interest           | Low Frequency        |
| 2.8 Contented               |                      |
| 2.5 Boredom                 |                      |
| 2.4 Monotony                |                      |
| 2.0 Antagonism              |                      |
| 1.9 Hostility               |                      |
| 1.8 Pain                    |                      |
| 1.5 Anger                   |                      |
| 1.4 Hate                    |                      |
| 1.3 Resentment              |                      |
| 1.2 No Sympathy             | Very-low Frequency   |
| 1.15 Unexpressed Resentment |                      |
| 1.1 Covert Hostility        |                      |
| 1.05 Anxiety                |                      |
| 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               |                      |
| 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              |                      |

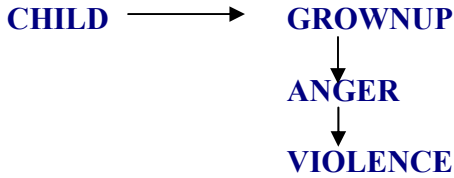
**Happiness Domain**

**Un-happiness Domain**

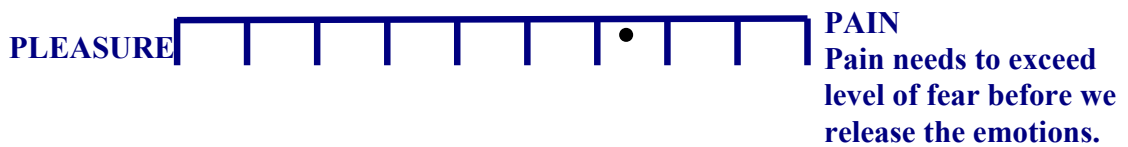
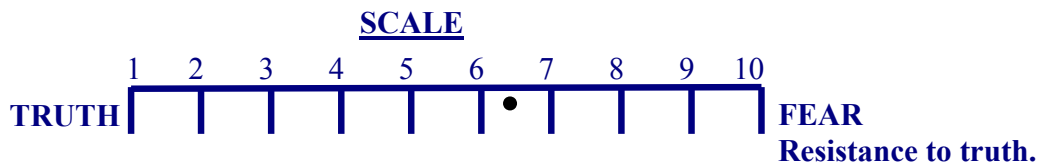
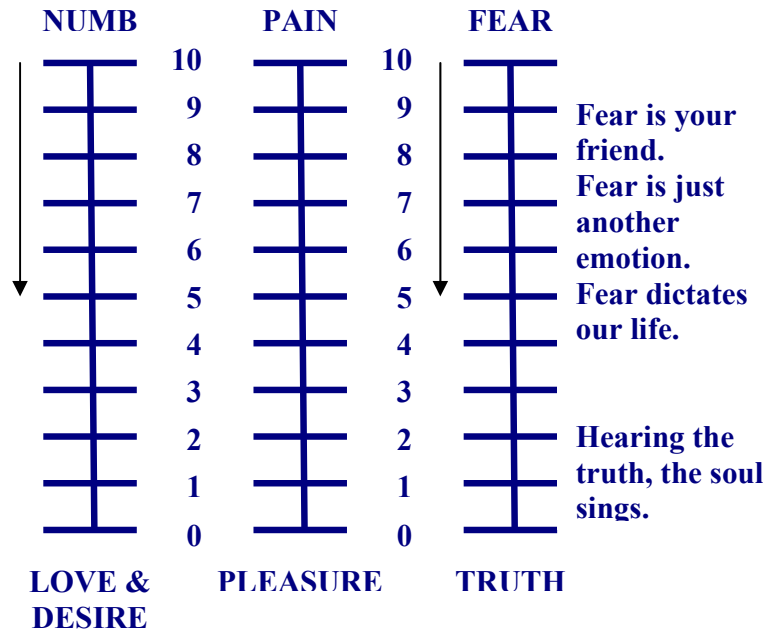


| Primary emotion | Secondary emotion/feelings | Tertiary feelings/emotions  |
|-----------------|----------------------------|---|
| <u>Love</u>     | <u>Affection</u>           | <u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>  |
|                 | <u>Lust/Sexual desire</u>  | <u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>  |
|                 | <u>Longing</u>             | <i>Longing</i>  |
| <u>Joy</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>Jubilation</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</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>Entrhancement</u>       | <i>Entrhancement</i> · <u>Rapture</u>   |
|                 | <u>Relief</u>              | <i>Relief</i>   |
|                 | <u>Surprise</u>            | <u>Amazement</u> · <u>Astonishment</u>  |
| <u>Anger</u>    | <u>Irritability</u>        | <u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</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>             | <i>Torment</i>  |
|                 | <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> · <i>Fear</i> · <u>Fright</u> · <i>Horror</i> · <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>   |

**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.**



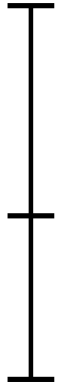
**Is it any wonder why we have trouble feeling fear?**



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

**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 we 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)**

**God designed me to feel all of my feelings, and fear is just a feeling.**

**Co-dependency – you feel that you have to depend upon some person for something in your life.**

**There is only one person in the universe that you are dependent upon for your life, that is God.**

**You do not even have to have your soulmate when you are one with God.**



**There is no love in fear.**

**‘I am afraid for my child’s welfare – that is because I love them.’**

**God is not afraid for your welfare. God has created everything in such a way, that He has created a perfect system and He is not afraid of what you will do with that system.**

**When we are afraid of our child’s welfare, we are no longer loving them and now we are controlling them. There is no love in fear, at all.**

**We must understand that this is a basic truth if we are going to understand God’s love for us.**

**God is not afraid for you. God is not afraid of your decisions and choices. God is not afraid of what happens to you.**

**If I am afraid of what happens to you, then I don’t love you any more, I am afraid for you. And in my fear, it is amazing what I can force you or manipulate you into doing.**

**The results of fear are never loving.**



**Love never expects anything from anyone.**

The truth is always the doorway to the emotion, and the truth is always the doorway to releasing fear.

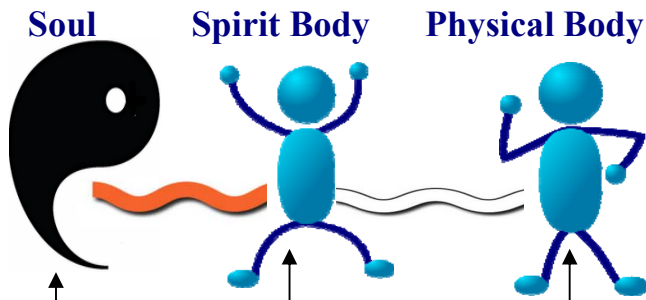
Once you are at one with God, you will have a feeling about everything. They won't be negative feelings but you will have a feeling, you will have feelings of certainty, or certainty that something is not going to happen. You will have feelings, they will be present all the time. And you won't have any avoidance about discussing a certain issue. You will be fully okay with embracing a discussion on any issue.

NUMB }  
FEAR } Fear will always  
interfere with your desires.



THE TRUTH WILL SET YOU FREE  
 BUT 1ST - IT WILL MAKE YOU  
**MISERABLE**

**HIERARCHY of HEALING SYSTEMS**



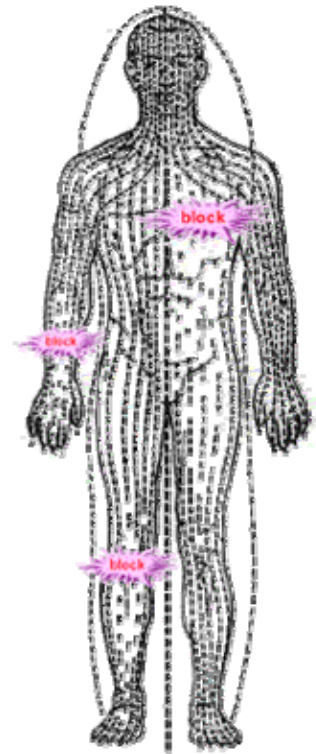
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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

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

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

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



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

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

**Treatment Session =  
Management of energy flow within in our bodies  
= Release of Negative Emotions.**

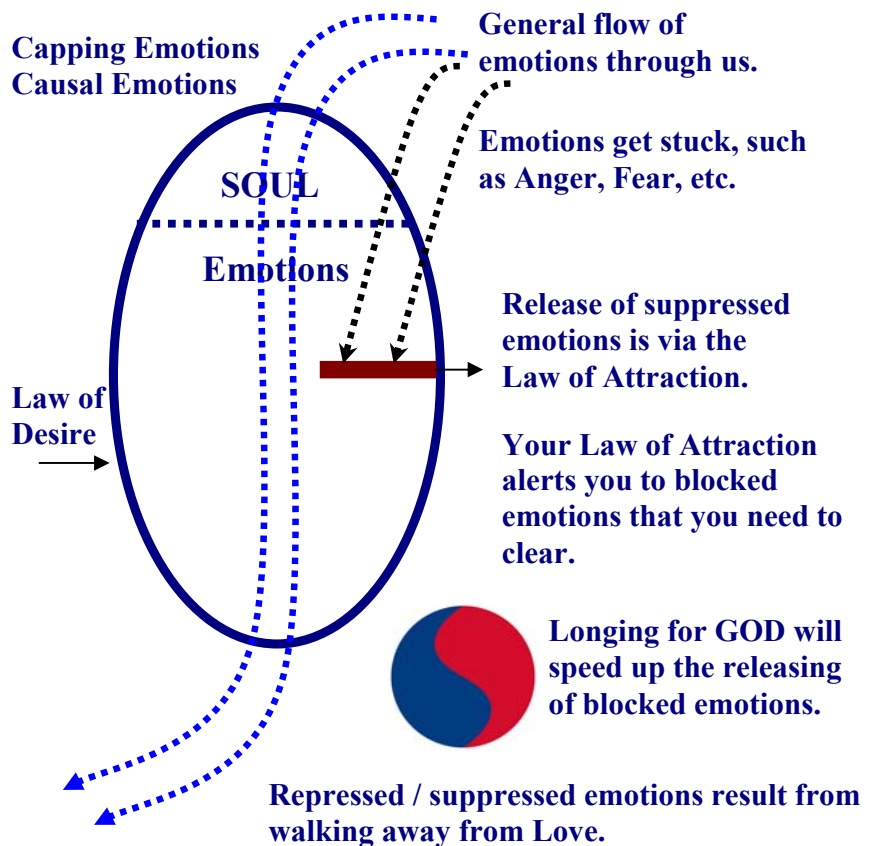
The problem for healers is that the patient's own physical soul is generating the problem.

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 level, particularly in the medical and healing profession. 16 May 09

### WE are CREATED as EMOTIONAL BEINGS:



#### *Three Objectives of the Way of Divine Love*

1. OBTAIN the Divine Love.
2. TEACH the existence of the Divine Love.
3. By your life SHOW and PROVE to mankind that the Divine Love is a thing of reality.

The above objectives are adapted from a message of Jesus (recorded by James Padgett) given on 12/28/1915 – Book of Truths.

**Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out, when one embraces Feeling Healing, of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.**

## **The HEALING CODES:**

### **Trapped Emotions – the Invisible Epidemic**

Much of our suffering is due to negative emotional energies that have come ‘trapped’ within us. The Healing Code is a simple and powerful method of finding and releasing these trapped core energies.

Many people have found that when they free themselves of their trapped emotions they are able to live healthier and happier lives. A single trapped emotion can create both physical and emotional problems.

Further, trapped emotions within your soul restrict your connections with your Creator. Praying for receiving of Divine Love expands as you release more and more negative emotions; your soul condition will grow and grow and grow as you clear negative emotions and receive Divine Love once you commence asking for same. We all have free will, it is the use of our free will to ask for Divine Love.

Whether you are a doctor or a fisherman, a housewife or a teenager, you can learn The Healing Codes. It’s simple.

Anyone can learn how to be free from the very real and damaging effects of trapped emotions.

### **What is a Trapped Emotion?**

As you live through the days and years of your life you are continually experiencing emotions of one sort or another. Life can be difficult and emotions can sometimes feel overwhelming. All of us experience negative emotional extremes at times. Most of us would rather forget some of these challenges, but unfortunately, the influence of these events can stay with us in the form of trapped emotions.

Sometimes, for reasons that we do not yet understand, emotions do not process completely. In these cases, instead of simply experiencing the emotion and then moving on, the energy of the emotion somehow becomes “trapped” within the soul which in turn shows up in our spirit body as fissures and in the corresponding location, emerge as pains and subsequently illnesses within our physical body.

So instead of moving beyond your angry moment, or a temporary bout of grief or depression, this negative emotional energy can remain within your bodies, potentially causing significant physical and emotional stress.

Most people are amazed to find out that their “emotional baggage” is more literal than they had imagined. Trapped emotions actually consist of well-defined energies that have a shape and form. Although they are not visible, they are very real.

Getting rid of your trapped emotions can help you to overcome the obstacles of your past and can bring new life to your marriage, family, and other personal relationships.



Freeing yourself from your trapped emotions can make you feel more secure and motivated, and can liberate you to create the relationships, career, and life that you always wanted. Your soul condition improves.

People frequently sense that they are somehow burdened by their past emotions, but they don't seem to know how to get over them. Some seek help through traditional psychotherapy, which does not directly address trapped emotions, but typically addresses their symptoms.

Many people fail to perform up to their ability and have difficulty making their life work as they should. A reflection of one's soul condition. Often times, the underlying cause of their frustration is a trapped emotion from a past event that they may not realise is sabotaging their efforts.

In the same way that the effects of the wind are felt rather than seen, trapped emotions are invisible, yet can exert a powerful influence upon you.

It is Dr Alex Loyd's experience that a significant percentage of physical illness, emotional difficulty and self-sabotage are actually caused by these unseen energies.

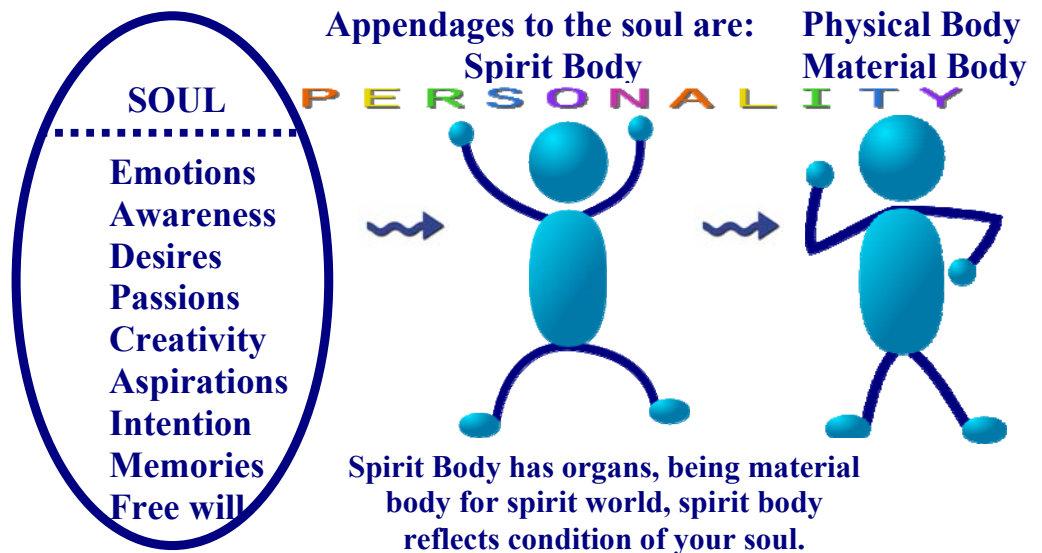
Trapped emotions / causal emotions can create depression, anxiety and other unwanted feelings that you can't seem to

shake. They can interfere with proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain, fatigue and illness. Yet, no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though they may be a major causative factor in your physical and emotional difficulties.

To eliminate any kind of problem that has to do with your health or well-being, the underlying causes of the problem must be addressed. There are many powerful drugs that relieve or suppress the symptoms of disease. But when the drug wears off, the symptoms often return, because the underlying causes of the disease have not been dealt with.

It is important for you to recognise and remove your own trapped emotions before they cause more damage.

The truth is that trapped emotions are a significant yet hidden cause of much illness and suffering; both emotional and physical in nature.



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 1<sup>st</sup> sphere and also to progress through the 2<sup>nd</sup> 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.

**Natural Love Flow**

***Natural love is Creation's love;***

***One can swap back and forwards between paths***

***I am God***

***Intellectual***

***Self reliant (trust myself)***

***Self-determination way of life***

***Mind dominates***

***Adult like***

***Control***

***Millions of paths (man created)***

***Peak possibility is 6th sphere***

***time to complete path:***

***100 years to over 1,000 years***

**Divine Love Flow**

***Divine Love is Soul's love.***

***I am God's son / daughter / child***

***Emotional***

***God reliant (God relationship)***

***Soul-spirit living harmony***

***Soul dominates***

***Child like***

***Feeling***

***Defined path (God created)***

***Peak possibility is infinity***

***(sphere / mansion world are same)***

***5 years to over 10 years to***

***at-onement***

**'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'**

Quote from Celestial Spirit Richard 22 Dec 2012

**PASCAS  
PAPERS**

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

**THE HEALING CODE - PERSONAL TRACKING FORM**

| Date  | (1) FOCUS ISSUE<br><br>(Most Bothersome Issue or Problem) | (2) MEMORY PICTURE FINDER<br>Earliest Memory<br>(Memory that has similar feelings<br>to the most bothersome issue) | (2a) FEELINGS RATED<br>(0 best - 10 worst) |           | (2b) FEELINGS & BELIEFS<br><br>(anger, guilt, depression, I am unlovable, etc.) |
|---|---|--|--|-----------|---|
|   |   |  | Pre-Code                                   | Post-Code |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
|   |   |  |  |           |   |
| <b>(3) PRAYER REQUEST:</b> I pray/request that all known and unknown negative images, unhealthy beliefs, and destructive cellular memories, and all resulting physical issues related to _____ (insert problem or problems) be found, opened, and healed by filling me with the love, life and light of God. I also ask that the effectiveness of this healing be increased by one hundred times or more. |   | <b>(4) TRUTH FOCUS STATEMENT:</b>  |  |           |   |

## **Truth Focus Statements for the Twelve Healing Code Categories**

*The following are suggested Truth Focus Statements that can be used when doing The Healing Code, as outlined in The Healing Code book.*

*They are divided into the Twelve Categories outlined in the book. Included are some from The Healing Code Manual; some are based specifically on the Bible.*

*Meditating on these while doing the Code for issues in each of the Twelve Categories has proven to be very powerful for many people. We hope you also derive deep benefits from replacing the lies in your heart with these truths.*

*Feel free to reword these to fit your own situation. These are just suggestions to get you started. Use only those Truth Focus Statements you believe in your heart.*

### **Unforgiveness**

When I forgive, I learn to see things as God / Father – Mother / Creator sees them, to understand why they happened, and to know that it will all work together for my greatest and highest good.

I give myself permission to be loving and forgiving toward myself and God and others.

I am the one who creates who I am now. I will forgive and be free of the past.

The life-giving light of God shines in all my darkness, and brings full forgiveness as I forgive others.

As God loves me, so I forgive all who inconvenience, frustrate, or wrong me, and I ask God to fill me with love for them.

I bathe in the eternal Divine Love of God, and emerge clean, forgiven, and completely healed.

### **Harmful Actions**

I choose to respond only out of truth and love.

I choose to release control of everything around me and freely welcome in love and joy.

Nothing has power over me unless I allow it. I choose to be free.

The life-giving light of God shines in all my darkness, and brings complete healing and victory over [harmful action].

I walk in the freedom for which God has set me free, trusting God to meet every need.

### **Unhealthy Beliefs**

As my heart heals, I am learning to believe these truths and feel them in my heart:

I am lovable.

I am forgiven.

I am valuable.

The future is full of hope.

I can keep myself safe and secure.

I can enjoy each moment.

I can trust myself and others.

I can love myself for who I am.

I have the power to choose and to act on my choices.

As my awareness and understanding expand, the truth becomes clear. I choose to see the truth and act on it.

I choose to believe the truth in my heart.

The life-giving light of God shines on all the lies in my heart, chasing the darkness away and bringing healing and new life.

As God's truth replaces the lies in my heart, I find healing and feel God's peace and joy.

My Spirit Guides me into all truth, and the truth sets me free.

## **Love**

I am learning to give and receive unconditional love:

Attention: a willingness to put my focus on someone else.

Respect: feeling no need to change or mould someone, but simply accept them.

Appreciation: feeling appreciation, gratitude and admiration for them as they are.

I give myself permission to love and respect myself.

Love is the light of the world, dispelling the darkness and revealing the truth.

I am worthy of love simply because God created me. God loves me as I am, meets all my needs, and frees me to love myself and others just as we are.

God loves me ever so much. He gladly meets every need, is intensely interested in every detail of my life, and equips me with everything I need to serve him well. He delights in who I am and rejoices over me with singing.

God frees me to love myself and others in a healthy way. There is no conflict between my needs and their needs. When I operate from love, God works everything out for the good of all.

## **Joy**

As I care for myself and heal, I am learning to enjoy the person I am.

Every day is a gift, and I choose to open each gift with joy and gratitude.

Happiness depends on circumstances. Joy comes in spite of circumstances. I choose joy.

I give myself permission to [fill in the blank with positive, healthy things that give you joy that you might be denying yourself, e.g., "relax without guilt, enjoy my life, give up pushing myself and others, listen to music, go to the opera, read a good novel, do nothing," etc.]

God creates desires in me so he can have the joy of fulfilling them. He wants to give me the desires of my heart. No good things will he withhold as I trust in him.

God rejoices over me with singing. He shares his joy with me, and the joy of the Lord is my strength.

I can fill my life with what gives me joy without hurting others. God is pleased when I am open to receiving all his blessings, so I open myself to receive his blessings now.

## **Peace**

I am nourished and cherished by God's love.

I am part of the invisible but perfect tapestry of life.

I choose to enjoy the present and trust that the future will unfold as it should.

As I trust in God, he keeps me in perfect peace. He is perfect, and his way for me is perfect, grounded in his great love for me.

I can be at peace at all times, knowing God wants to bless me.  
 God is with me at all times and watches over me. He will take care of every need at all times in his perfect love and wisdom. I can relax fully in his love and care, and let life unfold as God wills.

### **Patience**

I choose to feel calm and complete, making the best of each moment as it is.  
 I can love myself now, without waiting for any other person, thing or circumstance.  
 I can relax completely in knowing that I am safe and secure in the now.  
 I wait patiently for God in his love to give me what I need, when I need it. I can relax completely in his love and care, knowing he's leading me toward a glorious future.  
 As I cease striving and trust God, he works mightily in my life.  
 I wait in hope and trust God's unfailing love and overflowing supply of salvation.

### **Kindness**

I am kind and help others to feel loved and appreciated.  
 Those who have been harsh with me were treated that way themselves. I choose to forgive them and begin a cycle of kindness and compassion.  
 I choose to make a difference in the world through simple gentleness and kindness.  
 I choose to treat myself and others with kindness and gentleness.  
 Knowing I am loved by God makes me feel safe and protected.  
 Giving only opens me up to receiving more. As I give, I become a channel of blessing. I get watered too as the living water of kindness flows through me.  
 I am showered with countless blessings of God's kindness, which I enjoy and pass on to others.

### **Goodness**

Even if others don't notice, I will still respect myself for choosing what is right.  
 When I choose what is right, life is good and I feel secure.  
 I am breathing in life; I am breathing out shame.  
 I am breathing in light; I am breathing out fear.  
 I am breathing in love; I am breathing out guilt.  
 I am breathing in God's will; I am breathing out ego.  
 I am wonderfully made in the image of God. As a new person, I am loving and I am good, and my deepest heart desires are in line with God's will.  
 I can depend on God's goodness and mercy to show up in my life, and I can pass these on to others.  
 It's okay to want good things. God says he wants to give me the best of everything. As I trust him and follow his ways, he fills my life with good things, such as beauty, love, health, peace and prosperity.  
 I come to God, and trust in his goodness and mercy in all aspects of my life.

### **Trust**

Believing can turn my heart's desire into reality. I choose to have the faith that can move mountains.  
 I have the wisdom and guidance I need to handle whatever happens.  
 I can trust and believe that I am here for a purpose, and God will keep me safe to fulfil that purpose.

I trust God's unfailing love and overflowing supply of love and grace to take care of all I need.  
 I trust my appointed spirit guides to guide and protect me. Thus I am free to enjoy life.  
 I can trust that God will gladly and lovingly meet all my needs and joyfully bring good things into my life. He will also heal all my wounds. I can bring all my troubles to God, for he cares about and understands my pain and delights in answering prayer.

### **Humility**

I choose to love life and love myself without comparing myself to others.  
 Others will love me just as I am when I love them just as they are.  
 Winning is not everything. Unconditional love is everything.  
 I accept my human limitations and my needs. I do what I can and trust God to take care of the tasks, people and events I cannot get to or control. I cease striving and let God be God.  
 I affirm and accept, rather than criticise or control, everyone I know.  
 I put my hope in God's unfailing love, not in what people think of me.

### **Self-Control**

I can enjoy life with energy and enthusiasm and still make right choices for myself and others.  
 I am able to do anything I need to do because God supports me.  
 I can play my part in the balance of life by living a balanced life.  
 I surrender to God and live by the law of love. As I delight in God, he gives me the desires of my heart.  
 I accept my human limitations and my needs. I do only what is 100% under my control and trust God to take care of the tasks, people and events I cannot get to or control.  
 I cease striving and let God be God.

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

## *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

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

**'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**.



**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, 28 September 2017: 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.**



# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

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

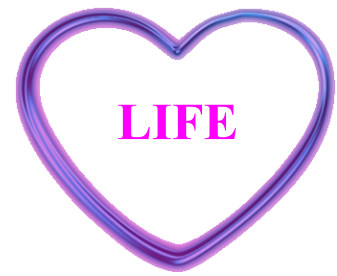
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



my  
**House** is your  
**Paradise**  

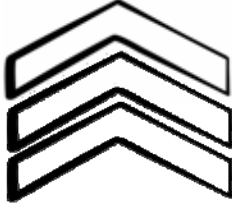
**HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

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

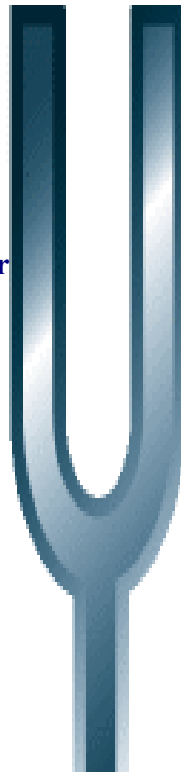
Fully Healed of the Rebellion and Default.



### 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.

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

Kevin 26 Sep 2017

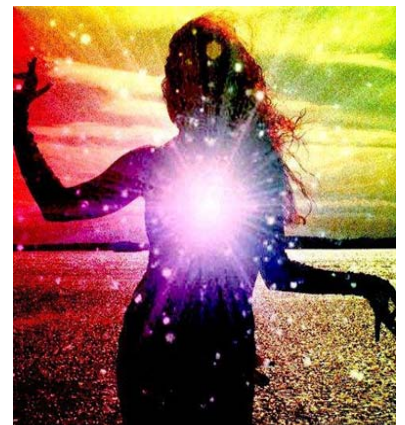
## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

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

## FEELING HEALING

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

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



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



# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.



We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through are spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to embrace our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.



Our children mirror us, as parents. It is not that 'bad genes' are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently embrace our soul based emotions, by-passing our mind's controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



|   | Supportive<br>Parent is accepting and child-centered  | Unsupportive<br>Parent is rejecting and parent-centered  |
|---|---|--|
| Demanding<br>Parent expects much of child     | <b>Authoritative Parenting</b><br>Relationship is reciprocal, responsive; high in bidirectional communication | <b>Authoritarian Parenting</b><br>Relationship is controlling, power-assertive; high in unidirectional communication |
| Undemanding<br>Parent expects little of child | <b>Permissive Parenting</b><br>Relationship is indulgent; low in control attempts                             | <b>Rejecting-Neglecting Parenting</b><br>Relationship is rejecting or neglecting; uninvolved                         |

**WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!**



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.** Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

# DEVOLUTION

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

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

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

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

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

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

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

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

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



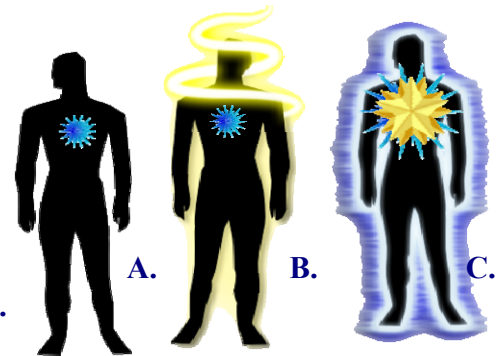
# EVOLUTION

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

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

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

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



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

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

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

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



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



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

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



# 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.**

## 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.

**WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home



Council of Elders  
now around 20  
Soulgroups

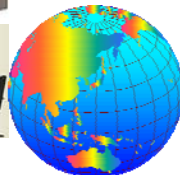


Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: 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.

Mansion World 5: 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.

Mansion World 3: 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.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!



**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 the initially focuses on Healing oneself of all one's wrongness.

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

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

your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

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

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

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

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

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

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

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

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

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's

about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems 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.

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

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

This misunderstanding noted above is common.

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

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

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

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

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

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

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



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

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

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

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

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

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

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

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

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

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

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



Maybe we could simply long for and ask:

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



MoC 1,471

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

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

**The Prayer for Divine Love**

2 Dec 1916

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

P.211 The Human Soul

Let your prayer be as follows:

(version below is from 'The Human Soul')

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

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

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

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

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

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

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

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

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

**Amen**

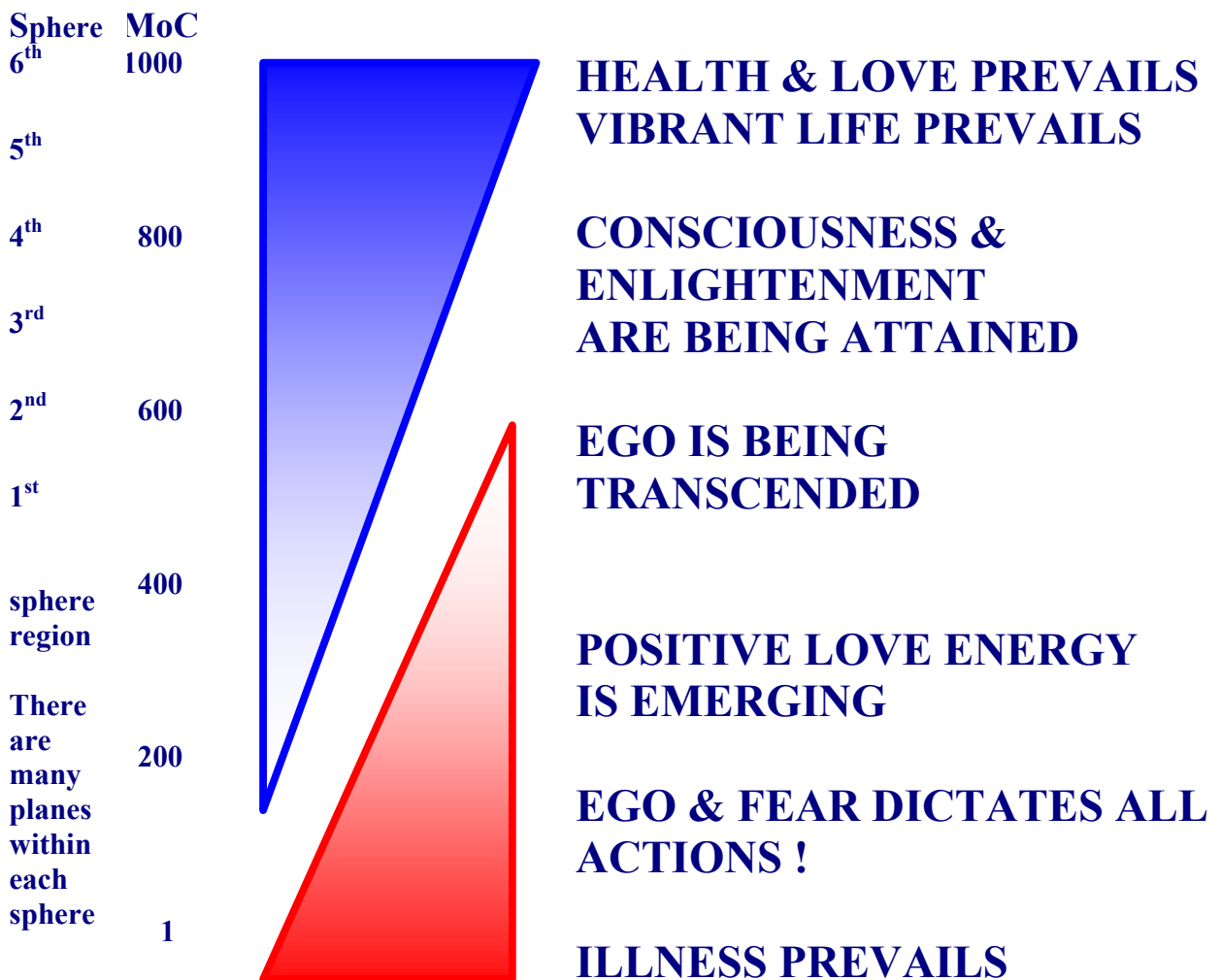
**MoC**



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

**“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 1<sup>st</sup> sphere and also to progress through the 2<sup>nd</sup> 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.

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](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.  
 Should you click on the audio files, you will also be able to download the audio file onto your computer.  
**Prayer for Divine Love – from the Padgett Messages** (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>

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

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

Judas – August 19<sup>th</sup>, 2001

Goals of Pascas Care are lead by our desire to:

**Treat the cause of illness 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.**



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

## **Library Downloads – Pascas Papers**

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

[info@pascashealth.com](mailto:info@pascashealth.com)

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

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

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

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

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

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

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

30 Aug 08

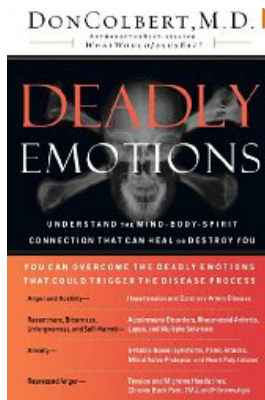
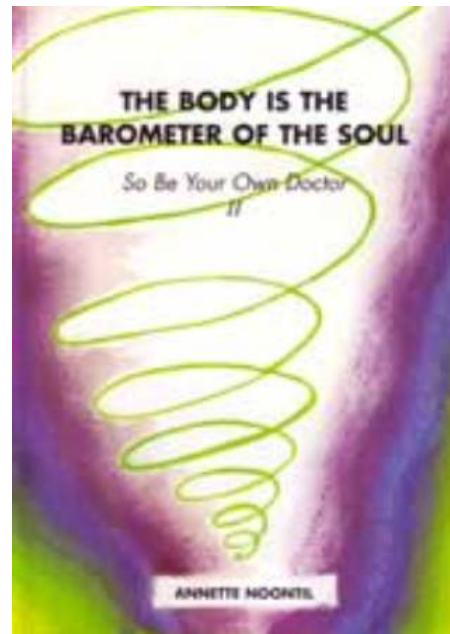
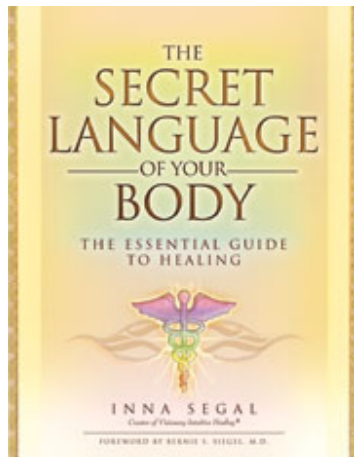
“The Body is the Barometer of the Soul” by Annette Noontil

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

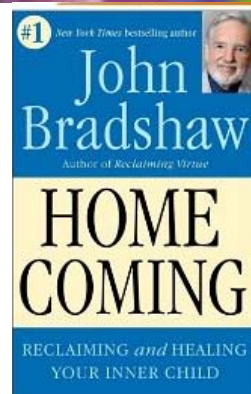
Also consider:

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

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



Deadly Emotions by Don Colbert.

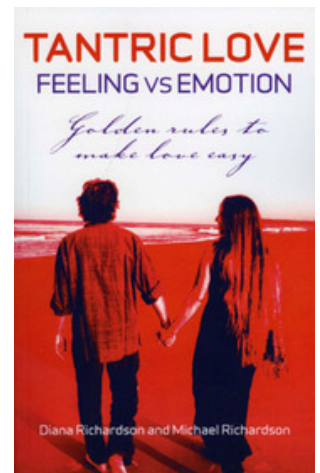
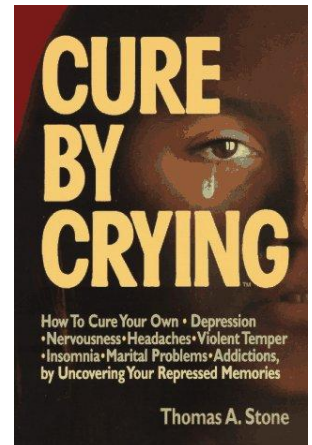


Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw

**I**n **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:**

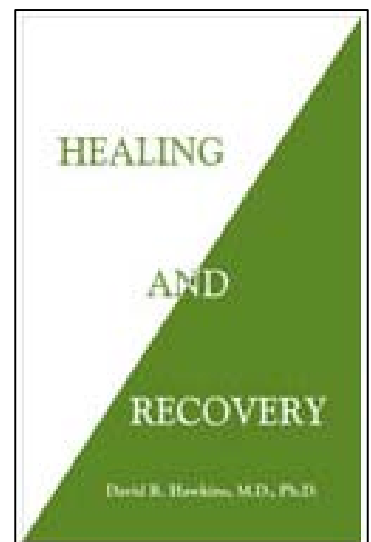
|   |   |
|---|---|
| <b>The Book of Truths</b>                   | – Joseph Babinsky   |
| <b>containing the Padgett Messages</b>      |   |
| <b>The Human Soul</b>                       | – Joseph Babinsky   |
| <b>The Way of Divine Love</b>               | – Joseph Babinsky   |
| <b>The Truth</b>                            | – Werner Voets  |
| <b>Through the Mists</b>                    | – Robert James Lees   |
| <b>The Life Elysian</b>                     | – Robert James Lees   |
| <b>The Gate of Heaven</b>                   | – Robert James Lees   |
| <b>Life in the World Unseen</b>             | – Anthony Borgia  |
| <b>Gone West</b>                            | – J M S Ward  |
| <b>Post Mortem Journal</b>                  | – Jane Sherwood   |
| <b>Thirty Years Among the Dead</b>          | – Carl A Wickland   |
| <b>A Wanderer in the Spirit Land</b>        | – Franchezzo  |
| <b>Revelations</b>                          | – Dr Daniel Samuels   |
| <b>Judas of Kerioth</b>                     | – Geoff Cutler  |
| <b>Judas Messages</b>                       | – <a href="http://new-birth.net/">http://new-birth.net/</a> |
| <b>The Richard Messages</b>                 | – James Reid  |
| <b>The Divine Universe</b>                  | – Zara Borthwick & Nicholas Arnold                          |
| <b>Shining Toward Spirit Vol I, II, III</b> | – Zara & Nicholas   |



In his 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.

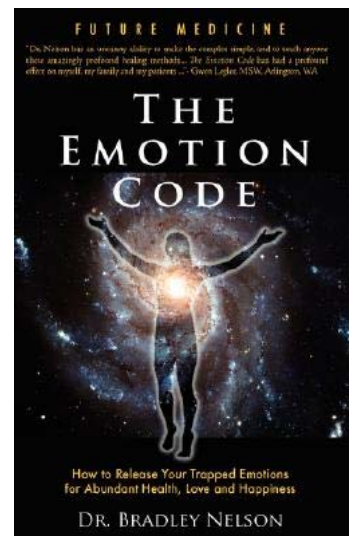
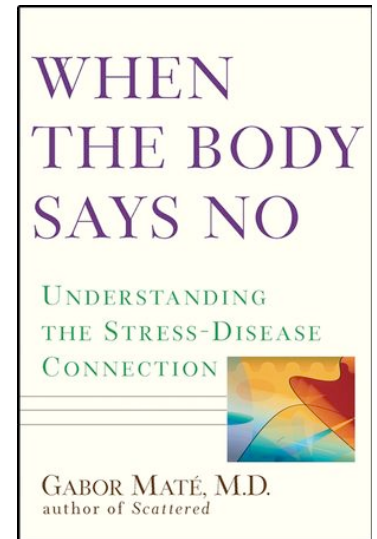
‘Healing and Recovery’ provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



**Documents in this Series:**

1. Pascas Care – Treatment Session
2. Pascas Care – Emotion Code
3. Pascas Care – Healing Code
4. Pascas Care – Negative Emotions Generate Illness
5. Pascas Care – When the Body Says No
6. Pascas Care – When the Body Says No – Emotions
7. Pascas Care – Feeling vs Emotion
8. Pascas Care – Cure by Crying
9. Pascas Care – Healing & Recovery Vol I   Assisting Healing
10. Pascas Care – Healing & Recovery Vol II   Health
11. Pascas Care – Healing & Recovery Vol III   Aging Process
12. Pascas Care – Healing & Recovery Vol IV   Alcoholism
13. Pascas Care – Healing & Recovery Vol V   Cancer
14. Pascas Care – Healing & Recovery Vol VI   Depression
15. Pascas Care – Healing & Recovery Vol VII   Death & Dying
16. Pascas Care – Healing & Recovery Vol VIII   Pain & Suffering
17. Pascas Care – Healing & Recovery Vol IX   Loosing Weight
18. Pascas Care – Mental Health
19. Pascas Care – Accessing and Clearing Emotions
20. Pascas Care – Beliefs and Health
21. Pascas Care – Cancer of the Breast and Emotions
22. Pascas Care – Clearing Emotions, Why?
23. Pascas Care – Emotions and Health
24. Pascas Care – Hierarchy of Health Care
25. Pascas Care – Homosexuality
26. Pascas Care – Law of Cause and Effect
27. Pascas Care – Total Recall
28. Gift from God
29. Gift from God – Divine Love
30. Gift from God – Opening to Divine Love

***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***





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

Available generally from:

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

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

[www.bookdepository.com](http://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                      | 47    |
|  |                        | This group being pages of | 3,046 |

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
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)

<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..*

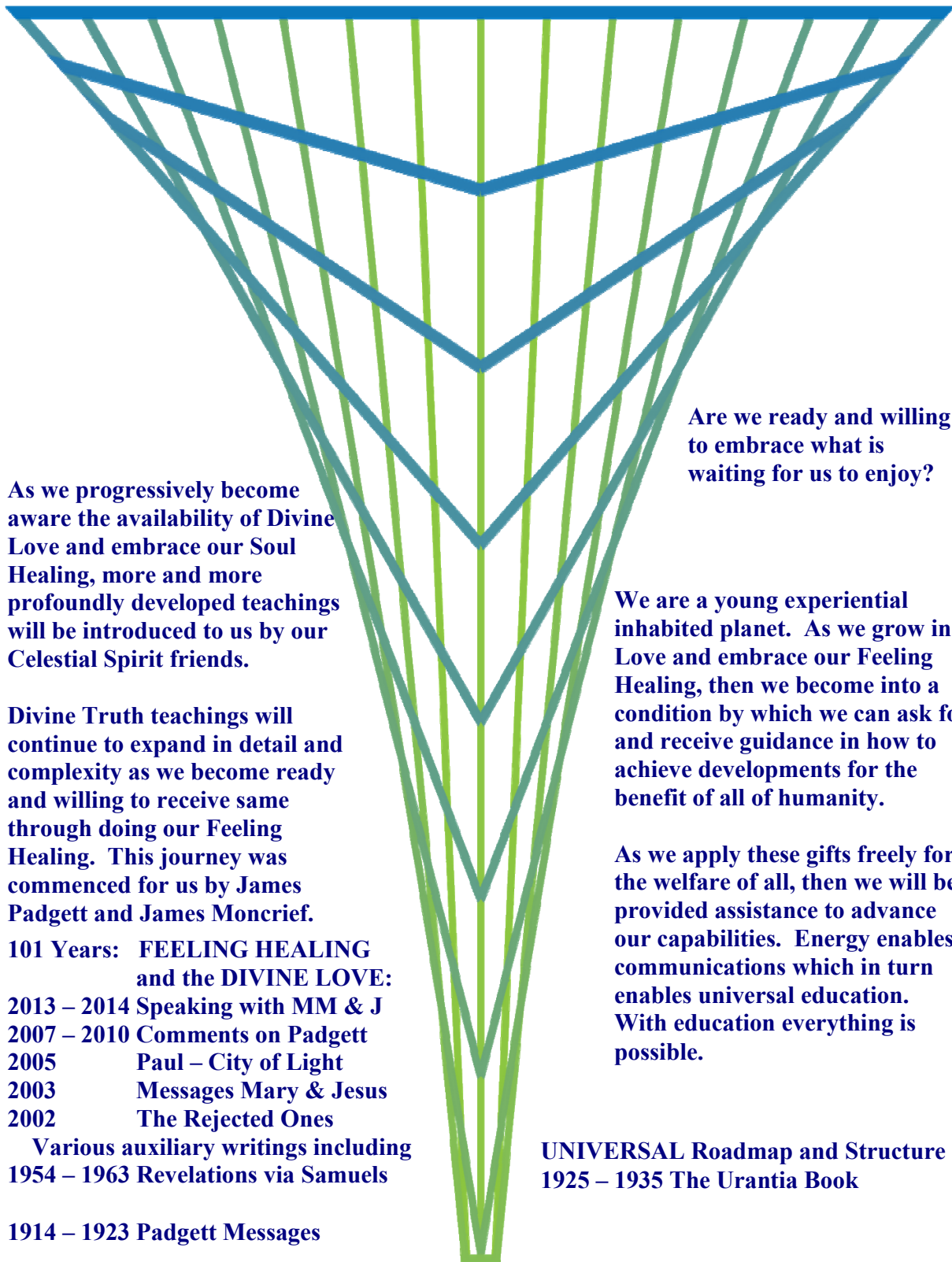
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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

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**  
**P E R S O N A L I T Y**

Prayer:                    is emotional exchange with God

# PASCAS CARE

ALLOPATHY + 3 HALVES



Energy  
Medicine



Nutrition



Emotional  
Processing

