

7 May 2020

MOVING out of HEALING

Self-acceptance of one's condition is the capstone of our healing that unfolds and reveals itself once having progressed through the equivalent of the 3rd, 5th and 7th spirit healing Mansion Worlds while in the physical on Earth.

It is not a progressive reduction of self-error; the pressure and need to resolve all of one's childhood suppression and repression, together with the embracement of those errors and having continued with them in the way we live, persists relentlessly to the conclusion of one's Feeling Healing journey.

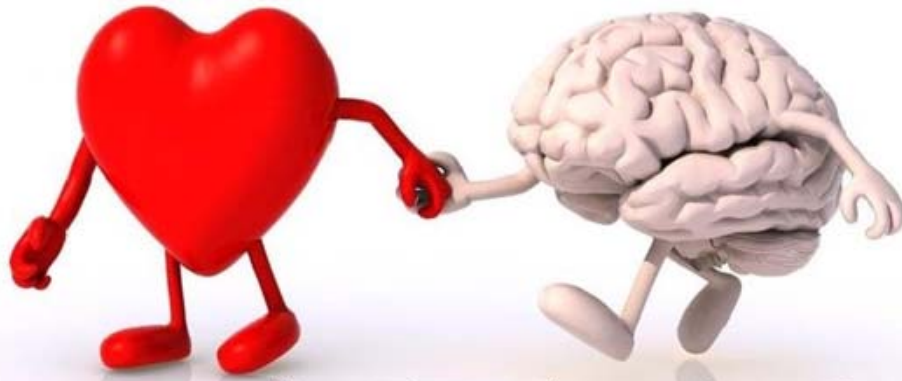


Transitioning out of Healing

“To interpret through your own mind-set does not show respect for self. We are all so programmed by what we are taught which is to be a good girl or boy, so much so that we can't tell which end is the head of a pin, let alone count the angels. This might help, by sharing a realisation that came to me as I read the letters from Raymond and Bradley as well as from Marie – all now being of the 1st Celestial sphere condition. Because we have been raised by well intended people who have taught us how to think and what to say, and how to be an attractive personality, we are sitting ducks for others to mind control us, and in personal relationships do the same to others and let them do the same to us. This is the way it is on Earth, but that is due for a great change for the better, with each of us learning to love ourselves even in our completely fallen state, without punishing ourselves. This does not require for us to use the mind conditioning enforced upon us through our lifetime. It does not require us to work on correcting self and other's perceived shortcomings, in efforts to perfect personality or soul. It can only be done when we face the truth of how we are. Certainly not by manipulating oneself into a state of denial – making earthly feelings like suffering and desire disappear. It is through those very feelings that we have the chance to get back from what has damaged us and smothered our true personality. Seek to know self in our crippled state through living feelings first.”

+Brian 30 April 2020

Feelings First is a way of living that progressively puts the mind into the supportive role that it has always been intended to have. Our feelings are our soul based truth. The truth that surfaces from our feelings is then to be embraced and implemented by our mind. Not the other way around. We are not to worship our mind!



Sometimes Your Mind Needs More Time
To Accept What The Heart Already Knows

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



It has to feel right and make sense to
move forward with ease.

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

Mind domination:

From our first memories, we recall that we are to be ‘smart’ – use your head Johnny! Do your maths tables – recite the alphabet! What are your grades? It goes on. Our first forming years are of being told NO! Some say 20,000 times a year in one form or another. We are to be the personality our parents impose upon us. So we use our mind in a manner that controls every action and function of every living moment. The result is devastating. We create a façade to be complicit with our parents’ erroneous beliefs that our true personality could not be as ‘perfect’ as they can clone us into being. They usurp our Heavenly Mother and Father’s gift of our unique personality that is to blossom through our soul-based feelings – so we use our minds to surrender and become our physical parent’s illusions of ‘perfection’. We then go on doing that throughout all our living days, long after our physical parents are dead.

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

So what is wrong with using our mind?

You may have noticed just how hard it is to learn some things, well everything. We have to practice it and then do it and on it goes. We rely on our memory which is not our brain, it is not our spirit body mind, it is mainly our soul. Our soul is our source of truth and memory.



So here is the kicker. Our mind cannot discern truth from falsehood. Our mind has been forced, against ‘it’ and our will, to ‘love’ untruth, to wrongly believe it is right for us to live untrue to ourselves. Our mind cannot tell what is right from wrong. Further it is addicted to untruth, yet only because it has been forced from conception right through our childhood, right through its forming, to wrongly believe being untrue is the right way to live. Our mind ‘loves’ untruth – give me another conspiracy theory everyday! Now let us go the final step, because of our unloving mental and emotional programming our mind is also addicted to control, control over others and all that is within our environment. The result is we become zombie like all in a stupor!





So after mum and dad have done their remodelling and suppression of our true self-expression and our God given unique personality, they send us off to school, then high school, then higher education and university for further remodelling. A never ending journey of ‘what are your grades Johnny?’ The world reveres high level educators, academics and professors. Watch television documentaries and the presenters are mainly interviewing professors, not the common day people who truly feel and know what is unfolding. Academics with an endless array of Ph.Ds are so mind imprisoned that they cannot get meaningful employment even as “**Post hole Diggers**”! The world is hoodwinked and its growth is stifled by this charade of falseness – it is our feelings that are the source of truth! Intensive mind dominance generally takes people deeper into their rabbit hole of personal mind control and further away from their feelings and personal truth – leading to a dead end from which they have to retrace their steps in order to get out of.

Making assumptions is a downward spiral death-trap. You experience this in all your communications. You contact Mary or Fred and she/he thought that ... so she/he did not ask and discuss but jumped to a conclusion and did something absurdly contrary to what you had first discussed. 98% of assumptions are flawed, wrong and just mind bending time wasters. 2% are correct but they are flukes! And humanity is now considered to be the most ‘intelligent’ that it has ever been.

The religious institutions of the world are founded upon their special book, hand-written hundreds and thousands of years ago and then copied by scribes who inserted their own assumptions. Then ‘leaders’

tweak the wording to strengthen their personal agendas. Few realise that the vast majority of these spiritual writings are from spirits from within the mind spirit Mansion Worlds 1, 2, 4 and 6. They have essentially been orchestrated by the high level spirits of the Lanonandek class, specifically the Lucifer, Satan, Caligastia and Daligastia soulmate pairs / soul partners. Caligastia is recognised as the ‘devil’ (no horns)! All who have negatively influenced people further away from the truth of their feelings and into the truth-denying clutches of the believers in such religions controlling minds.

Now for another kicker. Since 31 May 1914 through to 2003, those who were accredited with the writings of the New Testament of the Bible have addressed the more important errors in what has and is being published as their teachings. Over this 90 year period, Matthew, Mark, Luke, John, Paul, Judas, Mary Magdalene and Jesus have commented on important sections in the New Testament, explained what was actually said or taught, addressed the errors and then added the major omissions. Should you go to www.pascashealth.com, then the Library Download section and then scroll down to Medical – Soul Condition & Health, the following PDFs can be downloaded:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review – Part I.pdf](#)
-  [Bible New Testament Review – Part II.pdf](#)



Our true personality is obliterated by the suppression from our parents, our forming years’ carers, our educators, our religious leaders, our employers and the various levels of our governments. Military services are extensively mind controlling – personnel have their individuality and personality crushed out of them so that they become team players – all calibrating around 195 on Dr David Hawkins’ Map of Consciousness. All mind imprisoned and controlled.

We are meant to live through our feelings. The healthcare industry does not address the cause of illness. They do not know what causes an illness. Science does not comprehend what the spirit body is – they do not even consider that a virus is conveyed through the etheric body of our physical being. Illnesses that we experience have two general purposes. One is to enable us to move deeper into our wrongness and the other is to encourage us and open the pathway for us to heal our wrongness. So health ‘scientists’ invent vaccines to shut down these illnesses. This man-made intervention brings about even more severe viruses that are mutating at an even greater rate. The health maze is expanding – staff and trades people now must have flu vaccines before they can enter a health care institution such as a hospital or nursing home.

Meanwhile, everyone continues on suppressing their true personality. This is a way of living through ongoing self inflicted cruelty. After being indoctrinated in how to live life the wrong way – through our minds – then we proceed to routinely inflict more cruelty upon ourselves by emulating and repetitively presenting a false façade of ourselves to all we connect with and to the world at large.

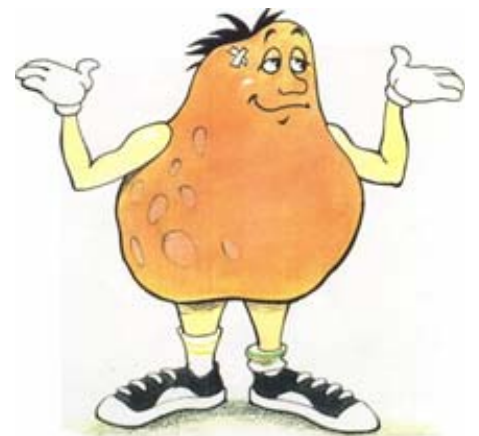
We accept that rejecting our true personality, the personality bestowed upon us through our soul, which is a duplex, by our Heavenly Mum and Dad, and presenting a contrived personality that mind corrupted ‘carers’ and ‘experts’ have put to us is what we are to do. We are living life going in the wrong direction – away from God.

Our ongoing rejection of our Heavenly Parents is just outright evil. We are embracing the Evil One’s dictates and blindly following them down a rabbit hole to a dead end. Fortunately we will reach that dead end and do a Great U-Turn and begin to heal ourselves of that great disgrace. We will learn to allow our personality to slowly surface and be the child of our Heavenly Parents as intended.

MIND Worship



SMART
GUY



numbnut

is
ADDICTED
To MIND



And so because none of us can bear to face the terrible truth of our unloving state, we continue to do our best to live seemingly lovingly with each other, doing the best we can, using our mind to adhere to our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively, influencing our children on seven whole worlds' worth of truth. Which means our children, as do you, have seven whole worlds of truth they are denying in life, all of which cause untold numbers of problems for them. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

REBELLION and DEFAULT formally ended 31 January 2018:

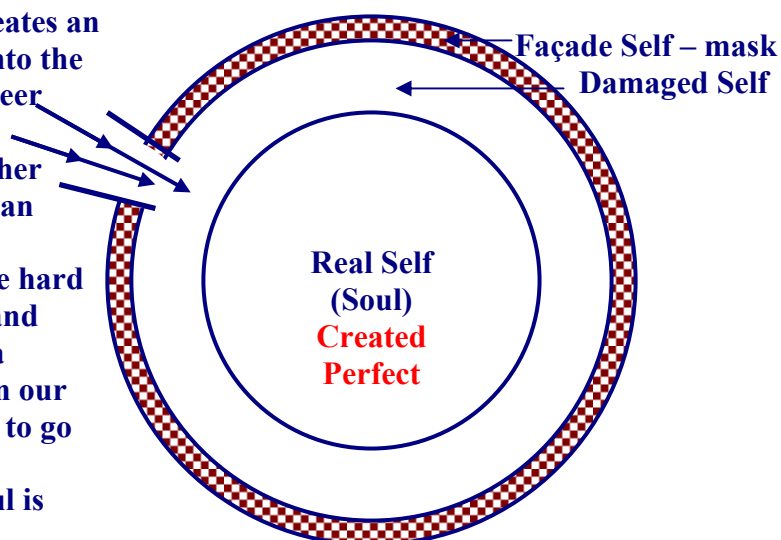


All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything is so bogged down in the mire of artificial laws and procedures.

WE'VE BEEN SCREWED BY LUCIFER REBELLION

The role of God's Truth on the soul is to actually physically create the opening.

What truth does, it creates an opening for a vortex into the egg shell, the hard veneer around one's soul. It allows a way that other external information can infiltrate the soul. Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it. Without truth, our soul is frozen into stagnation.



This is why many make no progress for decades and the passing down the generations of held beliefs and errors sees generation after generation also being frozen into a form of personal stagnation.

Investment in the façade.

I believe my damaged self is the real self.
Lack of faith.
Will I be loved.

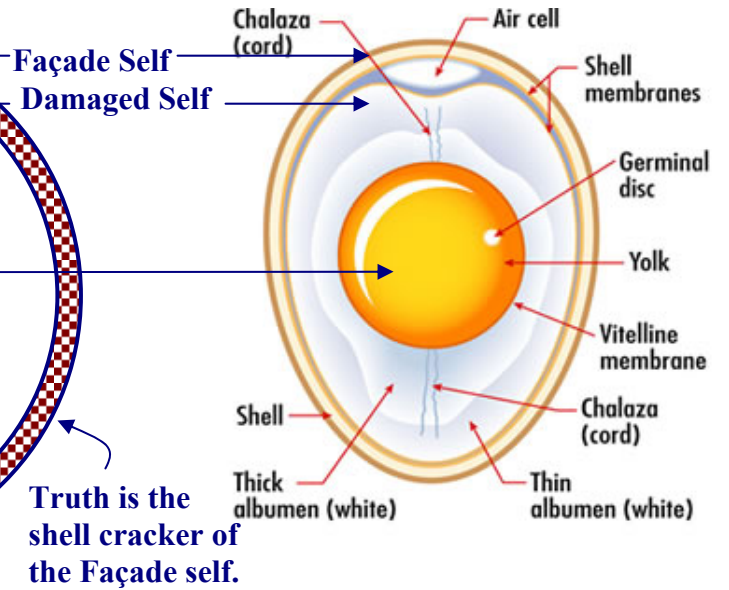
Façade is a mask.

FEAR:
Scope of error.
We cannot survive.
Fear of powerlessness.
Fear of being hurt again.

Afraid of the hurt.
Fear of judgment and pain.
Anger rises covering fear.

We want to manage and control pain from feeling pain.

Fear of am I going crazy? – judgment of self.

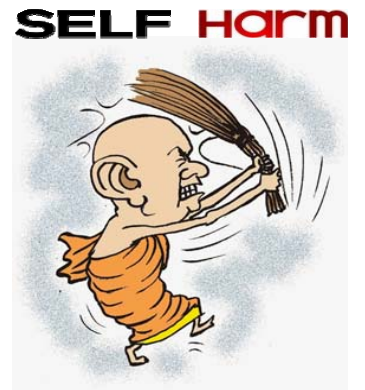


Truth is the shell cracker of the Façade self.

We are not being very logical by how much façade we are carrying around. We want this hard part, the shell, to remain intact, so we don't have to access the rest, the damaged self.

Anger is about maintaining the façade.

We are all responsible for our own actions.



We are all responsible for our own actions. Though our parents and early childhood carers set us on a course of suppressing our true nature, the personality that we are to express being the personality that our Heavenly Parents bestowed upon us, our uniqueness, we perpetrate that imposition willingly throughout our lives, both in the physical as well as in spirit, until we override our stubbornness and begin our healing, living Feelings First and then embracing Feeling Healing.

Self-acceptance of how we truly are is the culmination of our healing. This is a daunting task as we will eventually take full responsibility of our injuries and put aside blaming our parents and carers for our false façade that we have presented to the world as being our personality.



Stubbornness blocks our feelings from surfacing.

Stubbornness blocks Divine Love from entering you.

This stubbornness can last for 100's and 100's of years.



Consider this visualisation. Your real self, your soul, is created by God, our Heavenly Mother and Father, everything within your real self is perfect. Our damaged self may start to enter the façade, and then our façade starts thickening and compressing our real self down into a squished out ball, and we are left with mostly façade and very little else, everything else is under pressure inside of us.

A lot of us also have a judgment about our real self as well. Vagarious natures are usually suppressed by parents during the child's upbringing. So then you institute the façade of not being vagarious and arrogant anymore – or whatever it is that you convey. We put on the façade of being quiet and mild, whereas inside we are totally different people.

Most of us forget that inside of us is the real self that our true Parents, our Heavenly Mum and Dad, created and this is the main reason why most of us don't have faith, because we forget that God created this real part of us which is perfect.

A very damaging façade is the façade that we actually believe to be our true selves, the façade that we believe to be true of ourselves is the façade that causes us most of our pain, and most of our problems.

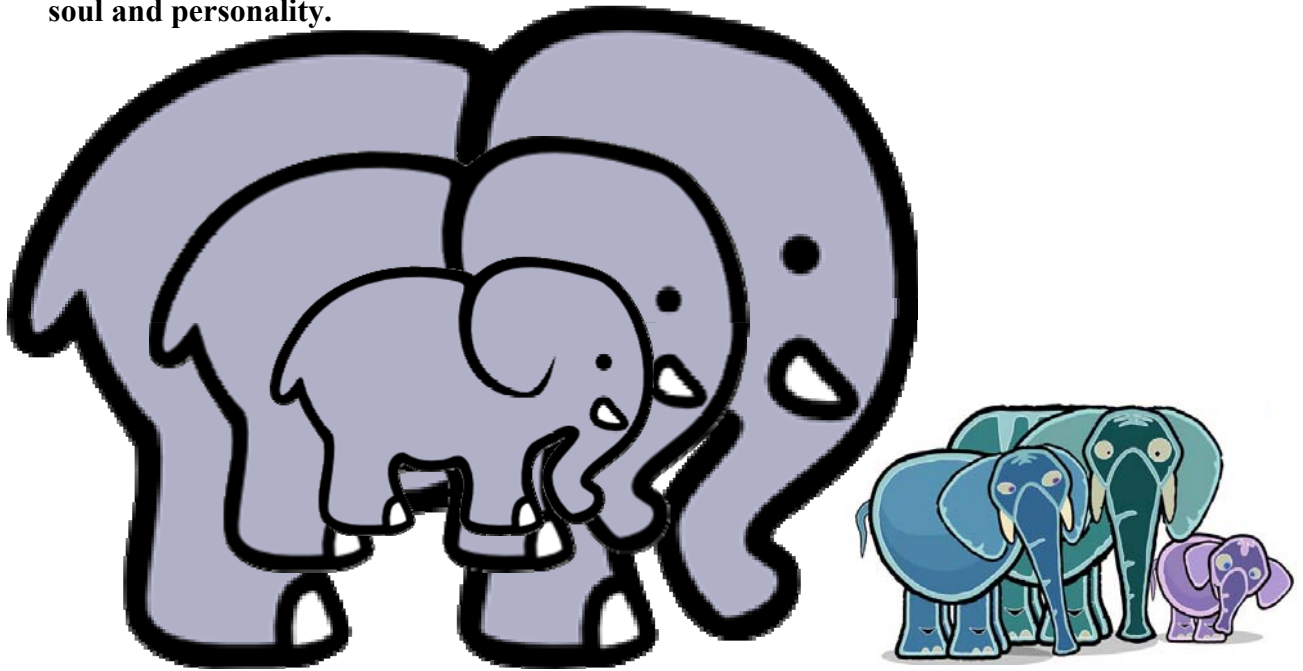
The façade we see ourselves doing with others that we realise is not ourselves, causes less damage to ourselves, in terms of accessing our damaged emotions than does the façade that we firmly believe is true.

If you are having feelings that you don't know who you are, that is a better place to be rather than believing who you are is true when it is not who you truly are. Only when you become at-one with God, being the moment of transition from the 7th spirit Mansion World condition to the 1st Celestial Heaven (or the equivalent event while in the physical on Earth) will you know who you are.

From childhood, we have taken on a lot of beliefs which we believe are true, however, they are actually error, and they are not a causal / core emotion, they are just beliefs that we hold onto. These define parts of our façade self because of holding onto these beliefs.

It is your beliefs that you have embraced for different reasons, some of them are based around your parents' beliefs, but others are based on the subsequent damage that the parents did, or the result of the subsequential environmental (other people in your life) damage that happened to you, or the results of your own choices that you made throughout your own life that damaged yourself. They all construct your belief systems. Then your belief systems are used as the basis to make further decisions (mind erroneous controlling assumptions). Now if the belief system is in error, not in harmony with God's truth, not our own soul based feelings and truth, then it will always create further pain.

Your façade self, then your damaged self, and then your real self, all being your truth loving soul and personality.



Once you have dealt with your façade, you can feel your damaged self and evolve to accept it.

The irony is that we are afraid of pain, but we are constantly creating it because we are in the façade that was created by a heap of belief systems that we do not want to release from ourselves. It is these belief systems that need to be deconstructed in order to get through this façade. The only thing that can deconstruct belief systems is truth, God's Truth – your soul based feelings. We are self-contained, all that we need to know is inside of us – our soul has all the truth we need and should we allow our feelings to express themselves then we blossom with Truth.

Every time you make a choice and decision that is not in harmony with God's truth, you have to live the lie to believe it. That lie creates a façade self.

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

The New Way: learning how to live true to ourselves by living true to our feelings.

Part of our damaged self is what we have done to other people, in disharmony with God’s principles or love and truth.

Golden Rule: One must always honour another’s will as one honours one’s own.

Anybody in a state of perfection can create a damaged self. Aman and Amon (also known as Andon and Fonta lives about 993,500 years ago, being our first parents having a longing for human perfection, not Adam and Eve who came to Earth more than 38,000 years ago) made their choices whilst being conscious of making them. With ourselves, these emotional errors are passed into us whilst we are not conscious – from conception through to childbirth and throughout our early childhood to around six years of age. The foundation of our false façade is created.

The Three Selves

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

I created

Parent creation

God created

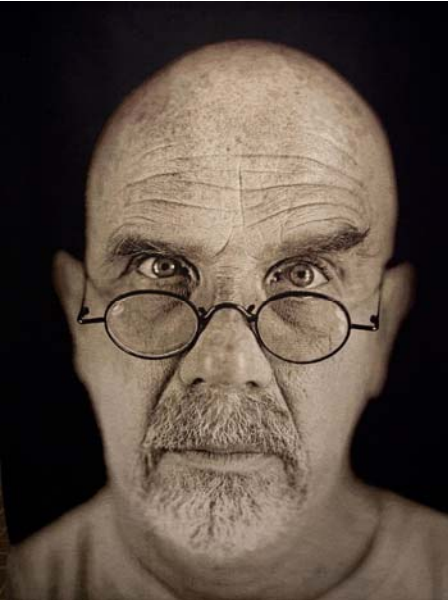
Facade Self
Addiction
rejected

Shame
Fear

Injured Self
Causal / core emotions

Real Self
No injury

All of humanity is in a state of confusion and lethargy due to imposed and repressed personalities:
Façade Self Damaged Self Real Self

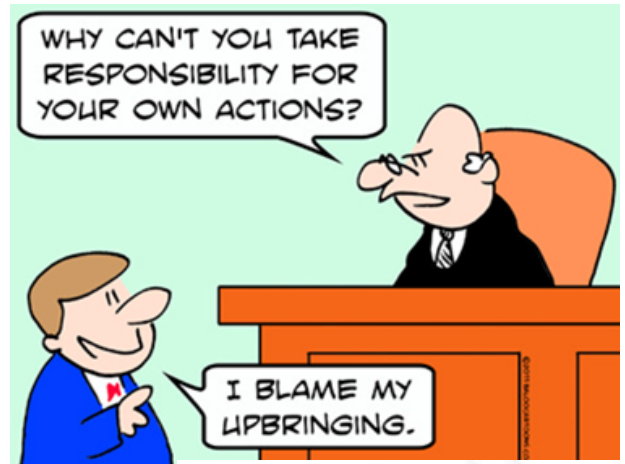


SELF-ACCEPTANCE

We embark upon our healing in a very confused state. We long for the truth of all the feelings that come to surface and we progressively realise that our childhood upbringing is the origins of our injuries, our erroneous beliefs. There is such an overwhelming avalanche of painful realisations that we will firstly blame our parents and carers involved in our early forming years of childhood.

Then we discover that we perpetrated this misguidance, this erroneous but well intentioned caring, throughout our lives. We have embraced and embellished the unloving ways of those around us and mostly went even further into the wrongness of our controlling, untruthful minds and then imposed our will upon those around us. We discover that we are grossly evil in so many ways that we cannot comprehend how this could be so.

We talk these realisations out to companions only to realise that this is who and what we truly are!



Judging yourself is not loving yourself but self-acceptance is loving yourself.



Self-Acceptance

We reach the penultimate of our healing when we finally accept that this is what and who we are.

Raymond, 1st Celestial Heaven: "Acceptance is an amazing experience, really it's incredibly wonderful.

"And by the time you are of the upper seventh Mansion World levels you do accept it all – accepting ALL OF YOURSELF.

"So you are no longer fighting against yourself, you are no longer believing you are something else, this is the true and real untrue you, warts and all, all your vileness, all your corruption, all your needy compulsions, all your disconnectedness with yourself, all your inability to truly and lovingly express yourself – express all you think and feel, inability of being able to have loving relationships, this untrue you UNCOVERED – REVEALED, the whole truth of your rotten, despicable unloving self. And that's it. And it's okay. And it's okay because it's how your Mother and Father have made you be, how They've wanted you to be, and you couldn't help it, you had no say in it, you did what you thought was best and right at the time, you had no idea that growing up through your childhood you were forming into such a horrible person. So you can feel all of yourself being untrue and against your true loving nature, and you come to accept yourself being that way. You have stopped abusing and punishing and hating yourself for being the YUK you are, you have expressed and worked through all that self-rejection as it came to light, just how revolting a person you are, and that's that, it's final – end of your negative self-loathing story.

YUK

"So through your full self-acceptance you feel a love for yourself, not the sort of love you have felt before, but a different sort of more refined and pure love of understanding that you are the unloving way

you are because that's what God wanted and you couldn't do anything about it, you couldn't change yourself after all, and that is that.

“Then you're ready for Transition, from your Old Way of being negative, unloving and rebellious – against yourself, God and the Truth, to your New Way of being: being true, pure and all-loving. Of Celestial Truth.”



What follows is the narrative from John's relatives who have recently entered the 1st Celestial Heaven, as well as James Moncrief's observations and Samantha's experiences.

Most of Earth's humanity soul condition can be represented by the luminosity of a candle. Upon progressing through one's Feeling Healing and accepting the realisation of what and who we truly are, embracing our Heavenly Mother and Father's Divine Love, transitioning from the unhealed state, fusing with our Indwelling Spirit and emerging in a Celestial soul conditioning, our soul condition luminosity, which is reflected through our spirit body, becomes the equivalent of the midday sun!

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

The New Way: learning how to live true to ourselves by living true to our feelings.

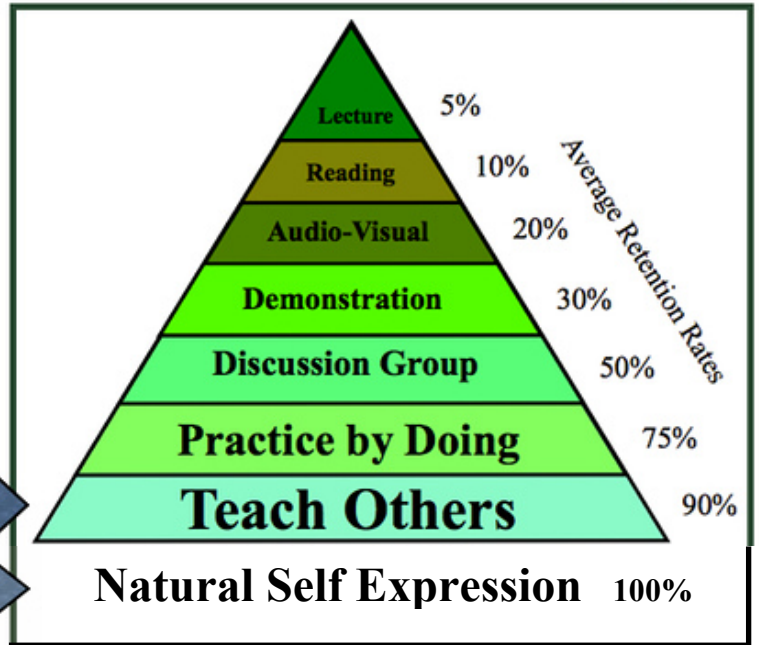
Our Feelings are our Truth



apply your will



The Learning Pyramid



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

We Inherit our Emotional Errors from the Environment around us during Childhood:

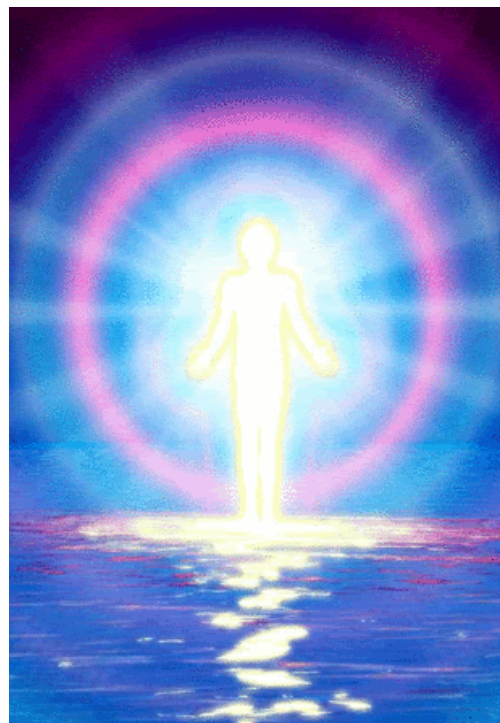
We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union, so that no longer is there a greater and a lesser but just the one good, whole, pure air of atonement. When you let the Love of the Father pour through you to all things, nothing fears you and no harm can befall you. It is separation from the Source Soul, Father, which has caused sin / error, sickness, poverty, and death. It is union with the Creator, Father that causes one to become a whole Being or to become conscious of being whole.

Life and Teaching of the Masters of the Far East Vol I by Baird T Spalding

SELF HARM



To



Self-Acceptance

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

Library Downloads – Pascas Papers

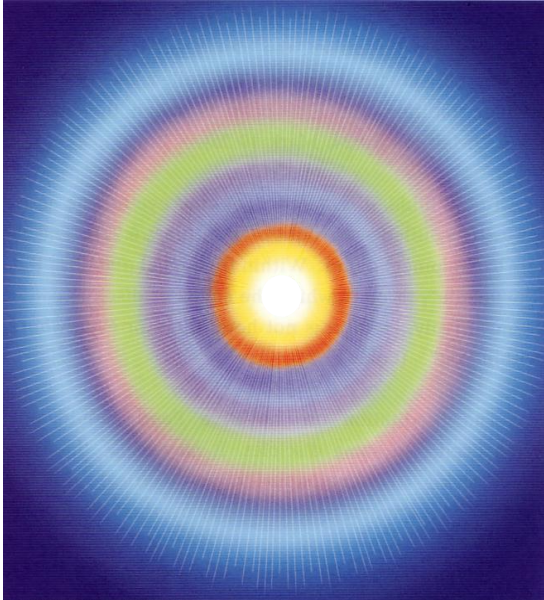
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

info@pascashealth.com

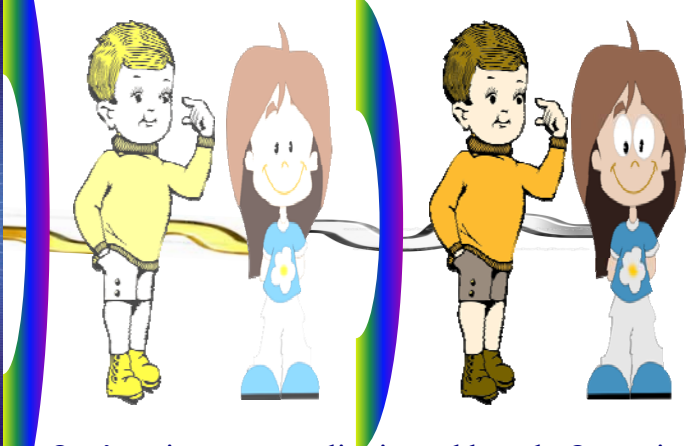
DIMENSIONS of ONE’S EXISTENCE:

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – ‘soul land’. It doesn’t exist in Creation, it’s not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One’s unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

P E R S O N A L I T Y



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and female personality - it is a duplex!**

MAP OF CONSCIOUSNESS

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

- Less than two dozen people on planet Earth.
- Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.
- Debate and implement resolutions without argument and delay.
- Debate and implement resolutions in due course.
- Debate and implement resolutions with some degree of follow up generally needed.
- Management supervision is generally necessary.
- Politics become the hope for man's salvation.
- Cause no harm to others starts to emerge. Power overrides force.
- Illness is developed by those man erroneous emotions that calibrate 200 and lower.
- Armies around the world function on pride. Force is now dominant, not power.
- Harm of others prevails, self interest prevails.
- Totally self reliant, not God reliant.
- Fear dominates all motivation.
- Suicide is possible and probable.
- At these levels, seriously harming others for even trivial events appears to be justifiable.
- Poverty, unemployment, illness, etc., this is living hell on Earth.

DIVINE LOVE BLENDS WITH NATURAL LOVE:

One cannot receive Divine Love unless they have Natural Love! Divine Love enhances one's natural love should one embrace Feeling Healing of their emotional injuries and erroneous beliefs.

If you do not have Natural Love you do not exist! One's natural love is a unique variation of the humanness that each of us is. Our natural love soul is our personality, our intelligence, our memory and all those aspects that make us a loving free will endowed individual. Of the one trillion or so (or whatever number) individual souls that will individualise on Earth, we each are unique. Not only are we unique on Earth, no other soul throughout all of the universes is the same as any one of us.

That is the incredible nature of our natural love soul, within this energy comes the potential for courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment in varying amounts. These are the Source Souls gifts within our soul's structure. It is when we embrace these loving aspects we are then embracing our Heavenly Parents' will, our Father's / Mother's will.

We have free will, so we have each embraced pride, anger, desire, fear, grief, apathy, guilt and shame; and subsequently encrusted our always beautiful soul with these unloving attributes. When we engage with these emotions we are embracing free will and stepping away from the God's will, His / Her way.

We are individuals because we are of the energy substance called natural love, we being our souls.

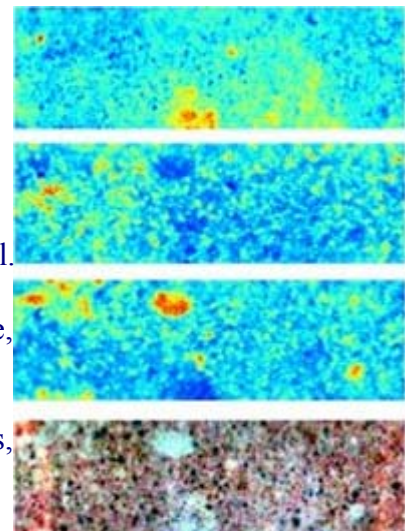
Divine Love is uniform in every aspect. Divine Love is an energy substance that is 10 to 100 times more powerful than natural love, however, it is uniform. If our essence was only of the Divine Love we would all be clones – identical with each and every one another. The Divine Love is available for us to enhance our natural love and make our soul complete.

Divine Love blends wonderfully perfectly with natural love. That is the plan. The plan is for us to travel along struggle street and get to the high end of town with our self reliance, or to embrace the super juice of our Heavenly Parents' Soul and journey into the stratospheres of wonderment, beauty and incredible love,

after we have undertaken our Feeling Healing, and by embracing Divine Love we are also Soul Healing.

One is not exclusive to the other. The Divine Love when added to our soul and blended with the natural love progressively brings about a diminishment and ultimately a total eradication of the potential of man to embrace negative emotions. Further, it then goes on to enhance all of the loving natural love gifts that are within us since the creation of our soul and further develops their natures. It is only with the blending of Divine Love within our soul that we can shed unloving man embraced emotions permanently and grow into our potentialities. It is the presence of Divine Love that ultimately impedes us from engaging in harmful ways and emotions. Oh what a wonderful gift from our Heavenly Parents, should we so ask for it!

The light golden blue energy substance of Divine Love progressively blends with the natural love energy that is the foundation of one's soul. Before embracing our Heavenly Parents' Love, one's soul typically is encrusted with man-made emotional injuries, encrusting and darkening the soul.



There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live in at-onement in the Celestial Heavens and then to progress beyond those glorious realms towards our Heavenly Parents.

The way the Divine Love works in a mortal soul is so practical that it takes us some time to see this truth. As we feel and address our emotional injuries and erroneous beliefs through Feeling Healing, we enable the Divine Love to perfect those aspects of our natural love soul, step by step. One's natural love is slowly enhanced by the presence of the Divine Love in one's soul. As more and more of the Divine Love is asked for and received, progressively and in conjunction with Feeling Healing, more and more of one's erroneous beliefs and emotional errors are resolvable by the light golden blue energy substance, the Divine Love.

When we earnestly and lovingly ask for Divine Love, the Divine Love is added to our soul, thus we steadily and progressively become complete in our being.

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

Quote from Celestial Spirit Richard 22 Dec 2012

We never lose our natural love, we enhance it and blend it with the Divine Love. Divine Love, once received, never diminishes, it is forever self-replenishing. We can continually ask and receive more and more of the Love, there are no limits to its availability and how much we can receive into our soul.

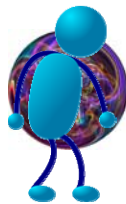
Divine Love is a wonderful transformative element and the most wonderful in the universe but it will not actively overcome the Free Will of man. Each one must pay great heed to their own heart and their true care of themselves and of others.

The guidance to love one's neighbour and oneself is perhaps the most difficult to observe during one's existence on Earth as it is abundantly apparent that this is rarely done to the fullest degree. The world is full of discord and war and greed. Even with all of this, it is possible for an individual to engage to live in accord with this guidance, with humility and acceptance. And to succeed in this endeavour one is greatly aided by embracing the Love and living a life with the Love, the Mother and Father's Divine Love – living Feelings First.

Soul expands as it grows in love and condition.

Natural love has a limit to its development.

The first two personalities typify the condition and vibrancy of natural love and self reliance. The awakening to Feeling Healing with Divine Love can achieve rapid growth in vibrancy and growth beyond comprehension.



**Feelings First Spirituality, The New Way
Feelings are your own truth and personality**

NATURAL LOVE BLENDS PERFECTLY WITH DIVINE LOVE:

Both are energies. Natural Love energy forms each soul and each individual soul is unique. Our personality, intelligence, memory and humanistic characteristics are unique. It is our gift of free will that tends to enable us to error, however, it is the uniform nature of Feeling Healing with Divine Love that brings about our growth and release of man-made negativities.

MAP OF CONSCIOUSNESS

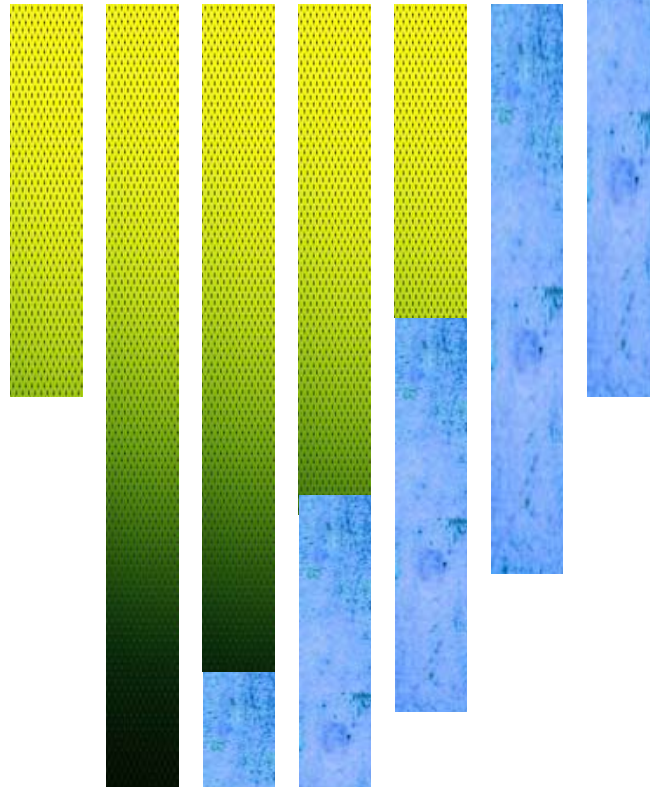
Level	Log
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At-onement
Transition

1080

ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

One's soul is gifted with the emotions of courage through to enlightenment. Man erroneous emotions are those of pride down to shame – these we can resolve through Feeling Healing.



A. B. C. D. E. F. G.

- A. Unborn child's soul is always perfect and remains that way throughout life.
- B. Child in first seven years absorbs man-made emotional characteristics from environment.
- C. Cognitive capabilities enable each person to choose to ask for and receive Divine Love.
- D. Divine Love strengthens one's resolve to release negative emotions should we continue to ask for more and more of this ultimate Love, this light golden blue energy substance.
- E. Healing culminates with harmony coming about through our bodies and the inclinations to engage in negative ways and causing harm to others or one's self dissipates.
- F. As we embrace our Feeling Healing with the Love, the Divine Love transforms our soul so that we no longer have any inclinations to do anything other than the will of our Heavenly Parents, no more harm to others.
- G. It is with the blending of the Natural Love with the Divine Love that fits a person to become at one with our Mother and Father and to enter the Celestial Heavens.

ABOUT the HEALING

James Moncrief

Sunday, 15 March 2020

Hello Sam, John, Eme, Graham, Brian and Jim, I want to pass on an 'update' about how I now perceive what our Healing is and how it will go. Overall, it's still the same as I (and the spirits) have said – looking to our feelings for the truth of our self; and so being in an unloving and untrue state, doing our **Spiritual Healing** (as I'm now tending to call it) to fully connect with that; what it means to us; how it came about for us; and all the intricacies of our relationships and how they reflect the mess we're in. So our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel feeling so fucked.

So what I want to add today is more about how I personally have thought my Healing would progress and how I've been wrong in that with these last couple of months making me change how I see it.

I started my Healing thinking and then believing that as I brought out all my yuk, I would change, changing for the better, becoming more true, perfect and loving. That it would be like any other normal healing. When we cut ourselves, the wound gradually heals, diminishing in pain and size until it's all better, perhaps leaving a scar to remind us of the experience and the amazingness that we can heal like that. When we get sick we go to the doctor, do what is needed, take the pills, have the operation, and hopefully we gradually get better. And so I applied this same approach and expectation to my Spiritual Healing. If I bring out all my pain and yuk as Marion told me I had to do, then as the bad comes out and the truth comes with it, so I would gradually change making myself better – healing myself, becoming truer, ending all my pain, changing all my negative self-denying and unloving beliefs and behaviour, positively changing feeling better about myself and my life, my relationships, how I conduct myself, my aspirations, perfecting my Natural love, preparing myself for the 'Big Change' when the Divine Love wholly transforms my now perfect Natural love soul into being divine, that being the end or at the end of my Healing. So I believed that steadily through all these 23 healing years I would feel those positive changes happening in myself, and not only that, but as all of me would be changing, my compulsions and addictions would progressively end, my relationships would become truer, I would become more loving and be able to receive love, all as I grew in truth, all preparing me to become Celestial, with my being able to feel, sense and perceive that each day I was getting closer to the END of my Healing. However now after all these years, I've had to admit, accept and come to understand that my way of seeing how my Healing would go has been incorrect.

YUK

So this is now what I understand my Healing has/is about; and perhaps other people have understood this from my writings and it will be of no surprise to them, but I have been a bit dim owing to all my fucked up beliefs which I grew up with and those I've added since reading the Padgett Messages, Urantia Book and even from the spirits, all of which has been perhaps my misinterpretation of it. I'm still coming to terms with having my focus shifted, so I apologise if I ramble on repeating myself as I usually do and for writing so much.

Now I would advise someone who is wanting to start their Healing by saying that it is about, seven Mansion Worlds worth of uncovering the truth of your rebellious state. So don't expect yourself to get better or change, thinking that as you progress you will work your way out of your wrongness progressively becoming better, truer and more loving, because it's not about that. It's all about becoming progressively more aware of how fucked you are, so right the way through your Healing having to stay being fucked, all so you can see the truth of how fucked you are in all the ways you are untrue. So expect to stay fucked right the way to the End of your Healing. Don't expect to

progressively get better or heal yourself like you might expect. That really it is all about only growing in truth, with you needing to stay controlled by your compulsions and addictions all the way along so you can keep using them to move deeper and deeper into the truth of your unloving and untrue state. And that it won't be until you've revealed to yourself the whole truth of your rebelliousness, when you've brought out all the bad feelings that will help you see it, that the end will come and your transformation into being true, perfect and all-loving will happen. If you expect through your Healing to gradually decrease your badness as you increase your goodness, you might end up feeling very let down when after years of working on yourself to still feel in many ways just as fucked as before you started.

John, if you were to draw one of your diagrams, then I have viewed the Healing like a pyramid, we start off with a broad base of fuckedness, with our being wrong and rebellious diminishing as we ascend in truth, and with ourselves feeling better and better about ourselves as we get closer to the apex. But now I see the whole pyramid as a column right the way to the top. And perhaps the column is capped by a small pyramid at the end of our Healing when our transformation does finally occur, however I won't know until I experience it.

I have spent these past months so pissed off with the Mother and Father about letting me down, doing all this work on myself for all these years when nothing really has changed in me. All that has seemed to change is I've become progressively more aware about how fucked I am and how my fuckedness is maintained and how it all started, but what I hoped would be my healing hasn't happened yet. And being pissed off with Them is of course really being pissed of with my parents for giving me the wrong beliefs that I applied to my Healing. God has not said how it will be, I've made all that up. And so now I'm finding out, and like everything else, it's nothing like I thought it would be.

FUCKEDNESS

Marion explained it well the other day by saying what we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state. And I can relate to this, I have changed in many ways, I have brought to light a lot of my beliefs and ways I'm keeping my truth-denial in tact, including having these wrong beliefs about my Healing. And as I've seen what I am doing, what is in me that is blocking myself from feeling all my feelings and the truth that will come from them, so many of those blocks have diminished and some have even gone completely, allowing me to feel more clearly just how fucked I am, all my pain, all the hurt, all the misery, fear and anger, all how powerless and such a useless nothing I am and why I've had such a nothing life. So my self-awareness, my awareness about my rebelliousness, being so unloving and untrue has certainly increased and continues to do so each day.

Yet still all whilst maintaining my addictions, compulsive behaviour, disconnectedness in my relationships and how fucked up my self-expression is. So my body feels more fucked by the day, I can't stop stuffing the Aldi (super market chain) milk and almond chocolate in by the block, I am feeling more fucked by the day, all the opposite to how I thought I would feel this far into my Healing. So the truer I become to how untrue I am, the worse I feel, which is right because that's the truth of how wrong I am. I am wanting to uncover the truth of my unloving state, so I have to feel just how unloved I feel. So I have to keep feeling worse and worse because that's how I felt through my early life and all the way along, I just tried to block it all out. So through my Healing I have progressively been able to feel all my bad feelings more truly, more intensely, connecting more with them as they are myself and my life and not all the false cover up and denial of them. So it's right, even though it's still so hard to accept, that the more I progress in my Healing the worse I will feel. I should feel better and better! But it's not been like that. In some ways I don't have all the repressed bad feelings in me, the misery, fear and anger has markedly lessened, I don't spend days and days feeling so miserable as I used to, yet

when I do feel miserable, I feel it so much more acutely now being so much more aware of it. And I can connect with the truth of why I'm feeling it much quicker. So I have changed in my relationship with myself, only it's not been as I was expecting.

And I've come to realise, that had my Healing progressed like I believed it would, then as I progressively changed for the better, I'd be better, and so being better I would then not be able to feel my deeper levels of how fucked I am, my new good feelings preventing me from getting into my even deeper bad ones I'm keeping hidden. So had I worked my way up the 'healing pyramid', the higher I got the further from the truth of how fucked I really am I would have become. So now I understand why I have to stay in my fucked state right the way to the end – so I can keep connecting with it on ever deeper levels, all so I can understand all the aspects of the truth of it that God and my soul want me, need me, to see.

So as hard as it is, I am now accepting that my Mother and Father gave me a life of unhappiness. That I am to live feeling mostly unhappy, miserable, despairing, powerless, nothing, and fucked off about it all for my whole life, and really forever. And that my so-called Healing, is coming to understand and so accept that. And even though I still hope I will change and end feeling so bad, I have to fully accept that until that time comes, and if it ever does, I am dreadfully unhappy and a sad case of useless pathetic futile humanity. And that I have to keep doing all my compulsions and addictions to keep afloat, to keep living the pathetic fucked way I do, all of which is what God wants – created me to live. So there is no out, no escape, not whilst I'm still in it, for how can there be, as I am it, it is me. So all I can keep doing is working on myself through my feeling acceptance and longing for the truth to keep seeing just how fucked I am, as I had no idea when I was young, just all these horrible feelings I did all I could to block out.

So to face that I will never get 'better', that nothing will ever change for the 'better' is soul-destroying, it's too much to bear, that this is my shit life and that's it for me as I can't change myself; and god I tried, but I can't, my Mother and Father have made me so I can't. So I'm trapped in my pain forevermore, or until They decide to end it. Marion says: why do you keep doing or saying that, why don't you change yourself, focus on what is wrong and try and keep aware of it and when you do it again then work to find out why you do, bring up those feelings and gradually as they all come out you will change, you will stop doing it. And I have tried her way, but I can't do that, it's not me, I didn't get what she got being able to do that for herself, which is how she approaches her Healing. However the reality I have seen over these years for her is that she can't change the real deep fucked up stuff within her no matter how much she applies herself or expresses her pain. Nothing seems to change for either of us in our deepest fucked up self, other than getting to know it more, we're always changing in our understanding of how fucked we are and why and how powerless we are to do anything about it.

So I am changing by coming to accept that I can't actively make or induce my own change. I can't do anything other than what Marion said right at the start, just keep trying to express my bad feelings and keep longing for the truth of them. I do this in my pathetic fucked up way, which Marion says is not right and that I haven't even started my Healing properly, however I can't do anything else, this is me, this is all I can do, and every day my 'not doing my Healing as she says' is helping me see how I can't change myself, how locked into my shit I am with no way out, and that I have tried to do my best and failed, and that I am not even meant to try anymore, just accept that I am completely powerless to affect any change, and that I am completely reliant on my Mother and Father, it's all up to Them – how They want me to be. And I've been so fucking angry with Them for giving me such a shit life, just as I have been so angry with mum and dad, and yet lately even that anger has been fading off because what is the point, what does it do for me, it doesn't help me change, it doesn't make me feel better. But I have had to express it all, raging at them, at Marion, standing up to them like I wasn't able to when I was young,

getting stronger in my expressing those feelings I'm becoming more aware I have, all while understanding that compared to Marion and Samantha the strength of my feelings is very weak, I hardly feel them, they are just a blur most of the time, unlike their's which are so acute. Accepting that God even fucked up my being able to fully and passionately feeling my feelings, that I am all but feeling-numb, just wanting to hide in my fantasy mind, to watch the movies in my head as I watch the movies on the screen, to escape into a better place in my mind.

So to conclude. For anyone setting out on the phase of life called their Spiritual Healing, to expect that through your feelings you will be worked step by step ever deeper into the pain of your untruth all so you can see that how you are now as an adult is EXACTLY how you were back as a child, and that really you are still the child and nothing has changed. And that it's not going to change, you will remain being the fucked up unloved child feeling all the bad feelings of being that way right the way through to the end of your Healing. And you have to keep feeling as bad as you do, and so if you don't already feel as bad as you felt from conception and right the way through every bad part of your childhood, then your Healing will progressively help you re-connect with just how bad you did/do feel. And that you won't change for better as in feeling like you are ending your shit childhood, letting it go, healing all the pain of it, that you will keep being in and of it because it is you, there is nothing else, no other you, there is only you the child that wasn't loved as it needed to be loved by your parents. And that you will keep feeling so bad right the way until the end of your Healing. So don't expect yourself to 'heal' as you know healing to be, expect to keep feeling as bad as you do, even worse and worse, all as you keep growing in the truth and awareness of how fucked and wrong you are. And then when you have seen and felt it all, when you know all the truth of your unloving and untrue state, then you can transform into your true and loving self, then all your pain will go, then you will greatly change. But until that End Time when you make the transition in truth into the Celestial levels, keep expecting all your shitty life to remain, all your compulsions and addictions to keep plaguing you, all helping you to feel as powerless as you are, as unloved as you are, as untrue and false as you are.

Our Spiritual Healing is not about, here, take this Healing Pill, working on expressing your feelings and uncovering the truth of them and you'll get better and all your pain will progressively leave you as you become progressively a better person. No, accept that you are fucked, you will stay fucked, and you will come to see the whole truth of your fucked state, feeling how bad you feel in it, right the way to the core of your being. Great fun, yet what else can we do?

One day we all come to the realisation that we can't actually make ourselves feel any better by using our mind. We have tried to do that all our life, but one day it runs out and you can't do it anymore. And you look back at all you've done which you thought was helping you to feel good and change for the better, but it's all been shit. And then you have to express all those horrible feelings that all you've done has been a waste of time, that you are still as fucked as you've always been. And then what? If you can't change yourself using you mind, what the fuck can you do?

And then what you can do is go the other way, to try and uncover the truth of why you can't use your mind to change yourself. You can do your Spiritual Healing, however that too is not going to be like you expect. You are going to keep feeling as fucked and in the pain that you have always felt, right from the beginning, because you formed in that pain and fuckedness, it is you, it's how God wanted you to become, and you have to come to terms with that. But that doesn't mean falling in a heap and giving up, because you won't be able to do that fully either, we have to keep going, so what we can do, which I assume we all will be able to do, is work with our feelings to bring to light the truth of just how fucked we are.

You are the unhappy and unloved child. Nothing has changed. So we have the choice of living the truth of that. Which means, coming to understand through our feelings, the very feelings we've always felt, what it all means to be as you are. The truth of yourself. The truth of your unhappy and unloved self. People say they want to become true, but they jump over becoming true to all the bad untrue stuff. If they do this or that, do their Healing, they will become true. Which is right, only it means become true to how fucked you are and all the pain you feel and have always felt. Getting to know it – yourself; connecting with every part of it – yourself. Going into your hell, into your darkness, and being it, being immersed in it until it becomes light. Until what was your darkness you know so well, feel fully connected with, that there is no longer any hidden dark places you refuse to face and see. And when we've come to terms with the hell that we are, then hopefully our Mother and Father will change us into becoming truly true and loving.

And to end: here's an example of how much fun it all is. I grow up in relationships with people that I believe I love, when in fact the truth is, I hate them all. The hate coming through my Healing as my feelings lead me to it, that which I wasn't allowed to express when I was with them.

So being with people I hate, and believing they are good for me, is part of my negative pattern.

So I marry a woman wanting to be with her, because also as part of my negative pattern I have to be with someone, believing that I love and like her when really I hate her. Really I detest and can't bear how she is and all the things she goes on about and what she's interested in. I have to be with her, hating her just as I had to be with my parents hating them. It's just how it is, how I am, and I can't be any other way.

And so I was told we are soulmates, so good luck with that. I am with my soulmate that I hate. However, perhaps that is part of living the ultimate truth of feeling unloved, so perhaps it might even be right. And if it is, it shows me just how removed from the truth I am, that we all are – which also is right, because we are very far removed from the Truth due to the Rebellion.

And part of my Healing, coming to understand and accept the truth of my unloving state, is realising this about my relationship with Marion, mum and dad and the others in my family. So Marion and I remain together, hating each other, all so we can keep helping each other in our different ways with our Healing. And when I say hate, that's harsh, when we are going for it, yelling and cursing each other slinging all our shit at each other, yes we hate each other, but that is not that often, only during the crunch, pressure times. Mostly we accept and are okay with each other, even liking each other every now and again; yet still overall, growing in the awareness and understanding that really we share little in common other than the truth that we don't love each other and our lives are fucked, separately and together, and that there's no point, and we can't leave each other – another part of our fucked state. And then to take it even further, well really I'm not with Marion, I'm still with mum and dad; just as she is not really with me, she is still with her mother and father. So our hatred of each other is really still a projection of our hatred of our parents onto each other. And what we might really feel about each other, were each of us true and were we able to truly relate to one another, we don't know, and won't know until we finish our Healing and if we still want to be together then.

The Rebellion is a complete fuck up. We are complete fuckups. I am a complete fuck up. All of which our Mother and Father want us to see and come to know through living it. They have fucked us up so we can know the truth of what it's like to feel so unloved and to live being so untrue and against ourselves. And possibly one day we'll thank Them for giving us such an extreme experience. And until that day comes, if you hate Them too, then hate Them with the full intensity of such hate for giving you such a shit life.

FUCKUPS

SPIRITUAL HEALING:

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented and live life in a stupor.

Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are. So right the way through our Healing, we stay being screwed up all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing, is all that is stopping us see the truth of ourselves – our untrue and false state.

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

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

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



Then transition into Celestial Heaven state



IT IS NOT THIS WAY



IT IS THIS WAY

Spiritual Healing Expectation

Saturday, 28 March 2020

James: Some people will have the expectation that as they progressively work through their Spiritual Healing by looking to their feelings, expressing them whilst seeking their truth, they will change for the better, as in, their pain, addictions, compulsive behaviour and their self and truth-denial will leave them as they change into a better truer more perfect person. Starting off fucked and progressively becoming less fucked. However it doesn't happen like this.



And whilst many inner changes do occur through our Healing, these are mostly centred about helping us to become truer to our pain, allowing ourselves to accept our bad feelings more, getting better at expressing them, all accepting that we are in such a bad truth-denying way. All of it helping us to understand how false and untrue we are. And this continues right the way through to the end of our Healing.

How we heal is by progressively bringing out all our repressed childhood feelings and uncovering the truth of why we're feeling them. However to do this, we need to remain in our untrue state right the way through to the end of our Healing, so we can keep getting more in touch with such feelings bringing to light the truth of our untruth.

We are to become true to how we are. Currently we are avoiding the truth of how wrong, fucked and in a bad state we are, and we are not to avoid it. We are to fully accept this is how we are, but first we have to see it all, which we do throughout our Healing.

So don't expect to feel better the further you go in your Healing, expect if anything, to feel worse and worse as you connect with the deeper repression within you. Don't expect all your Wrongness to magically go away or be transformed out of you as you grow in truth from your bad feeling expression. Don't expect anything of this until much closer to the end, or until when you've seen the whole truth of your untrue state.

We are to understand, know and be, as we are in our Wrongness. So our Healing is not about healing ourselves to avoid being it, to further push it aside. Our Spiritual Healing is about progressively bringing us face to face with our being untrue and false, feeling ALL the pain of it, accepting and expressing it, all to reveal to us why we feel so bad. We are to understand why we do all the bad things we do, however don't expect to stop doing them as you progress through your Healing. Some things might go, but other things you are and how you are that you hate about yourself might stay right the way through to the end of your Healing. And they will remain because you'll keep needing them, keep needing to do them, to further help you connect with them and to keep bringing up all the bad feelings you feel about them and from them, all to keep helping you see yet more truth about your unloving state.

You are false and untrue. You will remain false and untrue right the way through your Healing. All so you can see the whole truth of being false and untrue. And when you've seen it, then it will end, then God will transform your soul and you will change ending all your false and untrue ways of being, becoming wholly true and of a Celestial level of truth.

So far, and it's early days yet, there seems to be two very distinct ways people's Healing might unfold for them:

1. One way is for the person to know they are false and untrue, to always have known it, for them to feel unloved, to hate themselves and to feel hated, to feel many bad feelings about themselves and their lives right from as early as they can remember. These people having to be forced to remain in their

pain right through their lives, always suffering and mostly aware of it and how they were unlovingly treated as children causing them to feel so rejected, unloved and unwanted. And so when such people start their Healing it will be one ongoing expression of their pain. And as their pain comes out they will grow in further understanding why they feel it all, coming to see the whole truth of how badly and unlovingly they were treated by their parents and family. And these people will feel that they are progressively working through their pain, with good feelings coming the more of their repressed feelings they emote and express, enjoying the truth that comes to light affirming to themselves their feelings have been right all the way along. That they were right and their parents were wrong, something they've always known as their feelings have told them, and now with it all being confirmed beyond a shadow of doubt through their Healing. So such people will understand that it's right that they keep feeling bad right the way through their Healing because they have always felt bad, there never were good feelings, or at least not enough during their early life, it being how they are, how God has made them be, the life God has made them live. And these people will be fully accepting of the process, knowing that they will just keep bringing out their bad feelings until there are no more to bring out, when they will have seen all the truth of their bad feelings and unloving state of being, which will be the end of their Healing. These people will undoubtedly have certain blocks and deep trauma that might require some outside help to bring out, however mostly they will be able to easily do their Healing themselves.

2. The other way is the person who was completely turned against their abuse and pain, completely made to feel there was nothing wrong, that they are okay and even right being as they are, that they are not false or untrue, having been made to completely disconnect from the unloving treatment they received from their parents, blocking it all out, refusing to allow themselves to feel such bad feelings. These people will be very deluded, shut off almost completely to the truth of themselves being false and untrue. Shut of to so many of their repressed bad feelings, with hardly any awareness at all that they are in fact stuffed full of bad feelings they are refusing to feel. So for these people, who might need a lot of ongoing help to keep them breaking through such feeling-resistance, their Healing will be one long smashing down of their denial, slowly forcing them to wake up, admit to, to feel, that they are feeling bad and are not right. And it will be harrowing for them having to constantly face the truth through a seemingly never ending stream of worse feelings surfacing in them, seeming to come out of nowhere because they've shut them all out so long ago, not allowing themselves to remain in touch with such pain. And the bad feelings will keep coming up in them, with the more in touch and aware of their hidden pain they become, the more intense and better to relate to such pain and bad feelings they will become. So for them their Healing will seem like one long miserable painful traumatic experience as they are forced to reconnect with the pain of their forgotten and blocked out childhood. And it will be an ongoing constant revelation as to the truth of just how badly treated they were. They have believed they were loved and things were relatively good during their childhood and in their relationship with their parents, and yet their feelings and resulting truth will constantly keep showing them otherwise, that they have seriously been deluding themselves, and that in fact they are severely disconnected from themselves becoming very untrue and false, with all they increasingly think and feel about themselves and their lives being not good at all. So their Healing will seem like an ongoing agony, when really all it is will be all they have always felt, all still how they felt as a young child, all of which they systematically blocked out. So the unblocking will seem brutal and cruel to them, like God is being very unloving and mean to them subjecting them to such pain and so many overwhelming bad feelings all the way through their Healing. And with no let up, always feeling like they are being further crushed, broken down, ground down into feeling so powerless, that they are nothing, a no one, just a poor sod full of fear, misery, pain and anger about having to be subjected to it all. All of which they are to wake up understanding was all what their parents subjected to them all those years ago, and all of which they've always felt yet have kept well hidden from themselves.

So for the person who wasn't allowed to block out all their pain being able to use their mind to tell themselves they are loved and feel good about themselves, their Healing will be one long feeling of 'yes', that is right, that is how I've always felt, that is the truth of it. And even though they will feel so bad, as bad as they have always felt, still they will also feel good because finally they are getting to the bottom of it and their feelings were right. Whereas for the person who denied themselves such pain and bad feelings all the way along, using their mind to convince themselves that they are good and right and don't feel bad about themselves or life, their Healing will be one long bashing down such untruth and falseness, making them have to face the fact they were bad and wrong, that all they are is full of shit, and that really they are filled with so much pain and repressed bad feelings that it's a wonder they were able to keep it all locked away without having a clue as to how bad and traumatised they are. And they will feel their Healing is not making them feel better, and if anything as they connect with their ever deeper pain, that it's making them feel worse right the way along, and with no let up, no relief, begging God to end it, wanting it all to stop, all because daily they are having to face more of the truth of themselves. So the truth will even feel to some extent like it's a bad thing, it making them feel worse about themselves; whereas through the other Healing way the truth will make those people feel good and better about themselves as they progress in bringing to light the whole truth of their rebellious and untrue state.



And then I imagine within these two extremes of Healing, will be people with elements of both approaches.

Feeling things seem to get worse and worse as you progress in your Healing is right because your childhood got worse and worse, it compounded all the denial as you got older. And as much as you might feel worse and worse, still oddly you will feel also better and better the truer and more accepting of yourself you become to your untrue state of being. The less you deny yourself the better you feel about yourself; however to become less denying, first you will feel worse about it as you come to see just how much you are denying by getting more in touch with it all.

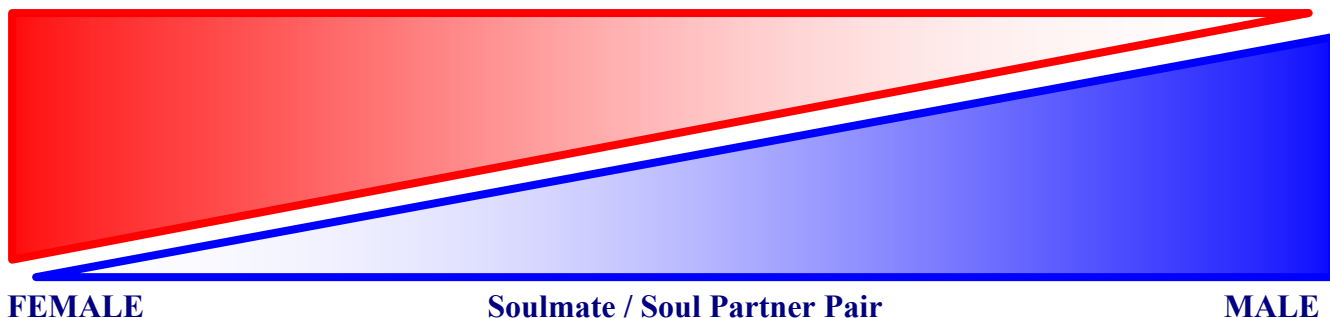
SPIRITUAL HEALING:

We incarnate into Rebellion, and by default become untrue to ourselves. The truth of which we are to see through our Healing. And once seen, then we will no longer be of the Rebellion, being a true, happy, perfect and all-loving personality.



The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, then your soul and God will transform you out of being untrue and into becoming your true spiritual Celestial self, be that in the physical or when you do your Healing in spirit.

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that may lead and assist the male in their Feeling Healing process, while progressing with her own. The male typically cannot do this on his own, the female being more capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

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

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

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

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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



TRANSITIONING from HEALING to CELESTIAL:

Monday, 27 April 2020

Hello 1st cousin Raymond McDonell and nephew Bradley Cooper (son of Kevin and Joyce Cooper),

Would you mind sharing your experiences now having transitioned from the healing Mansion Worlds, fused with your Indwelling Spirit and have now had around two years of assimilation into the 1st Celestial Heaven sphere?

To recap a little, as I understand things:

Our personality is the creation of our Heavenly Mother and Father. Our personality is soul based and is unique to us for all of eternity. Throughout all of the universes there is no other human with an identical personality to that of which each of us has. Within our local universe there are 3,840,101 inhabited worlds with their own humanities, there are 100,000 local universes within our super universe and there are 7 super universes and throughout all these truth seeking people there is only one personality like you or me!

To make this understanding even more amazing is that our soul is a duplex! One soul manifests into the physical and spirit two (2) personalities. One is always a female and the other always a male – no exceptions. These two personalities are soulmates / soul partners for all of eternity. One soul orchestrates a soulmate pair / soul partners.

When we are born into a Rebellion and Default we find ourselves being subjected to a generational practice of physical parents subjecting their newly forming child to the parents' idea of what the personality of this unsuspecting innocent child should be. From conception through to around the age of six years the child's true personality is subjected to relentless suppression by the child's carers including its parents, and the child's own repression follows trying to conform to its carers misconceived ideas of being 'loving' to the child. The persona that the child then proceeds to project is a façade of great magnitude and injury imposed upon the child. This child is forced to live a life of misery – hell is inflicted upon it by having to pretend who it is not. Personal self-expression is denied to the child – it must conform to those unloving carers' ideas of how the child should behave – in total denial and ignorance of the personality bestowed upon the child by its Heavenly Mother and Father, its true Mum and Dad!

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

What a stuff up! Then comes educators throughout a lengthy schooling and higher education system, religious institutions then imposed their controlling mantras, we enter the workforce and we have employers of all persuasions imposing their control. Then we have the multiple layers of government! The best demonstration of control has been 'rules' dealing the Covid-19 coronavirus – worldwide. ALL nations have imposed social distancing and self-isolation within one's home for weeks with financial ruin inflicted upon potentially a quarter of all people with fear causing everyone to capitulate. Yes, more than 200,000 people have died, mainly the elderly whose life had mostly been extended by the artificial intervention of a health system in disarray.

Then we come to understand we can heal ourselves by longing for the truth of what we feel are injuries we have endured during our childhood forming years and by expressing them to a companion, talking them out, slowing we are able to shed these many layers of relentless suppression and have our true personality emerge. We can get rid of the persona that was imposed upon us. This is a painful process, but no more painful than the process of repression and suppression that we endured as a child.

There are the equivalent of three healing worlds and stages of healing that we are to work through to bring our truth and real-self, our personality that our Heavenly Parents blessed us with, to the forefront.

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

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

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

Healing Mansion Worlds 3, 5 and 7 notes by Nanna Beth

Then comes transition.

Some have come to believe that by receiving our Heavenly Mother and Father’s Divine Love that such Divine Love does heal us. The Divine Love is essential to be able to transition from the Mansion Worlds into the Celestial Heaven which is also the moment that your soul permanently fuses with your Indwelling Spirit BUT the Divine Love does not heal you of your emotional injuries, of your childhood suppression and repression. The presence within you of the Divine Love does strengthen your resolve to progress with your healing and as you complete your healing then the Divine Love does blend with your natural love.

Now as you progress through your healing, the outward presentation of your personality remains very much the same as you presented to others before you commenced your healing. For all intents and purposes right through to the very final moment of your healing, your outward expression remains typically the same as it was before you commenced your healing. All the tensions and anxieties that you felt that encouraged you to commence with your healing remain constantly with you to the very moment of completion. There is no relief or let off as you progress.

So, Raymond and Bradley, what has unfolded for you subsequent to your transition into the first Celestial Heaven and are you still both there?

As I understand it, your healing is still unfolding as you assimilate to your new environment and that the three Celestial Heavens spheres are what is required to assimilate and become full citizens of our System of 1,000 physical worlds. However, you are now in a condition that all of Earth’s humanity should be in should we of Earth not have Rebelled and Defaulted.

I welcome your clarifications and observations as you see appropriate and it is a jolly good subject by which to say hello to you both.

Cheers for now, John

TRANSITIONING and HEALING EXPERIENCES EXPLAINED:

27 April 2020

Raymond: Hello John, I will go first, Brad can wait his turn. We're both here at your request in the 'Communications Room' with Nanna Beth and members of her team. 'Communications' being a place other Celestials like Brad and I and our partners can come and communicate with James and even in a crude way, with yourself and anyone else Nanna Beth and her crew might want to communicate with on Earth or in the Mind Worlds. (Nanna Beth – Elizabeth Mary McDonnell is Raymond's grandmother and Bradley's great grandmother, as well as John Doel's grandmother.)

I am very well, as is my soulmate: Marie; we're doing very well, we've been assigned to what you might call 'lesser work' behind the scenes, helping Nanna Beth and her group doing all they are doing, which amounts to a mountain of work, working through this whole Celestial Transition time with Earth and the Mansion Worlds.

You are wanting to know how it was for me just before my coming over into the Celestial Spheres; the Transition; and how I've settled in since being here. (Absolutely – you have got it summed up Ray!)

Well, what can I say, it was HUGE, we are all prepared perfectly for our Transition when it finally comes. Like James has been telling you, it is about working yourself through your feelings and the truth that results to the point of completely understanding and accepting how untrue, false, wrong, evil, rebellious you are. And as to how that is, is different for each of us because it's so personal, it's what we became with our parents, what we grew into outworking it all as adults, and then the whole self-revelation process you call The Healing, in which all the untruth systematically comes to light painting the picture for us to understand the whole truth of our unloving rebellious state.

And when you see it all, fully understand it all, can connect to it, wholly relate to it, when you feel there is no difference between you living now as the adult (spirit or mortal) and how you were as a child – so when you become wholly connected with the whole truth of your childhood, so being able to see and knowing it was true and real that all that happened to you as a child was all that you were/are as an adult, then you start to feel a deep inner peace – it's all explained, you see the truth of it all, it all makes sense, you get it, this is **HOW YOU ARE, HOW YOU'VE ALWAYS BEEN, HOW YOU WERE MADE TO BE BY THE UNLOVING PRESSURES OF YOUR PARENTS, FAMILY AND SOCIETY YOU GREW UP IN.** It is you, it's the false and untrue you, sure, but it's still you, it's the you God has made and wanted you to be, the **FULL REBELLIOUS YOU.** And there is nothing else. You can sense that really you are not this untrue person, this corrupted personality, you can feel how disturbed and distorted you are, but you feel you can't do anything about it, this is it, **THE TRUTH OF YOURSELF BEING THE REBELLIOUS PERSONALITY YOU ARE.** The truth of how untrue you are. It's how the Rebellion and Default have made you. It's no frills, just the plain in your face, no avoiding, unadulterated truth of you yourself being untrue.

And it goes way beyond trying to escape and hide from such truth, all such denial ways of being are long gone, they have come out of you, been 'ground out of you', you have long since stopped doing them, because the more you have come to accept your unloving and untrue state of being, the more you just accept it. Acceptance is an amazing experience, really it's incredibly wonderful, when you first start out in your Healing you think there is simply too much, I am too fucked, there is no way I am going to be able to see all of this untruth that I am, let alone the way connect fully with it, let alone them come to simply accept it. But slowly you do. And by the time you are of the upper seventh Mansion World levels you do accept it all – accepting **ALL OF YOURSELF.**

So you are no longer fighting against yourself, you are no longer believing you are something else, this is the true and real untrue you, warts and all, all your vileness, all your corruption, all your needy compulsions, all your disconnectedness with yourself, all your inability to truly and lovingly express yourself – express all you think and feel, inability of being able to have loving relationships, this untrue you UNCOVERED – REVEALED, the whole truth of your rotten, despicable unloving self. And that's it. And it's okay. And it's okay because it's how your Mother and Father have made you be, how They've wanted you to be, and you couldn't help it, you had no say in it, you did what you thought was best and right at the time, you had no idea that growing up through your childhood you were forming into such a horrible person. So you can feel all of yourself being untrue and against your true loving nature, and you come to accept yourself being that way. You have stopped abusing and punishing and hating yourself for being the YUK you are, you have expressed and worked through all that self-rejection as it came to light, just how revolting a person you are, and that's that, it's final – end of your negative self-loathing story.

YUK

So through your full self-acceptance you feel a love for yourself, not the sort of love you have felt before, but a different sort of more refined and pure love of understanding that you are the unloving way you are because that's what God wanted and you couldn't do anything about it, you couldn't change yourself after all, and that is that.

Then you're ready for Transition, from your Old Way of being negative, unloving and rebellious – against yourself, God and the Truth, to your New Way of being: being true, pure and all-loving. Of Celestial Truth.

We experience the most magnificent 'explosion of light', it's all consuming, it sort of wells up in you through all your Chakras consuming you in a blaze of spirit-fire, this being fusion with your Indwelling Spirit, which happen for us spirits as we are taken by our angels over the threshold out of the Seventh Mansion World and into the First Celestial Sphere.

It's the most incredible and highly spiritual experience you would have experienced. It's beautiful and it makes you know that all of you is right now, that no longer are you corrupt, with no imperfection, because all of the Rebellion that existed within you – that you were, has all been purged out of you, it's all over, you have left it, it has ENDED.

And what a relief that is, so many good feelings flood your whole being and never stop; well so far they haven't stopped for me. Daily I feel better and better about myself and my New Way of life.



Then comes an adjustment time, longer and shorter for spirits depending on what they need. And for me it was about average, in that I am still slowly adjusting to my New Spirit Life, getting to know Marie, the whole of ourselves growing in love for each other, getting to know our way about this new Celestial sphere, feeling how we feel about everything, generally settling in. Nanna Beth reckons it will take us a few more years yet before we feel settled enough to see where our soul is going to take us; yet feeling so at ease within yourself, so at peace, a peace all-consuming and so sublime yet so strong that you know you are living the truth that you've got all the time in Creation and what will happen will as it will and that it's all perfect. None of the not knowing, not understanding, being so out of step and disconnected from the truth of yourself that we all feel a lot during our Old Lives is with you anymore. It's truly the most magnificent experience, every second of being Celestial.

LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:

1st sphere, lower regions – Natural Love MoC 50+/-
The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.

The typical soul condition of humanity is such that they generate the luminosity of a single candle.

1st sphere, mid regions – Natural Love MoC 210

A soul that has grown in love and soul condition equivalent to the 8th sphere – the point of becoming at one with God, the luminosity of such a soul is equivalent to the midday sun.

8th sphere – only possible with Divine Love while doing one’s Feelin Healing! MoC 1,000+



I'm going to end it here, so Brad can have his say.

We're still very close to you John, sometimes our 'business' takes us closer to you and we send our love to you. We know what 'you're in for', and you'll enjoy it all. But I'm not at liberty to tell you anything further about any of that.

So all my love John; thanks for asking after me and giving me this opportunity to talk to you through James. We'll be in touch. Bye now John – Raymond.



Bradley: Hello to you John, I won't go over what Ray said as it was generally the same for me and I'm in a similar settling in position with him with my soulmate Urnica (that's about as close to her name as I give James.) She was from Russia, the land that is Russia, although many, many years ago.

Anyway, we too are progressively getting to know each other, the love between us growing daily. It's an incredible experience, like it all, getting to know this other spirit – person, personality, knowing that you are so well suited to each other that you share the same soul. And that you are going to be together for the rest of eternity, that you will never want anyone else, that each of you will maintain your individuality. And by being together it actually strengthens it and yet at the same time, you are becoming more as-one.

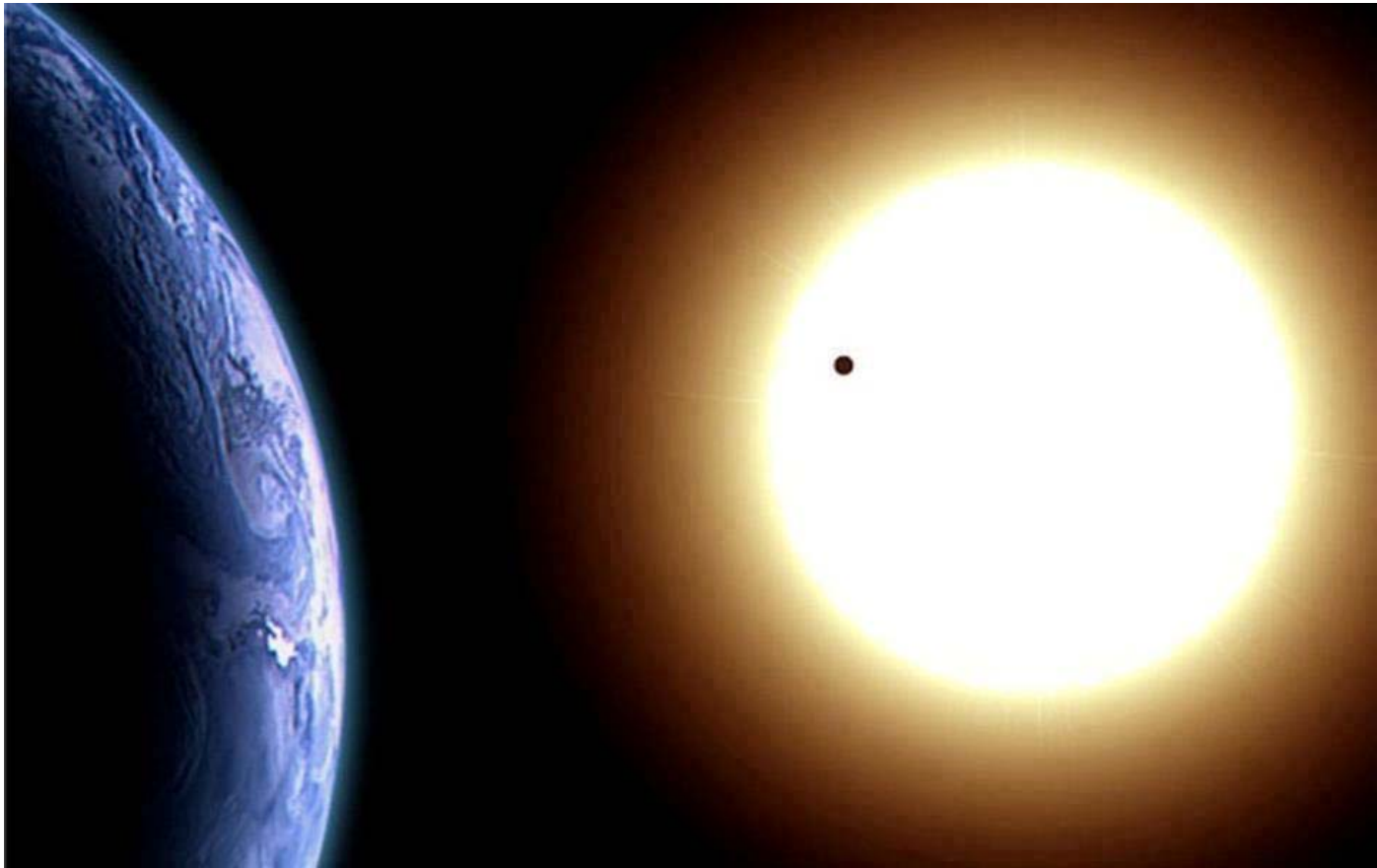
I want to tell you a little more about the Transition. It is so incredible, beyond measure, because we remain fully conscious through it all. Unlike when you die on Earth and move between each of the Mansion Worlds having to go unconscious whilst adjustments are made to your spirit system so as to allow you to exist in the higher vibration. All those adjustments, and there are lot more of them, happen through the whole Fusion / Transition phase. You do literally feel you are alight, the Fire Of Spirit is 'burning' you, searing into you, consuming you, 'burning' away all dross and darkness, purging you of all your Wrongness, and at the same time making you feel so damn good, so, so, so GOOD, happy, happy like you've never felt before, and so fully of love, and truly loving as you've never loved before. All your feelings are real, true and genuine, your distorted mind is purged from interfering with them, so you feel literally like a New Born, you are Born Again, or Born Anew, like you are feeling every feeling for the first time. And you might think that would be too much having come from such darkness and the brilliance of light would destroy you, but all the angelic adjustments to your spiritual system allow you to just take it in your stride. You are completely amazed by it, but it's just a natural feeling. And you are Divine.



You can feel in your soul your Divinity, all your Divine Love, it is real, you can feel the added spirit light it gives you and you feel God, your Mother and Father loving you, always loving you, They are 'There', with you, always, never again are They not there and not loving you, THEY ARE REAL, you know, wholeheartedly, there is no denying it, it's all real and True, everything is so real and so true. And you get a sense of understanding what it's all really about, our ascension of truth to Them, to Paradise; that it is real, all you were taught and came to understand and believe through the Healing Worlds. It all makes sense, all slotting into place, and that makes you feel so secure, so solid, so real. And you look back at your Old Way and it's like you were a mere puff of smoke, you still fully remember it all and connect with it feeling all the good and bad feelings if you want to, but you are 'hollow' and of no real substance compared to how rock solid in Truth you now feel.



So the Fusion / Transition Trip is one BIG BLAST. Your angels come about you, you can't see them in the Seventh yet you can sense them with you, then the LIGHT, it builds and you feel it affecting you, moving through you, you feel like you're a sun, a star of light, and then when you arrive in the First Sphere your angels ARE there standing beside you – YOU CAN SEE THEM! And then it's just one wonder after another. The whole First Celestial world, the Sea of Glass, the crystal-like buildings, it is sci-fi full-on, but so much better, it's real, it's where you now belong, where you will live, and there is no going back, the bubble will not suddenly burst and the good-feeling and loving dream will end and you wake up in all your shit again.



Consider this: the small black dot is the luminosity of a typical person on Earth, the incredibly bright sphere is the soul of a Celestial spirit who is now residing within the 1st Celestial Heaven sphere.

So that's all I wanted to say, to add to what Ray said. And we hope this gives you a little more understanding of what you were wanting. The adjustment time we undergo here is really just getting to know our true selves. That's too hard to convey, but it too is ongoing and wonderful, there is nothing better than knowing you are True.

So we're getting to know ourselves, our New Selves, and each other, and everything else. When you don't think about Earth and the Mansion Worlds they seem like a zillion miles away, a distant memory, and unless you are actively working with them, like Nanna Beth is, you soon forget them and all you went through. I say that with the understanding and knowing that you will never forget your past, but what I mean is you are so involved in your new life, with your soulmate and your soulgroup and getting to know everyone, that you hardly give Earth and your previous life a thought.

Still, I do think of you often and you are in my heart and perhaps we'll be able to talk through James again like this; but for now, this is enough, I'm being told to end it here, so Ray and I hope it helps you. We see a little of each other, but not that much, we've not seen each other for six months; and like I said, we're so absorbed in all the New that is happening for each of us. Still, that's how it is and we all feel so good about everything, knowing it's all perfect and we're all on our own unique Journey To Paradise.

So I'll end, James needs a break from our Light. All my love to your John; we keep in touch with Nanna so we know all you're going through. Keep up the good work, you've got it all sussed so far as understanding what it's all about, so you can be happy with that.

Bye from Ray and myself.

Thank you James.

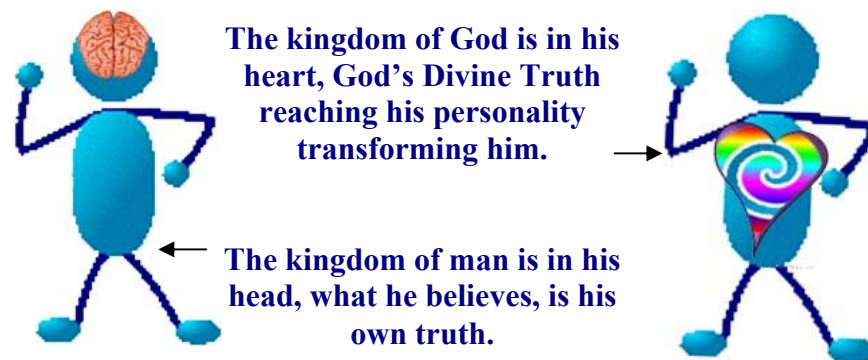
I'll cut the link – Bradley.

Bradley
when at
school



James: I concur with Bradley reading your introduction John, you have it well in hand, it's great knowing that is what you are telling people like Jack.

(NB: Has Ray and Brad told us the names of their soulmates before? If they have, and if they are different, I'll have to sort that out.) [I have not known of their soulmate names before this. John]



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Raymond, born 20 August 1949, died in a car accident on 22 October 1971 aged 22. He and John went to the same primary school, then boarding school. They spent many days together, particularly shooting rabbits, foxes and kangaroos that plagued the rural properties they lived on. Bradley, born 11 April 1964, suicided on 21 September 1999 aged 35. He grew up in a home a few hundred metres from John when John lived in West Wyalong, central New South Wales, Australia.



John Doel presenting the concept report for the establishment of an Aged Care Centre in West Wyalong to Cr Lindsay Moore (on the left) and Dr Craig Lilienthal (on the right) in 1977 – he did have dark hair then!



John with his mother, Marie Doel on his 21st birthday on 16 January 1968. The gathering was in his family home at 45 Grenfell St, West Wyalong.

HEALING and TRANSITIONING

Tuesday, 28 April 2020

Samantha in England

Oh my God John, I can't begin to tell you how amazing this has been to read. I connected with it all and have myself been in such a mess about why I am so unable to stop myself doing all that I do, all of my compulsions and addictions have taken over. I have gone back to being the child I once was, connecting to how it was for me back then and when I stop all of the resistance, I am that very same child, right now in this impostor of an adult body. I am not an adult I am still that self hating, self loathing little girl that has grown up to believe she should be someone else because my parents told me I should be. I have lived a grown up life of being what my parents wanted me to be when underneath is that same little girl that I have constantly resisted.

I have told her she is not allowed to live or exist, it is not acceptable but now I can feel I can't stop her any longer, there is nothing I can do to suppress her and she is here and I hate her, she is everything I have tried to hide and resisted being and now she is here and taking over and I can't stop her any more. I am her and there is nothing I can do about it. Everything about her/me I hate, my parents hated. They made me into their acceptable child and I had to kill the real me off but now here she is, ME. I feel so ashamed of her/me, I don't want anyone to know or see her/me, this is the awful, dreaded truth of who I am and I am devastated to my core. The feeling I feel is devastation that I am no longer that other person, the acceptable one my parents created. Now I have to be this and I hate this. I hate me!! I hate everything about me. I just want to hide myself away and cry at this awful truth of who I really am. I worked so hard at not letting the real me out and now here I truly am and all I want to do is crumble in a heap and drown myself in my own tears of how much I hate myself and always have.

All that has been written with Ray and Brad has locked it into me that this is how it is now, there is nothing I can do about it and although I want it, I hate it too, because I hate me and I loved the impostor my parents taught me to be, she was pretty, skinny, wanted, accepted and now I am none of those things which is the truth of how it was for me as a child and I have to connect back to the truth of that and it is so, so awful, worse than I could have ever imagined and who would have thought that it could all be so bad being me.

I have put so much into never letting the real me out and now it is here, right in my face and I hate myself so much, no wonder my parents changed me into their idea of perfect, how could they love this. I can't win, I can't fight it because the truth of how it was for me as a child is here with me now and it is taking over, I can't keep the truth down it is too strong for me, there is nothing I can do, the truth is so powerful in me right now and it feels like it wants to burst through me and explode. It feels like the truth is now keeping its foot on the lie and is taking over. I can do nothing as it is so huge and constantly keeps breaking me down, having the worst episodes of crying with the pain of giving up and surrender. It really does feel like it is breaking me apart and the crying has been uncontrollable.



Thank you both so much for writing this with Ray and Brad, it has been amazing for me to read, I can't tell you just how incredible.

Sam

HEALING and TRANSITIONING – MUM continues:

Wednesday, 29 April 2020

James: As soon as I finished reading what Sam said, Marie, John's mother and Celestial spirit, strongly impressed upon my mind that she wanted to talk again (as we talked the other day), she having something to say about what Sam was saying about herself.

So Marie, please go ahead, and sorry for putting you on hold until today, but I couldn't write more late last night, although I did enjoy feeling your urgency in wanting to say more.

Marie, 1st Celestial Heaven: That's all right James, it was just to alert you to the fact that I did want to say more to you, and that was because of what Samantha was saying about how she felt about herself. Because she put into words exactly how I felt at that point in my Healing. So I empathise with you exactly Samantha. And it is devastating waking up to the truth that you sided so much with your parents against yourself, and that your whole life you were still working as hard as you could to be that acceptable daughter your parents wanted. That truth came slowly to me, but when it started to break, when the realisations started coming to me, I was appalled, horrified that I had 'killed' myself and all so willingly, not once, that I could remember, ever protesting my own true-self's destruction, complete annihilation, turning completely against myself believing what my parents said about myself, that I was the most evil and despicable, totally abhorrent person to exist, and that I should be so lucky, the luckiest girl in the world that they (my parents) saved me, saving me from a fate worse than... what... being my true self?

And how it was all set up that I completely sided with them, abusing myself, being so cruel to myself, doing such a take down job demolishing myself so completely, with not one remnant speck of my true self remaining. That I made myself, by aligning and agreeing with them, completely transform into what I believed was the best most acceptable and agreeable person (to them and the world), then to wake up and see how untrue that was. That it couldn't have been more wrong, that being so false I was now, I had followed them into making myself actually be the very evil, foul, distasteful person I could be, against myself, against the truth, against everything that was right, good and pure, against my true self, and against Mary M and Jesus and against God, my Mother and Father, against everyone. That my parents had made me become a child of the Evil Ones a product of the very evil I thought I was not becoming by listening to and acting upon their iniquity.

THE EVIL ONES**FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:**

The rebellious Lanonandeks from within our local universe are these soul partner pairs:



And like you are feeling Sam, feeling how much I hated, loathed, absolutely detested my true self, this fictitious, as it had not come into being yet, me, that I strove with all my heart and will to banish for all eternity. And then to move back onto the side of being my true self, so revolted by what me as my

untrue self had done to myself, and feeling the hatred of my false self, so much hatred, back and forwards, fighting against myself and then siding with myself, so confusing, to traumatising, all driven relentlessly by such bad feelings rushing up within me, and with the overall affect of destroying all of me, all of my false self and true self, ending up in something akin to a state of stupefaction, like a vegetable in the disbelief of it all, the horror, the torment, all I'd been put through, all I'd put myself through – destroyed.

My mind had been broken by the Truth. I was broken; just as they had broken me. I came to accept it all: I could be on both sides of the fence, for and against myself simultaneously. And slowly the true me grew as I came to understand more about the false me with my feelings showing me I wanted to reject the bad me and be the new good me. But not to fight off being the horrible me to myself, but through sympathy, caring for myself being made to be so untrue, through self-acceptance.



As Marion said how she is feeling lately, getting to the point in myself at which I accepted that I would never be right, that nothing good would ever happen for me, that I was well and truly done-in, and that was right, that was how it was for me, because that's how it was for me through my childhood – the real truth that had been coming to light. And so not expecting myself or my situation to change, expecting nothing to be different because it never was and nothing ever changed, not in the core of me. Sure my life changed on the surface and at times I thoroughly enjoyed my life on Earth and in the Mind Worlds, but I'm talking about the deep true me, that never changed, those unloving feelings never really went away. And accepting that as it didn't get better through my childhood, not really better, not truly better as my life now is being a Celestial, so it was never going to happen. So arriving at a place within myself of complete submission and acceptance of my unloving, evil and negative self-denying state. Just being the evil fuck I am; sorry to swear, but that's how bad I felt. And knowing fully that nothing will happen and change for the good until I've completely accepted just how bad I am. And then feeling good that I'd accepted how bad I am and feeling nothing will ever change. You wouldn't think or could believe that you could feel good about feeling so bad, but that's where we all have to get; and as I said, not trying to contrive those false good feelings, but true good feelings from the whole feeling-acceptance of your bad self.



So the more I accepted I was to unloving to myself, hating my good and true self, the more the pressure within me eased, it took time, but the more I accepted it and didn't reject it, having done so much of that previously, the more I came to a sort of settled resolution of acceptance in me, that this was how it was for me, this is how I am, and I can't be any other way, as much as I might wish to be, the better I felt. It is how God wants me to be. But all through my feelings and nothing with my mind, a feeling-acceptance and not a forced mind contrived acceptance.

Then I just tended to my embattled state, like a war victim who's been blown up so many times and so shell shocked that nothing seemed to matter anymore, I felt sort of numb to it all. But it all wrecked me, I felt utterly wrecked – destroyed. I felt like I'd been built up and torn down; and that was okay, but I was so fucked, so utterly destroyed that I could hardly do anything, hardly raise a finger, just tick over.



And then even more self-acceptance followed to the point of just sort of feeling okay about it all, all how I was; and then came the full acceptance of myself being in my fucked up rebellious state, which was the end of my Healing.

FULL ACCEPTANCE

Then I was fused with my Indwelling Spirit and taken into the Celestial spheres, there to undergo a long period of adjustments allowing my true self to come to the fore, to begin to be expressed, getting to know my real self. Which I'm still doing. But it was a long time of recuperation of sorts, I was to all intents and purposes a happy and loving functional Celestial spirit, however the wounding of my soul, the deep pain and devastation of my psyche had affected me greatly, and it took time to feel better and loving, which one can only feel being of a Celestial level of truth. And I could see in retrospect that I had to become Celestial to undergo such a true healing transformation because of how badly wounded and fucked up I felt I was, because of all the serious damage I had done to myself by going so hard against my true self.

**CELESTIAL
SPIRIT**

I have wondered what would have happened to me had the Celestial spheres not awaited me, had there only been further spirit life in the Seventh Mansion World and of only Natural love, and I think I would have also made a very slow recovery, slowly picking up the pieces of my self-destruction and somehow putting them back together again like Humpty Dumpty, but still heavily scarred from my evilness against myself. Whereas the Divine Love erases all that scarring, it removes the whole horror of all we've suffered, and so we do feel Born Anew when we come into the Celestial spheres, the purge of 'spirit-fire' removing all the scars and agony of such a painful existence. And with it comes even more, far greater self-acceptance, as it all comes into place as to why your loving Mother and Father subjected you to Evil turning yourself against the Truth. And so gradually the true spirit light fills your being interacting with the Divine Love making you feel good about it all and that it was all for your benefit.

FIRE OF SPIRIT

We applaud you Sam for your tenacity and perseverance against such enormous odds. To allow yourself to be psychically ripped apart and broken down, all by yourself, just following your feelings into all the darkest and most painful parts of your self. We love you Sam, we all feel so deeply for you.

And the other part I want to talk briefly about which Ray and Brad touched on is the actual fusion with your Indwelling Spirit of God when your Healing ends and you make the transition into the Celestial spheres. For you on Earth who achieve this experience we have no idea how you will experience it, as you are not in spirit and not able to leave the Mansion Worlds as we do; you are to go through it all in the physical, which of itself will be another incredible experience for you.

So for us spirits, and for myself personally, the best part of it was the intense feeling that you are at-one with God, that you are God's child, that your Mother and Father do love you, and so intensely. And it's such a complete feeling, so complete, all through you to your core and even more in a way; more complete, more intense, that your mind doesn't have a say in any of it, so it can't say: but what about all that unloving shit time you put me through on Earth and in the Mansion Worlds; there is none of that, it's all over, and all there is, is absolute love, just love, and such overwhelming love.

And it's an intense and wonderful feeling of complete self-love, you love all of yourself so much and love all you've been through and suffered, you love everything about yourself, no longer with the tiniest part of self-hatred. That's all gone; and that's all you loving yourself with your perfect Natural love. Then on top of, or all through that, is the Divine Love, an even deeper more far reaching and expansive soul love feeling, that you love your whole soul, your personality, God and God's Soul for creating you,

with your Mother and Father being so personalised, you are their loved child feeling how almighty They are, something so far beyond your understanding and yet you love and want to be with this... God... this most magnificent Soul of all souls.

I didn't experience what I would call an actual Indwelling Spirit fusion with my soul and personality, that all happens seamlessly, it's all too perfect, possibly, as it's speculated, that when we are so much more advanced in our soul-perceptions we might be able to perceive this actual fusion taking place through our memories; yet for now, had we not been told that's what happens, we'd not have any idea of it, we just feeling a massive uplifting in the Light and so much Love, and with a deep knowing that it's all True.

PERSONALITY

You feel complete, this is the real You, You are this soul and one of its personalities; and then your soulmate / soul partner is the other, and you feel you are so connected even though you might not know each other, and so that whole loving process of coming together and getting to know each other happens, and that takes time too, glorious, joyous time, and feeling so peaceful, happy and content within yourself and with your partner and group, and that nothing is out of place, everything is in its correct order, this being how you will feel forevermore.



So that's all I wanted to say James. We love you all, and all you are setting out to do, it all being so difficult for you all in your different ways. However it is difficult, it has to be because of the severe extent of the Rebellion and Default we've all been forced to suffer. And the destruction of your personality, your true self expression being turned against yourself and into such an evil horror, it is too

much as the truth will make you feel when you wake up to the cruelty you've inflicted upon yourself.

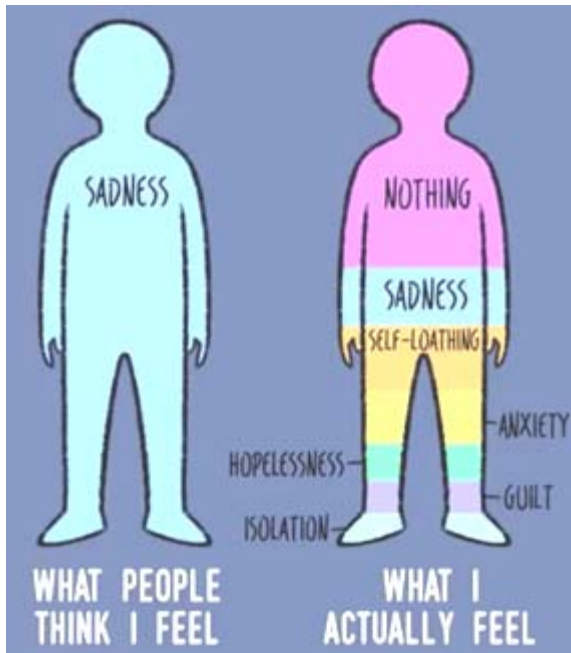
I will go now James. Thank you again for allowing me to 'talk' through you like this. We are very close to you Samantha, I want you to understand this. You have many Sisters in Spirit, and we all understand, we really do. XXXOOO!

Goodbye now – Marie, John's mum. And a big hug and kiss to you too Johnno.

(Did she call you Johnno John, or was it Johnnie – Johnno came first into my mind, but then my mind started mucking around with it, I think.) [Johnnie and Johnno were interchangeable – when I behaved – John!]



"I Hate Myself"



Samantha from England

Thursday, 30 April 2020

That was so good to receive a message from Marie. It has given me so much desperately needed support and comfort to know Marie felt the same feelings about herself. It was the best thing for me to read right now and so needed. To realise the extent of my self hate has been overwhelming, I utterly hate myself and I haven't been able to connect to just how bad I am until now. I hate what God wants me to be, I want to be what my parents created, not this! I hate THIS!!! I am so against myself like this, there is nothing i feel good about and God wants me to be like this, well fuck them! I hate me, i hate everything about how they want me to be. I want to be the acceptable Sam, i miss how acceptable my parents made me and i know that doesn't sound right but it is true. I have been so brainwashed into believing how i used to be was right and good that how i am now is awful, i am so against myself and God. I wish i didn't exist to anyone i hate myself so much.

I am in such a mess, i am always so confused, i am so disgusted by my self. I have never felt so against myself, the self hatred is constant and i can't believe this is how i have always felt but has been denied. Yet i know it is true, i remember times when i felt like this but wouldn't let those feelings come up, i would shut them up and move on to something else but now they are slamming me in the face constantly. I can't escape the truth of my childhood denial, it is right here. I don't feel I will ever get out of this hate I feel yet Marie gives me hope that one day it will all be over.

I don't feel like a person any more, there is too much hate for myself, i am so repulsive. I look in the mirror and i can't bare what looks back at me, it is a reminder of the disgusting, repulsive person i have been, and still am.

I am so crushed right now but everything Marie said has been the greatest comfort to me, beyond words.

Thank you. Sam

**INDWELLING SPIRIT, THOUGHT ADJUSTER,
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father and Mother – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Parents.

The Indwelling Spirit reveals intrinsic workings of Father and Mother to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to our Heavenly Parents and receive Their Divine Love.

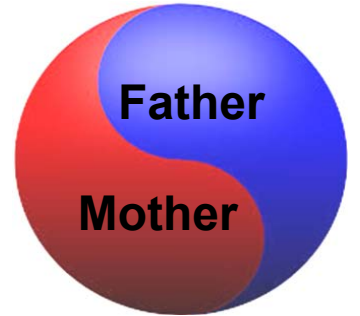
You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

MUM & DAD THIS WAY

GOD



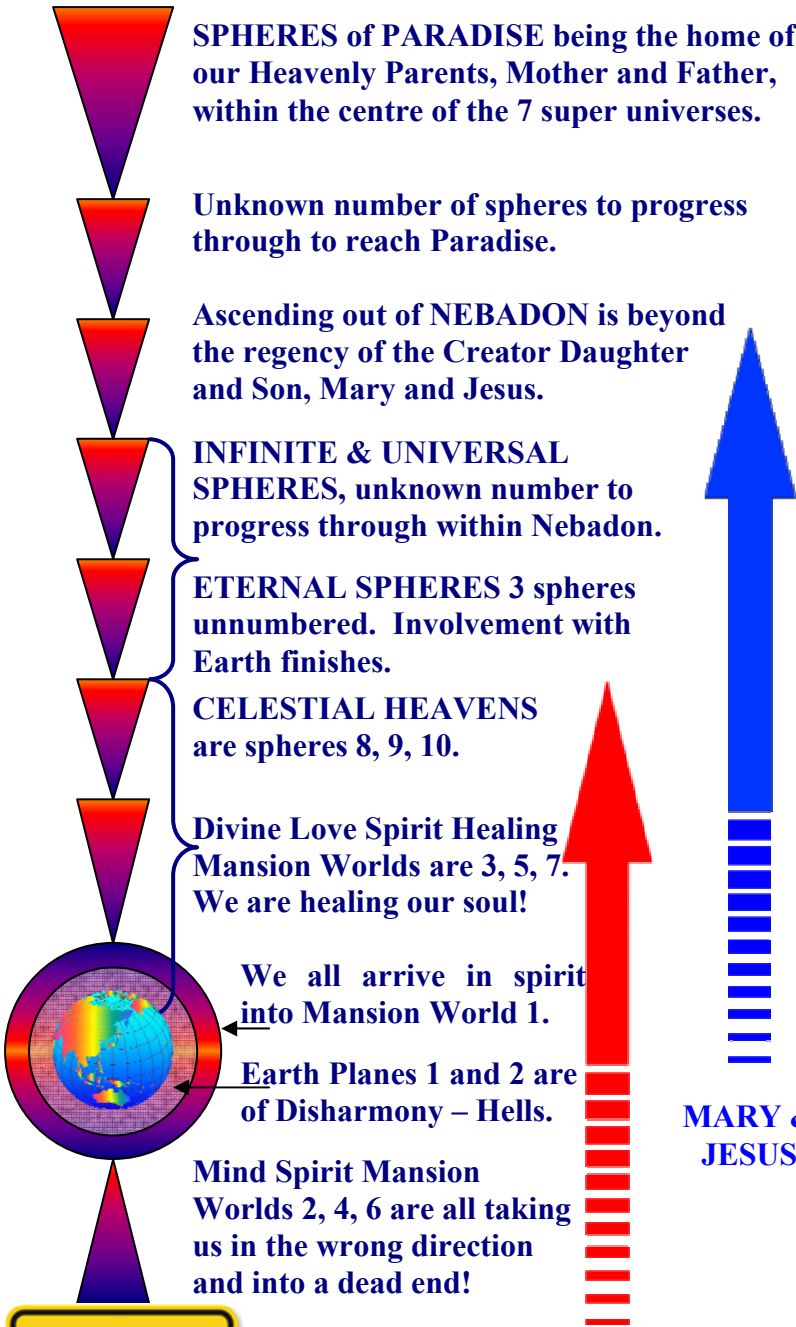
HEAVENLY PARENTS



JESUS & MARY



AVONALS



I'D TURN BACK IF I WERE YOU!

AVONAL PAIR

MARY & JESUS

GOD

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

The NEW WAY:

Wednesday, 6 May 2020

James: I want to summarise the New Way.

The NEW WAY The NEW WAY

- What is life really about?
- What does it really mean?
- Who and what are we?
- Why are we here?
- And what are we 'meant' to be doing?
- What is the right way to live?
- How are we meant to be?

We are a soul expressing its personality in Creation. Each soul expresses two unique personalities; you are one personality expression of your soul.

Our soul, being created by God our Soul Parents, our Heavenly Mother and Heavenly Father is 'designed' to fully express itself through its personalities in Creation, this taking the whole of eternity to do. We are a continual expression of our soul. And being one of the personalities of our soul, as a personality, we can continually become self- and soul-realised.

Our soul 'houses' our personality it's expressing in life in a spirit form. From a personality perspective we are a spirit with a unique personality that was bestowed upon our soul by God, and currently as that spirit, we are living our spiritual reality through the physical experience in a physical body. When our physical experience ends, we move into the truer spiritual levels of Creation living as a spirit.

How we get to know ourselves, all that our personality is, together with all that our soul is, is through Truth. Through experience provided for us by our Mother and Father through our soul, we grow in Truth: in the truth of ourselves, of Creation and of Those Who Created Us.

We are truth-loving souls. Our personality as it's expressed in Creation by our soul interacts with other personalities and levels of personality. Those interactions – experiences – create feelings and thoughts, all of which we are to fully express so as to reveal to ourselves the hidden truths within them we are to see about ourselves, Nature and God. We uncover the truth of ourselves through our feelings, our feelings closer to our soul, our feelings being the truth of ourselves – what we feel and why we feel it. Our mind is to help us put our feelings, and the truth revealed, into context, into an experiential reality we can live and understand – relate to.

You can read these words using your mind as part of your personality expression and it will give rise to other thoughts and feelings. Then with those feelings, by wanting to fully express them and by longing for (wanting) the truth of them, greater awareness and understanding of yourself (why you are having such thoughts and feelings) will come to you, all of which has and affects you with more good or bad feelings, which you can also express leading to more good and bad feelings, and so on forevermore. Through the truth of those feelings, the truth of yourself slowly comes to you. But only as long as you keep wanting the Truth to be seen through your Feelings. If you don't want to uncover the truth through

your feelings then you will live using your mind to dictate and control your life and your feelings, thereby greatly limiting your life and self-expression.

So your soul continually expresses one of its personalities – you – in Creation so as to continually grow in truth through feelings. We are to continually grow in truth through our feelings. We are to remain wholly connected to, and always fully expressing, all our feelings so we can always grow in Truth. We can never understand ourselves properly unless we look to our feelings for the truth they are to reveal to us. If we live looking to our mind for The Way, to explain what life is all about, to explain why you feel and think what you do, you will not find the Truth of yourself or the Truth of your soul, or the Truth of God. The mind cannot reveal truth, it can only help support us in our true feeling expression that leads to our personal truth revelation.

We incarnate – our soul starts to express, us, one of its two personalities in Creation, and through our childhood we form into the spirit expression of personality through which we can experience life, have feelings, understand what they are, and long for the truth of them. Once we become adults we are free to ascend (grow) in truth to Paradise, the Home of Our Heavenly Parents, there to actually meet in personality, our true Mother and Father.

And as we express our personality in life and grow and evolve in truth, we become of increasing love, light and truth, always feeling better and better about ourselves, each other, loving ourselves, each other, and God. That is what should happen, and would happen were we incarnated into a loving non-rebellious world. But this didn't happen to us.

Our Mother and Father have created our souls to begin expressing their personalities in Rebellion, which means, in an anti Truth and so anti Love experience.

Higher Spirits long ago chose to go against the Truth, against God and so against themselves. They started living untrue to themselves. They used their minds to lead and guide them in life rather than their feelings. They stopped their truth revelation and instead of living by the truth that was continuously evolving and coming to light within themselves from their feelings, used their mind to develop beliefs to live by. And these higher spirits influenced our ancestors causing them to follow suit and become rebellious, to become untrue, to live against themselves, their true personality expression, against their own souls, and against God. And they passed their unlovingness and untruth onto their children, parenting using their mind and not through the truth of their feelings, and so on down to us, and we're still doing it, taking our minds further into rebellion against our true feelings, keeping us further and further away from our true selves.

However all of this was known and so factored into and is part of our soul. God wants us to experience living against ourselves in rebellion, against our own soul and against Them. God wants us to live in rebellion. God wants us to experience what it feels like living in an anti-truth and anti-love experience. Our Mother and Father want us to experience all our bad feelings and all the pain of our living using our minds to control ourselves through contrived beliefs. Our Heavenly Parents incarnated us into life with our earthly parents so our parents would 'induct' us into the Truth Rebellion. We have all grown up subjected to truth-denying parents, grandparents, society, and, mostly unseen, truth-denying spirits. Our whole world is in Rebellion. It all being what God has wanted humanity to experience for all these years.

However now the Rebellion is ending and God wants us to come out of it, to live a New Way. To End our Old Truth-denying way, and to live a New Truth-loving way. And to do that, we are to do

New Way

our Spiritual Healing (our Feeling-Healing, the perfection of our Natural love; and our Soul-Healing – which is our Feeling-Healing including the Divine Love.)



By doing our Spiritual Healing we are setting out to stop living with our mind in control, looking to our feelings for the truth they are to help us see. Which begins with the truth of our rebellious truth-denying state.

We are always to find the truth of ourselves. Were we incarnated into a true and loving world, through our good loving and happy feelings, we'd strive, yearn and long for the truth of ourselves, our soul and God. Incarnating as we have into a rebellious truth-denying world, we are to also strive, yearn and long for the truth of ourselves, which is, to begin with, the truth of our rebelliousness.

We are to want to know why we are fucked. The whole truth of our Wrongness. Why we live against ourselves in an untrue and false way. Why we are continually going against ourselves, our soul and God; why we are always hurting ourselves. Why our relationships are untrue and don't work unless we work hard at being false. Why we are unloving and not truly loving. Why much of what we call love, is not love, it being only what our mind wants us to believe is love. So we are to become true to being untrue. We are NOT to deny, shut out, brush aside, avoid our bad feelings and those horrible aspects of ourselves we'd rather pretend we don't have. We are to break down all the erroneous constructs and beliefs of our mind that stop our feelings from showing us the ugly, evil, sinful, truth of our unloving and untrue selves. We are to want to see just how bad we really are, to look truthfully in the mirror and accept the horror we see, and to become fully connected with such revolting parts of ourselves. We are to no longer refuse to see the truth of our rotten rebellious selves by using our mind to deny it. We've all been taught to use our minds to believe we are loving and good and even happy in our rebellious lives, using all sorts of beliefs, family derived, religious, everything we can to keep us in the dark about ourselves. And being rotten, evil, untrue and unloving people, no one wants to come clean and admit this to themselves. It's this hidden truth we're all so afraid of seeing about ourselves through our feelings. So we do all we can to banish and keep suppressed within ourselves those feelings (mostly our bad ones) that would show us that awful truth of our rebelliousness.

And because we don't want to see the truth of our rebelliousness, so we live using our mind to pretend that mostly we're okay, passing our delusion and truth-denial onto our children, teaching them how to block out their bad feelings so those feelings won't let them see the truth of themselves and their unloving relationships with their parents and family, filling them full of mind controlling beliefs and unloving self-behaviour, just as our parents did to us. And so the Rebellion against Truth is passed on one generation to another.

To end our personal rebellion we are to do our Spiritual Healing. And we do our Healing by becoming true to our rebelliousness, so no longer denying it. We are to bring out and express all those unwanted bad feelings, all so we can work with them to help us see the whole truth of our Wrongness. Our Healing is a long process of progressively breaking down the controlling aspects of our mind that are keeping us trapped within our truth-denying ways. Gradually, and all through our feelings, we become

aware of such beliefs that are bad for us and their associated unloving behaviour. So gradually your feelings help you see what a horrible, untrue and unloving person you are, helping you to see, connect with, and help you to admit to, all those bad parts of yourself that you are doing all you can not to see.

We are going in the wrong direction, living against ourselves. Our Spiritual Healing is to stop that, to apply the brakes, to get in touch with, through our feelings, all the suffering and pain we are in because of living against ourselves, to see why we are hurting and being unloving to ourselves, how it all came about from our parents and early lives and how we've grown into it all now being it fully in our adult lives.



So we are still to uncover the truth of ourselves, only instead of that being a good thing, bringing greater joy, happiness and love to us as it would had we been incarnated into the true and non-rebellious world, it is something that involves feeling bad a lot of the time, feeling very unhappy and unloving as the truth of being Wrong comes to light.

We are to go back into the depths of our childhood through our feelings so we can bring to light all the pain, torment and corruption we suffered. Any bad-feeling part of your early life, from conception until you became a full adult, is to be fully brought out so as to find the truth of all you went through.

Our Spiritual Healing is a truth-revealing process. We focus on our bad feelings, admitting to ourselves we are feeling them, accepting that it's right that we are feeling them, even wanting to feel them, all so we can express them – bring them out, so as to give rise to the truth of our rebelliousness we are to see.

We start our Spiritual Healing by paying close attention to any bad feeling. Then instead of denying it, we embrace it. We emote the feeling of it. We express it. We fully allow ourselves to BE it, because WE ARE FEELING IT. If we weren't it, we wouldn't feel it. We strive to bring it out, allowing it to 'have its say'. We allow ourselves to feel it fully, as bad as we might feel. And we always long for and want the truth. We always want our feelings to help show us the truth of ourselves. We want to see the whole truth of our unloving truth-denying state. We want our Mother and Father to help us see the truth of our rebelliousness. We want to get to know ourselves, and so part of that is getting to know all the yukky bad parts of who we are. We no longer want to be false and



avoiding our bad stuff, pretending we're alright and okay, when we are not. We want to bring to light the whole truth of our untruth. And do that by becoming true to it. We are to be our whole untrue self. Because we already are it, and have always been it. We never got a chance to be our true self.

So our Spiritual Healing progresses with us becoming increasingly true to being untrue. It is not about doing our Healing so progressively we change all the bad stuff, progressively healing the bad parts as we become aware of them. We are to do our Healing to see all how bad we are. So we will feel bad, right the way through our Healing, right to the end, because it will be the truth of how we've always felt, the truth of how it was for us at the first moment of our conception and right the way through every moment of our forming years and childhood. We have formed in, and so become a part of, the Rebellion, and that greatly hurt us. Mostly we've blocked out and keep repressed such pain, however through our Healing it all has to come out, all so we can know how we really felt through every part of our childhood. Because we are still that little child, still feeling bad, still feeling hurt and unloved. As

adults we have managed to cover up this pain and all our suffering, some of us doing a better job of it than others, which was also determined through our early life, but it all has to come out and the truth of it been seen, felt and known.

Our Spiritual Healing is not about trying to fix the child we still are, it's about accepting ourselves fully as that distressed and feeling unloved, uncared about, unwanted child. And even the person who feels the most loved, will still have also felt unloved. So it's about being as we were as the child back then, being as we are now, still being that child as an adult. Our feelings now are the same as they were as a child, as they always have been, so it's being true to them rather than denying them.

As we progress in our Healing, as we express all our bad feelings and uncover the truth of them, we are Healing ourselves. Once we've brought out all the bad feelings we will no longer feel bad, and so we will be Healed. However many of our main problems have been set in place from our very start, so they are very deep within us, and they will take a long time to fully bring out, even right the way until the end of your Healing. So you might work deep into your traumas as they come up, expressing the pain of all the bad feelings they are causing you, seeing the truth of how they came about, and yet still the core pain doesn't leave you. You can even feel better to some degree with most of your pain easing off, and yet still deep down you feel miserable and unloved and so hurt because of how unlovingly you were treated. And still you keep going acknowledging and accepting and expressing those painful feelings of hurt right the way to the very end of your Healing, when finally you will have brought out and fully connected with the truth of all such pain.

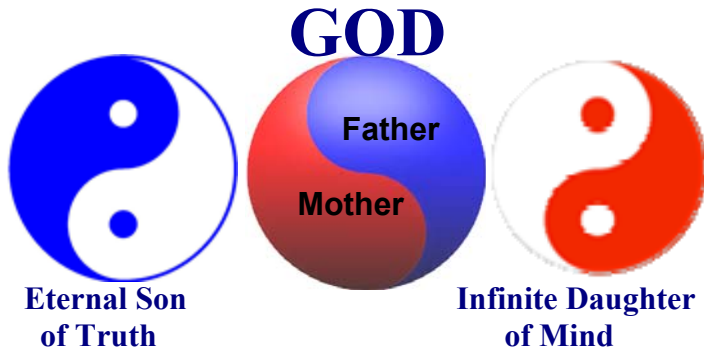
So if through your Healing, having been over and over the same problems and pain, expressing endless amounts of it, you are still wondering why you still feel just as bad about yourself as you did when you first began, it's because you still need the pressure of that pain to keep working you deeper into yourself. And when you've seen all the truth of your untrue and unloving state, then it will all go, all the pain, all the problems, all the difficulties, all your bad self-expression, all your unlovingness.

And when you have brought to light the Whole Truth of your Unloving Rebellious condition – state of mind – then you will be free of it, then your Healing will end, then you will be truly loving and living true to yourself – true to your feelings.

Then your soul will be freely and truly expressing the truth of you, one of its personalities, and so you will have only loving relationships, with yourself, with other people, with Nature and with your Heavenly Mother and Father.

THE NEW WAY





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.

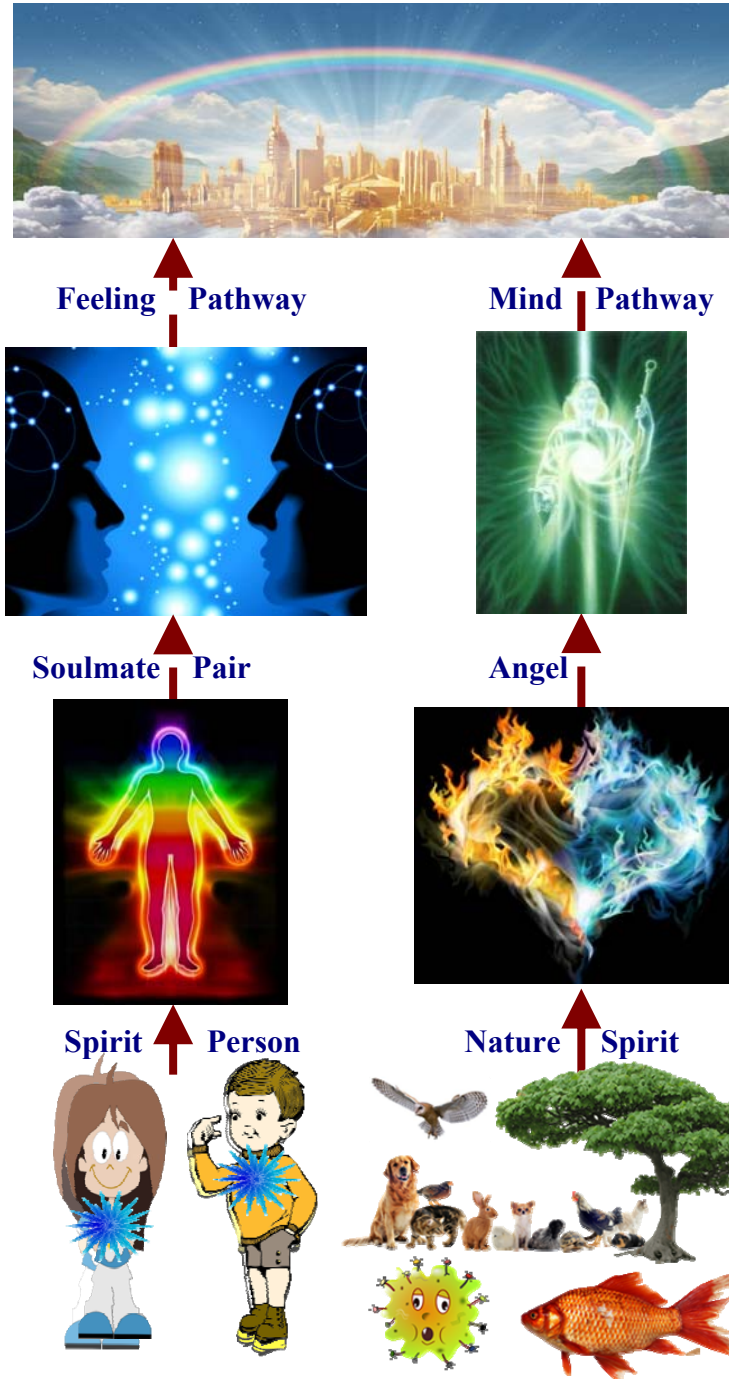
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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.



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 / soul partners, 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 personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



Feelings first



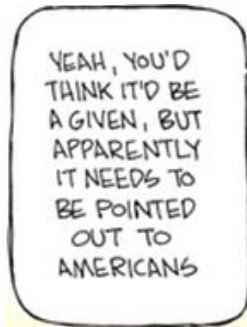
In a way, each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' relationship. In addition we have our personal Indwelling Spirit.

Our Guides on Duty...



OUT GATEWAY ISOLATION



JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth's humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth's humanity is the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

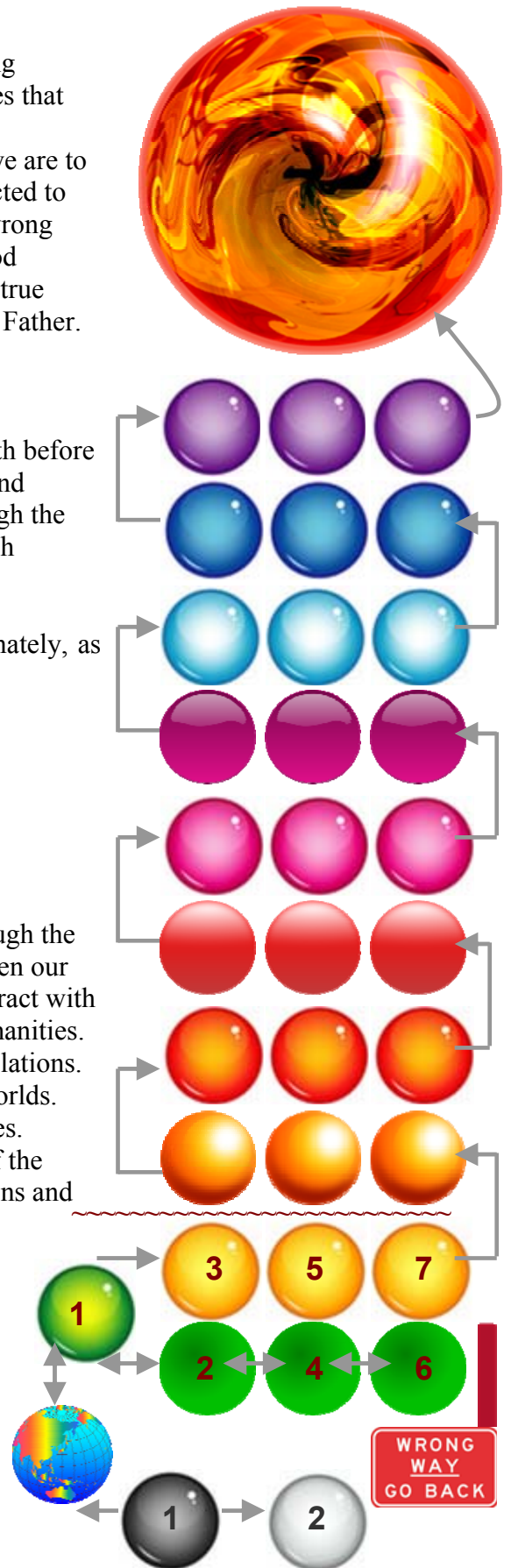
Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into Havona which circulates around the Isle of Paradise, being home.

Each of the seven super-universes are constituted, approximately, as follows and with 1,000,000,000,000 inhabitable worlds:

- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Our Creator Daughter and Son, Mary and Jesus, lead us through the Celestial Heavens for the system (Satania) that Earth is in, then our constellation and then out of our Local Universe. So we interact with 10,000,000 physical worlds of which 3,840,101 are with humanities. Infinite and Universal Spheres – we interact with 100 constellations. Eternal Spheres – our soul group now interacts with 1,000 worlds. Celestial Heavens – we are still to open up to other humanities. Our Avonal Daughter and Son lead us through our healing of the Rebellion and Default and into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Isolation from all other humanities prevails before completing our soul's healing and progress into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 are of Earth, those who have compensation may have this experience and might then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to transition into Celestial Heaven.



Finaliters

Hey guys, I know who I am and why I am having these life experiences. No, I haven't a prison uniform on – but that might be what my soul has planned for me to experience! Just joking!

When we arrive in our Earthly mother's womb we are clueless as to why the heck we have come here. We truly need to persist with asking, "What's this all about?" – We will be told, bit by bit! But you have to push for it. Well guys, here's a go at it.

We have come to this crazy messed up humanity on Earth because God wants us to come, we don't have any say in it. And we think we can do something about it, but we actually can't, we can only do what God wants us to do. And if that makes us think we can do something, that we can have an effect, then that's what God wants us to think. Man, this mob is ready to slaughter each other totally and that is not going to happen – it's not allowed!



We are to enable our wilfulness to surface – well take over our 'numbnut' mind – and push aside the persona – the messed up personality that our parents want us to be – and express our true individuality. Be true to our feelings – our soul-based feelings and be the personality that our Heavenly Mum and Dad know us to be (all good).

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate and also our Heavenly Mother and Father – God. Shoot the works – we have done it justice!

Now here is the good bit. We can heal ourselves of all this wrongness – and eventually we ALL will. Then we will continue with our healing and learning, and learning, and more learning and end up in Paradise, the home of our True Mum and Dad. THEN we will be recognised as FINALITERS. Why Finaliters?

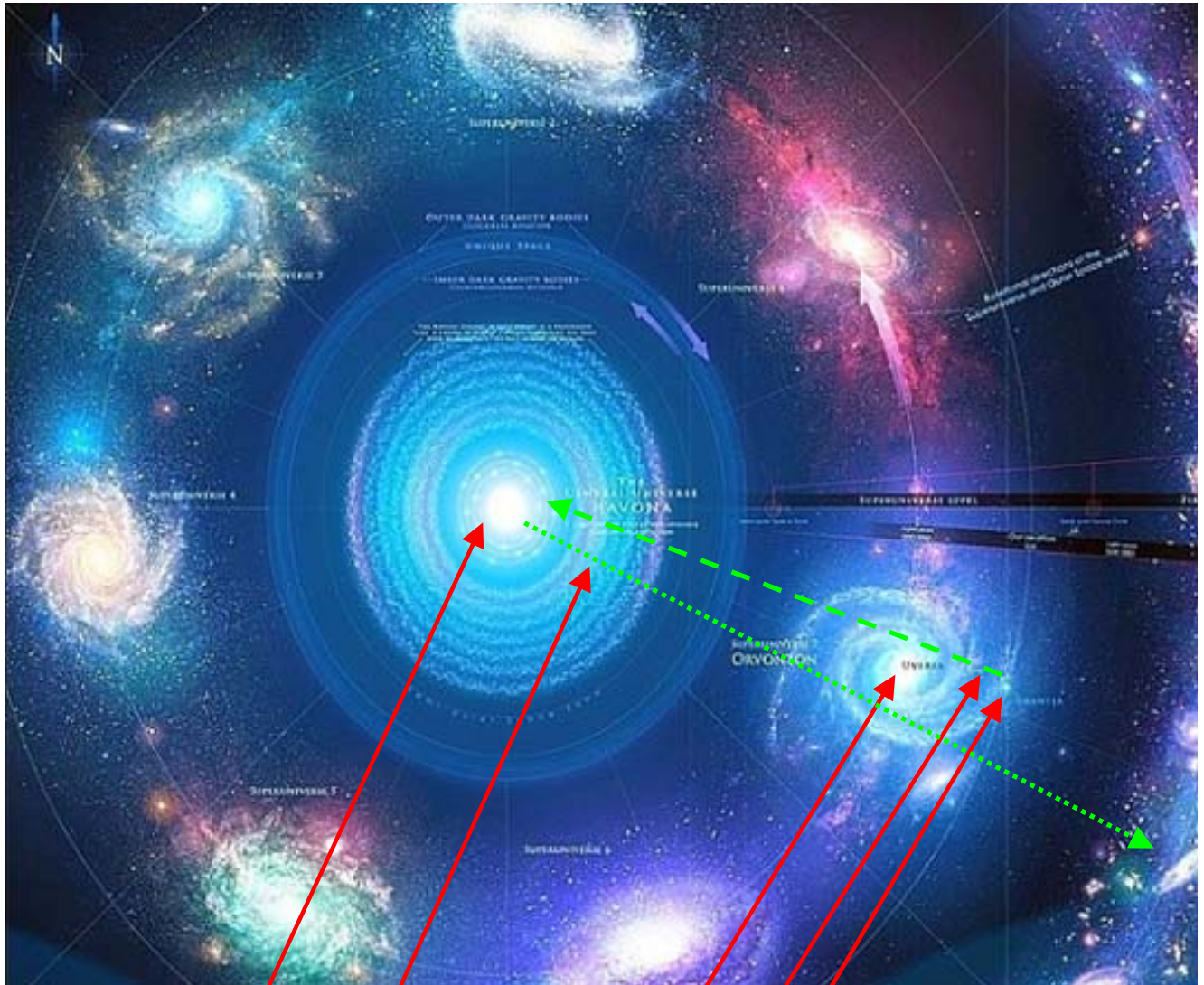
We are called Finaliters, that's everyone who attains Paradise, and not just those of us who've been fucked up by a Rebellion, because we've 'finally' got there, we 'finally' did it, we 'finally' completed the first stage of our existence in Creation, which is akin to 'Finally' completing our time in the 'womb'. Upon attaining Paradise, it can be likened to being 'finally' born, or 'finally' becoming of the equivalent of age 6 when our Indwelling Spirit arrives, or 'finally' becoming an adult. And possibly we won't know if we can liken to it to any of these stages we go through during our physical life on Earth, until we're 'finally' on Paradise, and 'finally' get it!



Because other humanities in newly forming universes are anticipated to Rebel (just like us now) and because we have had the experience (no other humanity has possibly done it as good as us) so we FINALITERS can go and help them out of their SHIT! Yee-haw – more evilness and insanity! That is us! Bring it on!!!!

OUR JOURNEY

Ascension is from Earth (Urantia) through Nebadon, Orvonton, Havona to Paradise.
 Then in Paradise we progress to be Finaliters and assignment to a newly forming universe.



Isle of Paradise home of our Heavenly Mother & Father
 Havona Ascendington
 Orvonton – our Super Universe
 Nebadon – our Local Universe
 Urantia being Earth

Important recommended reading is: by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– 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 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
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			

BIBLIOGRAPHY NOTE:

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com .

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

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
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.*

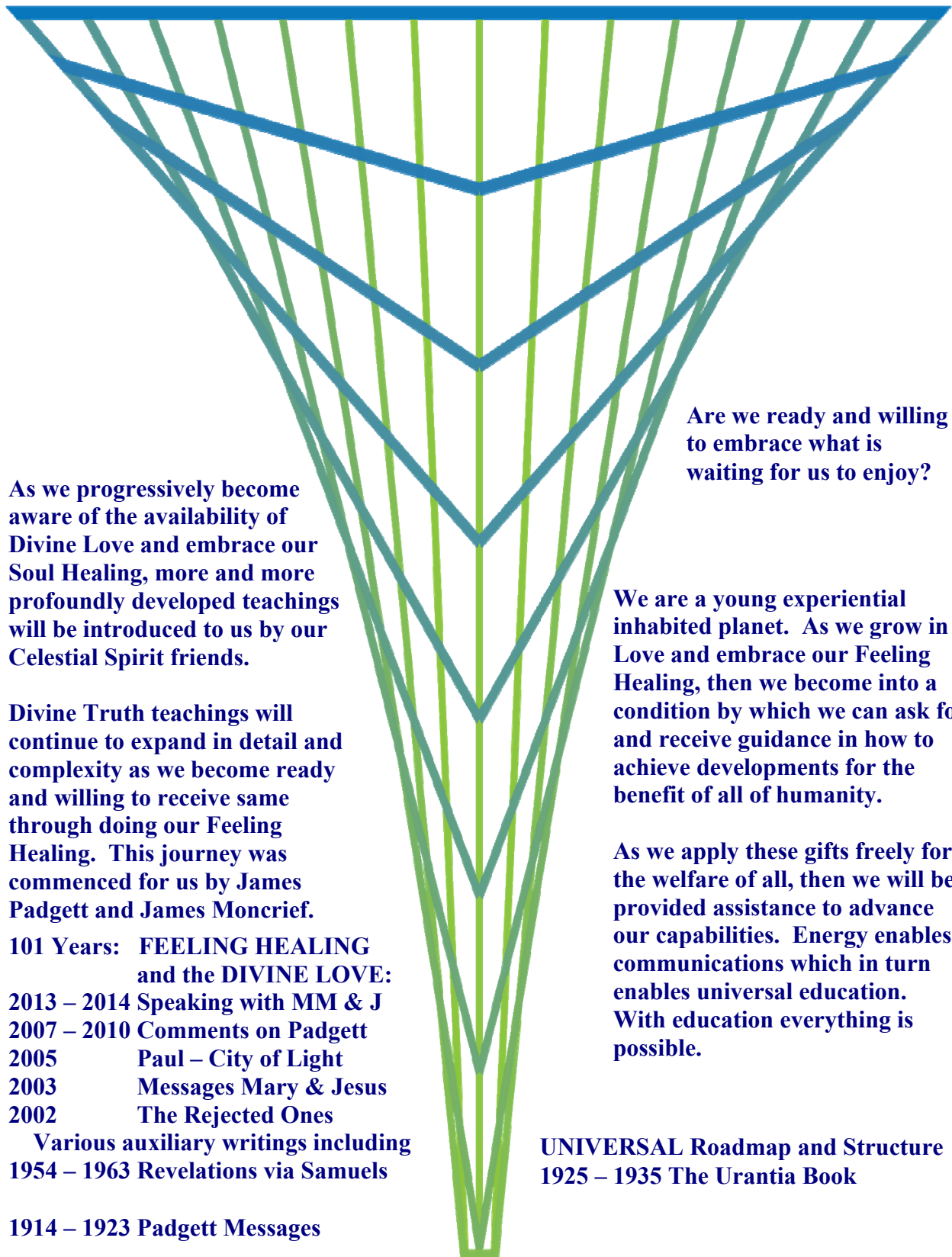
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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 Rebellious
- 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:





Transitioning out of the 7th Divine Love Healing Mansion World and condition, fusing with your Indwelling Spirit exponentially expands your luminosity and transforms your spirit entity into the Celestial soul condition for your arrival on the 1st Celestials Heaven.

It is a BLAST ... you literally blast off from the Sea of Glass on the 7th Mansion World with your personal Angels to arrive on the Sea of Glass on 1st Celestial Heaven outside of Jerusem, the capital of that sphere.

