

PASCAS FOUNDATION (AUST) Ltd

PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland Australia

ABN 23 133 271 593
www.pascasworldcare.com

Bs +61 7 5594 0479
www.pascashealth.com
Em: info@financefacilities.com

31 January 2018

FEELINGS FIRST LIVING

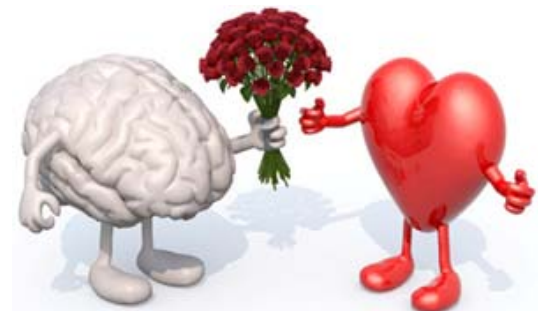
We give our mind and brain far too much status, far more than it deserves. We embrace our minds as of a direct result of the guidance given to us by our parents and childhood carers, including our schooling. We have imprisoned ourselves in the belief that our mind is our saviour, only to find that it exhausts us with never ending circling of thoughts and conclusions only to find that we are completely stuffed up with the errors, untruths, misguidance, procrastinations, and decisions, all of which cause us great suffering and pain.



Humanity was set on this path some 200,000 years ago by what is referred to as the Rebellion. A spirit couple decided that our minds were all powerful and that we are to embrace our minds and put our feelings aside. Then 38,000 years ago, the error was compounded by the Default and since then humanity has continued on in its dire straits. We have done wonderful things, such as, we have socialised war! Can you believe it? We, humanity generally consider war to be socially acceptable!

Due to all of humanity having embraced their minds and its controlling ways, all those who have passed into the Spirit Mansion Worlds (spheres 1, 2, 4 and 6) remain in the mind worlds, mainly 1 and 2, until they discover the way to progress through their healing of their childhood suppression and repression by engaging in one's Feeling Healing process. No one, in their physical life, has completed their healing while living on Earth throughout the past 200,000 years – until just about now! **No one has done their Healing since the Rebellion started, so no one has fused with their Indwelling Spirit resulting from their Healing.** Nanna Beth, 20 January 2018

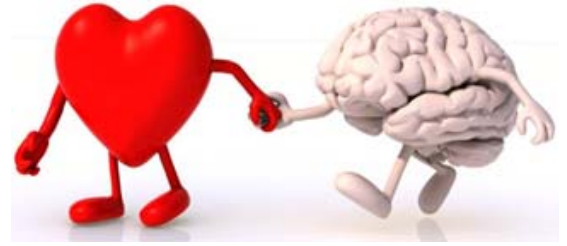
The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.
Nanna Beth 29 June 2017



Humanity (us) has to learn about every aspect of life from behind the eight ball. It's not only last in the race but it's going in the wrong direction. It needs to stop. To come back, and not do what it doesn't want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.
"Paul – City of Light" by James Moncrief

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.



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

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.

All spiritual and religious platforms that humanity presently embrace have been founded on the errors and dogmas emanating from the way of living created under the terms of the Rebellion and Default. All such platforms now need to be seriously investigated and reviewed. These errors extend through all education platforms, from primary schools through to the advanced education of all universities. You can look at it this way. A student has to adhere to the dictates of his or her teacher. A university student has to adhere to his or her professors teachings. The professors have to adhere to his or her peer group. It goes on and on, all platforms are dictated to by an ultimate controller, and that controller WAS that emanating from the creation of the Rebellion and Default. That control has now been totally removed and that took place during the year 2017! We now can begin the Great U-Turn!

Yes, our feelings are to lead the way and our mind is to implement our feelings, our soul based truths. Not the other way round, as we have been taught.

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

It is through our feelings that we know – feel – how to live the Will of God.

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

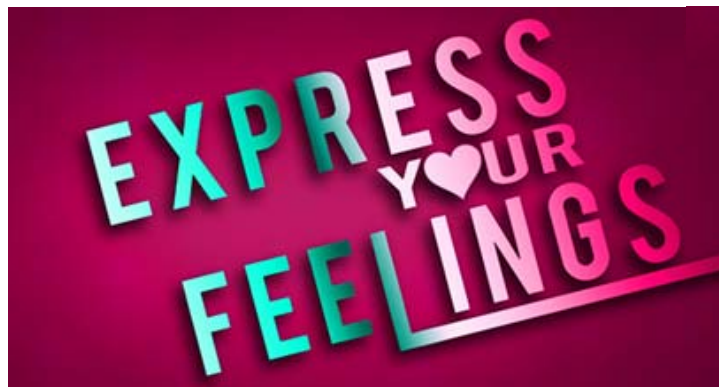
Your bad feelings are real and true. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother**.

Jesus message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

ALWAYS BE TRUE TO YOUR FEELINGS



Feelings first

LIVE FEELINGS FIRST

REVELATIONS



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



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



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

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

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



Immortality with the Love.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

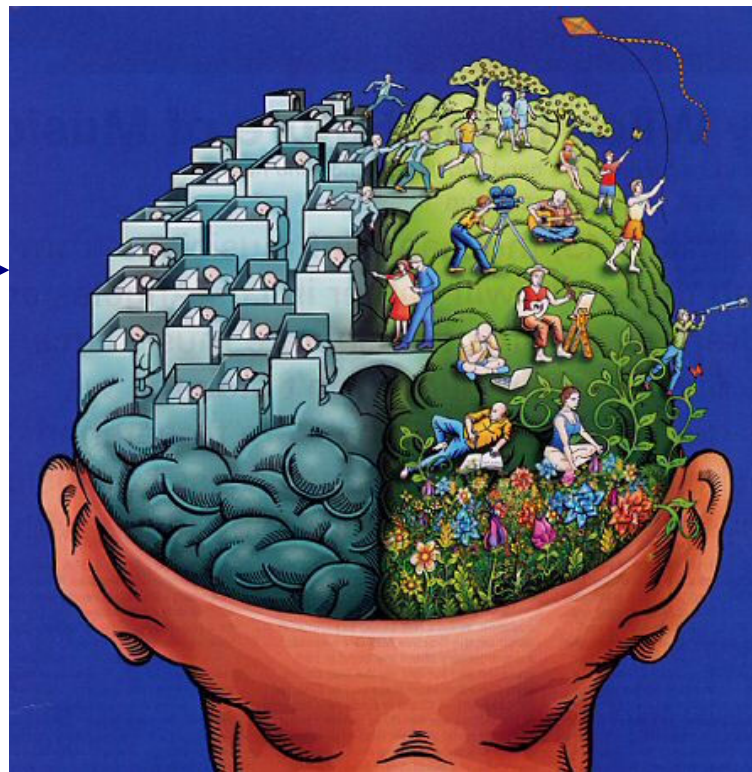
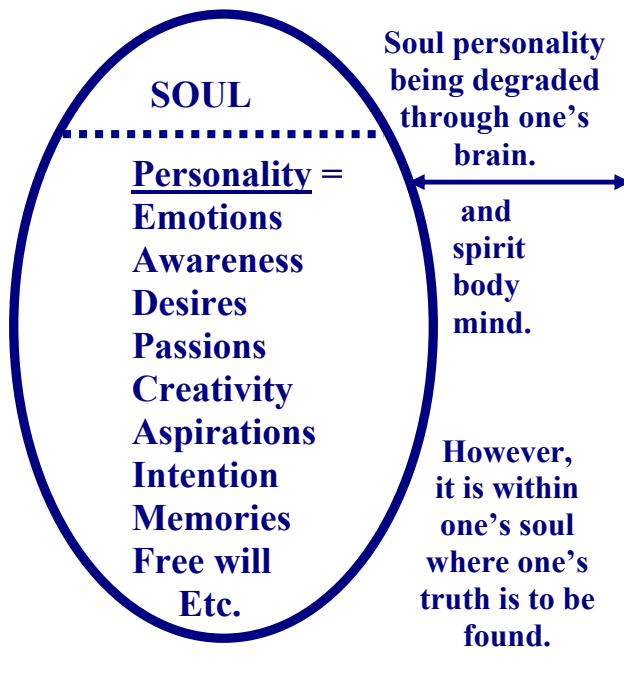
Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has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



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



Personality



SOUL PERSONALITY

Each soul, ever created, is unique. Just as each snowflake is unique.

Every soul is unique from every other soul ever created. By referring to your soul, we are referring to your complete soul prior to its division into its two halves. Each soul expresses two absolutely unique personalities. Your soul then incarnates into two separate spiritual and physical bodies, one half into a male body and the other half into a female body, thus the personality is further distinguished by its male or female aspects.

Your soul half, has a personality separate and distinct from every other soul.

Your personality is bestowed complete by our Father and Mother. The soul expresses its two personalities into Creation. Your personality traverses your physical body, your spirit body, and your soul. At the time of death of the physical body, your personality continues on existing in your spirit body and soul.

No matter where our two soul halves incarnate, they will be drawn back together again as they grow in love.

The individuality of each soul half is never lost as they grow in love and return together.



The real you is your soul, which remains connected through cords of light to your spirit body.



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

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

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

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

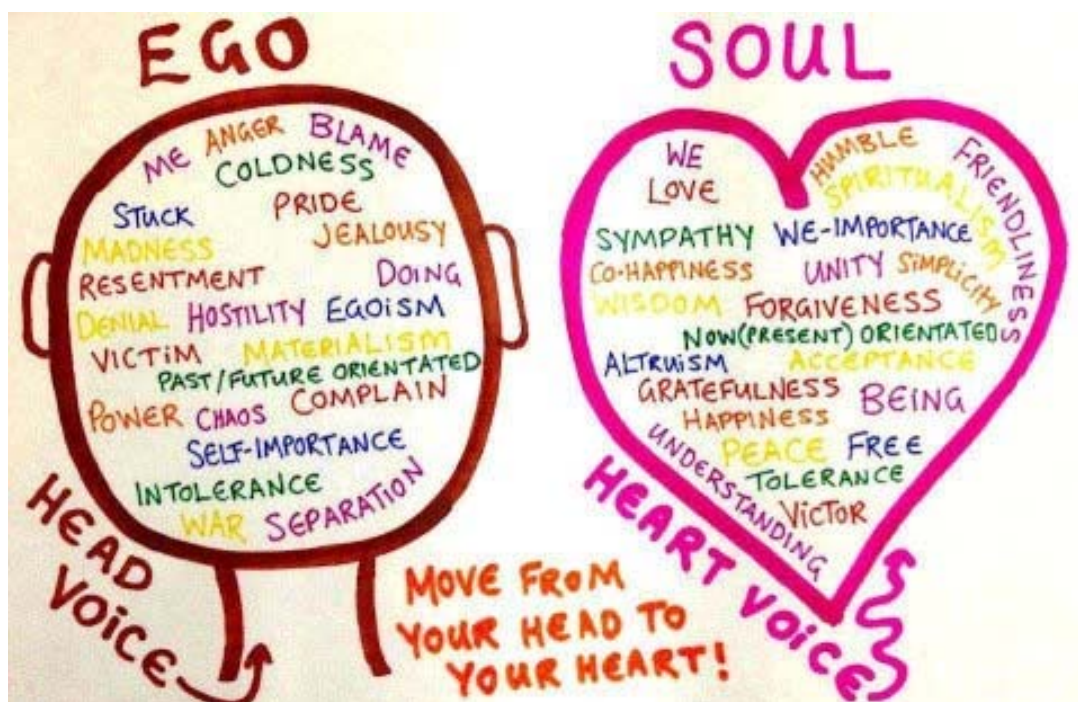
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



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 'religion' 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 religions. 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:

The New Way, Feelings First Spirituality



my
House is your
Paradise

HOME

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.

What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul 'subdivides' into two, one half



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



always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can't tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary's teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged', and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

This time, in the history of humanity, is the most exciting time ever experienced.

The whole human race is suffering from repressed childhood and mind control.

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul base feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“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. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. 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 feeling 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 of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirit who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



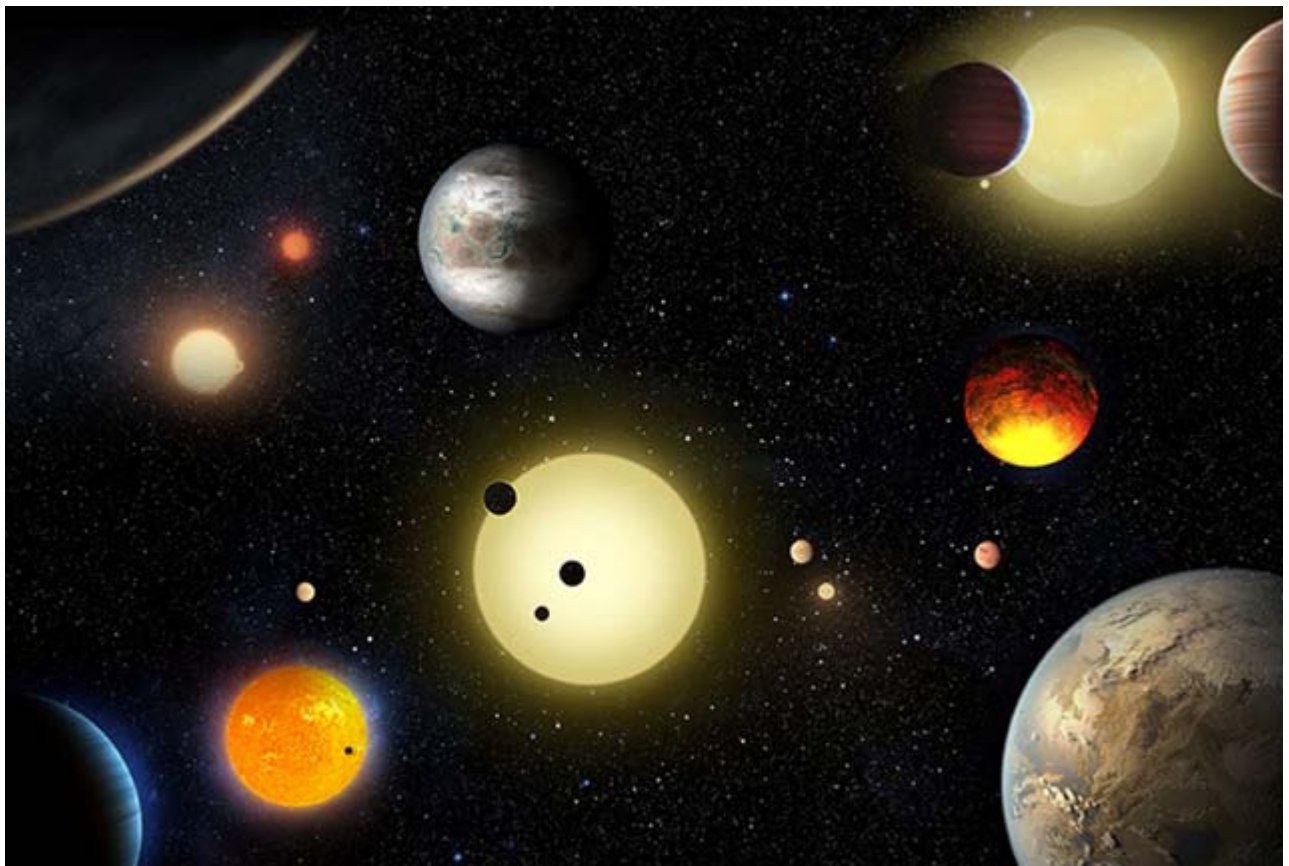
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



WE ARRIVE DETUNED!

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.

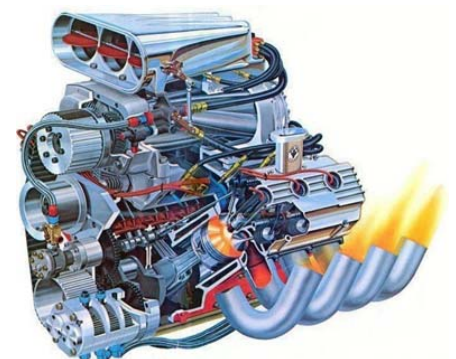
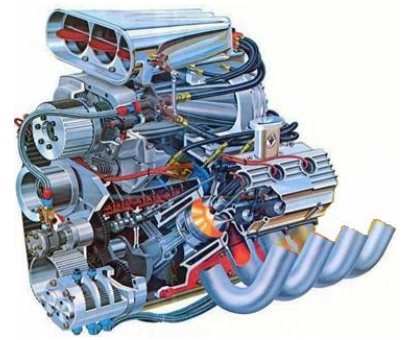
As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation, we are to live true to our feelings. Our heartfelt feelings being the guiding lights to our evolution and growth of truth.

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 and can be found through our feelings – our soul based feelings.

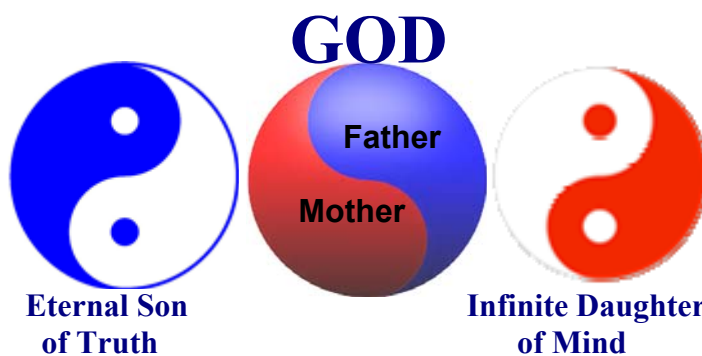
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



WE were DIVINE, and
WE are to BECOME DIVINE AGAIN:

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



Our physical parents, from our conception, endeavour to mould us into being 'little me's', that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are of a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father. We are to embrace the Eternal Son of Truth, not the Infinite Daughter of Mind.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents' impositions and suppression.



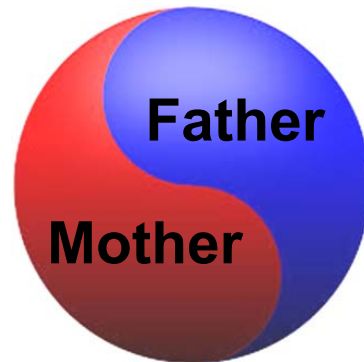
Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul's two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just 'less' or different to Divine Love. And it's that in our rebellious state, we're rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

By living true to our self, true to our feelings, we are living true to God. It's that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents' Divine Love, we can also commence our Soul Healing and a returning to that of being divine – this is our destiny.



CREATED in THEIR IMAGE:**GOD**

James: Mary, what does ‘we being created in the image of God’ really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God’s Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you’ve completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being ‘confirmed’ and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

Mary Magdalene communicating with James 20 November 2017



WE ALL ARE BEING GUIDED HOME:

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

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

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

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

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

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

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

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

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



M&F



J&M



AVO

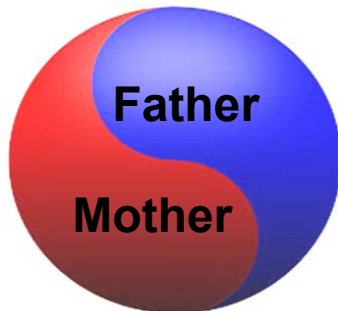


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

WE ARE Children of God

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

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

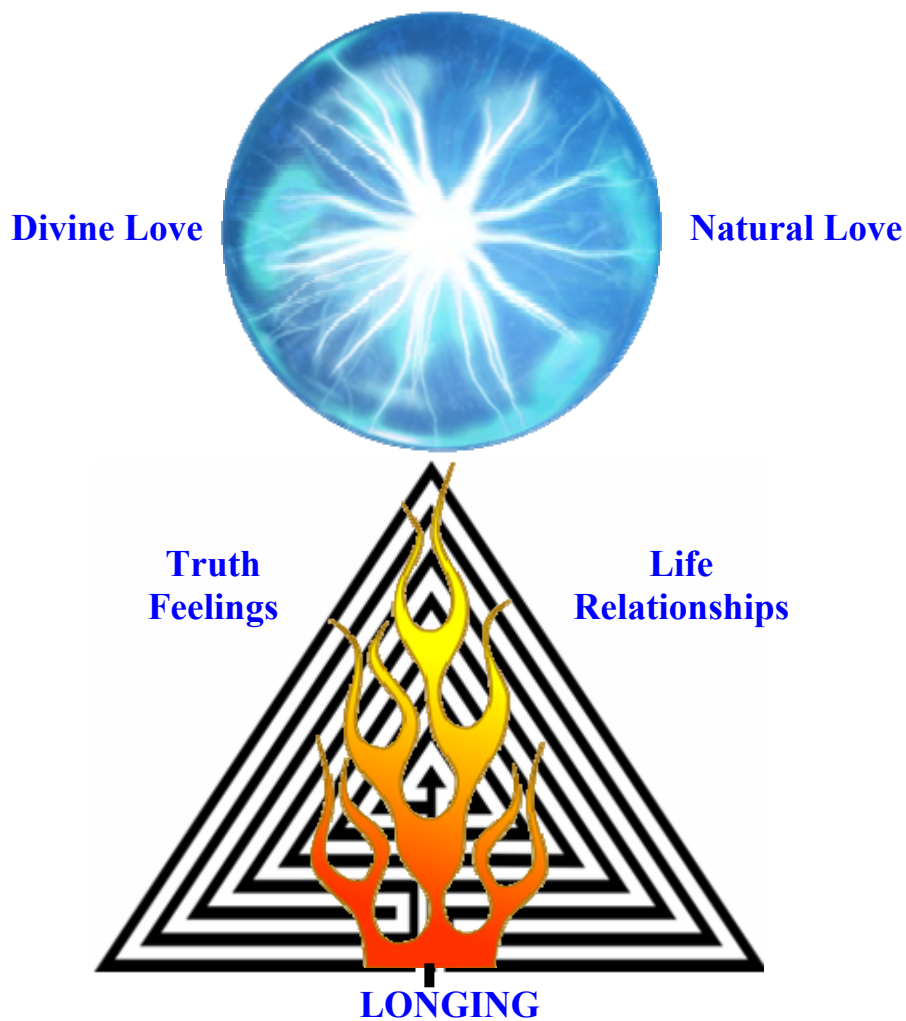
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

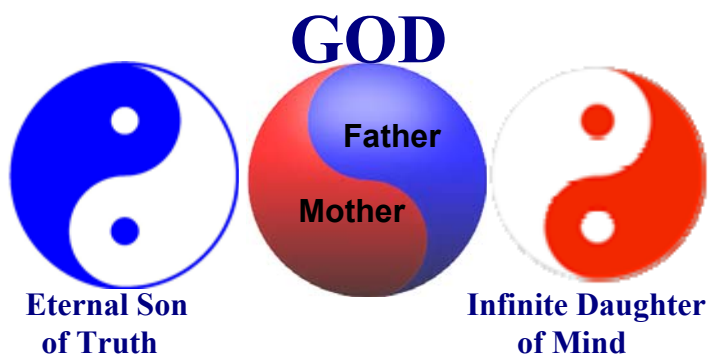
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

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

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

The LOCAL UNIVERSE TRINITY:

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

Our MOTHER and FATHER – Love
– the Living Truth
– Mind (and her Holy Spirit)
– Truth, and our Angels – Mind

PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

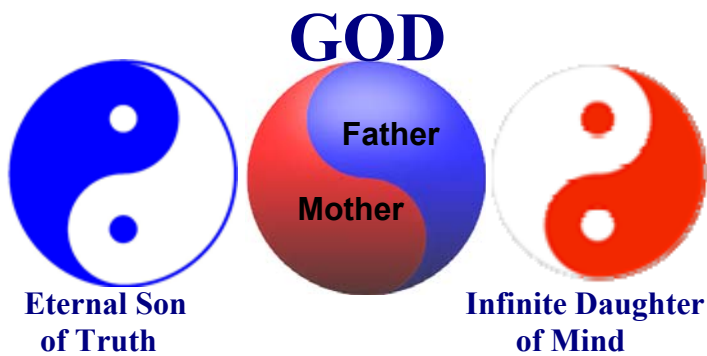
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

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

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

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

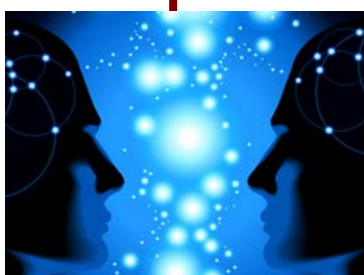
Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature





Sulphur Crested Cockatoos



One's feelings may bite and ruffle one's feathers; however, it is our feelings that are always in truth as they come from within one's soul which is always in truth and love.

The life force of all aspects and elements of living nature never reincarnate. The life force of each natural living thing returns to the pool of life energy and re-emerges as a nature spirit to continue its development of its mind. The nature spirit's development leads to subsequently becoming an angel.

We, humanity, are to develop our soul through the pathway of truth through our feelings.



WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about 'sharing' the same angels or guides or nature spirits, it is about you relating specifically to your 'own' ones because they are provided for YOU. It's all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it's the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it's more personal and private and 'JUST FOR YOU'. So we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain't going to be assigned to anyone else, so she won't be sharing herself around.

This is SO IMPORTANT to understand so that in future there won't be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their soulmate relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our Angelic pair continue with us for eternity.



Feelings first

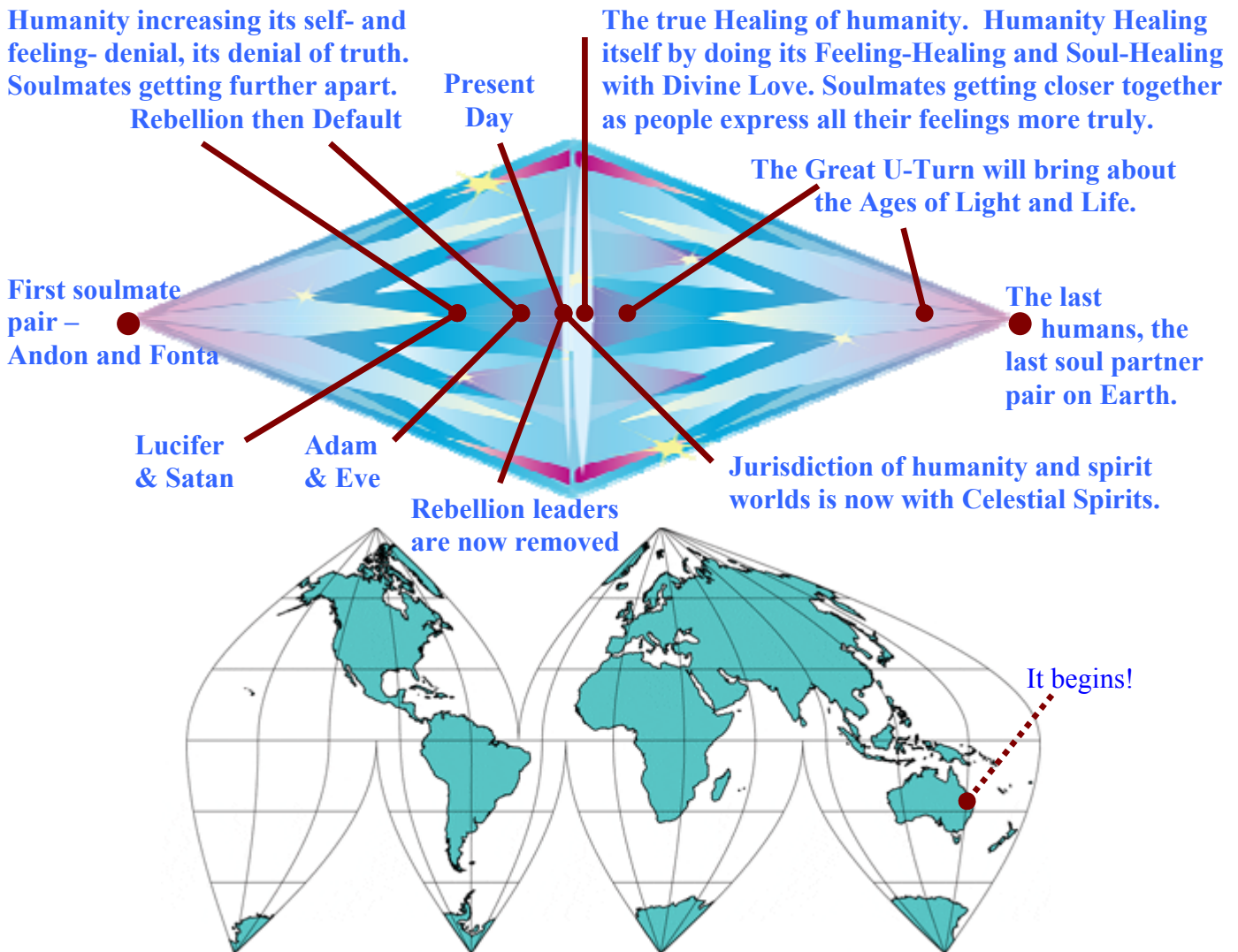
<http://www.pascashealth.com/index.php/library.html>

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

JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.



This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

Feelings First, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.
(Passage in blue calibrates on the Map of Consciousness at 1,500)

FEELING HEALING, DIVINE TRUTH and DIVINE LOVE POINTS:

Feeling-Healing: Using your feelings to heal yourself

Extracts from the book, Feeling Healing by James Moncrief

What follows is an introductory point-form summary:

Your Feelings:

- Are very important
- They should never be dismissed or denied – not one, and especially the bad ones
- They must be allowed to be – allowed to have their say
- You can heal yourself through your feelings

- Denying your feelings makes you sick
- Illnesses and pain only come because you are denying and repressing feelings
- The pain (a bad feeling) comes so you can accept and express it
- Expressing the pain and bad feeling out of you is what makes you well
- Keeping in bad feelings is keeping in the poison
- Heal yourself through your feelings

- During your childhood you were made to deny and not express many bad feelings
- And these bad feelings are still within you – still waiting to come out
- Adult bad feelings can lead you back to your childhood bad feelings
- You are to connect back to all the bad feelings you've suppressed and repressed
- As the hidden and mostly forgotten buried childhood feelings come out, so you are healed
- This is healing yourself using your feelings – doing your Feeling-Healing

Seeing the truth:

- You are to see what your feelings want you to know about yourself
- You can long for the truth of your feelings – why am I feeling bad?
- You must want to uncover the whole truth of yourself through your feelings
- When you liberate your bad feelings, whilst longing for their truth, the truth will come
- Heal yourself by looking to your feelings for the truth they want you to see about yourself
- When the truth comes, you are free, set free of the causes of your pain and bad feelings
- Your actual healing happens when you see the truth
- No truth; no healing – still more bad feelings to accept

- Speak out your feelings, all the good and bad ones, whilst longing for the truth of them
- Want to live true to yourself
- Want to live true to your feelings
- Long for the truth your feelings are to show you

- This is doing your Feeling-Healing

Feeling-Healing:

- You've been taught to deny bad feelings

- Denying bad feelings is what is making you sick
 - To heal yourself you need to stop denying any feelings
 - Accept the bad feeling you are feeling
 - Fully let yourself feel it
 - It's very difficult going against your programming
 - Want to feel bad
 - Want to feel all your bad feelings
 - Don't want to deny any of them
 - And when you feel bad, identify that bad feeling
 - Say what it is and how it's making you feel
 - Express the bad feeling
 - Emote the feeling out of yourself
 - Say how you are feeling with the feeling you are feeling
 - Say it to a friend, write it, say it out loud, speak it out to God
 - The denied bad feeling stays within you until you bring it out
 - Keeping in the bad feeling is what's making you ill, and giving you all your pain
 - All those repressed bad feelings are like a poison slowly killing you
 - Open your mouth and let your bad feeling out
- Want to know why you are feeling bad
 - Want to see the answer through your bad feeling
 - Long to know the truth of what you are feeling
 - Long to God to help you see the truth of your bad feelings
 - Want to see the truth through your feelings and not with your mind
 - Don't go fishing within yourself for answers using your mind
 - Let the truth of why you're feeling bad surface in its own good time
 - The truth will come as you express your bad feeling, whilst longing for the truth of it
- Decide that you're going to be loving to yourself by first stopping your feeling denial
 - Then by expressing all you feel, both good, and especially all your bad, feelings
 - And also by longing to know the truth of why you're feeling what you are feeling
- Doing your Feeling-Healing is expressing all your feelings whilst longing to see the truth of them. Uncover the truth of yourself through your feelings and you'll be free of all your pain, illness, unhappiness, misery, fear, suffering, and free of all your bad feelings.

Feeling-Healing:

- You can heal all your pain, illness and suffering by looking to your feelings for their truth. And you do this by accepting every bad feeling you have, no longer pushing it aside and dismissing it, no longer denying all the bad stuff.
- And you express your bad feelings the best you can, understanding that all the bad feelings are within you and have to come out, even all the ones you've denied in the past.
- And as you express your feeling with all the feeling you are feeling, so you long for the truth of that feeling – you want to know why you are feeling it, what really caused it within you, which will take you back to your early life with your parents.

- Accept your feelings. Express them. Long for their truth.

The truth of doing your Feeling-Healing:

- We are to see the whole truth of ourselves. Through our feelings.
- This means, the truth of why we are the way we are; why we say what we say; why we do what we do; the impact of what we say and do has on ourselves and others; what our relationships are all about, with our self, others, nature and God – as in, are they loving or not; and if not, why not; what happened to us in our early relationships to make us be as we are; what was the truth of our relationships with our parents and other family members – and were they loving relationships; and if not, why not; the truth of every aspect of ourselves, and this includes the truth of all our pain and suffering – the truth of why we don't feel truly loved.
- We have grown up being made to deny many aspects of ourselves, this being seen in our feeling-denial. This means we've not been allowed to fully express ourselves, so we've not reached our full potential. And all that we weren't allowed to express, all our crying, anguish, our misery, fear and anger, all our pain, is still within us waiting to be expressed.
- We were made to become false and untrue. We were made to live untrue to ourselves. So we have to heal that by uncovering the truth of why we are false and untrue, with the truth of our wrongness then allowing us to become true.
- And how we do that is all through and with our feelings, and not by looking to our mind.
- And so we do our Healing: which is our Feeling-Healing; or Soul-Healing – that is our Feeling-Healing and longing for the Divine Love.
- And our Feeling-Healing is looking to our feelings to see the truth they are making us feel. We accept what we are feeling, we don't push any bad feeling away; and then we express all we're feeling, and we long for the truth of those feelings. We want our feelings to show us why we're feeling bad. And they will. The truth all coming to light with the ongoing expression of feelings.
- And as we bring out all our repressed early childhood feelings, dealing with the pain by allowing ourselves to feel it, saying what we feel about it and how it makes us feel, crying with that pain if that's what we feel to do; and all whilst we want to know with all our heart why we are feeling so bad, so the truth will come of all that we are. So all that happened to us during our forming years and childhood. All that made us into the adults that we are.
- And gradually as we express all our pain and uncover the truth of it, we become truer to our wrongness, injury, hurt, pain, trauma, and that is the healing of it. Uncovering and seeing the truth of what's wrong with us, what's making us feel bad, is setting ourselves free. It is how we can heal ourselves. It's being wholly self-loving, by being wholly feeling-accepting.
- So we have to see the whole truth of our unloved state. Then once that's seen, by our thoroughly feeling it, every last bad feeling, then we're able to live true to ourselves in a truly loving state.
- That is doing our Healing by looking to our feelings for their truth.

Living True to our Feelings:

- We are to live true to our feelings, to each feeling as we feel it. And want to know the truth of why we're feeling it. To allow our feelings to lead and guide us through life, by living the truth that comes from our fully accepting, embracing, honouring, expressing and living true to them; all whilst we want to know what God wants us to see about them – the truth of them.
- Our feelings are very, very, very important, and that's every feeling we have. If you are stopping yourself from having one feeling, then potentially you are causing yourself a problem which can manifest in you getting sick. We are only sick because we are stopping ourselves express all the feelings we feel. We have been made to block out many of our feelings, some of the good ones and most of the bad ones, having learnt how to do this from childhood, all of which now as adults causes us all the problems we have. So why your life doesn't work as you want it to, why you feel bad, pain, are suffering in any way, why your relationships don't work, is all because you are denying feelings.
- So to heal yourself, to end your pain and suffering, and to ultimately live the life that will make you the happiest and most loving you can be, you will have to stop denying any feelings; and instead, go the other way, fully embracing them, fully accepting that you have them, welcoming them as you feel them, giving them their full expression, and wanting to know why you are feeling them. We are to bring out all the bad feelings that are repressed within us, all those terrible ones we've not wanted to acknowledge and feel, and by doing so, once they've all come out, no longer feel them.
- If you don't bring all your bad feelings out, then they are only going to stay within you still making you feel bad.
- To keep your bad feelings repressed within you is like keeping all the poison inside you, and it will slowly kill you, making you feel all the pain you do, making you be sick, causing you all your problems. So get it out, bring out all your bad feelings and so end what's making you feel bad.
- Look at how you conduct yourself through the day – do you deny any of your feelings?
- What happens when you feel sad, do you try and make yourself feel better? Do you try and stop yourself feeling sad?
- What happens when you feel angry? Do you allow yourself to feel as angry as you do, or do you come down hard on your anger banishing it because you feel it's bad to be angry and you don't want it damaging your relationships?
- What happens when you feel happy – do you allow yourself to feel as happy as you feel? Or do you say, no, calm down, don't get too over excited, something bad might happen and then you'll feel let down?
- What happens when you feel scared? Do you dismiss your fear telling yourself that it's nonsense, you're an adult, you shouldn't feel scared of that; and besides, what's there to feel scared about anyway?
- And what do you do when you get sick? Do you allow yourself to feel all the bad feelings your

illness brings up in you? Or do you do all you can to stop yourself feeling sick and to get better? So quickly off to the doctor and into the pills, all to make yourself better and end your bad feelings.

- And what if your friend is depressed feeling upset about something, do you allow them to feel as bad and upset as they feel; or do you try to make them feel better, trying to take their mind off their bad feelings putting it onto something that will make them feel good?
- And if you do any of these feeling-denying things, or any others that you do – why do you do them? And you'll probably say: Because I don't like feeling bad. I want to get rid of my bad feelings. Which is completely understandable, as no one wants to feel bad. However, do you think it's right to deny these parts of yourself, to just shut them out, put your mind onto something else, take pills to make them go away – do you think it's right to deny any part of yourself?
- And if you do deny some part of yourself, then you are not functioning perfectly, and you are imperfect and working against yourself. It's not very loving, is it? It's not being loving to yourself, to as soon as you feel bad, get rid of that part of yourself – because your feelings are a part of you.
- And being unloving to yourself, as seen by you denying your feelings, is going against yourself, so you're effectively working to make yourself be sick, for you are causing yourself to be dysfunctional, and not working right means you're making yourself feel even worse than you already are. So you're making yourself feel even more bad feelings, which you've then got to deny as well! So it's something of a vicious circle, all of which ends up putting increasing amounts of unloving pressure on yourself, all of which can only make you feel more bad feelings.
- Mostly we feel okay, our patterns formed during our childhood function in our adult lives, and we move along denying our feelings without a second thought. But then occasionally (or often) bad things happen to us or we get sick, our relationships don't work, something happens to make us feel bad, and that's when we have to start the hard work. And so we have a choice: We can either come down harder on ourselves denying more of our feelings; or, we can go the other way, going against our programming and start to accept and allow our unwanted feelings to be.
- But then that brings up alarm signals, because, if you just allow yourself to feel bad, those bad feelings are going to overwhelm you, and they might make you say or do something you later regret, and who wants to be swamped by them, there are too many of them, they are never ending, and you will just feel worse and worse and the pain will be excruciating, crushing, devastating and you'll not be able to bear it. So what's the point in just letting yourself feel as bad as you can?
- And this is where our Feeling-Healing comes in. It's to understand that yes, we are denying many bad feelings and that we want to stop being unloving that way to ourselves. And so we want to accept our bad feelings instead of reject them. And then to understand that they are coming up in us for a reason, and part of that reason is for us to express them, so to bring them up and out of us; and the other part of the reason is for us to see what it is about ourselves they want to show us. We don't just feel bad for no reason, there are very real reasons why we're feeling bad, and so we have to want to know what those reasons are. And how we do that is by longing for the truth of our feelings. We want to see why we're feeling bad, and why we're really feeling bad, the deeper and even the deepest truth within us, for there are layers to ourselves and our feelings, and gradually we can uncover those layers seeing what is really going on inside us on every feeling level.
- However to live this way, accepting your feelings and wanting to see the truth of yourself they are trying to show you, means you will also want to face the truth of yourself, and this can be daunting,

not many people are prepared to look squarely at themselves and see all the truth their feelings might show them about themselves, because: what if some of that truth is not very nice?

- So we're in a bit of a bind. If you want to heal yourself of all your bad feelings so you no longer feel any of them, then you're going to have to want to embrace them all, express them out of you as they come, and want them to show you all the horrible, unloving, nasty truth about yourself that you might have tucked away deep inside and not wanting to face. And then, if you don't want to uncover the whole truth of yourself, and know whether that truth is good or bad, then you'll just have to keep going denying your bad feelings until they get so overwhelming and you feel so much pain that you can no longer deny them as you've been able to do, making you have to then deal with them.
- So might it not be better to start now and learn how to work with them and how to include it as part of your life? Rather than keep letting them build up as you deny and repress layer upon layer. And to accept that, yes, you might uncover some bad things about yourself, and yet, we've all got them, and so, so what, you'll deal with them when they come up. And slowly as you become better at allowing your feelings to be, expressing them and longing for their truth, you will be releasing them out of you and so stopping them from making you sicker than you might already be. Every repressed feeling you express out of yourself is one less within you waiting to be expressed.
- Using our feelings to uncover the truth of ourselves is how we're all meant to live. It's natural. It's no big deal. And yet it's vitally important for our wellbeing and to feel happy and truly loved. However we've all been made to live against this natural way. We've all been made to use our mind to stop ourselves feeling bad, our mind jumps in taking over saying no, you can't feel bad, bad feelings are unwanted, they are evil, they are nasty things, I'll help you get rid of them. But that is an unnatural way of living. That's living against ourselves. It's being untrue. And false. It's living against your soul, against nature, against God. It's the worst way to live. It's not spiritual. It's not loving. Whereas to live allowing all your feelings to have their say, to fully get into them, bring them up and out, and to live them, emote them, all whilst wanting them to show you what you are to see about yourself and how you are to live, is the right way to be. It's the most true spiritual way you can live. It's being positive, loving, and in the end, once you've liberated all your repressed bad feelings, will set you free of all pain, free of all your negative unloving patterns, releasing you from the harsh control of your mind, allowing yourself to be fully self-expressive, accepting, unconditional, happy and loving. And true: true to yourself, and true to all you feel.
- So our feelings are the way to our truth. We are to uncover the truth of our self through our feelings. And this is living the truest spiritual life you can live. And if you don't necessary want to be spiritual, by uncovering the truth of yourself through your feelings, you will be naturally spiritual anyway. And it's no big deal. And you'll be part of **The New Way; Feelings First Spirituality**. And even if you don't like the idea of being part of a religion, well that doesn't matter either, because you'll just be yourself living true to your feelings and uncovering the truth they want you to see, and that can be your way of life whether you want to call it anything or not.
- And if you want to go one step further and include God in your new found **The New Way; Feelings First Spirituality**, then it's easy to do that too. You can long to God, asking God to help you see the truth your feelings are trying to show you. You can ask God to help you honour and accept all your feelings, and to help you express them, and to help you want to see the truth they are to show you. And you can even long to God specifically for God's Divine Love.

Divine Truth and Divine Love introductory point-form summary

- The writings by our spirit friends have progressively addressed the New Testament records and through the now published 'Padgett Messages', 'Revelations' via Dr Daniel Samuels, and then the 'Judas of Kerioth' material, the major omissions, errors of record; further, Dr George Lamsa having addressed translation issues, and the lack of understanding of idioms, are now understood.
- The core teaching from the 1st century is the availability of Divine Love and it is only by asking for and receiving the Love, together with embracing one's Feeling-Healing with Divine Love, then we are engaging in one's Soul-Healing, that one can become fitted to enter the Celestial Heavens. That is what is meant by the New Birth, to be Born Again, this then happening when we complete our Healing, so we can live as if we were never afflicted by the Rebellion and Default. There are now Two Major revelations provided to humanity a hundred years apart: The Padgett Messages (about the Divine Love); and writings by James Moncrief (about our Healing).
- What appeared to be complex teachings within the New Testament are now simple and easily understood by anyone.
- The New Way: To live true to ourselves through our feelings; to long for the truth of our feelings, that truth being how we live. To long for and receive God's Divine Love.
- Our salvation comes as we do our Soul-Healing with the Divine Love. As we long for and receive our Heavenly Mother and Father's Divine Love, our soul is transformed as we heal ourselves, until we are no longer untrue, being perfect and of Their Love.
- Receiving the Divine Love within our soul allows us to develop a very deep, personal and intimate relationship with God – our Loving Parents. The Divine Love is the 'fuel' that drives our ascension of truth to Paradise. The Divine Love comes into our soul via the Holy Spirit.
- By the term 'holy spirit' in the 1st century Jesus meant one of the energies of God, specifically the energy that enables at-onement (other energies of God include the energy of creativity and the energy of life, there are many specific energies). The Holy Spirit conveys the substance of Divine Love to those who ask to receive it. Divine Love is said by some to be a light golden blue energy substance, by others as a cool blue 'flame'.
- When our Soul-Healing ends, we fuse with our Indwelling Spirit, having attained a Celestial level of truth, and our immortality is assured.
- We can also do our Feeling-Healing, which doesn't include the Divine Love and perfects our Natural love, however our growth is limited to the Mansion Worlds. We can enter the higher Celestial spheres with Divine Love in our soul.
- God is a soul entity outside and independent of the universe. The universes are creations of our Heavenly Parents, our Mother and Father. Our souls, created by our Heavenly Parents, are also outside and independent of the universe, with our personality being expressed by our soul in Creation.
- The Christian doctrine of the Trinity is a false teaching. Our Heavenly Parents, God, are our Mother and Father – one Soul, two personalities. The Trinity that relates personally to us is The Paradise

Trinity: our Mother and Father of Divine Love, the Eternal Son of Truth, and the Infinite Daughter of Mind.

- Neither Jesus nor anybody else is, or ever can be, God. To claim Jesus is God is erroneous. Jesus is the Son of God, Mary Magdalene (his soulmate) is the Daughter of God, just as we are sons and daughters of God. And Mother Mary was simply Jesus' mother with no other special soul-qualities elevating her above all other women and men – there was no Immaculate Conception.
- Jesus and Mary incarnated retaining their divine perfection. They did not partake of the Rebellion and Default, which we've all been made to suffer. They didn't need to do their Healing like we all do. We are all wrong, untrue and imperfect because we've been made to live untrue to ourselves, Mary and Jesus, and our Mother and Father.
- Higher spirits who were the custodians of humanity rebelled bringing about the Rebellion and Default many years ago. We are living in the wrongness of their wrong doing. And because of our being untrue to ourselves, as seen by our feeling-denial, to become true, we must heal ourselves of our rebellion and it being imposed on us by default.
- The Lucifers and Satans caused the Rebellion, and caused Eve and Adam to Default, thereby subjecting humanity to its 'Fall'. We are the fallen, the Rejected Ones, because we are now rejecting the truth our feelings would have us see about ourselves if we weren't denying them. We're rejecting what Mary and Jesus told us, as are we also rejecting the love of our Heavenly Parents.
- Jesus never resorted to any magic or anything that was contrary to God's laws. Jesus was never able to override the laws of nature. The explanation of the 'miracles', one by one in *The Life and Teachings of Jesus in The Urantia Book*, outlines how typical daily events became amplified into fantasies.
- The healing miracles mentioned in the New Testament were only a portion of the healing events that took place. These healing events were miraculous healings conducted by angels, commanded by the Mother and Father, through Jesus. Our True Healing requires the removal of emotional injury, damage and error in beliefs and unloving behaviour from the soul of the person who wishes to live true to themselves and true to God – do God's Will.
- From time to time, since the life of Jesus, healing has been administered in the same miraculous way as that conducted by Jesus. And it's quite possible this will continue as required by our Mother and Father. However such miraculous healing is not the same Healing as one's Natural love Feeling-Healing or Soul-Healing with the Divine Love. And even those people miraculously healed will still need to look deeper into themselves at some time to do their real Healing.
- Jesus realised the way to at-onement with God through God's Divine Love whilst on Earth, a way that can be followed by all. Jesus and Mary Magdalene, are now the most exalted spirit personalities in all of Nebadon, which contains some 3.8 million inhabited physical planets, including Earth. They are our 'spiritual parents'. We have to embrace them for their Spirits of Truth to function within us thereby guiding us through Nebadon to Paradise.
- The doctrine of the crucifixion as a sacrifice for the sins of others is a false teaching. The teaching of atonement of Jesus by his death and crucifixion is an error of great magnitude. The absurdity of believing that God demanded that Jesus should die on the cross as one of the necessary accompaniments of his death, in order to carry out God's plan for this death and make the payment

satisfactory, is so apparent and absurd, that all of the spirits in the Celestial kingdoms of our Mother and Father wonder that mortals can believe such an unreasonable dogma.

- No sacrifice of Jesus, no shedding of his blood and no vicarious atonement, as it is called, can save a human soul from sin, or bring it into the love of our Mother and Father, or cause it to become a partaker of the divine nature. Our salvation from sin and error can only come through our Healing.
- God is loving, not punishing or vengeful.
- There is no judgment or judgment day. Following death as we acclimatise / assimilate to our new environment within the 1st spirit Mansion World, our memory progressively becomes very clear and complete in the details of all of our actions whilst on Earth. Any unloving or harmful event that we had not resolved on Earth becomes acutely clear to us that we need to address these. What pain we cause others is the amount of pain that we will endure.
- Judgment is the passive awakening of one's own memory. We judge our own wrongdoings through our feelings. We are to compensate the harm we've caused another by feeling the same amount of pain we've caused them. No one has the authority or capability to judge another.
- No man can forgive and absolve the sins and errors of another. Only God can forgive sins and errors. This happens as we progress through our Feeling-Healing or our Soul-Healing with the Divine Love. As we uncover the truth of our wrongness by looking to our bad feelings for their truth, we are loving ourselves and so forgiving ourselves through self-acceptance. Love does forgive and accept all, however we're to find true love through our feelings and not with our mind. Contriving forgiveness using the mind is not true forgiveness.
- Through our Healing we settle the Law of Compensation and the Law of Forgiveness, which brings us eventually into a true and perfect Celestial state of Truth. Our Healing may take relatively few years, possibly between five to twenty, whereas mind-based compensation of harmful actions to others and to ourselves can take a much longer time, even hundreds of years.
- Whilst we remain mind-reliant we are mortal and untrue. Only when we receive our Mother and Father's Divine Love, and do our Healing, do we become true and eventually immortal.
- Our souls are created by our Heavenly Parents. Our soul is duplex, it expresses two personalities in Creation – soulmates. We link up with our true soulmate once we're fully Healed and of Celestial truth. Soulmates are of the opposite sex.
- Our soul is of Natural love as it begins the incarnation of its two personalities in Creation. By partaking of the Divine Love our soul becomes divine.
- Our soul begins incarnation of its two personalities at conception. The soul brings into being our will that then wills the rest of our personality into Creation – into life, including our physical and spiritual bodies, our emotional and mental systems, and everything else that we are. Once the physical body's first heartbeat occurs then should death occur, the embryo, foetus, baby, child, adult, dies, moving into spirit to continue life as a spirit.
- Reincarnation as normally taught is a false teaching. When we die our soul doesn't move into spirit, our soul always remains where it is. We can't 'kill' our soul. To reincarnate we'd forfeit our

personality, which can't happen.

- We are to ascend our soul by uncovering the truth contained within it through our feelings. Seeking Enlightenment is looking to transcend one's feelings using one's mind and is not evolving our soul with truth. It's a dead end; whereas true soul advancement is eternal.
- Closed-mindedness holds back progress; for instance, a guru perfect in Natural love who believes him or herself to be god would be temporarily stuck (albeit blissfully) in the 6th sphere. They are rejecting God, they are rejecting Mary and Jesus, they are, in fact, going the wrong way!
- There are 7 spirit Mansion Worlds. Worlds 1, 2, 4, and 6 are Natural love mind-dominated worlds, in which spirits seek Enlightenment and can't move higher than these worlds. Worlds 1, 3, 5, and 7 are the Soul-Healing worlds with Divine Love, and upon completion of one's Healing, one moves higher into the Celestial spheres. The first three Celestial spheres are numbered 1 – 3 (or, 8 – 10), then are unnumbered all the way to Paradise.
- Whilst we are subjected to the effects of the Rebellion and Default, humanity of Earth and in the Mansion Worlds, are in quarantine from all other habitation on the other physical worlds and spirit worlds around us. Only upon entering the first of the Celestial Heavens do we, of Earth, begin to interconnect with peoples (spirits) from other worlds.
- As one grows in love, the energy of the love has its own gravitational attraction. As you develop you are drawn to planes within worlds and spheres, and sectors within planes that match your soul condition. Like attracts Like. Like minded, and like feelings – like truth.
- Your soul condition illuminates your spirit body. Thus it is clear to other spirit personalities as to the level of your soul. A higher spirit person can recognise a lower spirit's emotional issues clearly through the ambiance and radiance of the spirit's body.
- Longing to feel one's emotions through one's Feeling Healing increases one's humility. Our Healing is the releasing of negative emotions – Childhood Repression (without necessarily acting upon them), whilst longing for the truth of all one is feeling.
- Prayer also has a particular definition, referring to a genuine longing for God's truth and love, felt in the heart, not in words spoken aloud or in the mind. Mindlessly repeating learnt prayers is pointless.
- God can communicate with us through the Indwelling Spirit – a voice in the mind, however it's not to be mistaken for the voice of a nature spirit, angel or other spirit personality. God can also communicate with us through our soul, which we feel or soul-perceive.
- We all enter the spirit world straight into the 1st Mansion World (which has many planes and levels). After a period of assimilation – getting used to being still alive with a whole new spirit life, and not dead forevermore, we are then drawn to the location where our soul condition best suits us, some into the 2nd, and a rare few into the 3rd worlds. Many spirits are drawn to the lower 'Planes of Disharmony' of which there are two such Earth based planes of darkness. There is no such thing as eternal damnation, we can all recover and grow from any unloving and negative condition.
- Like attracts like: the current state of one's soul determines one's location in the spirit world, and this location will be populated by like-minded or like-feeling spirits. There is spirit world gravity, it

is the matching of the gravity with one's soul condition that draws a soul to a specific location of habitat.

- The parents of humanity, Aman and Amon, were the first 'ensouled' human beings and consequently were without sin / emotional error or injury at the start of their ensouled life. Aman and Amon lived about 1,000,000 years ago; whereas Adam and Eve lived about 38,000 years ago.
- Since 'The Fall' (when humans started to believe themselves to be god and living independently of our Heavenly Mother and Father, and also rejecting the regency of Mary and Jesus), the state of Earth has descended to the equivalent of the hells (the two Earth planes containing also the 'Planes of Disharmony'). It is currently emerging out from that condition.
- Aman and Amon did not embrace our Mother and Father's Divine Love because it was not available, which subsequently happened once Jesus announced its availability at the time of his fully coming into his own rightful power – when his public ministry began.
- Children who die young or are 'unborn' enter nurseries located in the various sectors of the first Mansion World. Some of these nurseries are given names like 'Summerland', and from which spirits can adopt such spirit children or help them grow up into adult spirits.
- The spirit body has more capabilities than the material body, and increasingly so, as the state of the soul progresses. The physical senses are greatly amplified in the spirit body and this becomes evident upon the shedding of the physical body. Art, music, science, philosophy, etc., continue in the spirit Mansion Worlds, at a higher level than currently occurs on Earth.
- Actions on Earth affect the state of the soul, both positively and negatively, and the effects continue to be worked through in the spirit body when within the spirit world. Either with the mind through the mind Mansion Worlds of even number, or by doing our Healing in the odd numbered worlds.
- There is no 'Satan' in the form of a devil, although there are many degraded souls that are currently worse than any Satan we could probably imagine. These spirits, and their equivalent on Earth, live in the hells. Even so, the hells are not a permanent state, and all can eventually reach at-onement with God if they desire so by doing their true Healing. There is no place from which we cannot grow and recover from.
- The Hells, the 'Planes of Disharmony', are places that a soul in a very poor soul condition can continue its existence. This is where lost souls live – completely lost to the truth of themselves.
- When a personality within the Planes of Disharmony begins to open up and seek assistance, such assistance will come from spirit personalities of the higher worlds or spheres. There are no places of eternal damnation.
- Death of the material body can be confusing because of false beliefs accumulated on Earth through religion, philosophy, politics, science, etc. Many personalities do not readily realise that they have 'died' upon entering one of the receiving stations within the 1st spirit Mansion World sphere, and it can take them a long time to accept they are dead from Earth yet still alive in the spirit worlds. It helps if you have a strong belief in life after death.
- Accordingly, there are still different religious beliefs (including atheism), ideologies, etc., in the

mind Mansion Worlds 1, 2, 4, 6. Those who embrace Feeling Healing or Soul-Healing with the Divine Love, readily abandon Earth-based religions, as their feelings show them how untrue and harmful they are to continue believing in them.

- The best attitude is never to be adamant about beliefs that are not really known to be true, but rather to be open to truth (be in humility). There are no beliefs held by those in the Celestial Heaven, as there is no need for them because one lives by expressing feeling derived from one's truth.
- Progress can be quite rapid through the spirit worlds, because spirits in higher states are keen to help spirits in lower states, if the lower ones are willing to learn new truth. A personality who is mind-reliant may find himself stuck in one location for centuries, whereas others who become God-reliant and embrace our Mother and Father's Divine Love and look to their feelings for the truth they are to show them, may progress swiftly into the Celestial Heavens. We can do our Healing and achieve a Celestial level of truth whilst still on Earth.
- As from the 22 March 2017, interference from Natural love controlling spirit personalities has been severely blocked by our Celestial Heaven spirit friends. Further, the Quickening of the Law of Compensation began to occur as from 22 May 2017. These two progressions have resulted from progress by a human soulmate pair through their own Soul-Healing, thus bringing about the final days of the Rebellion and Default.
- At-onement involves not only acting lovingly but wanting to act in that way; for example, adulterous thoughts are "adultery in the heart".
- Wanting to act in accordance with love is possible by processing (but not acting upon) the 'causal emotions' underneath the unloving desire. By far the most effective way to grow in soul condition is to engage in one's Feeling-Healing process and to ask for and receive our Mother and Father's Divine Love. The receiving of our Heavenly Parents' Love will strengthen our resolve to address our causal / core negative emotions, slowly bringing about the perfection of our soul condition.
- Love does not demand anything of anybody else or seek to control, it is unconditional and is self-fulfilling. So sometimes what we think of as "loving" is being conditional and controlling. And sometimes what we might think of being unloving is actually loving.
- For example, self-sacrifice is unloving to the self. We are to truly honour and attend to all our feelings, thereby looking after and respecting our self first. Then we can look to help others from this position of helping ourselves. Denying ourselves our feelings to help another, is not going to do either any good.
- Golden Rule: that one must always honour another's will as one honours one's own. Live true to yourself, and you'll be loving and truly respectful of others.
- The material body is connected to the spirit body by a 'silver cord of light', which splits in two near the physical body connecting in the aura on subtle levels in the back of the heart and back of the head. When that cord is 'cut' the physical body dies.
- In the sleep state, the spirit body (which does not need rest like the physical does) can engage with other people in their sleep state or with other spirit personalities. This is commonly called the astral state. Thought travels faster than the speed of light. We are each transmitters and receivers with

specific frequencies. In this way we can connect with anyone in the Mansion Worlds and lower Celestial spheres if we desire communication with them.

- It is possible to remember the sleep state activities of the spirit body, but usually we don't. A dream just before waking can be our spirit body trying to send our material mind a message to help us remember something relevant to our emotional state. Alternatively, though less frequently, a dream can be a snippet remembered from the astral state. By focusing on what feelings your dream made you feel, whilst you had it or afterwards, and by expressing such feelings and wanting to know the truth they are to show you, dreams can be very helpful in the Healing process.
- Of enormous benefit to all is to prepare oneself for entry to the spirit Mansion Worlds. What preparation one undertakes while in the physical state will greatly benefit one for life in spirit, even if it is only a little preparation. To become aware of the availability of our Mother and Father's Love, as well as the Feeling-Healing process, is the greatest gift one can give oneself.
- Love yourself by accepting all your feelings and longing for the truth of them. Want with all your heart to live true to yourself and to end your falseness and being untrue. Do your Healing. This is being as truly spiritual as you can be. And if you are not already doing so: long with all your heart to God for the Divine Love.
- Our Heavenly Parents – Mother and Father – simply desire for us to ask for Their Love.
- Then whilst receiving Their Divine Love, the next most loving act we can do for ourselves is our Feeling Healing. So our own love combined with our Mother and Father's Love will heal all our sin, error and unlovingness, allowing us to one day become truly loving, to be the loving child of our Loving Heavenly Parents. And to know They do love us, because we feel loved by Them.

“My coming to you (James Padgett) is really my second coming on Earth, and the result of my coming in this way will satisfy and fulfil all the promises of the scriptures as to my second coming.”

Jesus December 2, 1915

What is the greatest thing in all the world?

Prayer and faith on the part of mortals; and Love – the Divine Love – on the part of God. The latter is waiting, and the former causes it to enter into the souls of men. No other truths are so great and momentous to men. Let what I say sink deep into your memory, and try the experiment.

Solomon April 20 1916

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.

**PASCAS
PERS**

Avonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing



Heart logic and mind logic are often
two very different things.



If it doesn't feel right, but it seems to
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

Feelings first

LIVE FEELINGS FIRST

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

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

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

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

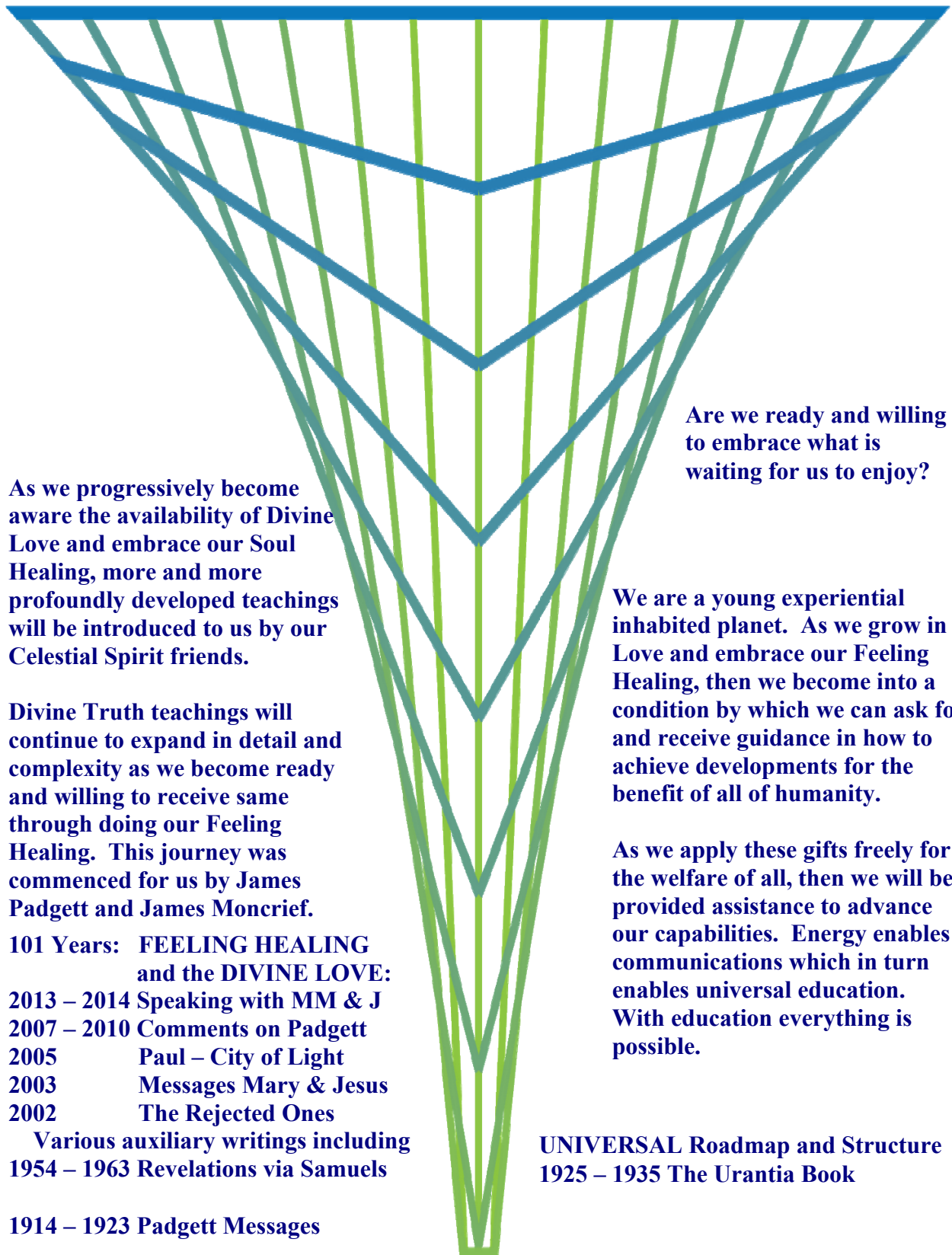
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women’s Liberation and Mother

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:





Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

