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## ROOT CAUSE now to PATHWAY FORWARD

What is the root cause of the malaise, social ills and tragedies that impact upon all peoples around the world? Why is there so much disharmony and ill-ease throughout society? Why is it that there are great inequities between people? Why is that we on Earth live in hell yet few comprehend that reality? Why is that all institutions throughout the world are imposing their will upon the populations around the world? Why is it so that nothing can be resolved and improved upon? Why doesn't humanity just give up and self-destruct?

We watch, read and listen to the daily news and one can only conclude that conditions throughout societies anywhere in the world are deteriorating and that there is no turning back from impending doom and destruction.

But surely there must be a root cause and if we can come to understand that root cause then how can we address it? Can we understand what that root cause is? And then can we understand why we have this dilemma imposed upon us? Then further, can we resolve, address and turn humanity around and recover from our current situation which is reflected in the zombie like functioning of humanity that is living in a stupor?

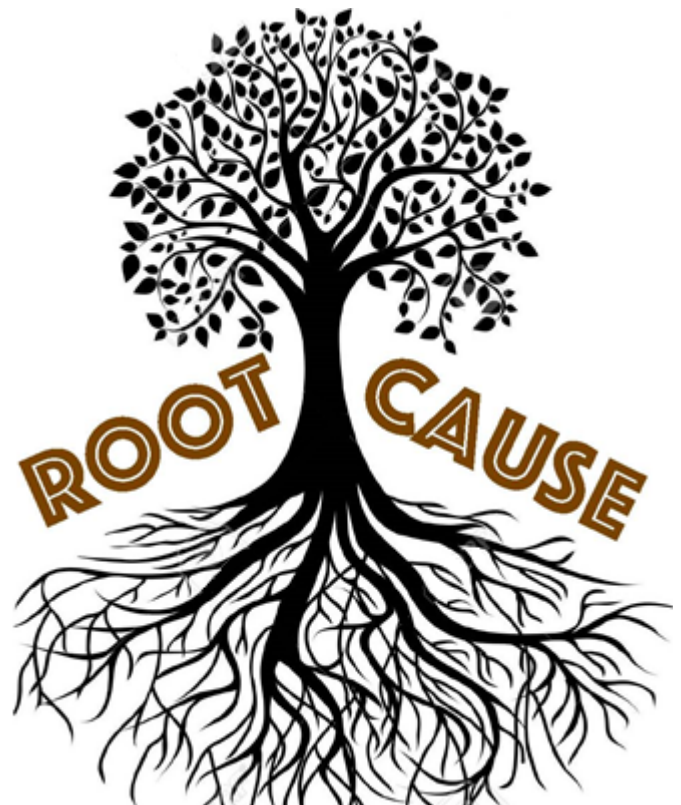
Will humanity embrace the changes that it needs to engage with to evolve out of the greatest depth of living in wrongness throughout its history on Earth?

Fortunately;

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

### Nanna Beth Summarises her Message to James – 12 November 2018

Everything about what you, James, and John and those people involved personally with you, is extraordinary, and normally none of it would happen. And it's all because of the extra ordinariness of what's happening on the higher spiritual levels. So we're able to do things with people and people are able to do things themselves, which



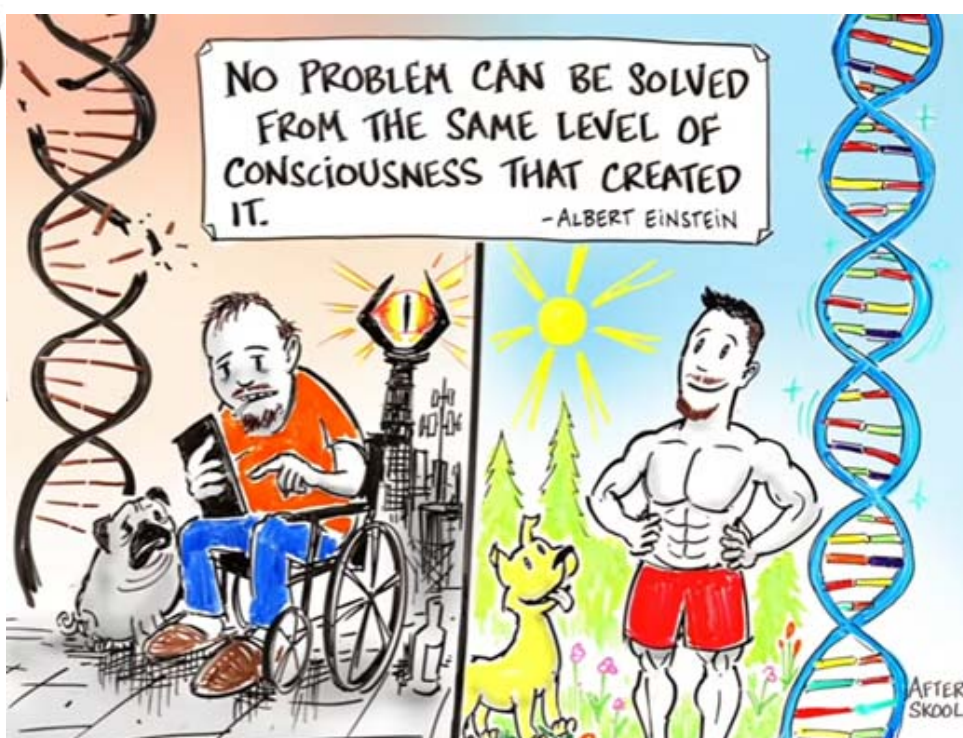
normally, and particularly while under rebellious influences, simply wouldn't happen. It's all in different ways as remarkable as Jesus and the Celestials coming to James Padgett, and The Urantia Book being presented to humanity, yet even more so, much more so – far more so. They were just blips on the path of humanity's evolution, this is a major event. This affects everyone and everything on the world and in the mind Mansion Worlds. Nana Beth, 3<sup>rd</sup> Celestial Heaven, John's grandmother – 12 November 2018

The above is an extract from Pascas Care Letters Extraordinary Times found at [www.pascashealth.com](http://www.pascashealth.com) in the Library Download page within the Pascas Introduction Notes.



We have within our midst a pair having a consciousness higher than the parties that brought about the great error through which all of Earth's humanity now lives. It is through this pair's example and guidance that humanity is now to heal itself of the Rebellion and Default that has not only prevented Earth's humanity evolutionary growth but sent it down a rabbit hole in the wrong direction to a dead end. Now we can follow their example, embrace our Feeling Healing and heal ourselves of what we have taken on of the Rebellion and Default.

Consider this moment in time as being focused around the year 2020. The events leading up to this time had there first physical event 4,000 years ago when Machiventa Melchizedek physically manifested near Salam, north of Jerusalem, in 1980 BC. Machiventa Melchizedek continues to lead and guide the ending of the Rebellion and Default which will also entail the closing of Mary Magdalene and Jesus' era with Earth's humanity, which will then be followed by the Avonal Age of the coming 1,000 years. It is the Avonal pair, who like Mary and Jesus, are also from Paradise, that are to lead Earth's humanity out of its Rebellion and Default.



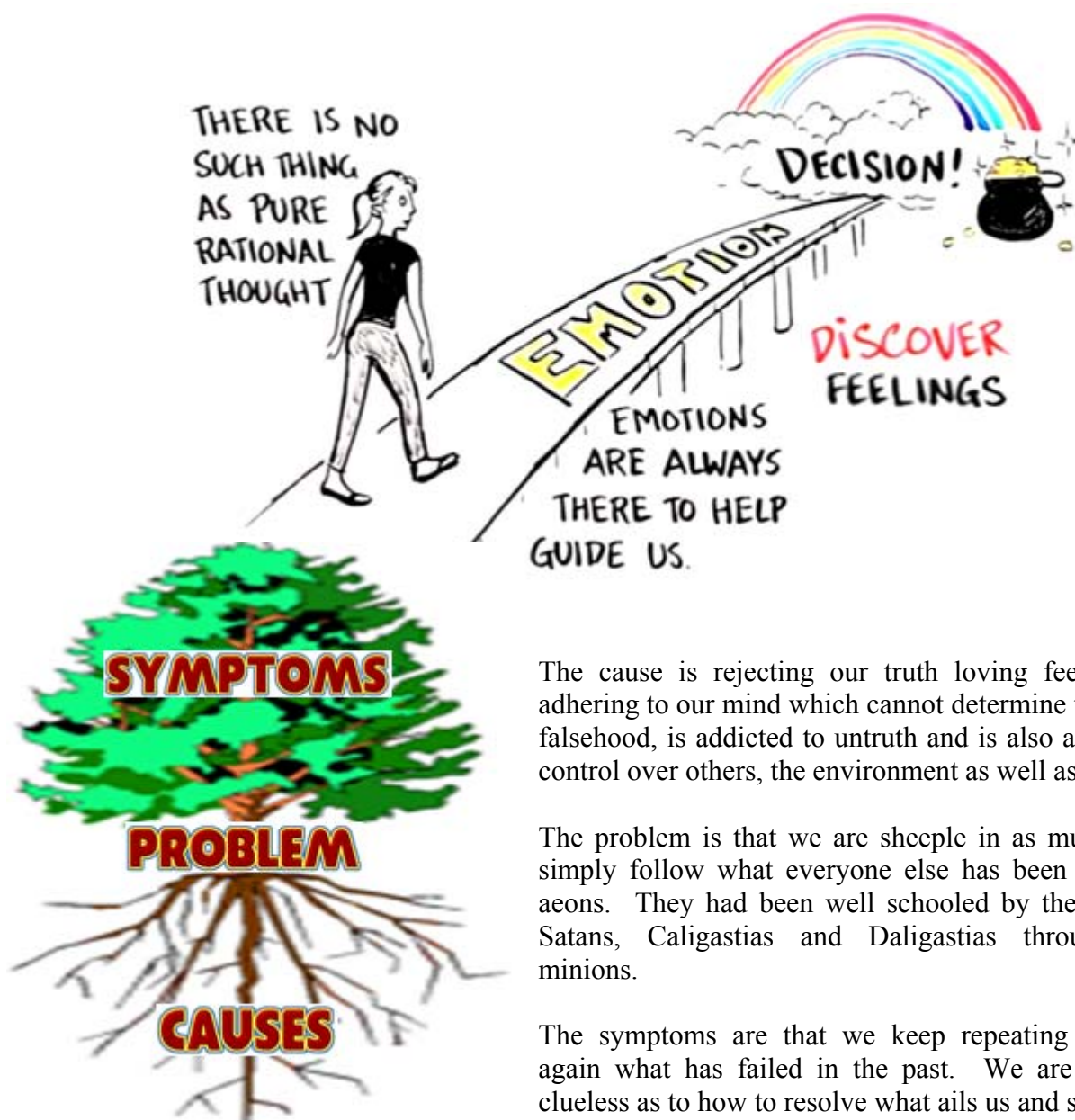
So how do we simply state what it is that we have been doing for 200,000 years that is the root cause of all that ails Earth's humanity?

We have been seduced to live in the manner as does all of nature. We embrace our minds and follow our minds in all that we do. We have been told that our minds are our pathway so that we may become mini-gods. We have put our minds on a pedestal whereas our minds are to follow what our feelings

prompt and lead us to embrace. We are truth seekers and all the truth that we seek is within us already – our soul based feelings are always in truth and they are the source and fountain of all that we seek and need.

Our pathway **is not** the same as the rest of nature. We are endowed with a soul. No other aspect of nature is endowed with a soul. All of the rest of nature is mind orientated without a soul. All of nature has an evolutionary path and will also transcend to the higher levels – also to Paradise – but it is a different pathway.

We have been guided and seduced to embrace our minds while suppressing and ignoring our feelings – well mostly. This was brought upon us by higher level spirits – Lanonandeks – from within our local universe of Nebadon. Thus to bring an end to their rebellious and mischievous evil plotting ways, it has required even higher levels of spirits to bring about the rebellious Lanonandeks spirit world imprisonment and the introduction of revelations for Earth’s humanity to follow so that they can change their way of living from mind domination to feelings first way of living, the New Way.

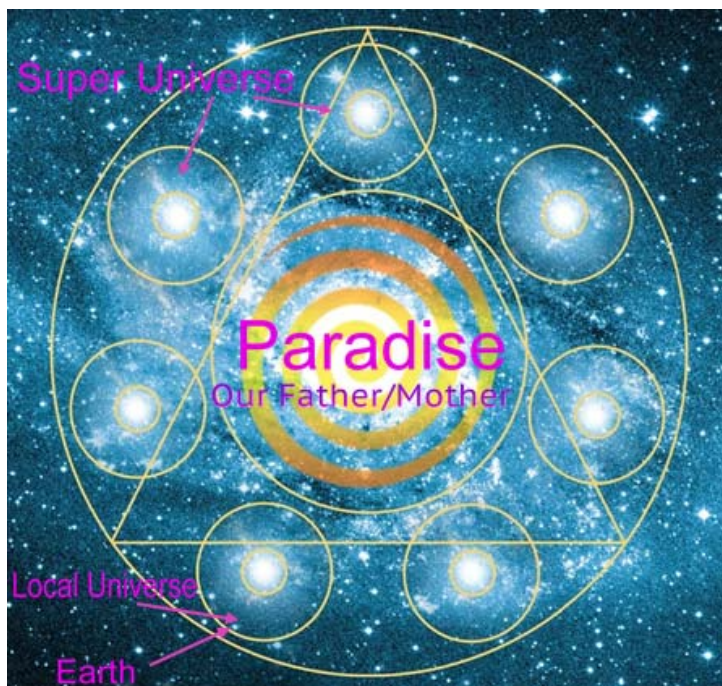


The cause is rejecting our truth loving feelings and adhering to our mind which cannot determine truth from falsehood, is addicted to untruth and is also addicted to control over others, the environment as well as people.

The problem is that we are sheeple in as much as we simply follow what everyone else has been doing for aeons. They had been well schooled by the Lucifers, Satans, Caligastias and Daligastias through their minions.

The symptoms are that we keep repeating time and again what has failed in the past. We are presently clueless as to how to resolve what ails us and society.

**No PROBLEM can be SOLVED from the same level of CONSCIOUSNESS that CREATED IT!**



Details on the vastness of the Universe from “The Urantia Book” (TUB), the most authoritative source.

Paradise is at the centre of seven super universes. Paradise is the home of our Heavenly Mother and Father. From Paradise come emissaries to lead us. Amongst others, these include the Creator Daughters and Sons and the Avonal Daughters and Sons. Both have spirits of truth that they release following a physical incarnation.

Within each super universe there are 100,000 local universes. A local universe is headed by a Creator Daughter and Son, also known as Michaels. Our local universe is known as Nebadon and Earth is one of 3,840,101 physically inhabited worlds within Nebadon.

Within each local universe of potentially 10 million inhabitable worlds there are 100 constellations and each constellation has 100 systems, each system has 1,000 inhabitable worlds. Earth is in a system called Satania and Earth in # 606 of 619 inhabited worlds. Earth is a young world and on the outskirts of Satania, which is on the outskirts of Nebadon.

Within each local universe there are a number of spiritual groups who emanate from within the local universe, such as the Melchizedeks and Lanonandeks. The Lucifer pair, being Lanonandeks, were appointed 700,000 years ago as system sovereigns over Satania, the local system of which Earth is part of. Lucifer’s deputy being Satan. Lucifer rejected the Creator Daughter and Son’s leadership as well as our Heavenly Mother and Father 200,000 years ago and induced 37 humanities throughout Satania to follow his seduction to living through the mind. Lucifer and Satan brought about the rebellion on 37 worlds through inducing each of the planetary princes of those worlds to follow his guile. Earth’s planetary prince is the Caligastia pair (who is also the personality referred to as the ‘devil’) and deputy being the Daligastia pair, all being Lanonandek spirits from within our local universe of Nebadon.

Earth’s naïve humanity capitulated. For the past 200,000 years Earth humanity has slowly but progressively gone deeper and deeper into mind orientation to the point that many literally worship their minds and completely reject the loving and truthful feelings that our soul brings to our attention. For 200,000 years, the males on Earth have subordinated the females to the male’s authority and domination. Should women be allowed to express their feelings, soul based truth, then they would have ended the rebellious Lanonandek’s folly – so women have been repressed by males for these past 200,000 years!

It was the planetary prince and their deputies that brought about the Default by Adam and Eve of their assignment on Earth more than 38,000 years ago.

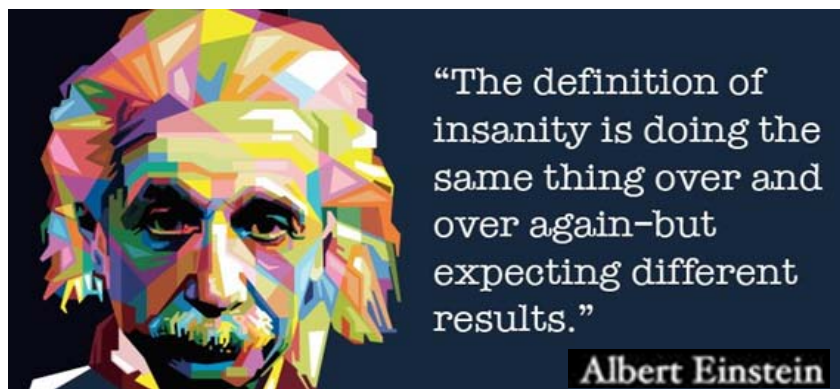
This error in the way we live is the root cause of all that ails and inflicts all of Earth’s humanity, not only here on physical Earth but also throughout the mind spirit Mansion Worlds 1, 2, 4 and 6.

Through Federal Government authority (so to speak), when Jesus and Mary achieved full regency over Nebadon as of a consequence of their assignment in the physical on Earth, being Creator daughter and son from Paradise, they were able to bring about the spirit world imprisonment of the Lucifers, system sovereigns of Satania, and the Satans, deputies, during their lifetime here on Earth about the year 26 CE.

Now it is through the State Government authority (so to speak), that the Avonal pair now here on Earth that they have also brought about the spirit world imprisonment of the Caligastias, planetary prince, and the Daligastias, deputies, during their lifetime here on Earth.

The Creator daughter and son were here for all of the humanities throughout Nebadon (federal government duties so to speak) and they brought about the availability of the Divine Love of our Heavenly Mother and Father for all humanities and opened the Celestial Heavens throughout. For us on Earth they opened the healing spirit Mansion Worlds 3, 5 and 7. They did not come here exclusively for us on Earth. They set the way for what is happening now for us on Earth. We are now being provided with the Pathway Forward to heal ourselves of the Root Cause of our errors (evilness).

The Creator daughter and son did not take on the Rebellion and Default of Earth, they did not experience our corruption and wrongness. They did set the way for the arrival of the Avonal pair who have taken on the extremes of the Rebellion and Default and have now healed themselves of such so that their Spirits of Truth can assist each and every person of Earth in how to heal themselves. This is why you may think of the Avonals as 'state government' because they are here exclusively to assist us of Earth. You may think of the Creators as 'federal government' because they assisted the humanities of all the worlds throughout the local universe of Nebadon.



Humanity is the definition of insanity by doing the same thing over and over again and expecting different results – however – we now have leadership providing the way out of our morass.

The problems that confront Earth's humanity were introduced from esteemed spirit personalities from within the hierarchy of our local universe of Nebadon. The delivery of the solution and pathway forward is the master plan by Machiventa Melchizedek and his soul group, a spirit group higher than the Lanonandeks, both from within Nebadon. The master plan is being executed by the Creator Daughter and Son, Mary Magdalene and Jesus for the benefit of all humanities throughout Nebadon, as their role is of 'federal government' nature, and also by the Avonal Pair whose role is focused upon one world and humanity at a time, being of a 'state government' nature, on this occasion - Earth. Both the Creator Pair and the Avonal Pair emanate from Paradise and are significantly of a higher nature than the Lanonandeks, hence the outcome will be a significant spiritual development for all of Earth's humanity both here on Earth and throughout the spirit Mansion Worlds.

Aspiring to Living Feelings First

*Brian Iverach, Graham Golding, Jim Baker and John Doel*

Pascas Foundation (Aust) Limited

# MAP OF CONSCIOUSNESS

*Map of Consciousness* from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

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. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

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.

**PEACE and HARMONY or CONFLICT and WAR:**

MAP OF CONSCIOUSNESS	
Level	Log
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

**Council of Elders**  
being those at-one with their  
Indwelling Spirits.

**Feelings first**



**Peace**



Humanity that is above 500 on the Map of Consciousness scale is Feelings First orientated.

Below 500 we have: ↓


Conflict does not occur amongst these people. They engage with their soul based truths. Below 500 one is predominantly mind orientated!



Presently, humanity calibrates overall at around 212 and is engaged with their wayward, controlling, addicted minds. Through living feelings first with one's mind subordinated thereto, humanity will universally progress beyond conflict of any kind, particularly war.



WILL or FREE WILL:

SPHERE  **MAP OF CONSCIOUSNESS**

	Level	Log
10	<b>At-onement</b>	
9	<b>Transition &amp;</b>	
8		1080
7	ENLIGHTENMENT	700-1000
6	PEACE	600
5	JOY	540
4	LOVE	500
3	REASON	400
2	ACCEPTANCE	350
1	WILLINGNESS	310
	NEUTRALITY	250
	COURAGE	200
	PRIDE	175
Spheres of Disharmony = Hells	ANGER	150
	DESIRE	125
	FEAR	100
	GRIEF	75
	APATHY	50
	GUILT	30
	SHAME	20

When we have healed our unloving emotions from our way of living, we will then engage God's way to live. We embrace God's will with our soul dominating the mind. Our will is now at one with our Mother and Father. We now can enter the Celestial Heavens – being Celestial.

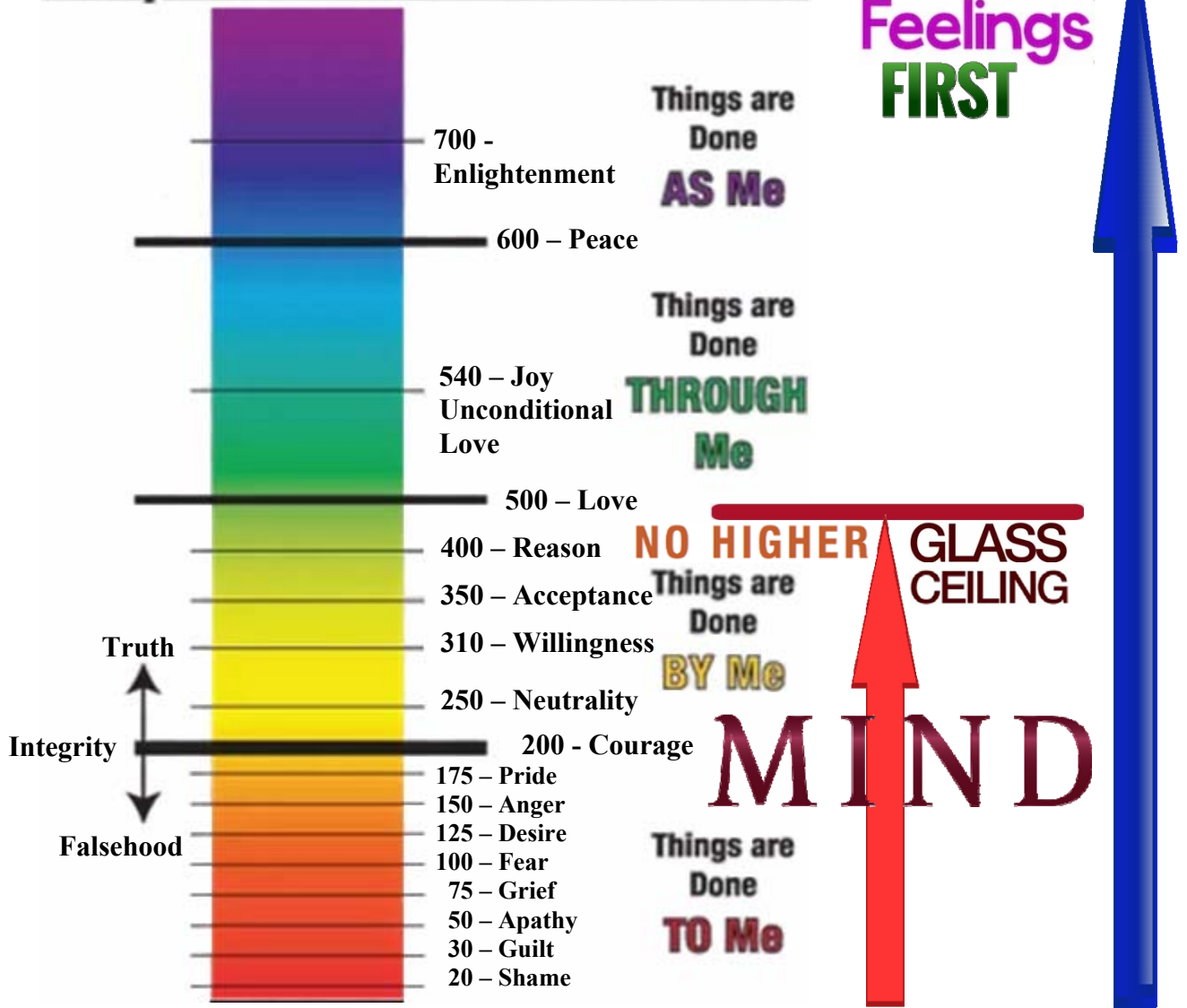
Soul based emotions are all love based forming our natural love soul, created by the Supreme Being. The will of the soul is always love based as desired by our Heavenly Mother and Father. We are embracing the will of our Heavenly Parents when we respond to these soul based emotions.

Our soul is subordinate to our mind. Our mind has free will and responds to all emotions, positive and negative. We allow our dominate emotions to determine our actions. This is exercising our free will. Only Feeling Healing with Divine Love removes our negative embraces.

Erroneous emotions are all about causing harm to others and/or to one's self. These lead us to a period in the hells to prevent us from harming others and experience compensation. Seek the Love and grow!



# Map of Consciousness



# **Root Cause** outcomes

## **Our Minimalistic Existence:**

**Due to humanity living through our minds, against our true selves:**

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

**Humanity is within a kind of dormancy, or even more like a stupor!**

**Even the greatest scientists do not calibrate above 499 on Dr David R Hawkins' Map of Consciousness (MoC) scale which is based on the common log of 10 and goes to infinity.**

**While we are mind dominated, we cannot discern truth from falsehood, we are addicted to untruth, we are addicted to control over others, 98% of assumptions are in error – 2% are flukes!**

**Mind worshipping / domination holds us in the state so that we can only live within the 1<sup>st</sup> spirit Mansion World condition. We must progress through seven world before becoming Celestial.**

**Living through the mind is a most exhausting and limiting way of life.**

**It is our mind held errors and injuries that generate ALL discomforts and illness in our body.**

**ALL systems throughout Earth are mind generated controlling and error ridden systems.**

**Democracy divides the population and then the few inadequate representatives anoint a 'dictator'!**

**3,400 significant religions all each hold the only truth – so they say. Rebellious Lanonandek spirits, Caligastia and Daligastia, orchestrated the founding of each of Earth's religions.**

**Lucifer and Satan imposed the wrong way of living upon Earth's humanity, that is living mind dominated rather than feelings orientated, so that they could keep growing the numbers of spirit personalities under their control for subsequent expansion conquests of other worlds.**

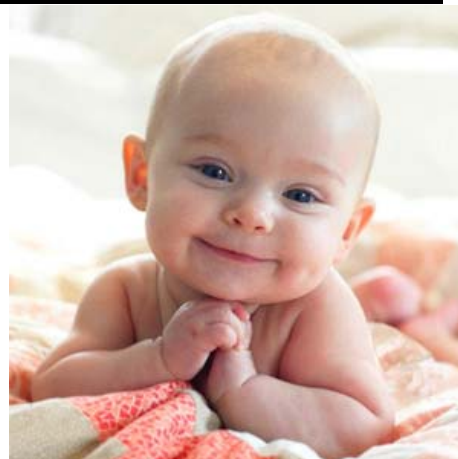
**Every Earth system is controlling and limiting. Education is generally delivered through lectures, 5% retention rate, whereas students tutoring each other have 90% retention rate. Natural self expression is 100% truth and retention. All systems, unknowingly, retard humanity's growth.**

**Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.**

**If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.**

**We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**

**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



**OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:**

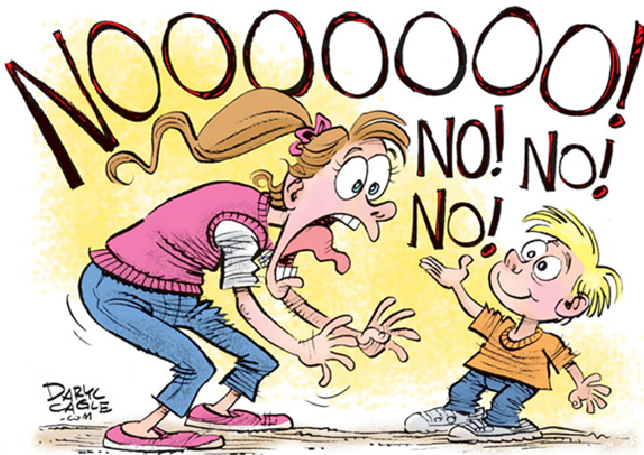
Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

**Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.**



**Somehow, we go on smiling and laughing...**



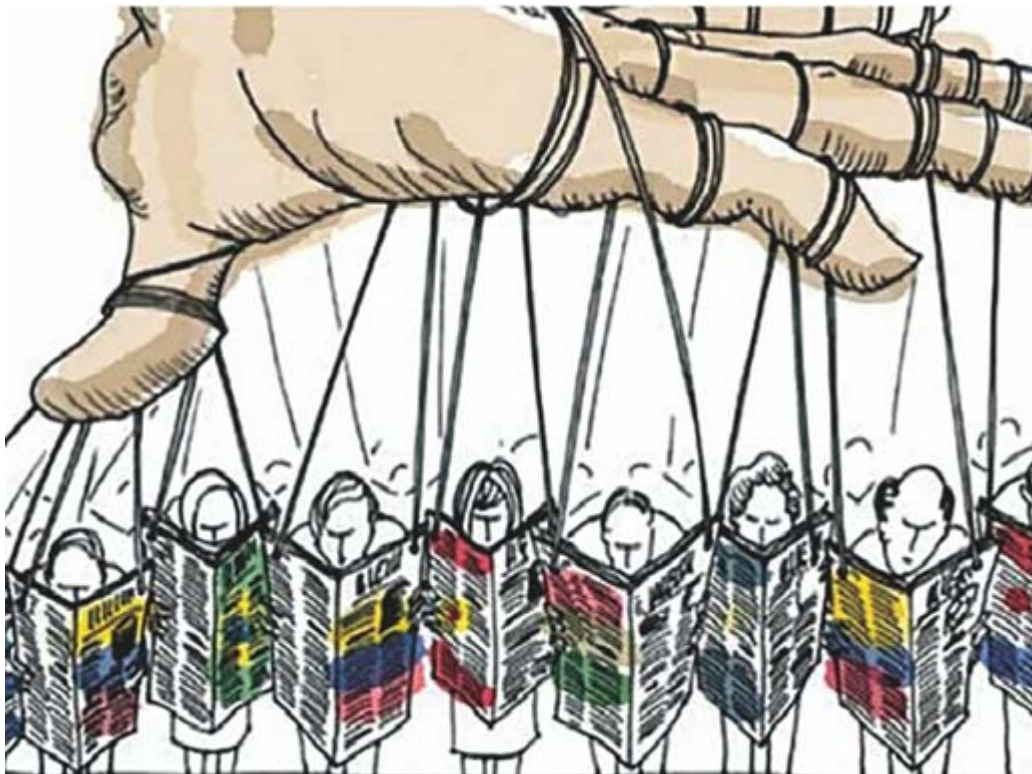
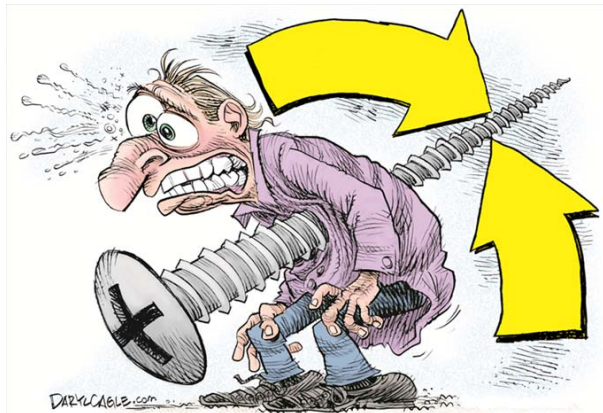


Say it again mum - louder!



Hey kids - let me show you!

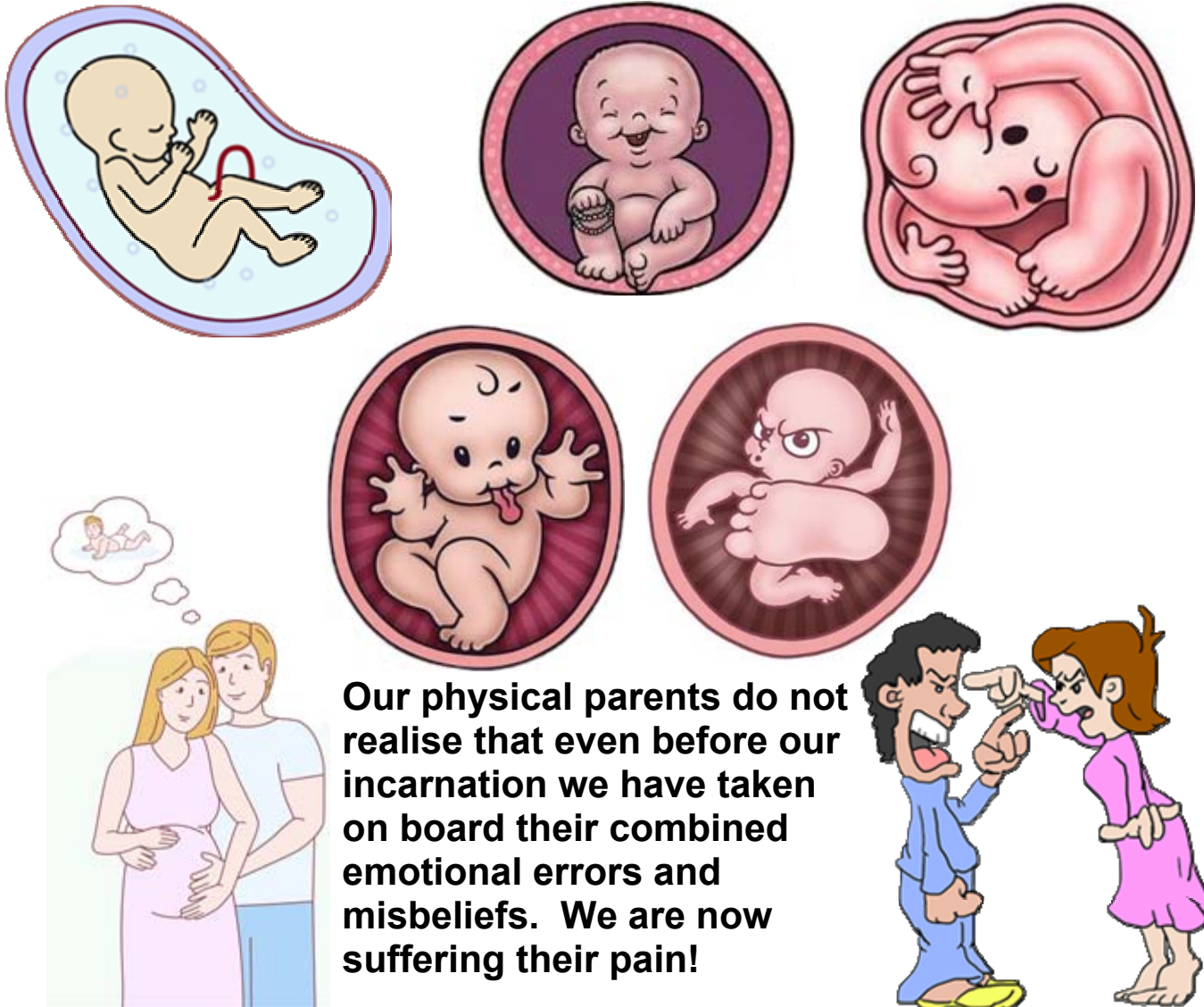
GODD NEWS EVERYONE





## OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!



Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!

We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.

# Age-by-age







*The Golden Rule:*

*Never interfere with another's will.*

*One must always honour another's*

*will as one honours one's own!*

*Before we are conceived, we have had nothing to do with the culture or heritage into which we are about to be born into.*

*Conception is individualisation of our unique personality!*

*Then our parents and carers infuse us with their errors and injuries!*

*We perpetrate their erroneous ways!*

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

# 200,000 years of UNFETTERED DOMINATION! by wayward High Level Spirits

OUR MIND CONTROLS US!



## Feelings Way or the Mind Way

The rebellious Lanonandeks, led by the Lucifer and Satan soul partner pairs, instilled upon Earth's humanity, countless platforms of mind domination institutionalised systems. Even throughout remote regions, such as for the Australian Aboriginals, the mind Mansion World spirits imposed themselves so deeply into the psyche of the Aboriginals that they are profoundly impacted by mind platforms through their traditional practices, so much so that they may take longer than most to realise the freedom that comes from Living Feelings First and begin to heal themselves of 200,000 years of living and going in the wrong direction through mind domination.

The Rebellion mind dominance maintained the environment of conflict throughout all facets of living life on Earth. Where ever you have mind domination you have conflict and war! It is as simple as that.

Truth is always truth. There is only one truth. So instead of having one spiritual platform for and throughout Earth's humanity, we have 3,400 significant religions and when you add on the small denominations that are offshoots of all the major religions, you have around 50,000 religious communities professing to embrace the 'one truth'!

While we live through our minds, conflict at all levels will unfold. Only through Living Feelings First and having our minds to follow will harmony eventuate. This is a change in how we have been living for 200,000 years that is now to be embraced by the overwhelming majority of humanity during the coming Avonal Age of 1,000 years.

To aid this transition, the quickening of the Law of Compensation is to unfold for humanity on Earth. It will be earthed in the same way as it is applied throughout the spirit Mansion Worlds.

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>



All of us:



## CULTURAL PATTERNS OF EACH COUNTRY DELIVERS VARYING INHERITANCES:



Years ago, Americans were reluctant to praise their kids' intelligence. Like many people around the world, Americans believed that fawning over children would make them arrogant or narcissistic.

But then something happened. American educators were seduced by the Self Esteem movement. They started promoting the idea that kids need flattery to succeed. Want your child to achieve? Tell him he is bright.

“Hey, you know what? You're really smart!” It's very well-intentioned. But it's also wrong-headed.

### **When we praise kids for their ability, it makes them focus on looking good—not on learning.**

This might sound good, but it's actually counter-productive.

Kids who were praised for their intelligence tended to avoid challenges. Instead, they preferred easy tasks. They were also more interested in their competitive standing--how they measured up relative to others--than they were in learning how to improve their future performance.

By contrast, kids who were praised for their effort showed the opposite trend. They preferred tasks that were challenging-- tasks they would learn from.

And kids praised for effort were more interested in learning new strategies for success than they were in finding out how other children had performed.

Kids differed in other respects, too. Compared to kids praised for their effort, kids who were accustomed to being praised for their ability were

- more likely to give up after a failure
- more likely to perform poorly after a failure, and
- more likely to misrepresent how well they did on a task.

And that's not all. Kids praised for their intelligence were more likely to view their failures as evidence of low intelligence.

## When we praise kids for their intelligence, they learn to view their failures as evidence of stupidity.

In other words, telling kids they are smart can make kids LESS likely to view themselves as intelligent.

By praising kids for being smart, we teach them that their performance is a definitive test of intelligence. Kids might enjoy the initial praise, but when they encounter difficult challenges later—as they must—the praise backfires.

## Young children thrive on praise, but even they do better when we emphasise effort over ability.

So what's the bottom line?

**MAKE AMERICA  
GREAT AGAIN**

### The right way to praise

Telling kids they are smart can be counterproductive, but that doesn't mean we shouldn't praise our kids. As mentioned above, even the "wrong" kind of praise can be more motivating than no praise at all. And it's likely that the right sort of praise -- process praise -- gives kids an advantage.

[In a study tracking American children from infancy to grade school](#), the higher the proportion of *process* praise kids got during early childhood, the more likely kids were to endorse "can do" attitudes when they were in the second or third grade.



What's important, then, is to emphasise praise that makes kids feel resilient. The problem with telling kids that they are smart or talented is that kids become frightened of failure. They've been labelled and they don't want to do anything to lose that label.

Moreover, kids praised for intelligence tend to believe that intelligence is something innate and unchangeable. As a result, these kids are rendered helpless by failure. If you fail, you

must not be smart. End of story.

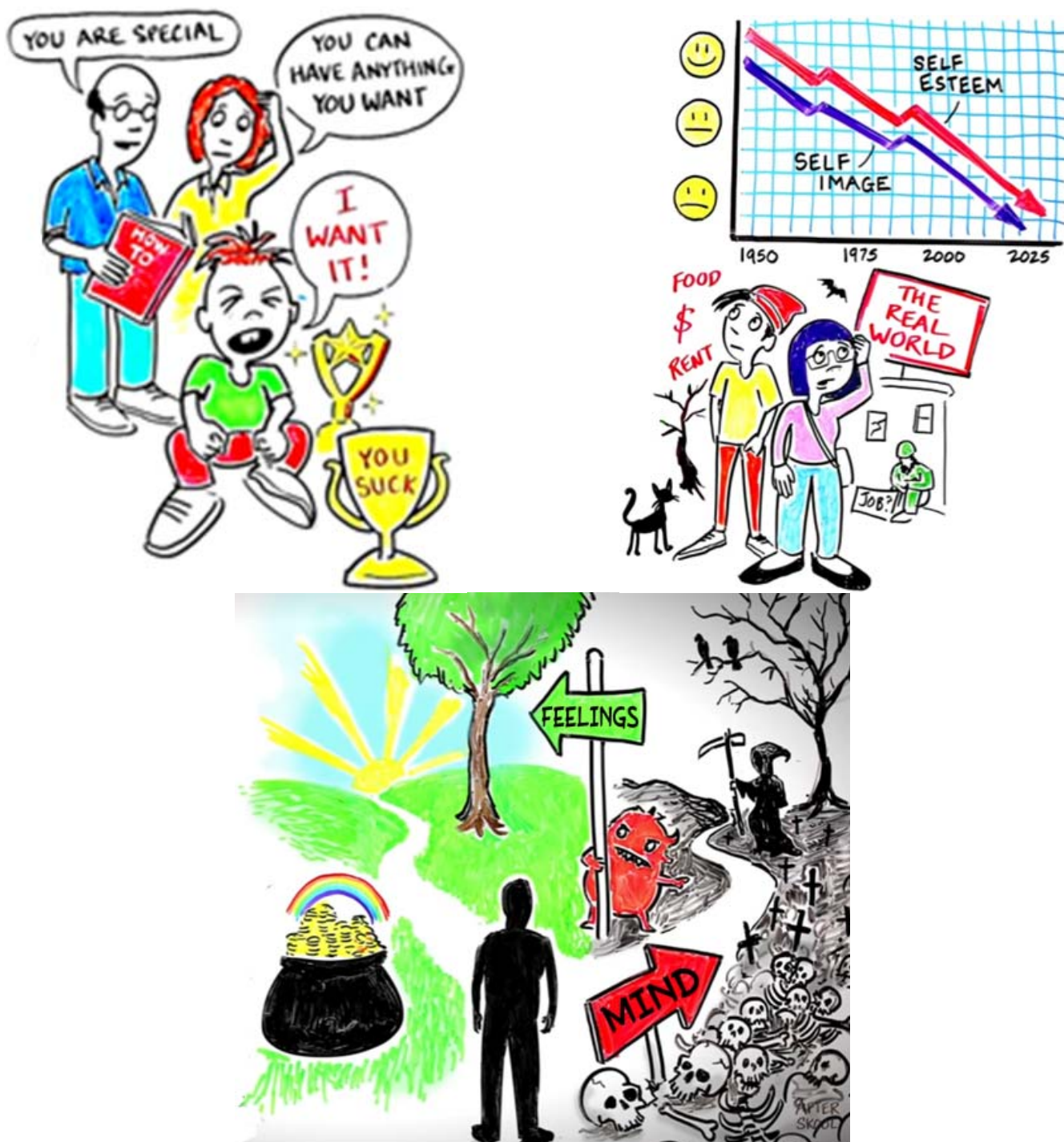
If we keep these principles in mind, it becomes clear what kinds of praise are the most helpful. Instead of telling your child she is smart or talented, try these alternatives.

- Praise your child for her strategies (e.g., "You found a really good way to do it")

- Praise your child for specific work (e.g., “You did a great job with those math problems”)
- Praise your child for his persistence or effort (e.g., “I can see you’ve been practicing” and “Your hard work has really paid off”)

Praising kids for effort (and not innate ability) may help them develop a better mindset for learning, however, worshipping the mind is the foundation, the root cause of all that ails society.

Ballooning out a child’s ego by telling them constantly that they are intelligent, smart and great is enhancing their façade self, the false persona that we each have imposed over our true personality through the impositions of our parents throughout our childhood forming years, over the personality that we are bestowed with by our Heavenly Mother and Father.





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## “The Golden rule is: Never interfere with another’s will.”

### Accept New Global System or Face a Pre-WWI Geopolitical Situation

*Authored by Paul Antonopoulos via [GlobalResearch.ca](http://GlobalResearch.ca),*

Friday, 9 April 2021

*With the White House continually provoking tensions against Russia and China, the doyen of American foreign policy, **Henry Kissinger**, dramatically warned Washington last week to either agree to a new international system or continue pushing tensions that are leading to a situation similar to the eve of World War One.*



97-year-old [Kissinger called on the U.S.](#) to create a balance with existing global forces, adding **“if you imagine that the world commits itself to an endless competition based on the dominance of whoever is superior at the moment, then a breakdown of the order is inevitable. And the consequences of a breakdown would be catastrophic.”**

The veteran diplomat urged the U.S. to understand that not every issue has “final solutions” and warned **“if we don’t get to an understanding with China on that point, then we will be in a pre-World War One-type situation in which there are perennial conflicts that get solved on an immediate basis but one of them gets out of control at some point.”**

However, the idea that the U.S. should **stop imposing its will on everyone else** will not be easily accepted in Washington. This is attested by the sharp rhetoric and personal insults that U.S. **President Joe Biden** continually levels against his Russian and Chinese counterparts, **Vladimir Putin and Xi Jinping**. The inauguration of Joe Biden as the 46th president of the United States took place on 20 January 2021, marking the start of the four-year term of Joe Biden as president and Kamala Harris as vice president.

High-ranking Chinese official **Yang Jiechi** told U.S. **Secretary of State Anthony Blinken** on 18 March 2021 in Alaska that “the United States does not have the qualification to say that it wants to speak to China from a position of strength.” Then, Russian **Foreign Minister Sergei Lavrov** and his Chinese counterpart **Wang Yi** boldly said days later on 22 March during their meeting in Beijing that they “jointly safeguard multilateralism, maintain the international system with the UN (United Nations) at its core and the international order based on international law, while firmly opposing unilateral sanctions as well as interference in other countries’ internal affairs.”

Kissinger’s career is washed in blood when we remember his backing of Pakistan during Bangladesh’s War of Independence despite the massacre of hundreds of thousands of people and mass rape; orchestrated a military coup in Chile to remove democratically elected Allende in favour of the Pinochet dictatorship; tacitly supported Indonesia’s mass killing of hundreds of thousands of East Timorese; and, blessed Turkey’s invasion of northern Cyprus that led to 200,000 Greek refugees without a right of return – among many other things.

**However, his most recent statement about the U.S. and the international system is actually a mature proposal that would be beneficial for world peace if the Biden administration accepts his advice that the global order is changing. It is unlikely that Washington is ready to unilaterally end its hard and soft power aggression as it falsely believes it can maintain a unipolar order.**



**It is always difficult for Great Powers to accept that the world has changed, especially when it is to their detriment.** The behaviour of the Biden administration, which deliberately uses threatening and inappropriate rhetoric, demonstrates that it will not rationally accept a multipolar world system, especially since Russophobia and Sinophobia are on the rise.

Personal insults against Putin and Xi are an expression of American impotence, especially when we consider that the U.S. historically did not engage in this kind of rhetoric when it was at the zenith of its power. The U.S. is no longer the world's sole superpower and its rivals are no longer accepting such aggression, which is exactly why the Chinese delegation that went to Alaska last month (March) clearly stated that it does not accept any language of force.

An additional problem for the U.S. is whether its allies will strain their relations with China and Russia, and whether they will accept being pushed into conflicts with them. There are indications that the most important European countries will resist U.S. demands. This is evidenced by the Nord Stream 2 issue where American attempts to prevent its construction are being met with resistance from important European Union countries despite the endless complaints from minnows like Lithuania and Poland. The Nord Stream 2 Pipeline will transport natural gas from Russia into the European Union to enhance security of supply, support climate goals and strengthen the internal energy market.

Robert Gates, former director of the CIA and U.S. Secretary of Defense, admitted in a recent interview with the [Washington Post](#) that sanctions against Russia do not any good for the U.S. In [The National Interest](#), Robert Kaplan describes Russia as a “problem from hell” because it cannot be subdued. Kaplan offered reasons why it is necessary for Russia to “move away from its one-sided alliance with China” and find balance with the U.S.

**Washington's misguided policy of aggression to maintain a unipolar world order worked in the favour of China and Russia, especially in accelerating their cooperation.** The West can no longer suppress China's economic power or Russia's military power. Military strategists in the West are aware that the Russo-Sino cooperation cannot be compensated by anything.

In the end, Washington will have to resort to a strategy resembling Kissinger's suggestion of finding equilibrium, whilst also accepting the multipolar reality that has been established.

Note: **Global defence spending** reached US\$1.83 trillion in **2020**, whereas **global humanitarian assistance** was US\$30 billion! Difference is 60 fold!

# NEW FEELINGS WAY

**We are enslaved in our mind.**



We seek, what we think, is the best education for our children. Many send their girls and boys to the so-called best and expensive schools that subsequently further enslave the child deeper into its mind.

The world's journey of growth through its education systems has peaked. The result is a global population functioning in zombie mode, in a stupor, glued to an electronic device, all trying to be the same with no individuality, originality or self-expression.

This destiny was imposed upon us by controllers who had us go in a direction of limited development and to remain their pawns forever!

Girls and women have been singled out as they, being closer to their feelings, can see the folly of this

entrapment of limitation and perpetual stagnation.

We are to live feelings first and have our minds follow implementing what our feelings are leading us to embrace. Our feelings are our true selves, they are an expression of the personality that we are, as bestowed upon us by our Heavenly Mother and Father.

A feelings orientated education opens our potential infinitely. It is only through us living through our feelings that all the social ills that are evident throughout every community in every nation can and will be mitigated and put aside. It is only through expressing our feelings, both good and bad, and longing for the truth of them that we will heal ourselves of our childhood suppression and repression. Then we will see an evolutionary advancement of Earth's humanity that is presently incomprehensible.

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

**FREEDOM OF  
FEELINGS**

**FEELING  
HEALING**

Similar to INFLATING ONE'S SENSE of IMPORTANCE, DOPAMINE seduces us into OTHER DISTRACTIONS, also taking us further away from our FEELINGS:



**THIS IS HUMANITY** *stupidified!*



**Getting the Hell out of here!!**

# Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1<sup>st</sup> spirit mind Mansion World where we typically suppress our poor state and remain in the mind Mansion Worlds indefinitely. Some have a period in the ‘hells’ compensating for the pain they have caused others. Many continue their ‘mind worshipping’. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

## GATEWAY

Transitioning into the Celestial Heavens is also out of:

OUT

**ISOLATION**



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

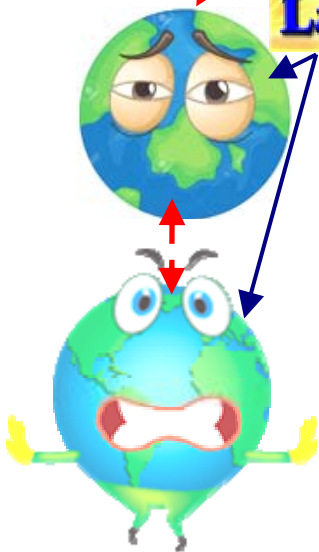
Kevin 18 February 2019

### Law of Forgiveness



I'D TURN BACK IF I WERE YOU!

### Law of Compensation



If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation; and as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin, 1<sup>st</sup> Celestial Heaven, 18 February 2019

The minor ‘hells’ are the lower levels of the 1<sup>st</sup> mind Mansion World whereas the more severe are the Planes of Isolation being the 2<sup>nd</sup> Earth plane with the severest being the 1<sup>st</sup> Earth plane. Pain caused to another is the pain that will be endured before returning to the 1<sup>st</sup> mind Mansion World, all then to consider your Feeling Healing.





## Dopamine Addiction: How Addicts Are at the Whim of Pleasure Chemicals

<https://thedawnrehab.com/addiction/dopamine-addiction/>

In pop-culture, dopamine is the media-hyped brain chemical responsible for your addiction to gambling, cake, sex, texting, internet, drugs, love and rock and roll. It seems straightforward: do something pleasurable, get that hit of feel-good dopamine. When it fades, do it again, then again. No wonder the phrase dopamine addiction exists.

In reality, the role of dopamine addiction in drug or alcohol abuse is more complicated. Let's explore what dopamine addiction is, how it affects the brain, and, crucially, what you can do about it.

### DOPAMINE ISN'T A PLEASURE CHEMICAL

Naturally-occurring opioid peptides in the brain, like endorphins, are responsible for feelings of pleasure and elation. Not dopamine. Dopamine is a neurotransmitter – a chemical signal that ferries information from one neuron to another. It sounds simple, but each of us has countless dopamine-firing and dopamine-receiving neurons that form a vast, complex network.

This vast network of dopamine influences many different bodily functions. Lactation, movement, hormone regulation, and even how much attention you pay during your third team meeting today. The specific effects of dopamine depend on how much is released, where in the brain it comes from, where it's going, what type of cell the receiving neuron is, what the binding receptors are, and what job each neuron involved is doing.



## DOPAMINE IN THE MESOLIMBIC PATHWAY

When most people talk about dopamine addiction and pleasure, they're referring to dopamine in the mesolimbic pathway. The mesolimbic pathway is a brain tract that connects the nucleus accumbens to the frontal lobes. Dopamine release increases in this area when we are just about to engage in something pleasurable like sex, listening to our favourite song, watching our sports team win, or take drugs.

Dopamine is like an alarm inside the mesolimbic pathway, sounding just before you do something pleasurable. It says, 'This is going to feel good.' Remember it so you can do it again soon. It's an incredibly useful survival mechanism because it reinforces behaviours essential to survival. Sex feels good so we make babies. Fatty, sugary foods taste good because early humans had a better chance at surviving winters if they ate more of it. Sadly, behaviours that reward us neurochemically are sometimes more harm than good in modern society.

Let's dive a little deeper.

## THE MORE UNEXPECTED THE PLEASURE, THE MORE INTOXICATING THE HIGH



WE HAVE AGE  
RESTRICTIONS ON SMOKING  
GAMBLING & ALCOHOL  
BUT NO RESTRICTIONS  
ON SOCIAL MEDIA  
& CELL PHONES

To understand the role of dopamine addiction in drug use, let's look at how it works when we eat chocolate cake.

You decide to visit a new cafe you've heard so much about. You sit and order chocolate cake. It arrives looking even better than you thought it would. That jolt of joy you felt? That's the dopamine response firing to a better-than-expected pleasure.

The first bite is everything you hoped it would be and more. How do they make a cake so chocolatey!? You get another hit of dopamine from another positive prediction error the taste is better than you thought it would be. You eat the whole thing and leave feeling intensely satisfied.

Several days later, you're thinking about that cake again. You're craving those zaps of pleasure. You go back, and the experience is amazing almost as good as the first time you went. You decide to go every Saturday for chocolate cake.

A few weeks pass, and you notice you're getting less and less pleasure from the chocolate cake. It hasn't changed. You just don't enjoy it so much. Next week, you order carrot cake.

You guessed it. When something is unexpectedly better than we thought it would be, more dopamine is released. When something is disappointing or as we expected it would be, less dopamine is released. Science calls it prediction error the difference between what you expect, and what you get.



## OUR BRAINS NEVER STOP INTERPRETING ADDICTIVE DRUGS AS UNEXPECTEDLY PLEASURABLE

The better-than-expected prediction error doesn't diminish over time when we take drugs. We get an intense dopamine high no matter how frequently we use. Worse, the properties of addictive drugs ensure that even 100% awful experiences are still remembered as highly pleasurable. They artificially increase dopamine levels, forcing your brain to predict that your experience will be amazing next time.

This artificial drug-induced dopamine high is what compels you to use again and again.

Dopamine addiction *isn't* addiction to the pleasure drugs give. It's the *anticipation* of the pleasure drugs give. This distinction will come as no surprise to long-term addicts who feel compelled to seek out their next hit, despite reporting dwindling joy from the drug itself.

## DOPAMINE LINKED WITH CO-OCCURRING DISORDERS



A huge amount of research suggests that a genetic inability to absorb dopamine might predispose certain individuals with psychological problems to drug abuse. Results indicate that drug addiction has a clear biological basis, and should be treated no less seriously than any other mental illness.

Many people who suffer from addiction are reported to have experienced underlying mental health issues like depression and anxiety as well. The National Bureau of Economic Research reports that people who have ever experienced mental illness consume about 69% of all alcohol, 84% of all cocaine, and 68% of all cigarettes. Dual diagnosis identifying and treating two or more medical disorders simultaneously is crucial for treating psychological disorders alongside drug or alcohol addiction.

WE DERIVE OUR  
SENSE OF SELF  
FROM SOMETHING  
THAT IS NOT US

**ZELMAR explaining the EGO and its relationship to DIVINE LOVE:** Thursday, 19 October 2017

And so you attain adulthood with your false mind as it were, being kept in place by the full strength of your will, your will being said to have been 'broken' or turned against you, which in that sense is true.

It is then your whole mind's structure that is false, untrue, wrong, evil and rebellious, all being kept in place by default, as that's how it happened to you through your childhood, with your mind being composed of all your erroneous beliefs and subsequent supporting negative or unloving behaviour. This being what is often termed your ego, suggesting that some part of your mind is errant and untrue, and causing problems and limitations for you in your spiritual development and progress as a person (a personality being expressed in Creation), **however it's your whole mind that is wrong**, all of you so far as what you can relate to, including your physical and spirit bodies and all their interconnecting experiential systems. For really all of that is of your mind, all what the Divine Minister is providing for you. And it includes your feelings and their associated emotions, they being yet another part of your mind. And anything else, like all psychic functions, with nearly all that is what you're aware of consciously and unconsciously, being attributes of your mind.

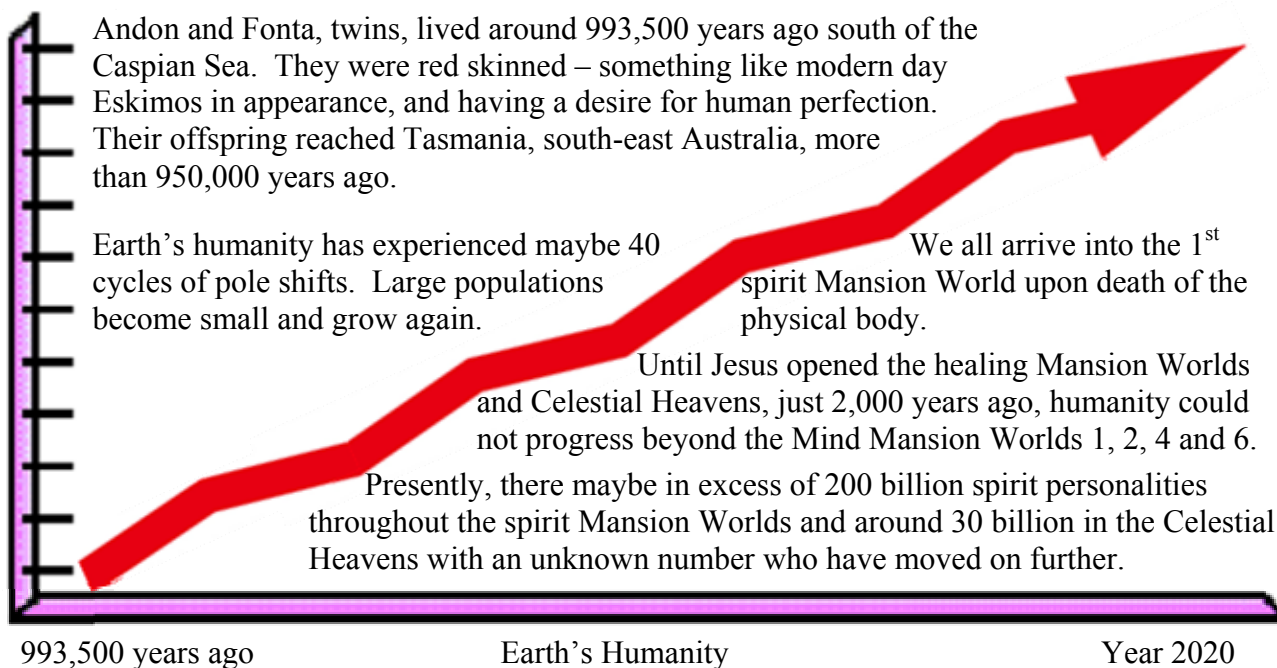
And what is not your mind, is any truth. And the Truth becomes the real you, an expression of who you really are, it becomes your foundation upon which you express your mind. However starting off in a world that is truth-denying, your mind has been corrupted to go against any natural truth revelation that would have come to you once your Indwelling Spirit arrived in your mind. So you live with your wayward and rebellious mind in control of you, in control of many of your feelings, and denying you the chance to grow spiritually from truth that would naturally come about from those feelings were you truly loving. And your will maintains it all.

Then you get to a point in your life when you want to stop being false, wrong, evil, untrue – unloving. You realise you are not right, and something needs to be done about it. Yet what to do? And now you understand about doing your Feeling Healing or your Soul Healing with the Divine Love.

Zelmar, a Melchizedek spirit personality from within Nebadon, our local universe.

**GREAT**  

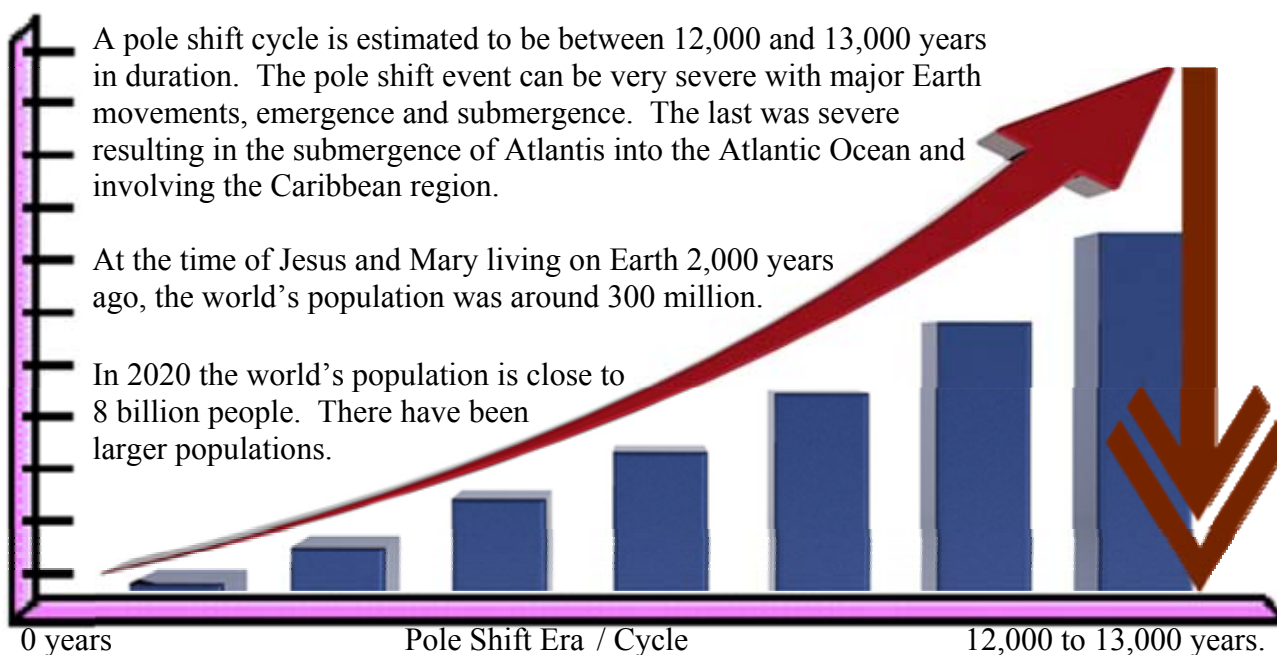
**-Turn**



## May I Have Your Attention Please



**Around 12,500 years between Pole Shifts**    **TIME FOR CHANGE**    **With each Pole Shift humanity had gone deeper into its evilness.**



# The problem with humanity is that:



We accepted our parents as being 'gods'!  
Then we accepted our teachers as supreme educators  
Then university professors implied all knowing  
3,400+ Religions ALL hold the only truth!  
Now only our employers are to be obeyed!  
Over all of these are numerous government layers!

All direct us to worship our minds  
All suppress and ignore our feelings  
None allow our true personality to be expressed  
We are all in some form of depression and stupor!

We are to aspire to and live Feelings First  
and long for the Truth that our Feelings show us!  
And long for the Love of our Heavenly Parents!



**our MIND is a CONTROL ADDICT!**  
**our MIND is addicted to UNTRUTH!**  
**our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY**  
**and orchestrates our physical BRAIN.**

**ASSUMPTIONS are the product of our MIND!**

**HEALING** ends  
**MIND-CONTROL!**

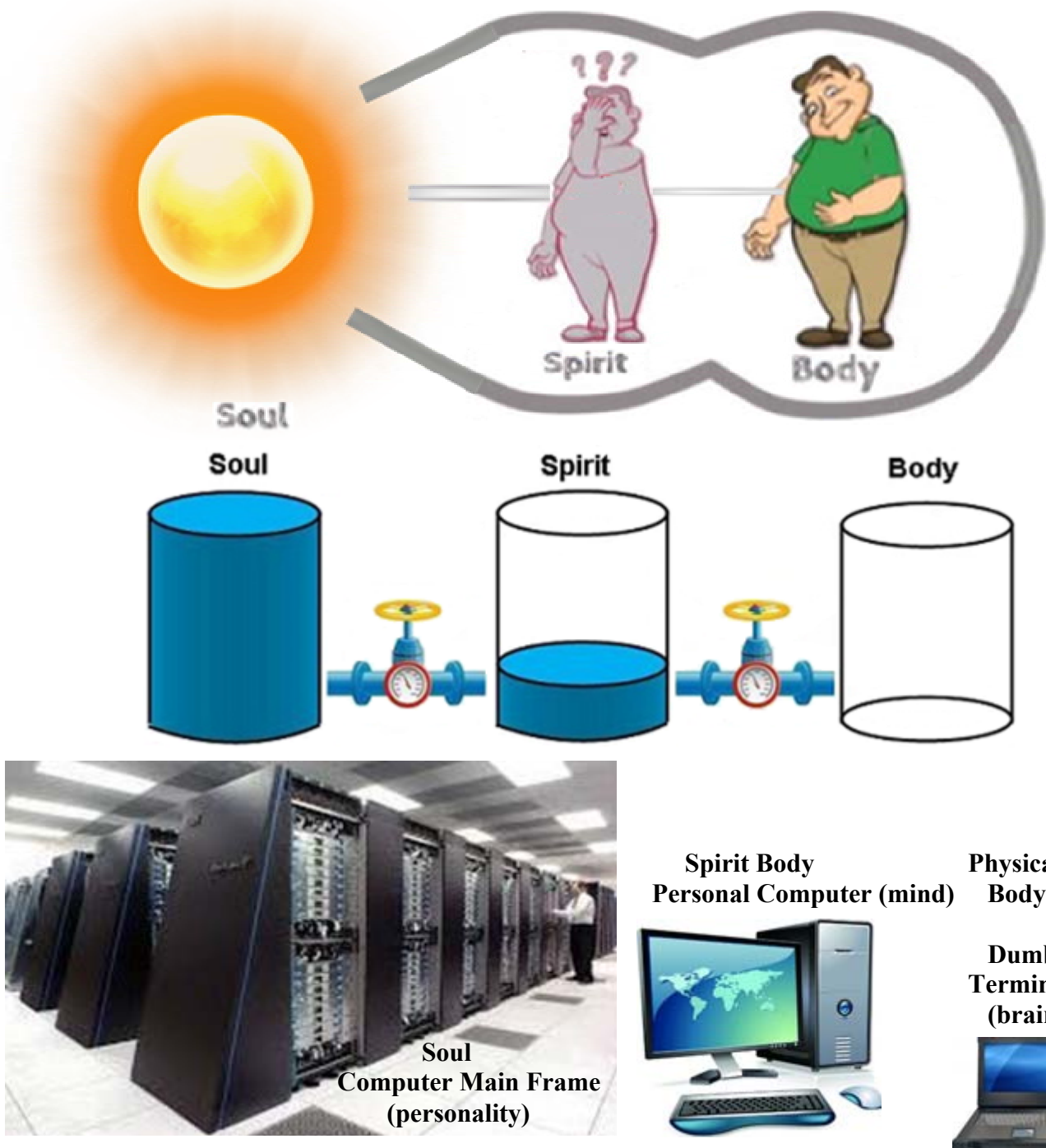


**our SOUL is our TRUTH!**  
**our FEELINGS are our TRUTH!**  
**FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.**  
**our MIND suppresses FEELINGS.**

**OUR MIND constricts OUR FEELINGS!**

Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.



# CONTROL of HUMANITY CHANGEOVER

1. Mind Mansion World spirits, of worlds 1, 2, 4 and 6, complicit to the guile of rebellious high level Lanonandeks, Calligastia and Dalligastia, being spirit world imprisoned during the early 1990s, continued to guide and support the Rebellion and Default imposed upon Earth's humanity by Lucifer and Satan commencing 200,000 years ago. **THE EVIL ONES**

Early 1990s: The arrest of the Caligastia and Daligastia soul partner pairs.

22 March 2017: Negative mind-spirit influence now blocked by Celestial Spirits.

22 May 2017: Law of Compensation quickening.

2 December 2017: Psychic Barriers maintaining the Rebellion and Default were cracked.

8 December 2017: Bring on the money to **'house the future of humanity'**.

31 January 2018: Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default



Oversight and control of Earth's humanity is now within the hands of Celestials from the first three Celestial Heavens with some 30 billion Celestials engaged, assisted by 3 Melchizedeks soul-groups and countless angels. Transfer to "Council of Elders" personalities is from mind orientation to feelings first – soul based truth – with the changeover becoming openly known when the Avonal pair commence their public work.

2. Earth based hidden controllers being dominated by family groupings mainly out of Europe, with some in various parts of the world such as USA and Asia. Their "chairmen" control the world's finances and passively enslave humanity without being known. Their funds are to be removed from their control and their power collapsed.

**hidden  
CONTROLLERS**

3. The "chairmen" are from the long-term families, generationally passing down power over humanity. These family groups may number less than twenty with their worldwide dominance.

4. The medium-term families numbering around thirty are generally unaware of the long-term families. These are personalities who come to fruition during their life and generally, but unknowingly, fit into the overarching evil agendas of the hidden controllers.

5. Short-term members are those who are typically invited into the Bilderberg Meetings and unknowingly are subordinate to the medium termers who are subordinate to the hidden controllers.

6. Secret societies that dominate commerce and sciences provide the feedstock of subterfuge.

7. Deep State are people that subterfuge governments and influential people who would otherwise work against the hidden controllers.

8. Regional, state and national governments are short-term well intentioned representatives of the people, whilst being unknowingly controlled.

**SUBSERVIENT  
CONTROLLERS**

9. All Earth based institutionalised systems as well as religions are the product of the Rebellion and Default of 200,000 years ago that continue to do the work of the Evil Ones, the rebellious Lanonandeks, through the guile of the hidden controllers.

10. The few hidden controller families control the world's finances through financial systems that enslave all of humanity with debt systems extending to education loans, credit cards, etc.

11. Health systems do not address the cause of all illness, being childhood suppression and repression.

12. Religionists perpetrate the indoctrination of living through the mind, suppressing feelings.

13. Education is a dictatorship; chancellor, professor, doctorate lecturer, teacher, student – no latitude to allow one's soul-based feelings to be expressed – all controlled by the subservient chancellor.

14. And the most subservient of controllers are parents who perpetrate the Rebellion and Default through suppressing the child's true personality, bestowed by our Heavenly Parents, and having the child submit to their carers impositions by the child repressing its feelings and living through the mind.

**Culture of the mind must  
be subservient to the heart.**  
Mahatma Gandhi

# ***We are to Find the Truth of our Childhood.***

James Moncrief – Sunday 8 September 2019

## **We are to Find the Truth of our Childhood.**

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.



We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

# How is it for you if you are Truly Honest with Yourself?



- ♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

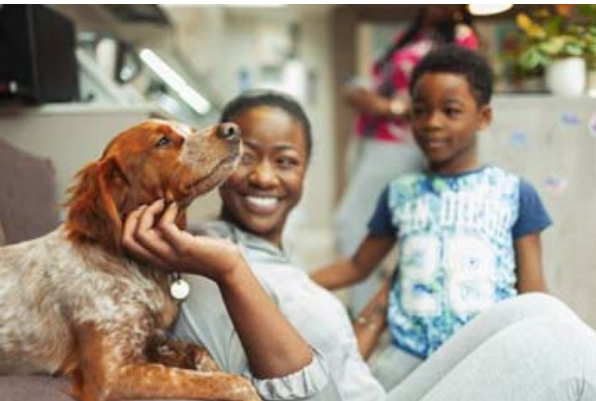
- ♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



- ♥ You love your child more than you love your pet?



- ♥ You love your pet as much as your child, treating it as if it is another child?



- ♥ You love your pet more than your child?



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

## WOMEN are the TRUE SPIRITUAL LEADERS of HUMANITY!

Our soul manifests a male and female personality – it is a duplex! One soul – two personalities! Our soul is the centre of our two personalities. We are children of our Heavenly Parents, our Mother and Father.



We are meant to live through the guidance of our soul based feelings – not live by our mind. Our mind cannot discern Truth. Our mind is addicted to Untruth. Our mind is a Control Addict.

High level spirits seduced humanity to live through their minds, thus bringing about the Rebellion – 200,000 years ago! Then the Adamites Defaulted on their mission – more than 38,000 years ago.

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

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.

As we are rebelling against our soul partner, the other personality originating from our common soul, we are being toxic to him or her. We carry this pattern into our relationships with others of the opposite sex. Many commit heinous crimes against their soulmates / soul partner only to discover this upon completing their Healing.

**REBELLION**

When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.

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

And it is the women that will lead the way in Healing, not only of themselves but also for men.

***"The True Liberation of Women is Through the Truth of Their Feelings."***

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

# LIVE FEELINGS FIRST

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

## It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you don't, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

**Living FEELINGS FIRST**  
**FEELINGS FIRST For Kids**

**Women Repression**

James

Monday, 9 December 2019

Note for Pascas Care Letters One Soul Two Personalities:

Why women have been so repressed?

It was the rebellious Higher Spirits that urged and supported the suppression of women and the male dominance through religions and tribal spirituality so as to keep women away from their true feelings, denying them the truth from such feelings which would never tolerate nor have allowed the men to override them. If you denote the mind as 'male' and feelings as 'female' then to coerce humanity to worship and live from its mind, whilst at the same time using the mind to suppress and banish one's true feelings, then you can see men's domination of women. Men (if we liken them to the mind) are scared of women (likening them to feelings), so men use their minds to block out their feelings and won't tolerate women living too close to their feelings.

So what more perfect way than to maintain such male domination than to create mind-made religions that will ensure women and feelings are never heard, can never have their say enough to uncover the truth of such meaningless and misguided untrue systems of belief. If women in such religions were encouraged to follow their feelings and look for the truth they will give rise to, they will soon demolish such institutions or simply leave them, leaving the mind-controlling men to it. So you can't put a woman in control, and especially one who is more feelings led, because as one's feelings are generally 'all over the place' and 'irrational', she'll ruin it all; which means, she'll stop the men having their little power games with each other. And unless a women learns to 'become a man', being able to compete with men at their own mind-games, suppressing her feelings even more and becoming an even better proponent of mind control, as she can often over her family, she will never stand a chance of gaining equality. However this mind-equality is still buying into the tenets of the Rebellion and Default and is not true women's liberation and equality, that only coming when women give up their mind and devote themselves to accepting, expressing and seeking the truth from ALL their feelings (especially their bad ones). That being the only way humanity will end its rebellion.



# We do everything possible to avoid our Feelings!

We embrace the controlling natures of our mind to fill our day with activities that avoid our inherent truth to arise through our feelings and then having to express them and seek the truth behind them. We submit to imprisonment within our minds and willingly allow our life to roll on in a retarded and aimless manner that we can continue in earnest even when we transition into the spirit mind Mansion Worlds. Everything we may do is to avoid meaningful communication with another person and to distract ourselves from allowing our feelings to bring forth the vibrant and incredible true personality that we are that has been suppressed throughout our early forming years, from conception through to six years of age. Eventually our soul will say enough is enough and we will be confronted with a crash to open ourselves to our feelings and heal our Rebellion.



## **ASSUMPTIONS** *and the* **MIND**

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.

These platforms need to be revisited and addressed. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

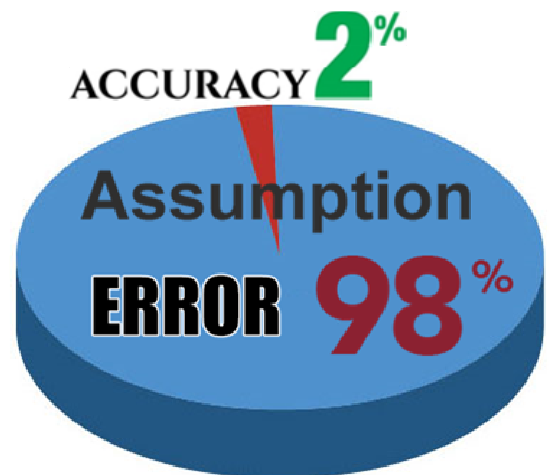
Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.

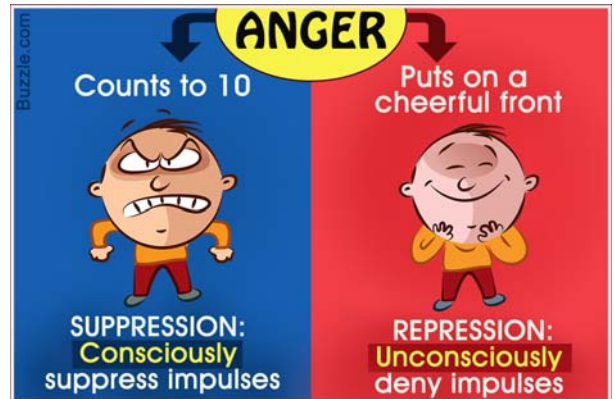


## Suppression and its Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

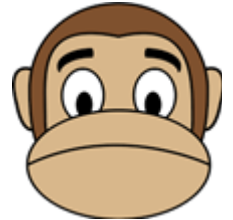
And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving,



negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



**And to spiritually help us, we are to understand:**

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our

mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

**Long for the truth of your feelings.**

**Long for the Divine Love.**

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

James Moncrief 18 March 2018

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



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

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



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

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

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



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

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



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

**LUCIFER REBELLION HAS ENDED, and now REVELATIONS for HEALING are HERE:**



**Lucifer soulmate / partner pair**



**Satan soulmate pair**



**Caligastia soulmate pair**



**Daligastia soulmate pair**

**Lucifer** soulmate pair were magnificent beings, a brilliant personality as one. They were designated as one of the one hundred most able and brilliant personalities in more than seven hundred thousand of their kind. From such a magnificent beginning, through evil and error, they embraced sin. They believed that their minds were all powerful and that everyone should be independent and reject the illusionary God and those who lead the path to God, namely Michael of Nebadon (Jesus and Mary).

Very little was heard of Lucifer on Urantia (Earth) owing to the fact that he assigned his first lieutenant, **Satan** (also a soulmate pair), to advocate his cause on our planet. The “devil” is none other than Caligastia (again, another soulmate pair). At the time Michael (Jesus and Mary) was on Urantia in the flesh, Lucifer, Satan, and Caligastia were leagued together to effect the miscarriage of his bestowal mission. But they spectacularly failed.

About five hundred thousand years ago and concurrent with the appearance of the six coloured or Sangik races, Caligastia, the Planetary Prince, arrived on Urantia. There were almost one-half billion primitive human beings on Earth at the time of the Prince’s arrival, and they were well scattered over Europe, Asia, and Africa. The Prince’s headquarters, established in Mesopotamia, was at about the centre of world population.

**Caligastia** had been attached to the council of the Life Carrier advisers on Jerusem. Lucifer elevated Caligastia to a position on his personal staff, and he acceptably filled five successive assignments of honor and trust. The Planetary Prince of Urantia (Earth), Caligastia, was not sent out on his mission alone but was accompanied by the usual corps of assistants and administrative helpers.

At the head of this group was **Daligastia** (soulmate pair), the associate-assistant of the Planetary Prince. Daligastia was also a secondary Lanonandek Son. He ranked as an assistant

**Lucifer, with deputy Satan, and lieutenants Caligastia and Daligastia have ingrained into the human psyche to be mind dominated with its errors passing down through all parents, being self reliant and rejecting one’s own soul based feelings that are to lead us to our Heavenly Parents with the truths being provided by Mary and Jesus of Nebadon. Lucifer and Satan were removed two thousand years ago, Caligastia and Daligastia have very recently been removed. Their crimes against humanity make Adolf Hitler appear to be a saint!**



# DEVOLUTION

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

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

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

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

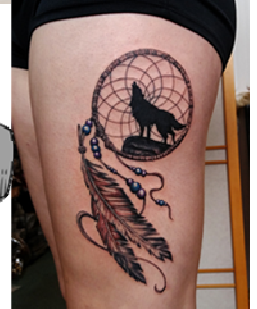
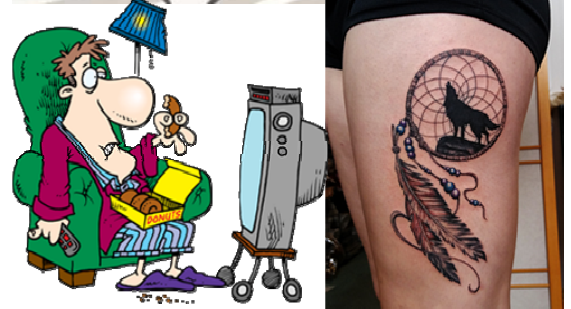
**Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.**

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

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

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

**No more of this! We can escape this mind-made hell!**



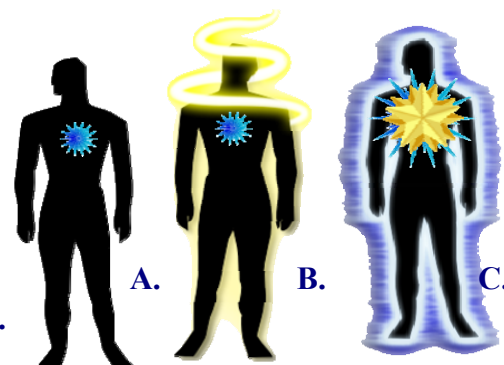
# EVOLUTION

Consider longing for and receiving Divine Love:

A. Soul prior to receiving Divine Love.

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

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



## FEELING HEALING + SOUL HEALING

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

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

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



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

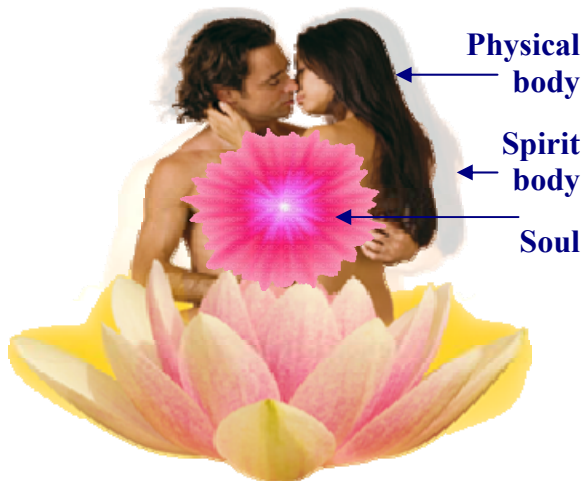


But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

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



# First Parents being First Ensouled Humans



Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some **one million years ago**. Andon and Fonta were the most remarkable pair of human beings that have ever lived on the face of the Earth. This wonderful pair, the actual parents of all mankind, were in every way superior to many of their immediate descendants, and they were radically different from all of their ancestors, both immediate and remote.



The Lucifer soulmate pair believe that the mind is superior to all things. Thus they convinced the inhabitants of 37 inhabited planets within the universe of Nebadon, including Earth, to become self reliant and abandon God and Their administrative leadership. The Lucifers brought about the Rebellion on Earth two hundred thousand years ago. So for 200,000 years of spiritual darkness, humanity has suffered the consequences of one's error ridden mind.

# REBELLION



Adam and Eve, the Adamite soulmate pair, came about **thirty eight thousand years ago** to upstep the gene structure of humanity and advance their spirituality.

# DEFAULT

Both Eve and Adam mated with local humans and accordingly defaulted on the plan. They were to breed a superior stock that would then interbreed.

Mary of Magdalene and Jesus of Nazareth, soulmates, **two thousand years ago**, both retained perfection, and during their sojourn on Earth were enthroned as sovereign rulers of Nebadon. **The bestowal of Michael (Jesus and Mary) terminated the Lucifer rebellion.**



The Second Coming, **now in progress**, reveals the availability of Divine Love and the need for each person to engage in the process of Feeling Healing. With the Divine Love then this process is one's Soul Healing.

# BESTOWAL



# REVELATIONS

× 2





**JAMES** PADGETT MONCRIEF  **1 Commenced 1914**  
**2 Completed 2014**



**1** Divine Love addresses the issues of the Rebellion.

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is the Mother and Father's way of loving us into love and then we live what we are, love.



**2** Feeling Healing addresses the issues of the Default.

The way to clear one's soul of childhood errors and injuries is revelation 2:

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.



**EDUCATING about FEELING HEALING:**

Sunday, 27 October 2019

James: When considering schools and other people that are being talked to and presented for them with the Truth, here are some of the main elements that might be useful should one be exposed to or wanting to live Feelings First.

Perhaps a program could be designed to introduce children to it and take them progressively deeper into understanding themselves as they grow up, with a condensed version for adults who want to do workshops, or a Feeling Healing study course for Chaldi College.

**Feeling Awareness.**

There are two extremes which Marion and I are coming from; and everywhere else in between.

*Feeling Aware*

People who are feeling aware, in that they have always been aware of their feelings, it being part of how they grew up, or they've come to be more aware of them through self-help, therapy or just life.

Marion was completely aware of her feelings since the earliest she can remember. Mostly they were bad ones, like wanting to kill herself because she felt so bad and that no one cared about her, no one loved her, no one positively related to her, from as early back as she can remember. She was aware of feelings, feeling them intensely, and looking at other people feeling and expressing their feelings. Her problem was she wasn't allowed to express them, with her Healing being one long acceptance and understanding that she can express them now, breaking through all the barriers put in place through your childhood that stopped her showing them.

There are lots of people aware of their feelings, with varying levels of being able to express them.

*Feeling Unaware*

I came from the opposite side, being completely feeling unaware. Feelings weren't part of our family discussion. Only if I felt physically sick were I to express those feelings so the doctor would come or we'd go to him. In my early thirties I was told I was depressed, and it was a major revelation: that was what was wrong with me! I knew being scared and unhappy, but that was it. So with Marion it was learning about identifying my feelings – that feeling is misery, that feeling is humiliation and so on, to being able to accept that I had them and then to express them.

So possibly adults, and children, would be taught about their feelings, what each feeling is, why they have them, mock situations that make them feel our different feelings, discussion about them: I had this feeling at home when mummy said or did...

And education about how important feelings are, and how good, necessary, and vital to our well being, it is to express them, and not suppress, reject, deny or repress them, as that makes us sick and makes our mind have to take over which can cause us problems.

And to include the ramifications of expressing feelings or words that might hurt other people, and why they will, and how to be sensitive and respectful in relating to oneself and others on the feeling level.

And then the differences between the mind approach and feeling approach to life.

### **Information about our Feeling Denial.**

To introduce why humanity moved to become more feeling denying – bringing in the control from the Higher Spirits, information about the Rebellion and Default.

Information about the bigger picture and how we are all living the Rebellion by Default. How that applies in our daily dysfunctional and disconnected lives, all because we're not living true to our feelings.

More about how we get sick because of our feeling denial.

How we can end our Rebellion by Default is by doing our Feeling Healing.

### **Feeling Healing, which is living Feelings First.**

Introducing how we're to live truly: living true to our feelings; and if we can, we'll naturally live life as God wants us to.

The importance of living with our feelings to uncover the truth of ourselves.

The importance of longing for the truth, how it happens, what it's like when it comes, how to use our feelings to do it.

How the truth comes and we live it, rather than living a set of imposed beliefs with our mind.

What Feeling Healing involves, how it will affect you, other people, your family relationships – what to expect. How difficult it will be to do it, how much help you might need, or that you can do it by yourself.

More about the benefits of doing it, such as not passing your yuk onto your children.

yuk

Becoming Celestial on Earth. Or starting it and finishing in spirit.

### **The Actual doing of it.**

Personal Healing experience.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

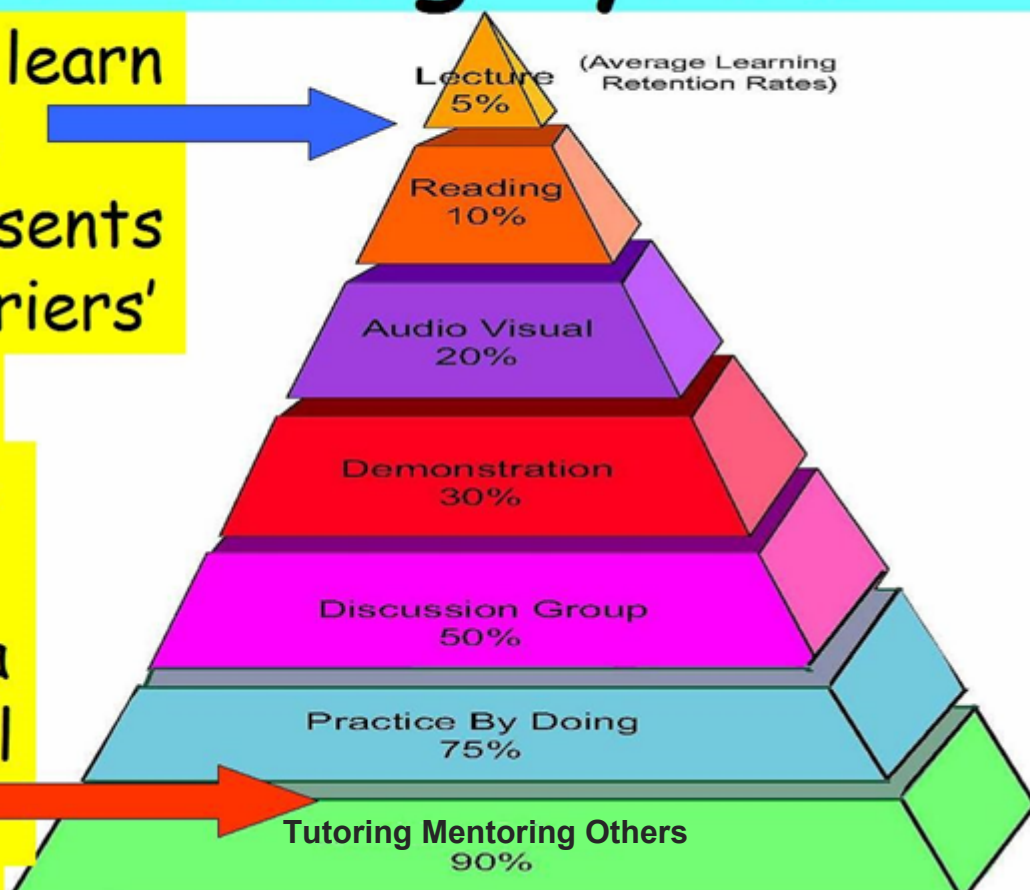
# Natural Self Expression:

As a consequence of our childhood upbringing, from the moment of our conception through to the age of six years, our natural self expression has been suppressed. This is what we are to heal and bring to the fore is our natural self expression. Those who complete their healing while living in the physical here on Earth will be the natural leaders of Earth's humanity. This is now possible due to the leadership of a few who have progressed through the healing pathway.

## The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

Children Tutoring Each Other! Natural Self Expression in action!



## **HISTORY UNFOLDING:**

Man was ‘seeded’ on Earth maybe some one million years ago in its primitive nature form. They were named Andon and Fonta (also known as Aman and Amon). It was the arrival of Adam and Eve some thirty eight thousand years ago that there was to be an endeavour to significantly evolve the human race on Earth, both spiritually and genetically. In this endeavour, Adam and Eve defaulted, both succumbing to the ways of the rebellion that had been embraced by humanity in its naïve nature some two hundred thousand years ago.

The Rebellion was instigated 200 thousand years ago. The Rebellion is that of one succumbing to one’s mind and being self reliant, rather than embracing our Heavenly Parent’s Will, being bestowed and to be found within our soul based truth and will, being our personality. From the outbreak of the rebellion to the day of enthronement of Jesus and Mary as sovereign rulers of Nebadon, Jesus and Mary never interfered with the rebel forces of Lucifer and his soul partner, or their deputies, Satan and his soul partner.

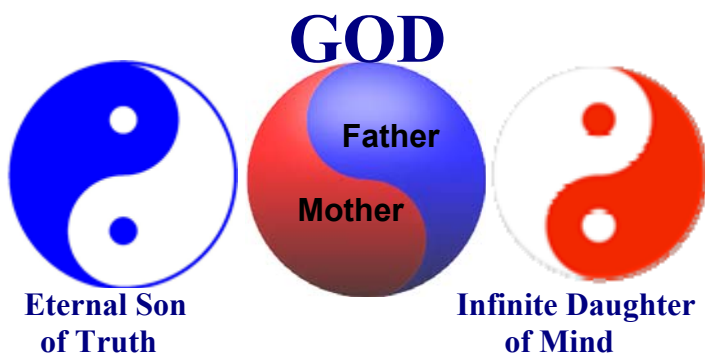
It was the bestowal of Mary and Jesus, their coming to Earth, two thousand years ago, that brought about the authority and power for the removal of Lucifer. It was their coming into physical life and living on Earth, and remaining in a perfect state, that brought about the escalation of their authority and the termination of the leadership of the Rebellion at that time. During the two thousand years leading to this current time, the remnants of the Rebellion and Default have been progressively removed. The Caligastias and Daligastias, with their soul partners who remained embellishing the role of ‘gods’ in the natural love mind Mansion Worlds. Caligastia soul partners had continued with the appointment as Planetary Prince of Earth, have now been recently disposed from their ‘thrones’ (possibly around the early 1990’s).

Only now can humanity be guided to the pathway of stepping away from the pain and misery of being self reliant – mind dominated, and begin embracing the will of our Heavenly Parents, Mother and Father, God – and strive to be soul feeling orientated. Only now can the feminine aspect come to full bloom and be revealed. Only now can the process of removing of the erroneous teachings that generation after generation hand down to their children be explained and be rebuffed. All of which could not be revealed under the Universal Contract governing the Rebellion and Default.

As Mary and Jesus, the Creator Daughter and Son of Nebadon, were perfect throughout their physical lives, they do not have the personal experiences to adequately share with us how to heal ourselves of our evilness / errors, that of denying Mother and Father – God and themselves, Mary and Jesus. And now there is possibly another bestowal pair on Earth. This pair being of the Avonal group. If they are here, then they will have embraced all the errors and evilness that humanity is in, and then work through the Feeling Healing process and also embrace Soul Healing. Upon their physical deaths, they then release their Spirits of Truth so that all of humanity who wish to undertake their Feeling Healing and Soul Healing, should they long for their support, will be able to access these Spirits of Truth for assistance.

Paradise Magisterial Sons and Daughters constitute the order of Avonals in contradistinction to the order of Michael, the Creator Sons and Daughters. Though not creators in the personal sense, they are closely associated with the Michaels in all their work. The Avonals are planetary ministers and judges, the magistrates of the time-space realms — of all races, to all worlds, and in all universes.

Humanity will continue to connect with the Spirits of Truth of Mary and Jesus, even though Mary and Jesus will now step back from assisting humanity and enable the Avonal pair to assist and guide humanity in this coming age. This change over is the end time of Mary and Jesus’ era.



**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.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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 soul partner) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves, enabling the union with our soul partner, 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.

## CREATION being an EXPRESSION OF MIND – Nature Spirit Verna:

I, Verna, am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elementals, elves, fairies and the like, but really we're nature spirits. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we are permanent residents.

We, nature spirits have a hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you, humanity, well, we can if we want, move up to becoming an angel, we can evolve into one.



About soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen is all in accordance with the soul's pattern. As far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you.

We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind, so we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given, and when they are fulfilled, or completed, we move onto the next assignment, that is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it is for the angels.

So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. By the *light* of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.

Creation is all created by, and so is a manifestation of, the Mind of God. It consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, then all you are, all the environment is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you are slowly to learn to do. You are not to try and fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul – or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over using your mind; to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul resulting in the desired truth you are to see, know, and hence live.

YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

What you as a person, YOU, are doing to nature is wrong. How you are negatively affecting it, and how that is all because you are doing it all to yourself. EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner has been created through your early childhood.

I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth (humanity) who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe. But mostly you just allow your soul to manifest your spirit form as it's currently manifesting your physical form, whereas we angels being all light, have a choice – and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different from you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are. But we angels – I'll call myself an angel for the time being, just for the sake of argument – don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling mind, we are just mind, and all that is mind.



All things and creatures of Creation have a 'light' to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn't matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree's spirit. However were you to talk to the tree's spirit and have it talk back to you, that's then where we come in. You can't actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Mind spirits aren't going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don't care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it, so they won't say, oh sorry, I'm a mind spirit, for nature spirits you'll have to change frequencies, they're that channel over there.

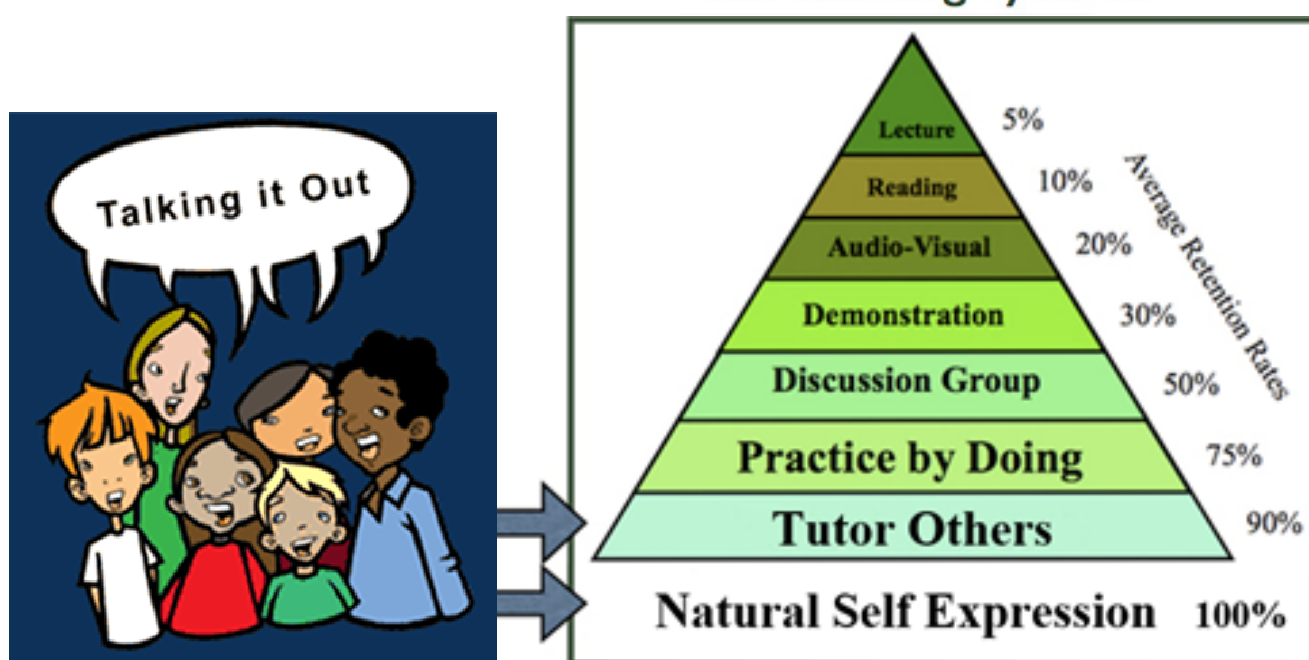
Extracts from 'With Verna – a Nature Spirit' by James Moncrief

# The Couch

## Psychology and Feeling Healing

### Who hurt me when I was a child?

The Learning Pyramid



## BLUEPRINT

# We are our Childhood





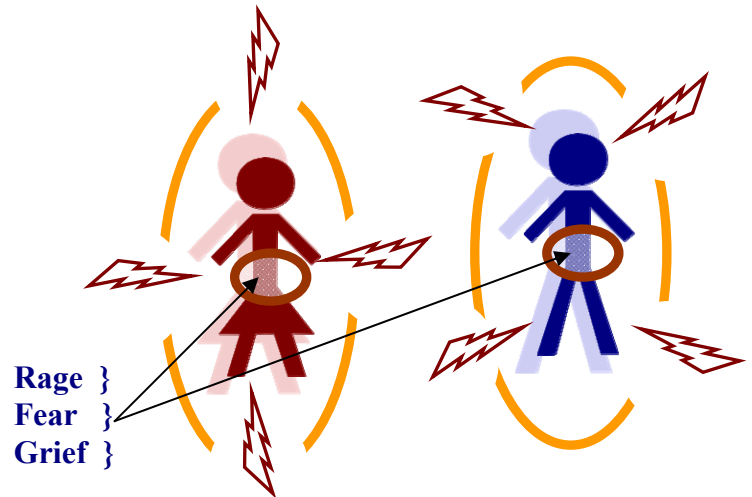
**WE ARE KILLING OURSELVES!** Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

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

‘It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

‘Humanity has practically tried everything else and look where it’s got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they’re not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



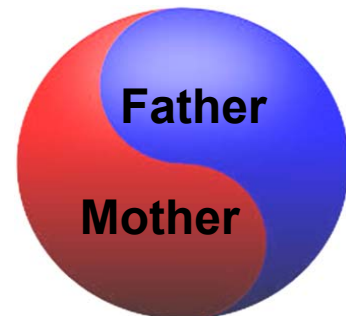
‘We all have felt that angry during our childhood. We can’t feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

‘That’s what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

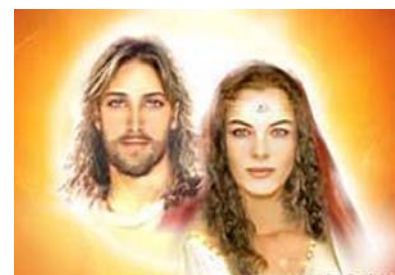
‘It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it’s conditioning our lives. And it won’t go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn’t mean we are Happy Larry deeper down inside. And one day if we don’t acknowledge that anger it’s going to show, it’ll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that’s causing it all would. So what do you want to do? It’s always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.’

# MUM & DAD THIS WAY

## GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



**I'D TURN BACK IF I WERE YOU!**



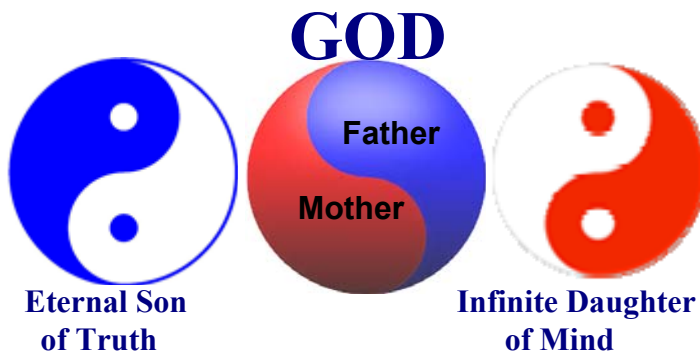
AVONAL PAIR

GOD

MARY & JESUS

Throughout 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. The extent to which 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.

Paradise – Havona – Home



**SPIRITS** from **PARADISE**

Nebadon – Salvington



**MELCHIZEDEK**  
**BRILLIANT**  
Evening Stars

**ARCHANGELS**

Celestial Heavens

**celestial** **ANGELS SPIRITS**

Mansion Worlds

**MORTAL** **ANGELS SPIRITS**

Physical Earth

Nature Spirits *Spirit Guides* **ANGELS**  
**HUMANITY**

Formerly ended  
31 January 2018

**REBELLION** & **DEFAULT**

Past  
200,000 years

and now for the

**GREAT**  
**U-Turn**

Coming  
1,000 years

PARADISE  
Home to our Heavenly Mother and Father



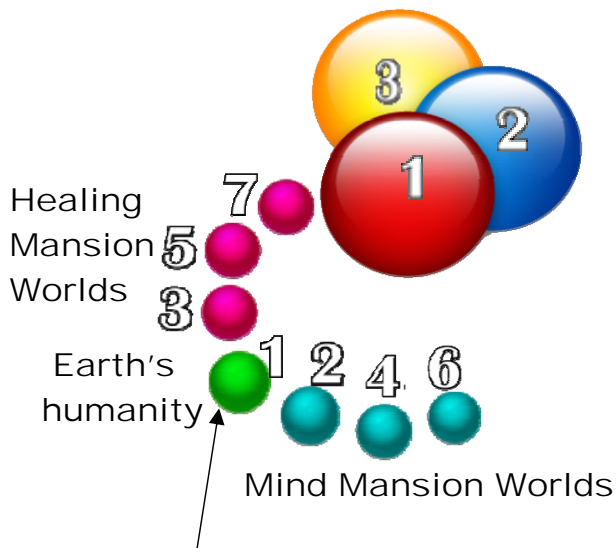
We are to progress through NEBADON,  
our Local Universe, and then onwards - -



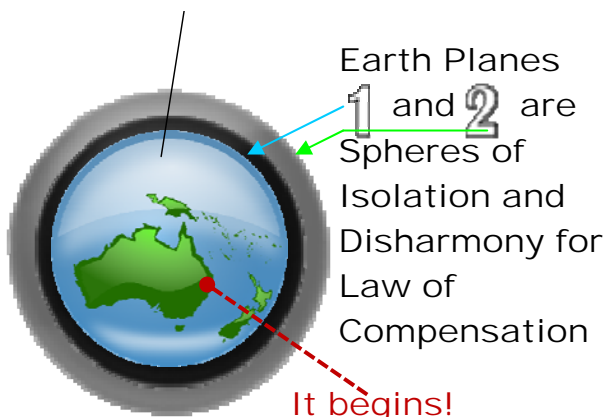
SATANIA - System  
Earth is #606 of 619 humanities.  
Celestial Heavens Spheres

**Avonal AGE**  
**GREAT V-Turn**  
**End Times**

**the Handover**  
**THE CHANGE**  
**AFTERTIMES**  
**NEW FEELINGS WAY**



Upon death of our physical body, we all transition to the 1<sup>st</sup> Mansion World



This is the time in the history of Earth's humanity when the greatest event ever experienced throughout its almost one-million-year history is taking place.

At the time of World War II, 1939-1945, Earth's humanity was around 2.4 billion. Given the major recovery issues post war, the duration could be said to be 10 years and then some.

What is unfolding for humanity now is a factor 100 times more significant, and then some. Not only is Earth becoming fully engaged, so too are the 2 Earth planes, the 7 spirit Mansion Worlds and the 3 Celestial Heavens. That is 13 worlds.

Earth's population in 2020 is approaching 8 billion; spirit Mansion Worlds 1 and 2 have approximately 200 billion; the numbers for the 2 Earth planes are unknown, however they are near capacity; the Mansion Worlds 3, 4, 5, 6 and 7 could be any number. The 3 Celestial Heavens have approximately 30 billion personalities engaged in assisting in these events and the administration of the coming Avonal Age. All worlds combined having in excess of 250 billion personalities – more than 100-fold. Now add the angels!

The Avonal Age is for the next 1,000 years, more than 100 times the duration of World War II – well, 40 generations of 25 years each.

# 4,000 Years Unfolding

1980 BCE

Machiventa Melchizedek

1900s BCE

**ABRAHAM**



1500s BCE

1200s BCE

**MOSES**

600s BCE

Siddhartha Gautama ZARATHUSTRA

Founder of Buddhism

Lao Tzu & Taoism

Vardhamana Mahavira - Jainism

**CONFUCIUS**

MM Jesus  
2 BCE 7 BCE  
46 CE 29 CE

Creator Daughter and Son  
Mary Magdalene and Jesus

600s CE

Muhammad - Islam

2018 Jan 31

**REBELLION & DEFAULT**  
FORMALLY ended 31 JANUARY 2018

2020s+ CE

Avonals - Magisterial Daughter and Son

The first physical step to bring about the end of the Rebellion and Default for Earth's humanity was the materialisation of Machiventa Melchizedek 1,973 years prior to Jesus' conception. The plan could be said to have been meticulously mapped out and each step has unfolded with Machiventa Melchizedek, together with Jesus and Mary, orchestrating our Heavenly Mother and Father's intentions to this day. The plan culminates with the appearance of the Avonal bestowal pair from Paradise, being a Magisterial Daughter and Son, who will guide Earth's humanity, both in the physical and spirit, through their individual Feeling Healing, and with Divine Love their Soul Healing, during the next spiritual age of 1,000 years now to commence, being the Avonal Age. Machiventa Melchizedek has been administering this 4,000 year unfoldment and will continue with his role throughout the Avonal Age. Now we are engaging in the biggest event in history for Earth's humanity, the healing of the imposts of the Rebellion and Default. All of the Avonal Age is now required to establish the universality of the healing Earth's humanity.

# 200,000 Years Rebellion

200,000 years of UNFETTERED DOMINATION!

by wayward High Level Spirits

## Universal Rebellion & Planetary Default

GEOPHYSICAL EARTH CHANGES appears to take place every 12,000 to 13,000 years!



### CIVILIZATION TIME LINE

50,000 years ago and earlier at regular intervals!	37,500 Laschamp reversal	25,000 Lemuria submergence Atlantis frozen over	12,500 New Atlantis submerged	NOW! Unfolding
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## EARTH CHANGES

Larger civilisations have previously existed on Earth, with elements more advanced in some ways than Earth's civilisation of today – in the year 2021!

Populations have been routinely reduced by earth changes to smaller numbers. Post Earth change events typically require surviving populations having to restart from ground zero.

SACRED and INSPIRED WRITINGS sets, each of about 10,000 tablets, were carried from Mu (Lemuria), these were then located at: Tibet, Deccan Plateau in central India, Gobi Desert in Central China, Upper Egypt, Babylon in Mesopotamia and Mexico City. Further copies of each of these original sets were further made. The foundations of Buddhism are remnants of the mind controlling practices of the Atlanteans! The books accredited to Moses are his translations of writings on clay tablets brought from Lemuria to Egypt. Thus it can be seen that the immigration from Lemuria going west cross over with the Atlanteans going east. Remnants of prior civilisations spiritual systems have been the foundations of new ways and beliefs – all taking humanity deeper into the mind, away from feelings and away from our Heavenly Mother and Father.

Following each Earth change, humanity has gone deeper into the Rebellion and Default. Spiritual platforms have been passed down through many civilisations. Clay tablets have survived cataclysmic earth changes with researchers re-introducing remnants in later times with further imposts infused by mind Mansion World spirits all in keeping with Lucifer's rebellious dictates. As from 31 January 2018 we can now go upon the pathway of healing the Rebellion and Default within each of us through Living Feelings First and with Divine Love, embrace our Soul Healing.

# 200,000 Year Rebellion Ending

Humanity progressively moving deeper into living through the mind, away from feelings and away from our Heavenly Mother and Father.

Aeons gone by:

1980 BCE

1900s BCE

1500s BCE

1200s BCE



**MOSES**

600s BCE

Siddhartha Gautama ZARATHUSTRA

Founder of Buddhism

Lao Tzu & Taoism

Vardhamana Mahavira - Jainism

**CONFUCIUS**

MM Jesus  
2 BCE 7 BCE  
46 CE 29 CE

*Paulism Christianity*

600s CE

*Muhammad - Islam*

2018 Jan 31

**REBELLION & DEFAULT**

FORMALLY ended 31 JANUARY 2018

2020s+ CE

*Avonals - Magisterial Daughter and Son*

A Universal Contract enabled high level rebellious spirits, through mind Mansion World subordinate spirits, influenced spiritual writings and practices throughout Earth's humanity in a manner that took people deeper into living through their minds and away from God. Christianity was founded by a high Jewish Rabbi, Paul, not by Jesus. Then Paul's platforms were further contaminated. Until now, we were not even aware we have been subjected to a Rebellion these past 200,000 years, and Default of 38,000 years! Now we are to heal ourselves of them.

*Ten ducks in a row, but one always misleading!*



# 4,000 Years Unfolding

1980 BCE

## Machiventa Melchizedek

1900s BCE

### ABRAHAM

MM Jesus  
2 BCE 7 BCE  
46 CE 29 CE

*Bestowals from Paradise:*

Creator Daughter and Son  
Mary Magdalene and Jesus

1914-1923  
1925-1935

PADGETT MESSAGES

**THE URANTIA BOOK**

1950 &amp; 1960

*Incarnation of the Avonal Pair*

2018 Jan 31

**REBELLION & DEFAULT**

FORMALLY ended 31 JANUARY 2018

2020s+ CE

*Bestowals from Paradise:*

Avonals - Magisterial Daughter and Son

Machiventa Melchizedek, to this day, continues to oversee the plan that was evolved more than 4,000 years ago to progressively open cracks in the Universal Contract governing the Rebellion and Default instigated by Lucifer 200,000 years ago. With 'federal' authority, the Creator Daughter and Son brought about the Lucifers and Satans spirit world imprisonment 2,000 years ago, and set the Avonal bestowals in place.

The commencement of the Padgett Messages on 31 May 1914 triggered the bestowal of the Avonal Pair for Earth's humanity. The Avonals' 'state' authority brought about the Caligastias and Daligastias spirit world imprisonment in the early 1990s. The Avonals' healing of what they have taken on of the Rebellion and Default ends the Rebellion and Default. Now we can all follow and progress on the pathway to Paradise.



# The HELLS are to EMPTY!

Through the intervention of a Magisterial Daughter and Son, an Avonal soul partner pair, from Paradise, we of Earth's humanity are now being shown how to heal ourselves of what we have each taken on of the Rebellion and Default. We are being shown and made aware of how to live true to our feelings and to long for the truth of what our feelings are to show us. We are to live feelings first and have our minds follow to implement what our feelings are guiding us to embrace.



Earth Planes  
1 and 2 are  
Spheres of  
Isolation and  
Disharmony for  
the Law of  
Compensation  
- 'Hells'

**WE ARE  
THE TRUTH  
SEEKERS**

We are the Truth seekers. Our minds cannot discern truth from falsehood. Our soul-based feelings are always in truth. As we embrace and live through our feelings we will step away from error. As we learn and express our feelings, both good and bad, we will release the errors that we have absorbed during our childhood suppression and ongoing repression, thus healing ourselves of our personal Rebellion and Default.

As we progress with our healing, then we will transgress the ceiling of the mind's limitation (499 on Dr Hawkins' Map of Consciousness) and embrace our potential which is to infinity through our soul-based feelings of Truth.

The quickening of the Law of Compensation, as a consequence of the emerging 1,000 year Avonal Age now commencing, for those who set their 'minds' to cause harm to another may progressively find themselves being debilitated with the equivalent of the pain they intend to inflict, thus preventing the error being executed. Within the spirit mind Mansion Worlds, this is instantaneous. How this is to unfold on Earth is yet to be understood. However, injuries to others will be compensated for while one lives within the physical on Earth, thus the progressive emptying of the Hells will unfold. This will bring about an era of peace on Earth as conflict and war will be impossible.

## LAW OF COMPENSATION

### Quickening

# **Greatest Event in the History of Humanity!**

## **Spiritual growth on Earth evolves connectivity!**

### **Spirit connectivity is relevant to level of truth.**

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

## **Three people on Earth are of high 7th Mansion World condition - this is what has unfolded:**

As of November 2020, due to three people on Earth progressing through their personal spiritual healing and progressing into the equivalent of the 7<sup>th</sup> spirit Mansion World, have enabled the above events and milestones. Two high level spirits have led the way. These two personalities have needed to incarnate into the physical and unaided have had to find the way to heal themselves of the imposts of the Rebellion and Default which they voluntarily took on. This is the most exciting time in the history of Earth’s humanity.

## **When they move into Celestial Heaven soul condition while living on Earth then:**

Upon becoming of a Celestial soul condition, then these two personalities will have Celestial soul level truth and will be able to directly convey such truth in person. Having then done so, Celestial Heaven spirit personalities will be able to follow and directly communicate with personalities in the physical on Earth in a similar manner. Presently, Celestials can only prompt people and not converse.

The level that the two high level spirit personalities progress to while living in the physical will set the ceiling for those on Earth in what they can grow in truth and love to. We can only follow.

Further, the conditions that prevail throughout the 1<sup>st</sup> spirit Mansion World may progressively be earthed. In the Mansion Worlds, the operation of the Law of Compensation is instantly imposed through the vigilance of Angels. This is likely to be imposed on physical Earth for the coming 1,000 years.

## **For Humanity to go through a spiritual upliftment, such as now, high level spirits must lead the way!**

The Rebellion and Default was imposed upon Earth’s humanity by high spirits from within our Local Universe of Nebadon. To end the Rebellion and Default, higher level spirits, being an Avonal pair from Paradise have had to lead the way out of the Rebellion and Default. This they are now doing!

# 200,000 years of UNFETTERED DOMINATION! by wayward High Level Spirits

200,000 years ago

Jesus & Mary

NOW!



## TOTAL DOMINATION Universal Contract

FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

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

### THE EVIL ONES



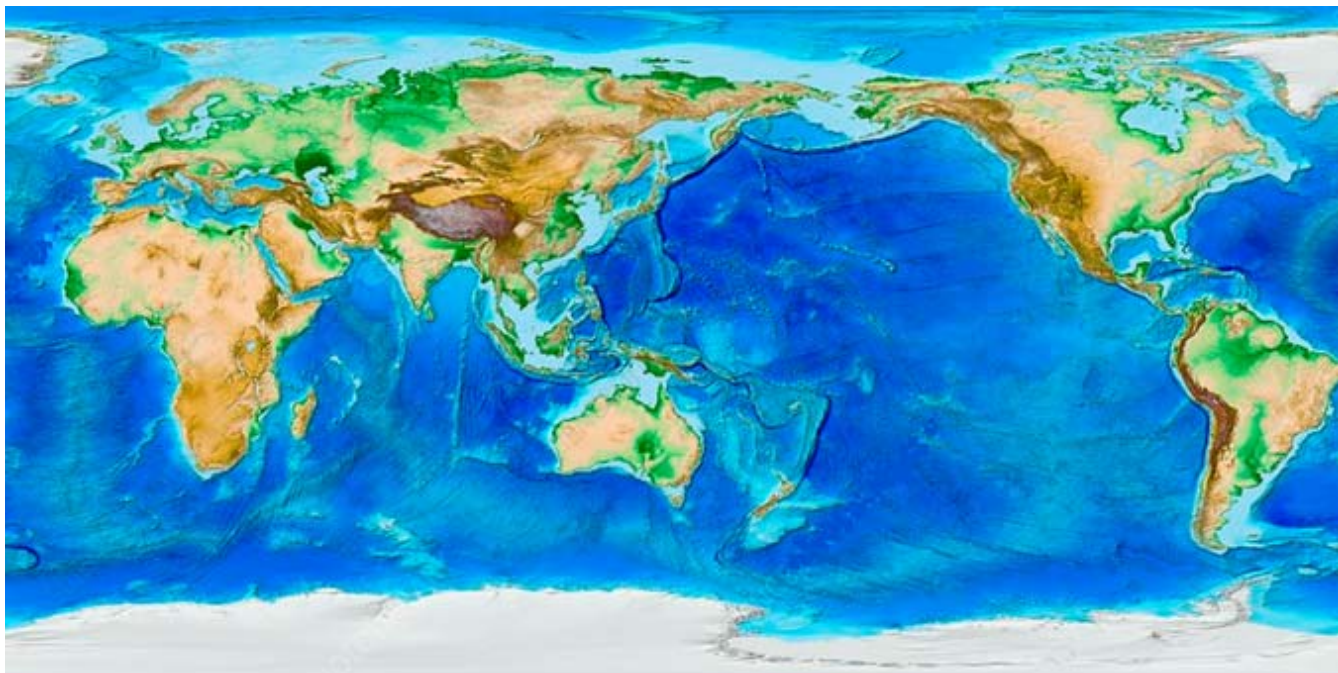
Lucifer pair  
Arrested and imprisoned 26 CE



Satan pair



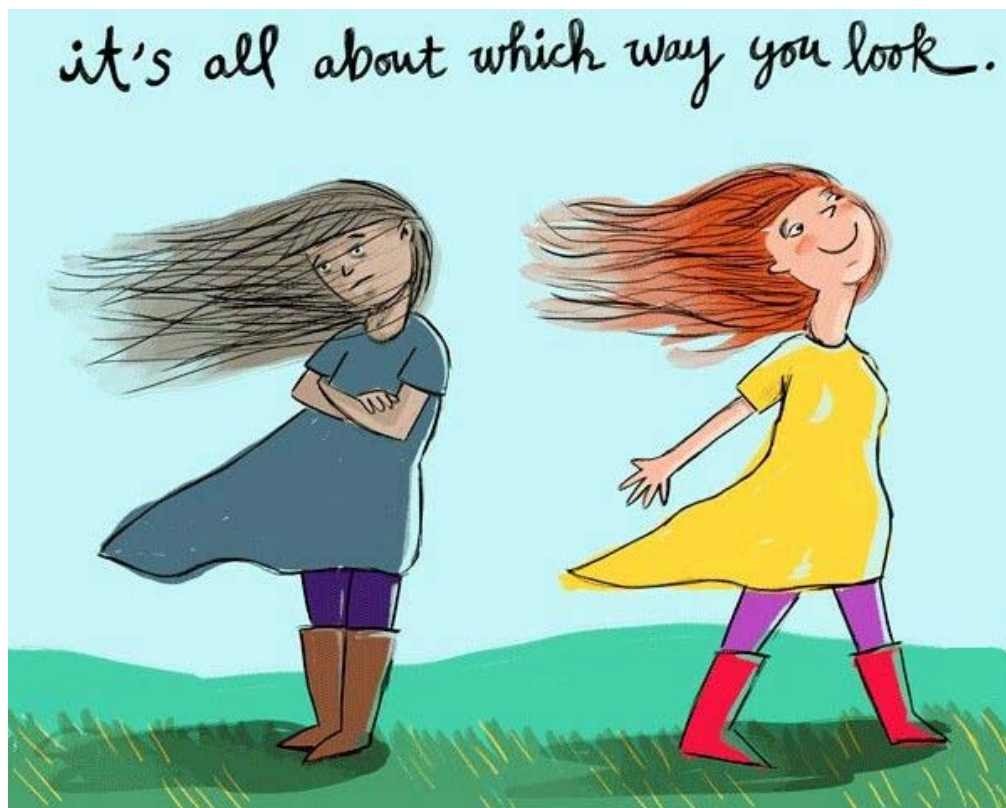
Caligastia pair  
Arrested and imprisoned 1993 CE



# Now Ended!

**While we are rebelling against our soul  
we are also rebelling against our Soul Partner!  
We cannot recognise our Soul Partner until  
we have healed ourselves of our Rebellion and  
Default.**

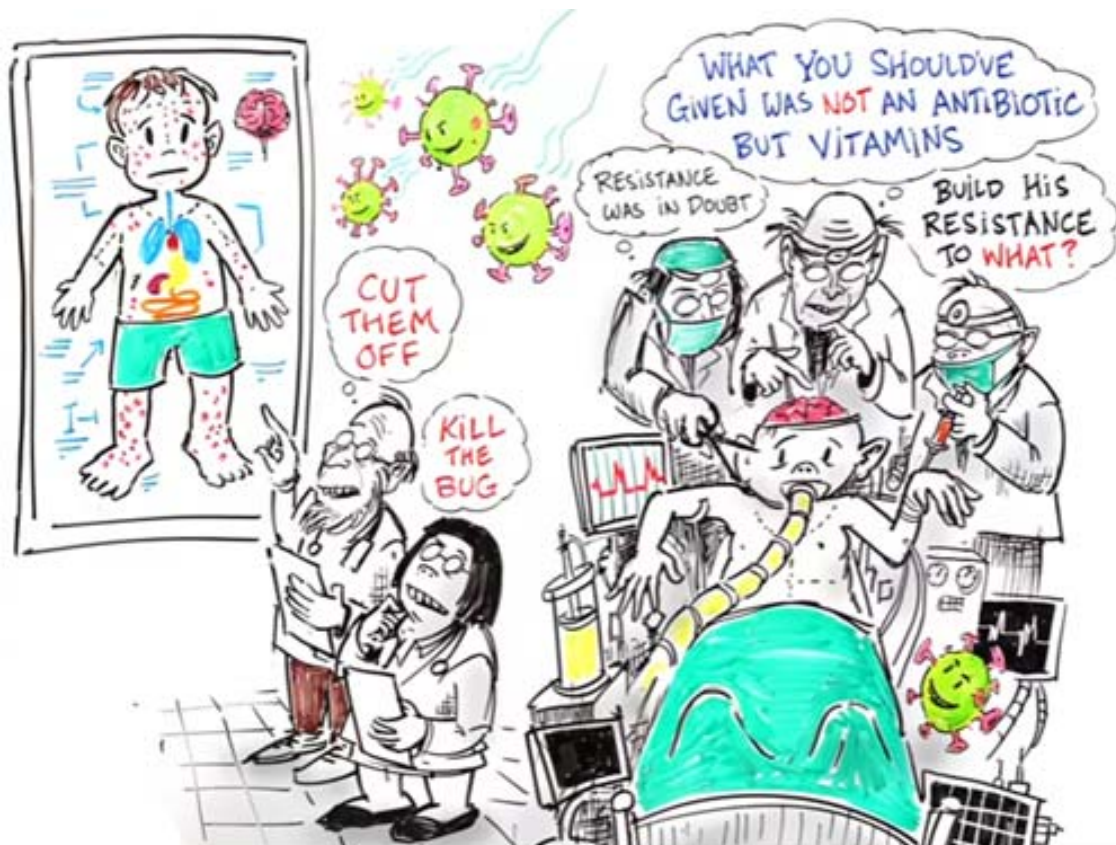
**Until then we will reject our Soul Partner!**



*mind controlling way or soul's feelings first!*

## HEALTH and MEDICAL CARE:

The medical industry is focused upon the physical body and is totally ignoring the spirit body. All health issues are generated through the mind's emotional injuries and errors of belief. It is through the etheric spirit body, the template for the physical body, that health and mental issues emerge in the physical body. Humanity can make so-called great progress in suppressing symptoms but until humanity begins to heal itself of its Rebellion and Default, each suppressed symptom will be replaced by another that will be introduced by Nature Spirits under the instructions from the Angels.



## NATURE SPIRITS

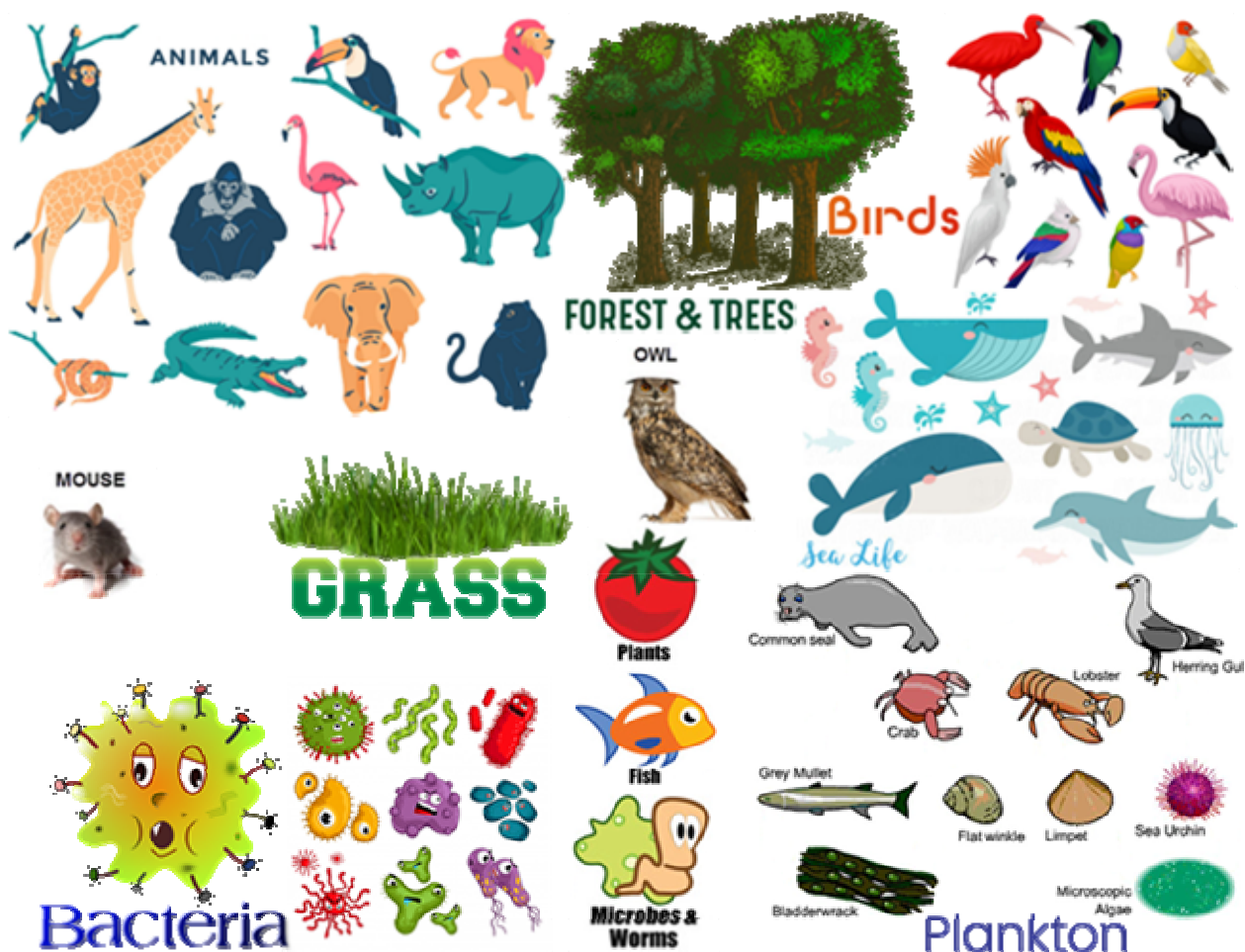
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, have a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

**Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’:** “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”

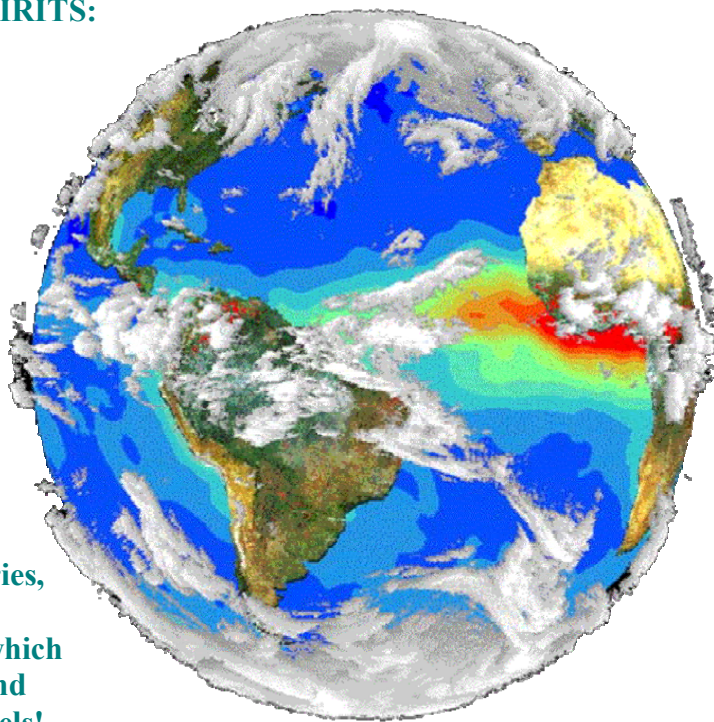


“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.

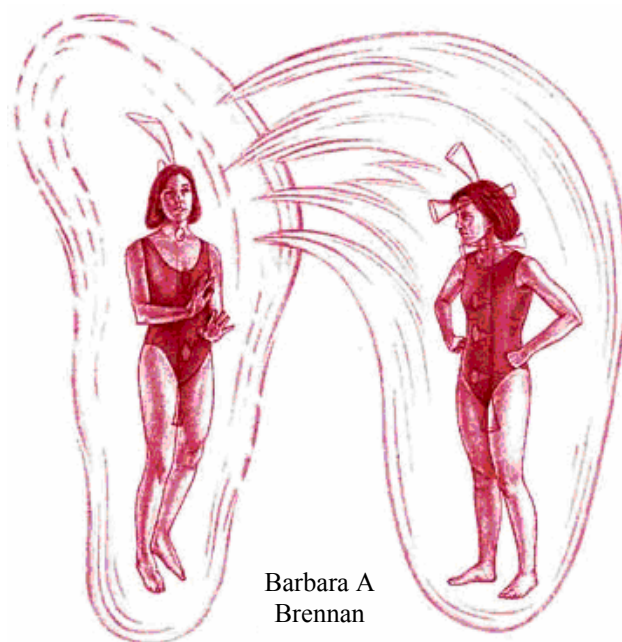
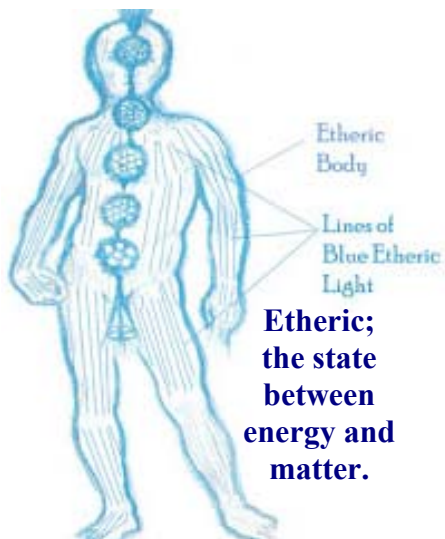


The LABORATORY of the NATURE SPIRITS:



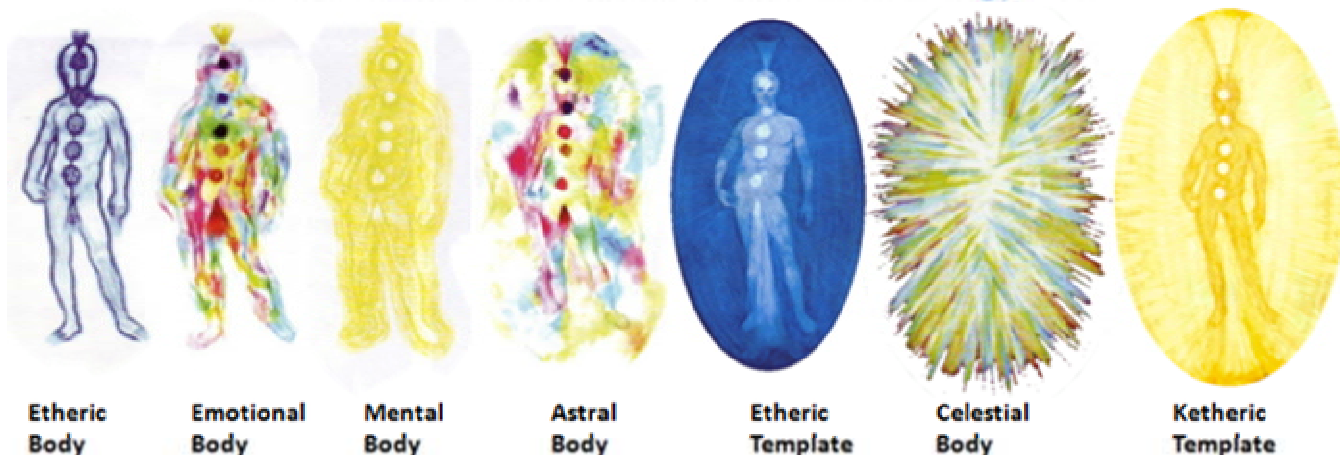
Humanity is in trepidation and awe of its research, chemical and medical laboratories, but they are infantile distractions when compared to Nature Spirits' laboratory which is all that is of Earth's nature managed and controlled by our Nature Spirits and Angels!

It is via the spirit etheric body that emotional issues and viruses emerge in the physical body as illness.



Barbara A Brennan

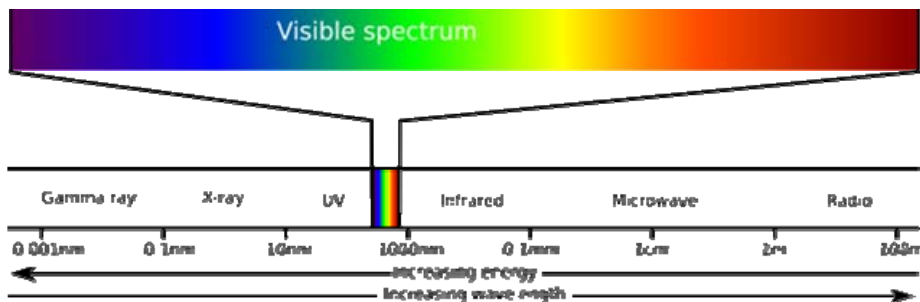
Brennan Model of the 7 Levels of the Human Energy Field



Etheric Body    Emotional Body    Mental Body    Astral Body    Etheric Template    Celestial Body    Ketheric Template

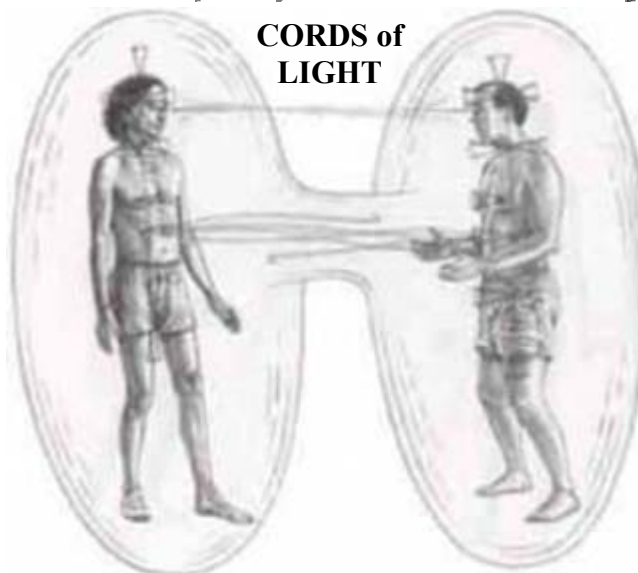
**VIRUS MESSENGER:**

Viruses don't exist by themselves in the environment, they need to be in the host cell. Presence of a virus all depends on the need for a body to have the virus 'active' and to what degree.



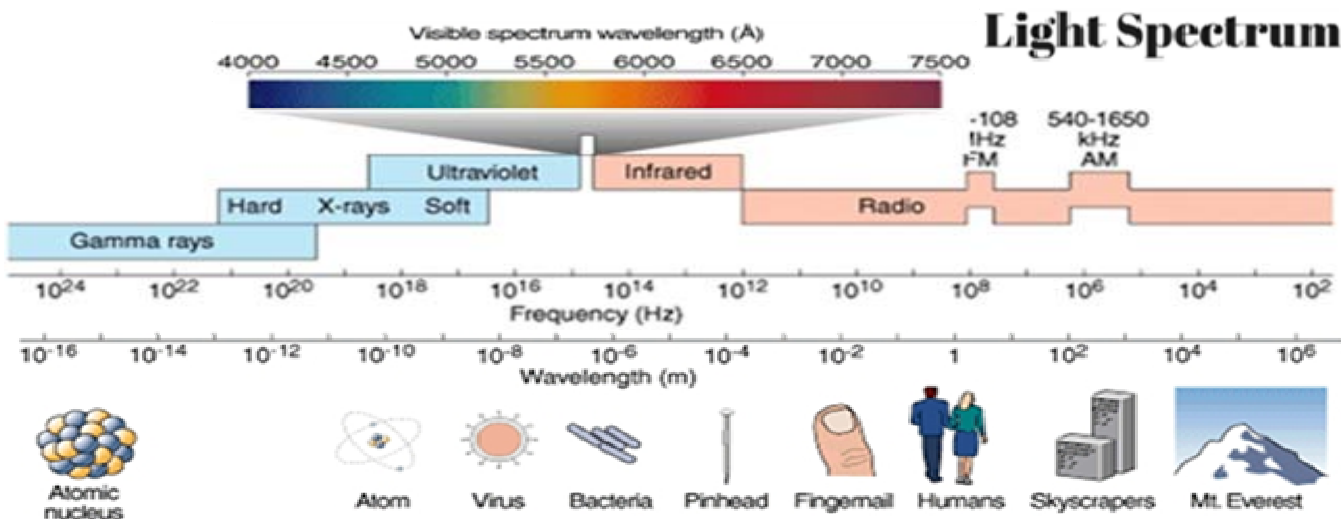
If we all Heal ourselves being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we'd not need them to show us our disharmony with nature.

If your soul needs the experiences of the virus you will 'catch' it. Nature Spirits and Angels can alter the light configuration in a cell so as to simulate the cell being invaded by the virus with the cell then replicating it and so spreading it throughout your body to the degree you need it.



A virus, or any other 'bug' will invade us naturally or with Nature Spirits and Angels help, should we need it to give us the experiences we need. **You can catch a virus but it's not in the same way that you catch bacteria, mould or parasitic infections.** It is actually caught through the etheric levels of person to person interaction. So the light of the virus is expressed on the subtle etheric level, that connects you all, only connecting you all in different ways, depending on how you interact with each other, which is dependent on what your soul needs with each other. Then having received the light of that virus on the etheric level, so your body can 'activate' or your nature spirits or angels can. **Viruses are more of the spirit really, which is why they are so elusive.**

So certain people can be 'carriers' for a virus, other people can be 'incubators' for it (you can be both) whereby they receive the virus, and even though it doesn't make them sick, they become a physical factory to produce mutations of it, which all go into their etheric make up, which can then be transmitted **light-to-light** to people they come in contact with.







Humanity, with its medical research laboratories around the world, persists in ‘fighting’ disease. Researchers painstakingly develop concoctions to suppress a particular illness, disease, bug, whatever you would like to call it. BUT the laboratories of the nature spirits have already evolved ‘mutations’ that will mysteriously arise as the plan requires. We might call it the South African variant, or the United Kingdom variant, or the Brazilian variant, thus so that humanity can delude itself into thinking it knows how this is occurring and believe it knows we can deal with it.

Nature Spirits arrived on Earth prior to any living matter ever existing on Earth. They were brought here from other worlds. Verna was amongst the first arrivals. Now that the Rebellion and Default is ending, Nature Spirits are again able to communicate with people in the physical who are open and embracing Feeling Healing and with that also the Divine Love of our Heavenly Parents.



We go through life amazed at how some people endure various forms of illness and most others do not experience those illnesses. What appears to be a situation where everyone should become afflicted by a particular disease or virus – but that never happens.

We only contract what illness and discomfort that our soul considers necessary for us. When we are wayward in our way of living then we are provided with prompts and a little gentle, and not so gentle, persuasion – through the contraction of a virus, discomfort or illness – as considered to be required.

Humanity has achieved wonders through vaccinations. Types of vaccines for children include attenuated (weakened) live viruses – inactivated (killed) viruses – subunits – toxoids – recombinant – polysaccharides – conjugates – and this is for children during their life when their immune systems are not fully developed.

Did you know that scientists are working to create new types of vaccines? Here are two examples:

- DNA vaccines are easy and inexpensive to make—and they produce strong, long-term immunity.
- Recombinant vector vaccines (platform-based vaccines) act like a natural infection, so they're especially good at teaching the immune system how to fight germs.

The complexity of what the medical profession has imposed upon society is now an accumulation of intrusions upon nature and what we are truly to experience and then from such experience express our feelings so that we deeply resolve the underlying causes, we have a massive crisis emerging. When ever humanity interferes with nature, we unfold a crisis of greater magnitude and complexity.

Our Nature Spirits greatly love us and are not in anyway imposing upon us. They receive their instructions from the Angels who are also loving and obedient servants to the cause of assisting and guiding humanity along its pathway of evolution.

It is through our minds that we of Earth's humanity believe we can control our environment and that is a major error of our ego – our mind.

We are here on Earth for a short time and that maybe moments to a hundred or so years. It is our experience on Earth and the fact that Earth is unique in that it is the only world that is jointly in Rebellion and Default, we are extremely privileged to be here as that sets us aside from all other humanities. This is one tuff and terrifying world, however the experience of being here is unique.

**MAN is not meant to INTERFERE with the DRIVERS of PAIN:**

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

**NATURE SPIRITS will INTERACT and ASSIST US in our ENDEAVOURS:**

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

I, Verna – a nature spirit, would like to say to the people of future who will read this, that we are more than willing to make contact with you humans, however, WE WILL ONLY DO SO WITH THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES BY HEALING THEIR NEGATIVE STATES. We can't otherwise, if people are choosing to remain as they are, all bound up in their evilness, untrue and bad feeling denial, as the new age will forbid it. Once the new Spirits of Truth have been liberated, we will have to adhere to them, not that we would want to do anything else anyway. And we can't wait to have the new Spirits of Truth to guide us as they help and guide you.



Now, why I'm telling you this is because there's going to be an upsurge of people saying they are speaking to nature spirits, people who are not doing their healing nor seeking the truth of themselves. They will say they are, and their nature spirit communication will be part of them doing so, but it won't be true. So beware, many people will say they are speaking to our kind when they aren't, speaking only to mind spirits in the lower Mansion Worlds and Earth planes.

It's far more important for you to gain a true understanding of your own personal role in nature, how you are to conduct yourself with nature, and also the same with the impersonal, the greater whole. And along the way your knowledge about how things are in nature will expand directly through your experiences and with our input. But (put this in capitals please James); BUT OUR INPUT WILL ONLY COME TO THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES THROUGH THEIR FEELINGS, by doing all you have written James; essentially, all Mary has told you and all Marion has told and helped you with.

We are able to impress certain insights and understandings upon her (Marion), we do upon you both, all of which help you understand nature more; yours and the natural world, and your relationship with it. So everyone who grows in truth, as a part of that growth, comes to love nature more, relating to it very personally through their own nature, so we are able to move in and be with you.

James: So really your kind is to have a very close and complete relationship with us.

Verna: Yes, it will grow and evolve as humanity does. We are just a part of the natural realm as are plants, animals and the air you breathe. We should not be kept alienated from you. And just because you might not be able to see us, doesn't mean we are less important or have less of an influence on you, in fact we have more of an influence than does direct experience with plants and animals. Your hands on physical experience with nature is very limited, there is only so much you can do with and in it. But your understanding of it and its relationship to yourself and yourself to it, is all but unlimited, it growing – your awareness of it all growing, as you grow in truth. And humanity is meant to grow in complete harmony with the natural world whilst it's here with it, not separately from it as you currently are. You are going against nature, not going with it, so you are going against your own natures, not with them, which of course is why you're going against nature. Your parents set you against yourself, your own nature, so you don't see that nature offers you anything other than what you can get from it. But that's all thankfully soon to change, and as there is already a slow awakening taking place in certain parts of humanity as to how special nature is, so this will continue to evolve.

**Nature Spirits control every aspect of the natural world:**

28 June 2012

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

We have a progressive consciousness, we are evolving our minds, as I've told you, but they being a creation of Mind can so be influenced by higher angelic minds. So really in the mock you had, what I meant was we nature spirits can prevent fish from being caught if that's what we're asked to do by either higher angels on behalf of the Mother and Father, the Divine Minister in Nebadon, or by Sons and Daughters of Truth, that being Mary and Jesus, the Creator Pair, or Avonal Pairs.

We'd know the Avonal pair would ask us knowing from their feelings and the truth they were living that it would be what the Eternal Son and Infinite Daughter desired.

We nature spirits can control EVERY aspect of the natural world if need be. We can make anything happen, from causing earthquakes and volcanic eruptions, down to move the smallest bacteria this way and that. We can bring about any mutations that are desirable, and we can work in the moment or over long periods of time. Nothing is too much for us when it comes to influencing the material plane, that's what we're all about as nature spirits, we do always and continually influence it. By our very nature, our very existence we're influencing it. Nature on the physical level doesn't and can't exist without our ongoing influence. And as to that influence, what it entails, that all awaits humanity, and one day we'll be able to tell various people everything we do. There will be those people destined to have very close and open relationships with our kind, and they will learn and see what we do. And then humanity will be able to move toward living more truly with us and our natural influence, all of which will make people feel so much happier about how they live and treat their natural environment. Currently you are so far away from the truth, heading fast in the opposite direction, so you are the furthest you've ever been from our kind. But once the age changes, then we'll be able to come to you as you'll be able to come to us and things will start to change for the better, that's what we're all looking forward to.

Potsy, the cat, her spirit has gone to join with the combined spirit from all Earth's creatures, to be drawn upon to create us nature spirits, and in fact the sporangia as well, having become part of the spirit collective energy from which my kind, among others, are drawn.



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

## EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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

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

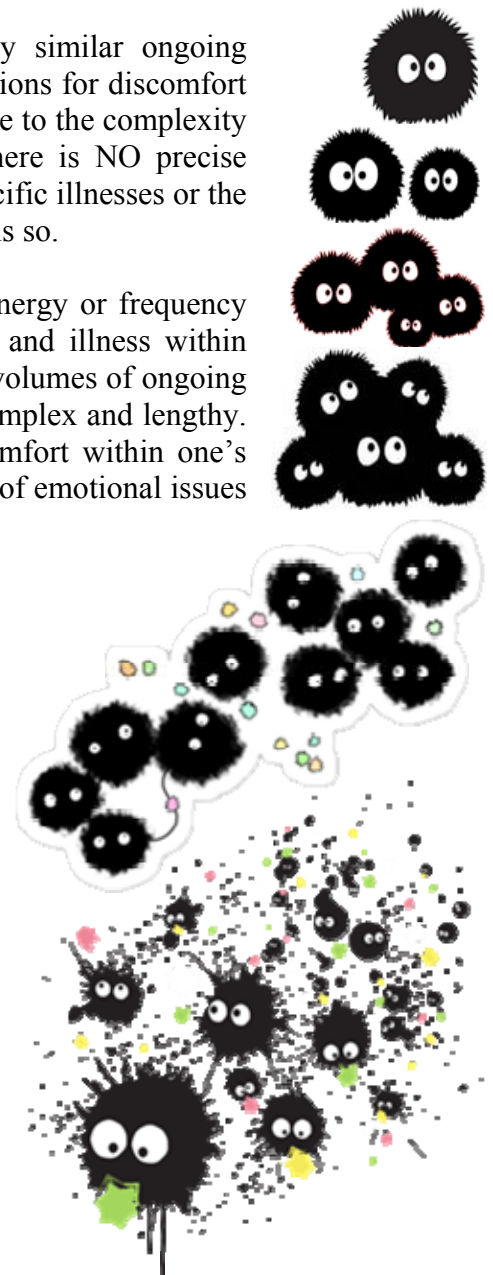
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



## OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

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

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



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

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

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



**Accept, express and long for the truth of our feelings.**

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



## BODILY PAIN is OUR FRIEND:

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

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

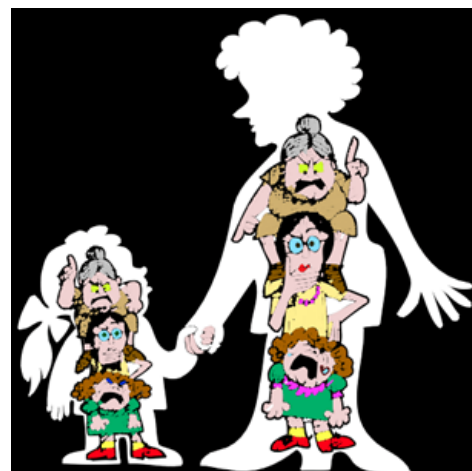
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including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



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

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

James Moncrief 9 May 2018



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



**The question is: Are we treating the cause or suppressing the symptoms?**

**Treating the cause permanently heals that which brings about illness:**

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

**To suppress the symptom is to put the problem aside for later on:**

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

## NOTHING WILL REMAIN SECRET:

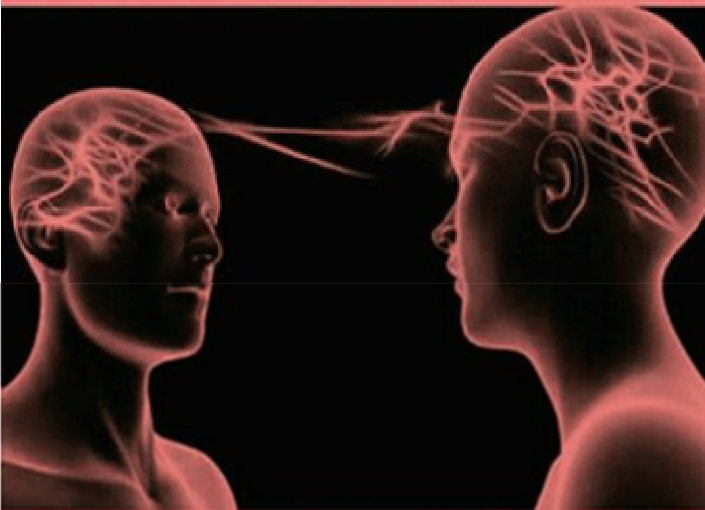
The conditions that prevail within the 1<sup>st</sup> spirit Mansion World will progressively unfold on Earth. This may unfold progressively or instantly around the world. Communications throughout the spirit worlds are telepathic and that is even between worlds. Once you 'tune-in' to a person then communications are through reading a person's mind and thoughts and responding in the same way. We will be simply able to answer their questions without being asked.

Nothing is to remain secret or private. This may come about early within the coming Avonal Age.

# Transparency between everyone!

## Telepathy. ..

Telepathy is the communication between two minds, separated over a distance, without the use of the five known senses.



At some point or the other, we all have experienced Telepathy. Maybe you were thinking of someone you haven't talked to in months and you suddenly get a call from them. Or when two people are together, they might say the same thing at the same time. These are spontaneous mind-to-mind communications that tend to occur frequently between closely related



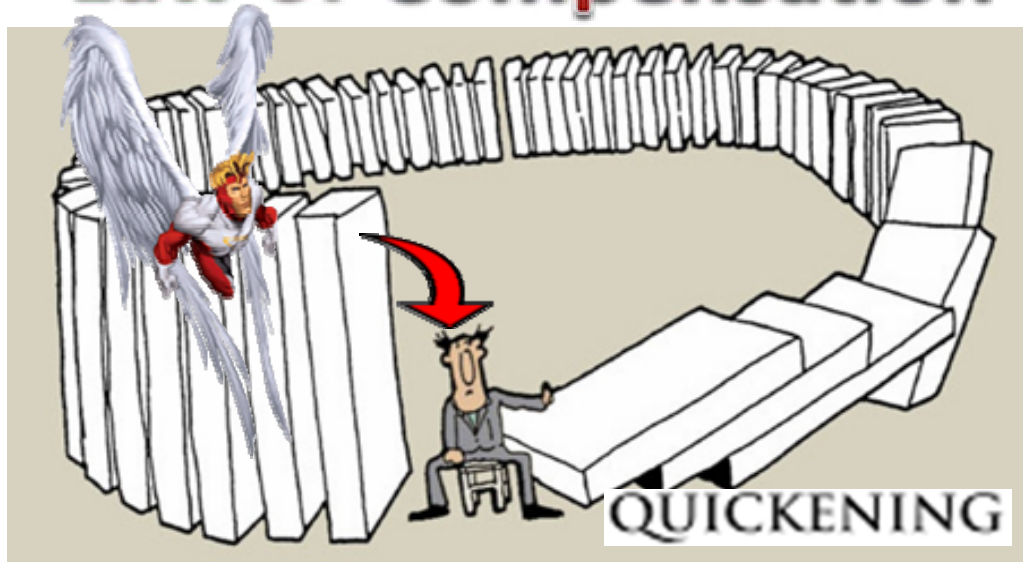
LAW of COMPENSATION – quickening!

# Law of Compensation

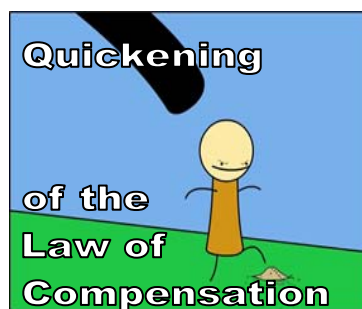


**While planning to cause harm then you will be bringing that same pain upon yourself just through your planning!**

# Law of Compensation



**The pain that we may intend to cause another will be imposed upon us by the angels, thus disempowering us to go further!**





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



**Golden Rule: that one must always honour another's will as one honours one's own.  
By living true to ourself, true to our feelings, we are living true to God. It's that simple.**



**Plan no harm then  
have no pain. Your  
angels will celebrate  
your change of heart!**

**Our feelings will guide  
us to be free of any  
compensation and  
away from causing  
harm to others.**



**FOOD SOURCES:**

Sunday, 2 April 2017

John: With endeavours to provide reliable continuous food supplies within difficult environments, the supply of fish, chicken and pigs appear to be essential. Fish farming is a way of providing protein all year round almost anywhere.

Are we meant to farm fish and eat same? The same question relates to all other domesticated animals propagated for food.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: No, you are to love them, so farming them to make money, using them in anyway, is not loving. People are to live harmoniously on Earth with the creatures and plants, the plants being eaten for they give themselves to be consumed, but they are also to be grown well and treated with love and respect, and not factory farmed either. However, this is a long way off, so in the meantime, it will remain a personal choice. And the more people do their Healing the more they will naturally move away from wanting to harm the creatures and disrespect the plants – you feel sorry for them as you feel sorry for yourself. And gradually humanity will ‘increase its vibration’ – it’s truth. But as I said, it’s not something John needs to worry himself about because he’s not the one to solve all the world’s food problems. And you can only do what you can do, so if you don’t want to eat meat, don’t eat it, if you do eat it, all whilst you keep expressing your feelings and longing for their truth.

John: What happens to the spirit bodies of such animals, including fish?

Nanna Beth: They ‘dissolve’ into their ‘light’, becoming part of the ‘bulk light’ from which nature spirits are drawn or created. The essence or spirit of the creature doesn’t remain individualised, it goes into a collective spirit whole, from which nature spirits are made. And the spirits of animals within the lower Mansion Worlds and Earth planes are not the actually animals themselves, they are not your actual beloved pet living as a spirit dog or cat in the afterlife, they are creatures native to the Mansion Worlds that can easily manifest themselves as being your pet in spirit or any animal, based on your memories, all whilst you still need that animal or pet to remain as you need it.

John: Is this a case of slow transition as humanity heals itself then it will progressively step away from consuming fish and meat? What alternatives should we consider and investigate?

Nanna Beth: The alternatives to consider will naturally come up, however it will all be along the lines of being more natural, anything manmade will fail and only cause you problems in the end, until such things are made by loving people who are well advanced in their Healing or high in natural love and understanding with a deep feeling and respect for nature.



# Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system, Satania, into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, starvation and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living by our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

# Pathway Forward

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

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

**The Golden rule is: Never interfere with another's will.**

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

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

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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



# Root Cause now to Pathway Forward

Nanna Beth, 3<sup>rd</sup> Celestial Heaven – 12 August 2017: **The more you can let go and simply allow your feelings to be the dominant force in your life, the easier life will be for you. And your mind will eventually give up trying to control, and that too will ease so much stress and pressure making things even easier for you. However that means you do have to confront and deal with all your fear and the worry of not knowing what is going to happen, yet once that is all expressed out of you, then you'll see you can easily live life not needing to know such things about the future, and life being lived this way feels infinitely better.**

## "Talk it Out"



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

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

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

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

# Pathway Forward

We may all wonder why we are here on Earth with so much anguish and confusion. Well, we now can understand our purpose as well as our potential and destination that are to unfold for each one of us:

We are conceived into a world that is torn by war and distress of all kinds, Earth being one of only 37 worlds that are in Rebellion throughout the universes. Further, Earth is in Rebellion as well as Default and is at the extreme of how far we can go living in our rebellion and default, rejecting our Heavenly Mother and Father.

So, why are we each here enduring living physically in hell. It is a life in hell that we are being subjected to without any reason on our part? We continue in hell until we enter the Celestial Heavens.

Conception individualises our unique personality. There is no duplicate personality in all the physically inhabited worlds. “The Urantia Book”, the most authoritative writings on the vastness of the Universe, there are 3,840,101 physically inhabited worlds throughout our local universe of Nebadon. There are 100,000 local universes within our super universe. There are 7 super universes and we each are unique throughout all time. There are only 37 rebellion worlds and you and I are living on the most degraded of them all. Congratulations, we have drawn the extreme of all the wrong straws.

Once the embryo that is forming into our physical body commences to pump blood, about day 16 to 19 after conception, we are incarnated. That is, if the embryo then ceases to be viable – live – then we have completed our physical incarnation and will never experience a physical life again – we never reincarnate. Nothing of nature reincarnates, we all have only one physical experience.

Should the embryo not commence to pump blood and fails then we wait for another opportunity to be conceived and then incarnated. Should we not survive the gestation period to be born, then we go on to be ‘spirit born’. We are adopted into a spirit family in the 1<sup>st</sup> spirit Mansion World to go on and have the experiences through life on the 1<sup>st</sup> spirit Mansion World that we would have had on Earth throughout a physical life. We never miss out on the experiences that we are intended to have.

Our free will is sacrosanct. No one is to interfere with our free will. No higher spirit can interfere with our free will. A higher spirit can suggest to us anything they please, however it always remain our choice. The Golden rule is: Never interfere with another’s will.

However, it is the rebellious Lanonandek spirits that have progressively led us to embrace, more and more, our mind as the answer and way to greatness, to becoming mini-gods. This we have been subjected to for 200,000 years.



For 200,000 years, Earth’s humanity has had the experience of ever deepening wrongness. We have worked our way deeper and deeper into a dark ‘rabbit hole’ and now we have reached a dead end and now have to discard many generations of adopted ways of life and find the new way through our feelings.

Life is all about experiences and the feelings that arise from those experiences. In this regard, we on Earth have had a most unique opportunity of experiencing wrongness – lack of love – at the extremes.

As difficult as it has been for each and everyone of us over the aeons and many generations, no other humanity has the experiences that we have been blessed with – even though none of us would welcome a repeat set of these experiences. Earth's humanity is unique throughout all of the humanities throughout all of the seven super universes.



**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**

We will ALL recover and heal ourselves of our personal rebellion and default. Even the most vile of Earth's humanity will fulfil their obligations through the Law of Compensation. Adolf Hitler of the World War II and Judas Iscariot of the time of Jesus have or will progress from their darkness to becoming Celestial spirits and go on from there to become Finaliters. Judas is now Celestial and Hitler is yet to fulfil his Compensation.

The first beings on Earth to have a longing for human perfection lived 993,500 years ago. Andon and Fonta (also known as Aman and Amon) were of a red skin in colouring with features similar to modern day Eskimos. Civilisations have grown and gone as of a consequence of periodic cataclysmic Earth changes. Larger populations have existed on Earth than today. In various ways some prior civilisations have been more advanced than at present but only in specific technologies.

Throughout the nearly 1 million history of humanity, all spirit personalities have had to remain within the spirit Mansion Worlds 1, 2, 4 and 6. The healing Mansion Worlds 3, 5 and 7 were opened by Mary and Jesus, the co-regents of Nebadon, our local universe, 2,000 years ago. The coming of Mary and Jesus into physical life on Earth brought about the availability of Divine Love throughout our local universe for all of its humanities. Only with the availability of Divine Love can we each enter the Celestial Heavens. Upon the deaths of Mary and Jesus, they released their Spirits of Truth. It is through the guidance of their Spirits of Truth that we each can find our way throughout the Celestial Heavens and progress through Nebadon and then out of Nebadon and be guided home by our Heavenly Mother and Father, onto Paradise.

Throughout all of Earth's humanity's history, those who have lived on Earth have had to remain in the spirit Mansion Worlds, thus spirit Mansion Worlds 1 and 2 are literally filled to the rafters. For the past 2,000 years progressively more and more have followed the healing process that Mary introduced when she lived in Egypt after Jesus' death. Maybe 1 in 8 have now progressed through the healing Mansion Worlds, into the Celestial Heavens 1, 2 and 3, with some going on further, but the mind Mansion Worlds 1 and 2 remained filled to the rafters.

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

For us now living on Earth in the physical, it is the most exciting time ever experienced in the history of humanity. We are being provided with the Revelations of Feeling Healing and the availability of Divine Love, of how to heal ourselves individually of what we each have taken on of the Rebellion and Default. Should we do so and also embrace our Heavenly Mother and Father's Divine Love then we can reach Celestial Soul Condition while living here in the physical on Earth. That is a soul condition that calibrates over 1,000 on Dr Hawkins' Map of Consciousness (MoC). All but a few per cent of Earth's population calibrates below 500 with the overall calibration for Earth's population being at 220 MoC.

We are now live in the End Times, that is, the end of Mary and Jesus' 2,000 year association with Earth's humanity, and it is now Hand Over to the Avonal Pair for the coming 1,000 year Avonal Age.

The Avonal Age heralds great change for humanity. Mostly it will unfold quietly and subtly, however the changes are profound. The way to Live Feelings First is the New Way for all of humanity. For those who continue to live mind centric, life will be difficult. For those who embrace their feelings as their way of life, life will be surprisingly comfortable and rich.

The Law of Compensation is quickening. This will progress to the stage that anyone who sets out to impose their will upon another will find that they are debilitated by the amount of discomfort and pain that they intend to cause another. This is how it is throughout the spirit mind Mansion Worlds.

The thoughts of others will become transparent and clear to all. This is how it also is throughout the spirit Mansion Worlds and Celestial Heavens. As it is on the 1<sup>st</sup> spirit mind Mansion World it is to be on Earth, the conditions of the 1<sup>st</sup> spirit Mansion World is to be earthed.

As we heal ourselves, this benefits our children subject to their age. Thus each generation will have less and less of the imposts of past generations for members within families that embrace Feeling Healing. As a consequence physical disease and illness will progressively dissipate.

Not only are we experiencing evilness to its fullest extremes, we at this time in history are also experiencing the greatest event in the history of humanity, the ending of the Rebellion and Default on Earth and the introduction of how to heal humanity of what has plagued it for the past 200,000 years. No other humanity throughout all the humanities throughout all of the seven super universes will have this experience.

All that we feel is to be expressed. We are to express our feelings, both good and bad, and long for the truth that our feelings are to bring to our awareness. We are not meant to be alone and we never are. Our soul manifest two personalities, one a female and the other a male – always! Our soul is a duplex and our soul partner (soulmate) is our companion for all eternity. Once we heal THEN we find our partner.

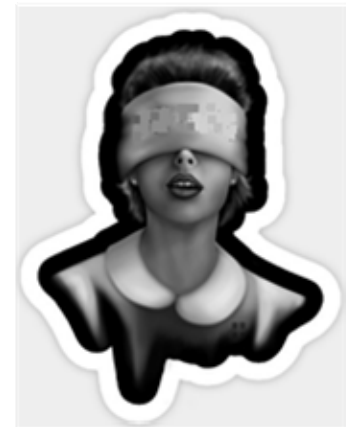
While we live in the physical on Earth, from the time we are six years of age we have an Indwelling Spirit connecting to us through our spirit body. It is our Indwelling Spirit that is our connection to our Heavenly Mother and Father – God. It is our Indwelling Spirit that our soul fuses with when we become Celestial in soul condition. Our Indwelling Spirit is God! It is through our Indwelling Spirit that we can talk to our Heavenly Mother and / or our Heavenly Father. We are made in the likeness of God, that is why there are women and men! God is both female and male. Further, with us at all times, a pair of Nature Spirits who remain with us throughout our physical life. We have a pair of Angels with us throughout our physical life who remain with us during our spirit world life. We also have a pair of spirit guides who may change from time to time as we change in our ways and pathway activities. We can have a party any time of the day!

# *Being Mind Centric is being Blind to Truth!*

mind-  
centric 



**BLIND TO  
THE TRUTH**



=

## *Truth is our Feelings!*

# *Our soul-based Feelings are always in Truth!*

The news is many people are as *“mad as hell, and they aren’t going to take it anymore.”* It is also unfortunate that much of the anger gets channelled in a way that, at best, isn’t helpful, and at worst, is counterproductive.

“Marginalisation of the population.” Such gets accomplished by maintaining the veneer of democracy while at the same time

**Be Feelings  
Expressive!**

## **BLUEPRINT** HOW OUR CHILDHOOD MAKES US WHO WE ARE



eroding its power to be representative. About 70% of the population has no influence on policy – they might as well be in some other country. And as you go up the income and wealth level, the impact on public policy is greater—the rich essentially get what they want.

Anger is a symptom of a bigger problem. Digging into its root causes reveals insights about society and how it can reshape and defuse anger and become more productive – living through feelings.

Everyone throughout the world is really tired of the few rich people dominating the lives of all others. Control addiction is now so plainly obvious to all that it is not to be tolerated. Authoritarian regimes and suppression of women are to be dismantled and ended.

So, consider asking yourself:

## **Who hurt me when I was a child?**

As noted above, all societies worldwide are expressing unrest and beginning to ask for answers in a manner never seen before. They are being purposeful unsettled as it is now time for humanity to address the universal childhood suppression by parents and carers that unfolds from the moment of conception through to age of six years. This suppression is reflected by the ongoing repression by the child throughout its whole life, all in compliance to what was imposed throughout their child forming years. As adults, we go on to impose that suppression on others in every facet of all the walks of life.

We are now to recognise and address the great harm we unknowingly thrust upon our children. There are no exceptions.

When in the spirit Mansion Worlds, we will all embrace our healing of how unloving we have been and this we do through the three healing worlds, 3, 5 and 7 spirit Mansion Worlds. This is embracing the Law of Forgiveness and it takes all of three worlds to complete our healing. This we can do in the physical here on Earth, or we can simply start and complete the process later in the spirit worlds. This is our Pathway Forward for us of Earth, it is the consequence of having the experience of living on a planet that is subjected to Rebellion and Default, the only one throughout all of the universes to do both.

So now the most incredible pathway unfolds for us all. There are bountiful benefits and rewards for having experienced a most difficult life on a rebellious world.

## **We are more alive than ever - when we are dead!**

Consider downloading from [www.pascashealth.com](http://www.pascashealth.com), Library Download in Medical – Death & Dying:

 [Pascas Care Death & Dying Transition & Assimilation.pdf](#)

 [Pascas Care Death & Dying Transition & Assimilation Marjorie.pdf](#)

For the first time we have a day by day detailed account of life within the spirit worlds. Marjorie, John's sister, has conveyed her experiences of her first forty days of living within the 1<sup>st</sup> spirit Mansion World. This you may begin to acknowledge is time for celebration when we transition from the physical to the spirit world environment because we are more alive than ever – when we are dead!

A week or so before Marjorie passed over, John had outlined to her what she would experience. This is outlined in the “Transition & Assimilation” Pascas Paper. John had asked Marjorie to confirm if he was correct in what he outlined, once she was in the 1<sup>st</sup> Mansion World, and in what ways he was wrong. This she agreed to do – and to her amazement she found that she was able to do so – which she did through James, for forty days, following the death of her physical body – refer to “Transition & Assimilation Marjorie” in the Pascas Papers at [www.pascashealth.com](http://www.pascashealth.com).

## It is all about Experiences and Feelings!

Our Earth based life is a free expression of our free will and from our experiences we are to express our feelings, both good and bad, and long for the truth of what our feelings are drawing our attention to.

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

Living Feelings First is embracing and engaging in our Feeling Healing. This is a difficult pathway but it is the only pathway to complete our healing of our personal rebellion and default. With Divine Love we then can transition to the Celestial Heavens. This we will all be doing with the assistance of the Spirits of Truth of the Avonal Pair who are presently on Earth.

When living in the first three Celestial Heaven spheres we come to learn what it is to be Celestial and remain associated with Earth. When we progress to the next three Celestial spheres we begin to integrate with all the humanities throughout our local system – there are 619 humanities throughout Satania. The next set of Celestial spheres is where we integrate with the humanities throughout our Constellation – 100 systems. Then further on we integrate with all the humanities of Nebadon, now that is 3,840,101 humanities. This we will all be doing with the assistance of the Spirits of Truth of the Creator Daughter and Son, the Michaels, being the co-regents of Nebadon, Mary Magdalene and Jesus.

Then it is our Heavenly Mother and Father that draw us onto Havona and Paradise. This is where we can achieve the status of being Finaliters – ‘we are finally there!’ so to speak.

Each sphere that we transition into is more wonderful, spectacular and amazing than the one before. Even the highest levels of the 1<sup>st</sup> spirit Mansion World are equivalent to the most spectacular places on physical Earth. For each subsequent world and sphere, there is no way we on Earth can describe the ever increasing splendour and wonders.

Now that we are Finaliters we may go and explore the other six super universes. Then we may consider assignment to one of the now forming worlds in the 70,000 super universes that are yet to receive life.

As finaliters with experience upon a rebellious world it is likely that we may take assignments with worlds that are wayward. As the newly forming worlds are further out from Paradise than the seven super universes, so it is anticipated that our unique experiences will be very welcome in many ways that we could never have anticipated from our very humble beginnings. We each will have a day in the sun, so to speak. Everyone will have times where they will shine forth and be exalted for incredible works that are presently beyond our perceptions. All will reach Paradise and go beyond in a most glorious and bountiful way. Yes, some will have time satisfying the Law of Compensation but that surely expands one's experiences so to equip themselves in their forthcoming Finaliter assignments.

**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**  
**It is knowing the truth of that**  
**which you feel that sets you free!**



**Always be true to your feelings**  
**because they are your truth**  
**and truth is love and our way home!**



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**  
**Talk it out to a friend!**



# 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 possibly 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 Suppression and its ongoing Repression – 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!

The 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 super, super universe Havona which circulates around the Isle of Paradise, being home.

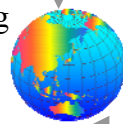
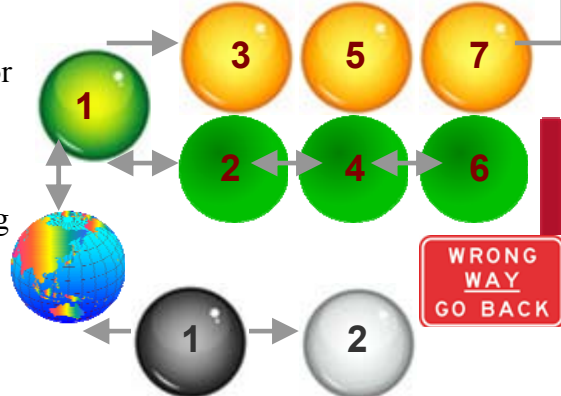
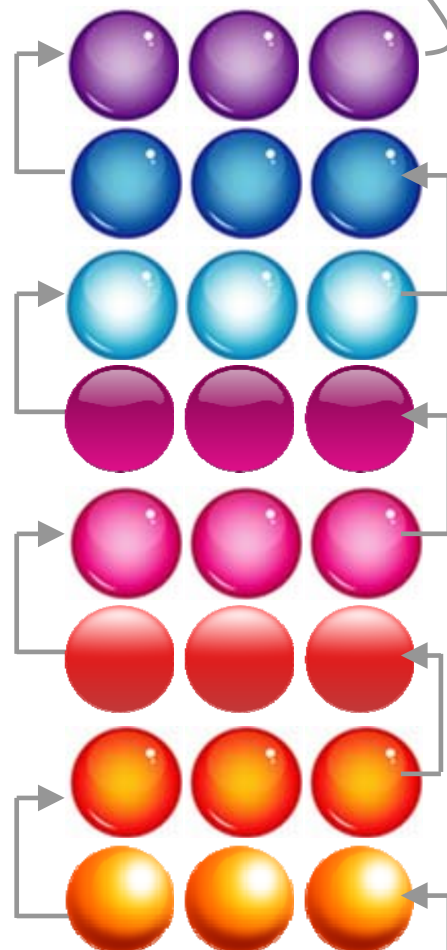
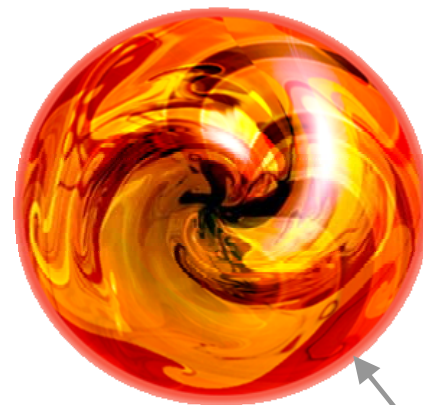
Each of the seven super universes are approximately constituted as follows and with 1,000,000,000,000 inhabitable worlds:

- 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

Once we attain the Celestial Heavens (spheres), we start to come in contact with spirits from other 'Earth' worlds. So in spirit, and once we've finished our Healing and are Celestial, we interact, sometimes directly and otherwise indirectly, with potentially 10,000,000 physical worlds of which 3,840,101 are with humanities. Our Avonal Daughter and Son lead us to Mary Magdalene and Jesus (Michael soulmate pair / soul partners, our Creator Daughter and Son), through our healing of the Rebellion and Default by guiding us into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Mary and Jesus then lead us through the Celestial Heavens for the system Satania (that Earth is in), then our constellation and then out of our Local Universe.

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 of Earth are for those people who have to compensate for evil wrongdoing. And once done, they may 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.



# Pathway Forward

## The one and only way!

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

**We are to find through our feelings the truth of the Rebellion and Default.**

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

**The True Liberation of Women is Through the Truth of Their Feelings.**

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

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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

**Our Heavenly Mother and Father, our true Parents simply desire for us to ask for Their Love. Our salvation IS by embracing Feeling Healing with the Divine Love. God's Divine Love: Pray for it, ask for it, and receive it.**

**All unborn or stillborn babies as well as young children are nurtured into maturity within the realms of the spirit world with love. They all arrive within Summerland, or similarly named facilities, and commence their spirit world journey from there. The experiences they were intended to have on Earth are provided for them within the spirit Mansion World.**

**There are no organisations to join, there is no hierarchy, no controlling systems, no books, special prayers, rituals, dogmas, creeds, cannon laws, fancy costumes, special clothing or the way you have your hair. This is all about us living through our feelings. All that we need is self-contained within us, within our feelings. Our feelings are our truth. Nothing needs to be or is to be learnt by rote. We simply talk to our Heavenly Mother and Father as if we are talking to our loving parents here on Earth. Yes, many will form into small groups to help each other and share each others understandings and feelings; however there are no formalities or controls of any nature. While we live mind centric, we cannot evolve, only living through our feelings are we able to grow in truth and love, of God, self, all of humanity and the environment.**

**Feeling Healing is a way of life and that is all it is. Living through our feelings with the mind to follow to assist in the implementation of what our feelings guide us to embrace, is for all to consider.**

Our Spirit Friends on duty



# PATHWAYS



We now have an option – two pathways. The mind way of living we have embraced these past 200,000 years. We have tried everything with many variations, repeatedly, and the rocky pathway has perpetual pitfalls of frustration and stagnation. We have denied our feelings with such ease and aplomb not realising that the mind way is a dead end, and being a total denial of our Heavenly Parents.

Now, we have two high level spirit personalities who have shown us how to live through our Feelings and to Heal ourselves of our inherited and then embraced Rebellion and Default. They have shown us how to live through our Feelings and the freedom that such living brings us and how to address our childhood suppression and its ongoing repression.

By Living through our Feelings, we are living in our truth, our soul-based Truth which is living True to our Heavenly Mother and Father. That is then living the Pathway to Paradise!

That is what the Rebellion and Default imposed upon us through Lucifer and his deputies. By worshipping our minds and living through our minds, humanity is committed to conflict, war and disease whilst being immersed in fear, never knowing love. Humanity is locked into stagnation, living in a stupor and a life of depression. That is why more than 200 billion spirit personalities are stuck within the lower spirit Mansion Worlds, spinning time and blindly depriving themselves of the wonders that await us all once we embrace our Feeling Healing, and with Divine Love then Soul Healing. When we embrace the Pathway, we are then on our way to Paradise, the home of our Heavenly Mother and Father and all the wonders of all the universes to behold.

## THE STRAIGHT AND NARROW PATH



Looking for Spiritual pathways using your mind will mean the True Spiritual Pathway will always elude you. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in 'feelings-clothing'. And you may believe you are getting somewhere with your feelings, only to realise centuries later in the spirit, mind Mansion Worlds that you've still been leading yourself astray and away from your true feelings.

Surrender and submit willingly allowing your feelings to emerge and be expressed. Long for the truth your feelings are to reveal. Persevere. Allow your feelings to be your way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!

By living true to our feelings we will progress through the Celestial Heavens all the way through Nebadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

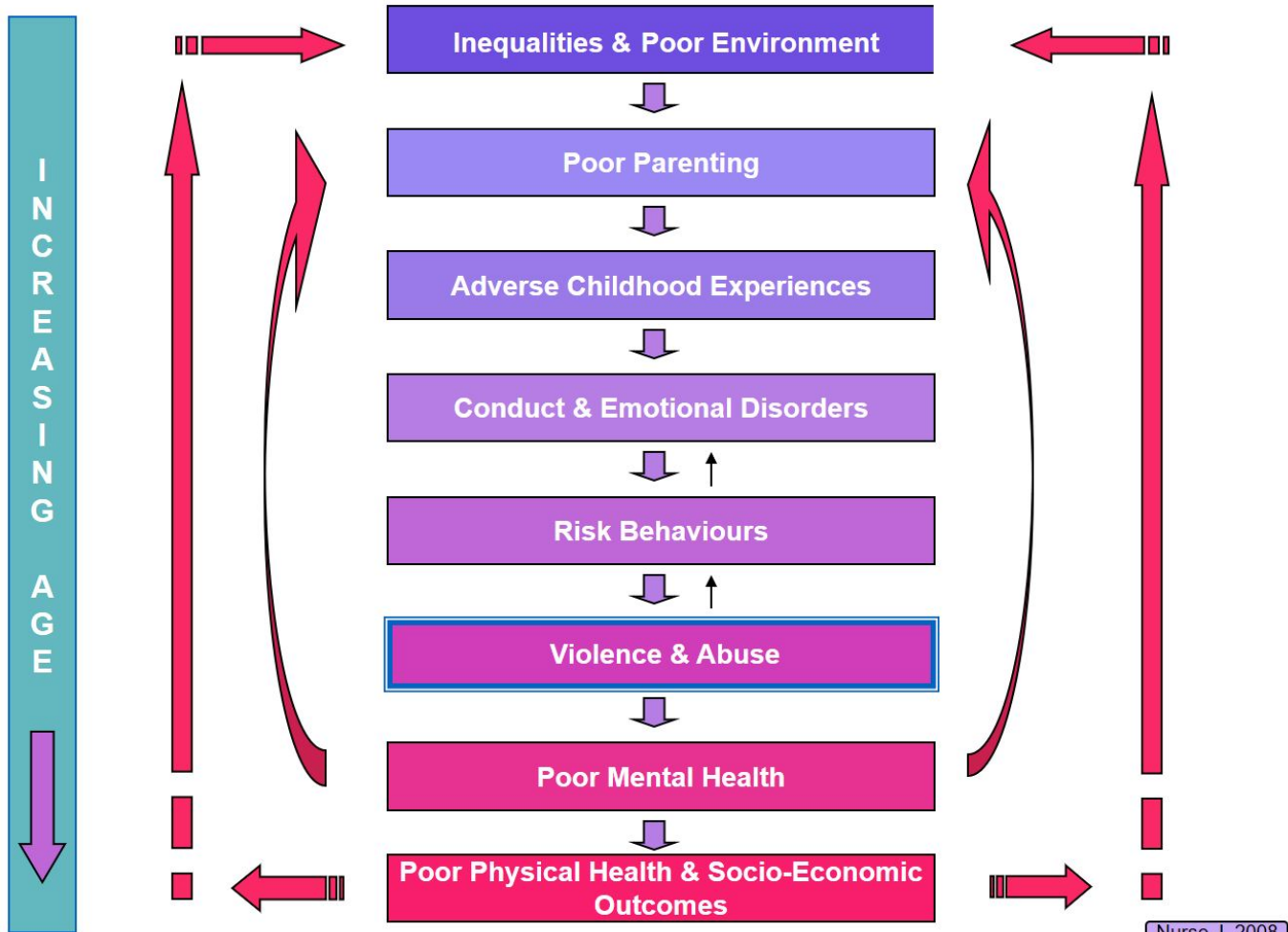
It is the True Way, the New Feelings Pathway, that takes you all the way 'Home'. It is a journey of ever-expanding Truth and Love.



# LIFE IS FOR LEARNING



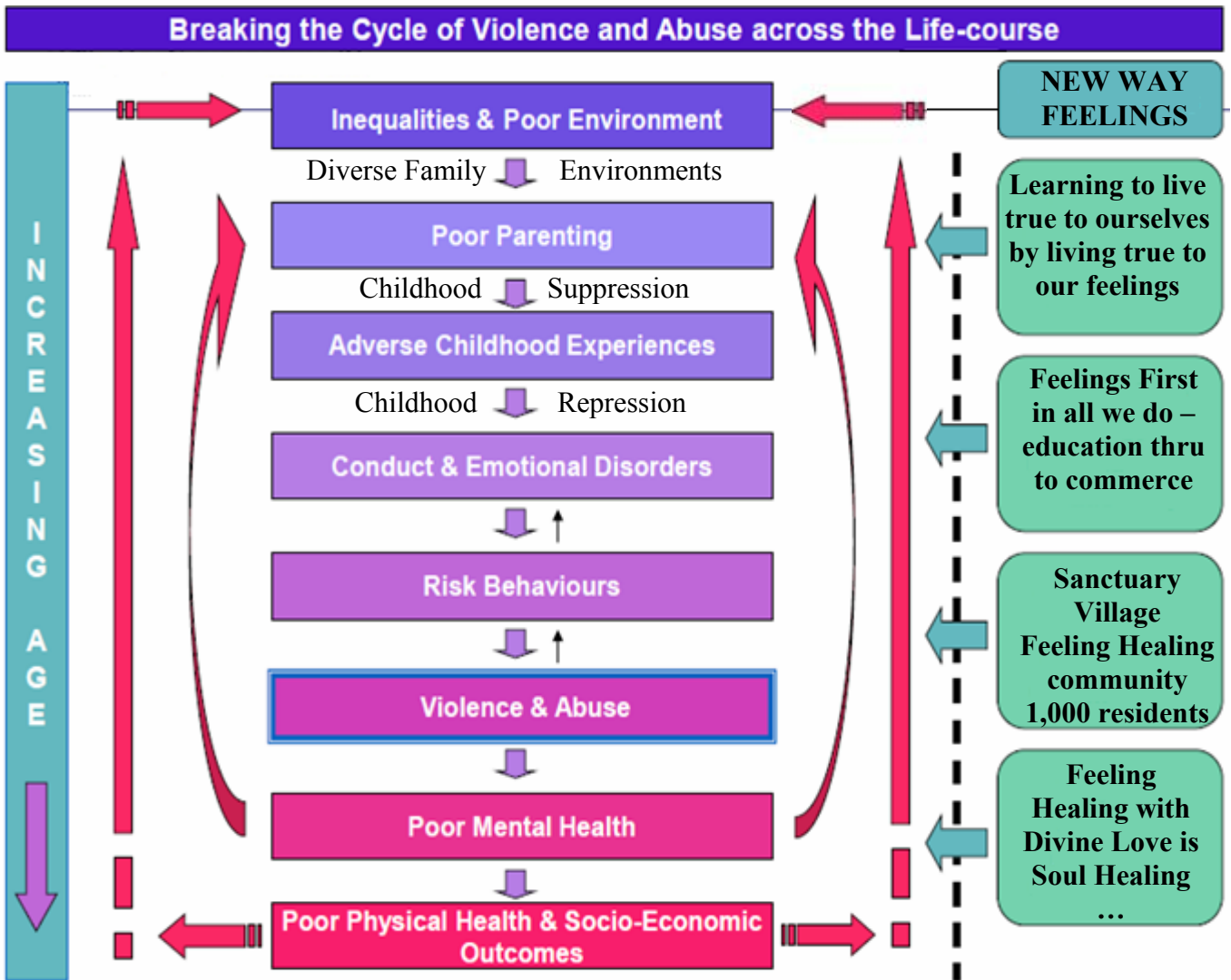
## The Cycle of Violence and Abuse across the Life-course



Nurse J, 2008



Seek **truth** from the cradle to the grave.



**I am my SOUL!**

**I am not my body!**

**I am not my mind!**

**LEARNING for ETERNITY:**

The journey that we are on and the life we are to live is a never ending adventure of learning.

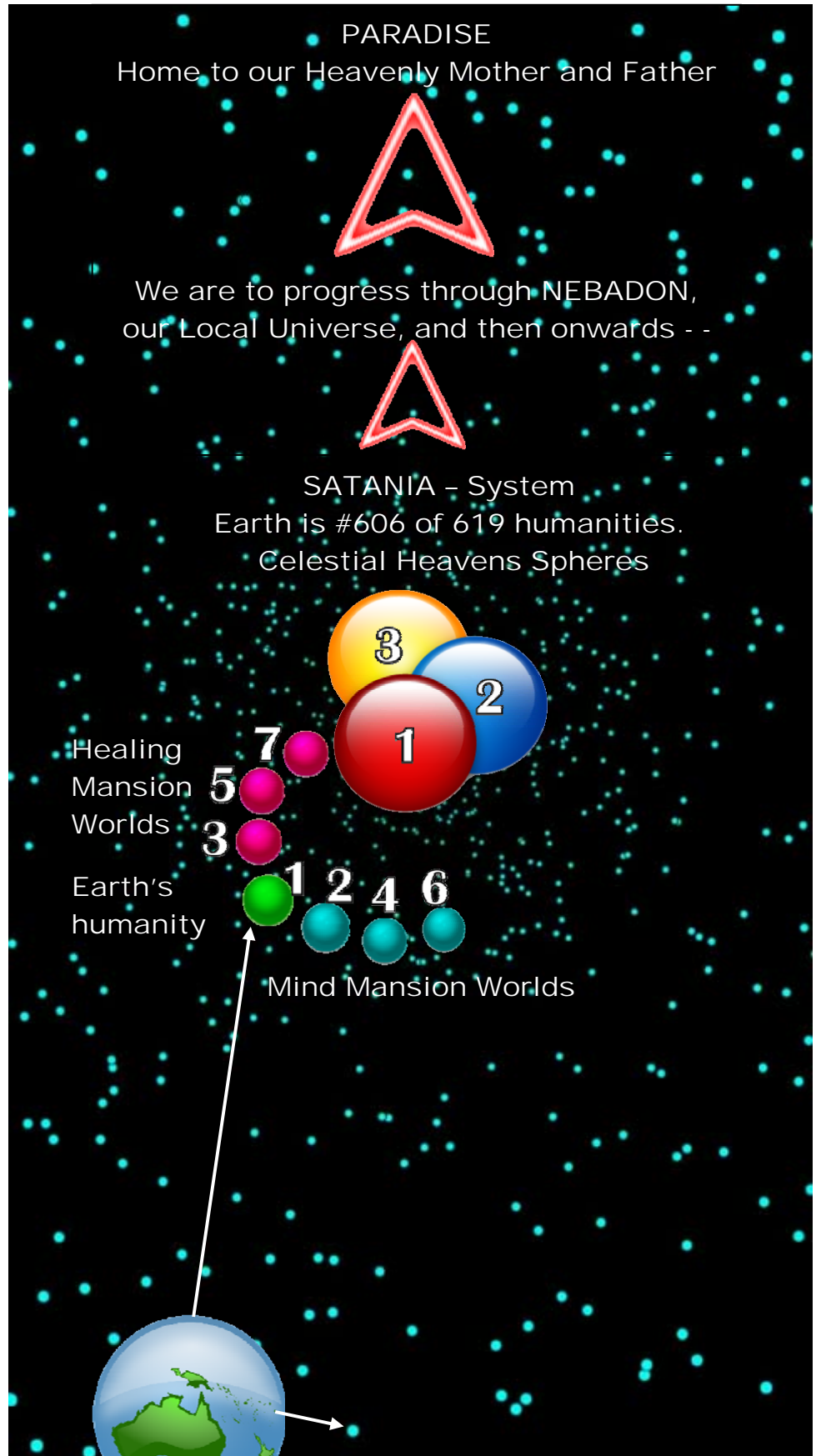
We may gaze at the stars in wonder for they are homes to our neighbouring humanities. While we live through and worship our minds then we will stagnate. This time in history is the Great U-Turn.

We will now embrace our soul-based feelings, the truth within us, and have our minds follow. Not the other way as it has been throughout the Rebellion and Default with the mind suppressing our feelings and we being in denial of our condition.

Through our feelings we will put aside the limitations and barriers that our mind restricts us to. We will discover the wonder of ourselves and our amazing potential. We will recognise that females and males are equal and are truly partners in all we do.

We will discover that one soul manifests TWO personalities, one female and one male, and that our true partner is our other half of our soul!

We will become free!





# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.

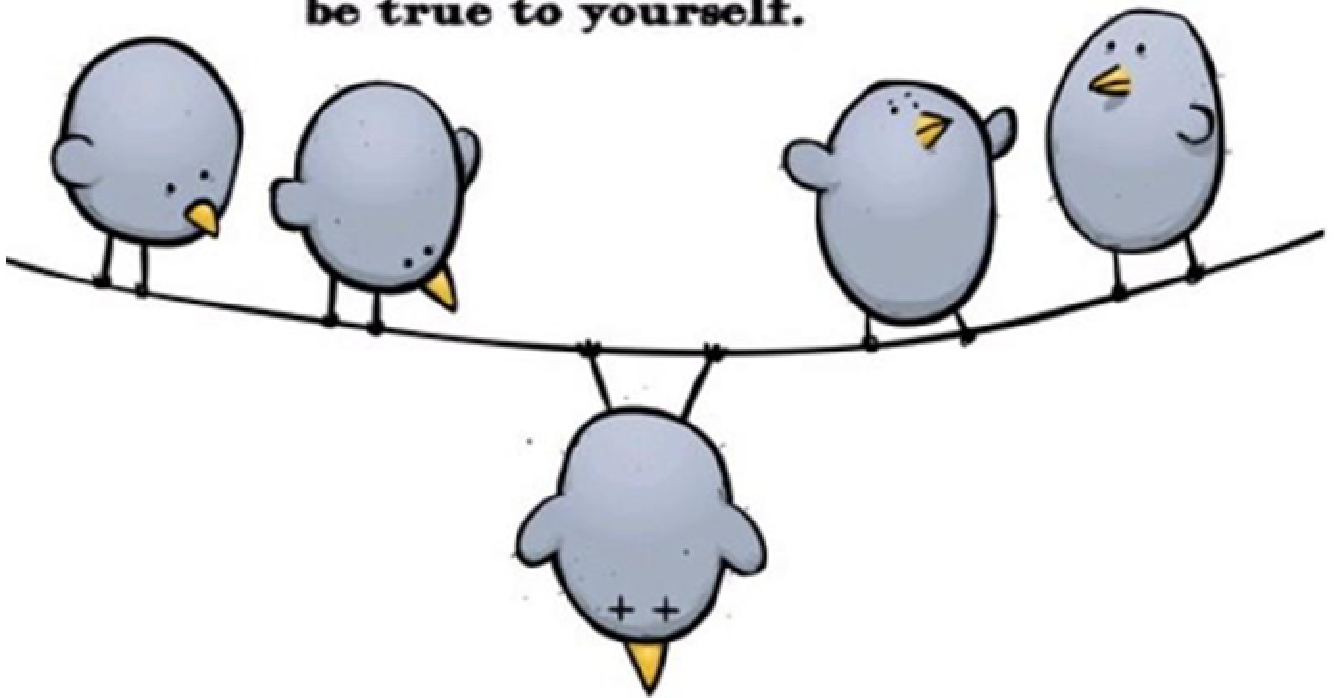


# **Be True to Yourself**

**open your heart**

**and always**

**be true to yourself.**



**BE  
YOURSELF**

*An original is always  
worth more than a copy.*

# Humanity's Highway is now making a U-Turn!

## SPIRITUAL UNIVERSE CAMPS



Celestial Spirits, since 22 March 2017, now control all spirit communications.



Even before the formal ending of the Rebellion and Default on 31 January 2018, Celestial spirits had successfully blocked and ended the domination of influence prevailing from the mind Mansion World spirits who were essentially agents for Lucifer's induced Rebellion and Default.

This ending of mind Mansion World spirit influence has ended the apparent capabilities of leaders in all segments of society around Earth. 'Great' leaders in all sectors have found their intuit capabilities and profound 'intellects' disappear – evaporate overnight – they now have to improvise with a mind that is incapable of discerning truth from falsehood, in fact their minds are addicted to untruth. We are observing growing demonstrations of stupidity and ineptitude all around us.

This is all coinciding with the emergence of an onslaught of 'conspiracy theories' in all sectors with the media propagating the malaise as this sells – the fear within people is taking this on in a feeding frenzy.

The pandemic of coronavirus, Covid-19, as of end of January 2021, 100 million cases and 2,200,000 (by April – 3 million) deaths worldwide. Covid-19 began to emerge outside of China in January 2020.

Covid-19 has impacted everyone, worldwide, in terms of increasing stress levels. The impacts range from financial challenges, job losses, pressures of home schooling and working from home along with isolation and border closures. Mental health services have been unable to meet demand. Paramedics and police report heightened levels of psychological distress from call-outs to more mental health patients. Self-harm and suicidal presentations to emergency departments have increased by 10%+. Kids help services have increased 25%+ in counselling services. Substance abuse has increased dramatically as well as domestic violence.

Covid-19 not only disrupted our lifestyles, but it also reshaped housing demand with a trend towards lower density options. Higher density housing markets have seen less demand during the pandemic, a trend that has been amplified by stalled overseas migration and remote working opportunities luring residents further afield. Working remotely has allowed renters to re-evaluate their location, with many opting for lifestyle destinations, more space and less Covid-19 restrictions.

# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# Feelings!

## Our FEELINGS are our SUPREME GUIDES:

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

Kevin 26 Sep 2017

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

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

Kevin, 1<sup>st</sup> Celestial Heaven: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

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

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



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

## **EMBRACE YOUR FEELINGS and have YOUR MIND to FOLLOW!**

The capabilities of one's soul based feelings to reveal profound and never before understood truths is beyond question and comprehension. While humanity remains entombed within the mind, humanity is frozen on a course of misery, deprivation and stagnation.

Humanity's education systems have freed us to some extent, however they are extolling the mind as the way to evolve. All our guidance and education platforms are taking us deeper into our wayward minds and further away from our truths to be embraced through our soul based feelings. Our early childhood carers and then all the way through to the highest levels of training and education take us deeper into our minds, suppressing our personalities, and that is further away from our Heavenly Parents.



Only through embracing our soul based feeling truths do we begin to open up to our true selves, our true personalities. While we are mind engaged we have only the potential of a pile of dung! And some of us strive to be king of the dung heap! When we are soul based feeling engaged do we blossom beyond that which is most beautiful of all of nature. Only through our feelings do we begin to discover the potential that is within us all. It is our feeling based personality that we are to release and nurture, and to nurture it we need only ask for and receive our heavenly parents Divine Love whilst engaging in our Feeling Healing. We do not need to strive for academic excellence, that is only worshipping the mind!



John F Kennedy on Saturday, 28 October 2017, wrote: 'In my (JFK) soulgroup (12 soulmate pairs), for example, we have a soulpair who were ignorant natives from the Amazon, who knew nothing about the greater world, having no conception of America, let alone her President. They knew their chief, he was their president, and that was enough for them. And yet these uneducated and uncultured (compared to my revolting standards that I grew up in) people, took to their Healing like so many spirits, and are now every bit my equal, as I am every bit their equal, for we are in the same soulgroup in the third Celestial sphere.'



When a small group here on Earth complete their Feeling Healing while embracing our Heavenly Parents Divine Love, they will demonstrate their inherent truth based wisdom and capabilities. This group may number only around a dozen or so, however, their healed souls will shine so brilliantly in their actions and guidance that the whole of humanity will be able to come to realise that they have been taken in the wrong direction for thousands of years and that the Great U-Turn is absolutely the only way to freedom, our Heavenly Parents, and life on Earth as though it is in Heaven.

# **GREAT U-Turn**

## FEELINGS are OUR TRUTH and OUR WAY to PARADISE:

It is our minds that we have imprisoned ourselves within. It is through our mind's addictions to control and its untruth that we have manifested all the ills, discomforts, social distresses and torment that prevails throughout all societies and nations on Earth and within the mind Mansion Worlds. All until we heal ourselves of our Rebellion and Default, that which was infused in us during our early childhood forming years making our mind take over.

We have forced our minds to live and involve us in untruth. We are stuck in a deep, dark rabbit hole and its dead end, until we embrace our feelings and live Feelings First.

We ascend with truth that is progressively revealed to us through our Spiritual Healing. Feeling Healing enables us to resolve our Rebellion and Default; and with Divine Love, we will then progress into the Celestial Heavens. This being through the guidance of Earth's Avonal pair.

By continuing to embrace the truth of what our Feelings reveal, we then progress up and through the Celestial Heavens of Nebadon, which contains the Truths Mary and Jesus are to reveal to us.

After ascending in truth through our local universe of Nebadon, we continue through the greater regions of our Super-universe of Orvonton; continuing with our Heavenly Mother and Father's guidance.

Then our Feelings will enable us to grow further in truth and enter Havona and eventually Paradise, the home of our Heavenly Mother and Father. We are created fully self-contained, designed to live through our Feelings. It is through our Feelings that we "find our way home".



# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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





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



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

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

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

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

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

**HOME**

## 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 living 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.



IT IS  
NOT THIS WAY



## **FEELING HEALING and SOUL HEALING:**

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.

Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.

Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.

Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.





# WE ARE THE TRUTH SEEKERS

## THE TRUTH SEEKERS



# The New Way

## Living True to Your Feelings

We live denying many of our feelings, which is not good or healthy for us.

Early in our childhood our parents, families and society in many ways tell us that expressing certain feelings is not right, it's unacceptable, forcing us to block them out.

“Stop crying, you're too old to cry”. “If you carry on behaving badly, you'll be punished”. “Smile, stop looking so miserable, what have you got to be unhappy about!”

We are told many of our childhood bad feelings (and often good ones too) are not welcome, which is saying, you are not welcome as you are, you must change yourself and be as we say you are to be. It's not loving to be treated that way.

And by forcing ourselves to change causes us to suppress and then keep repressed many bad feelings. And all those repressed bad feelings fester away inside us making us sick and unhealthy.

To be made to stop expressing any feeling means we are being stopped from expressing the whole of yourself. And that is very damaging.

Living by not expressing ALL our feelings fully means we can't enjoy fulfilling relationships, it causes problems, unhappiness and all illness.

So all our problems and difficulties stem from the fact that during our childhood we were stopped from expressing all of ourselves, by not being allowed to express all of our feelings. And this is how the whole world lives. Some people, families and societies being more or less feeling-expressive than others.

And The New Way seeks to end any repression of feelings. It's to understand that we should live fully expressing all we feel and not with our mind heavily in control of ourselves limiting our self- and feeling-expression.

The Old Way is living the Mind way of feeling repression. An unloving way of being.

**The New Way** is living the **True Way** of feeling expression. A loving way of being.

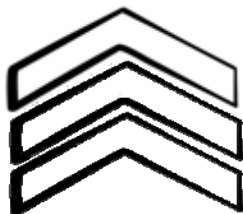


## The CHOICE is OURS to MAKE:

**Celestial Truth:**

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

**Fully Healed of the Rebellion and Default.**



### **THE FEELING WAY**

Feeling – Ascendance

Unlimited progression

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



### **THE MIND WAY**

Mind – Transcendence

Limited progression

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



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

**Hell:**  
Exploiting the Rebellion and Default.

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

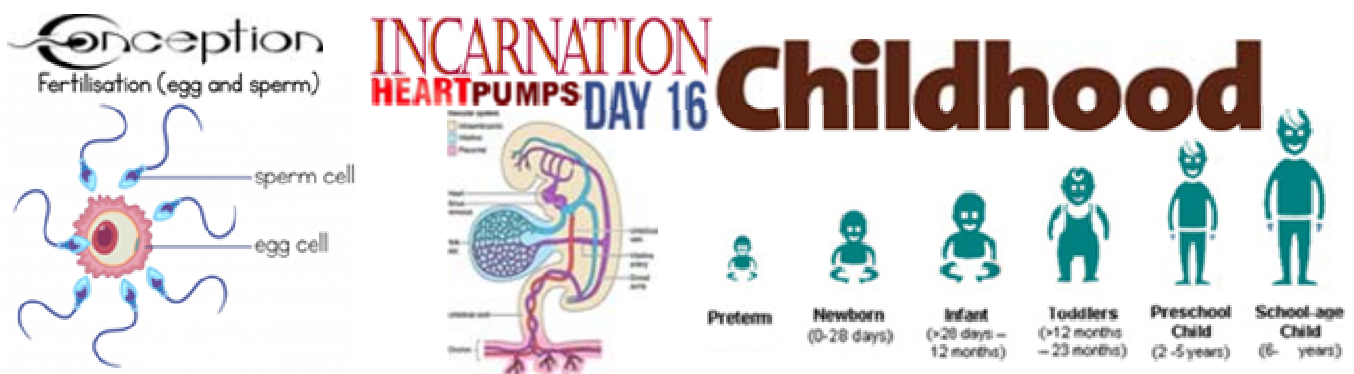
# ***We are to Find through our Feelings the Truth of the Rebellion and Default.***

Tuesday, 17 September 2019

## **We are to find through our feelings the truth of the Rebellion and Default.**

The truth of our personal rebellion by default. The truth of how we've been subjected to them, taken them on, and live them. The truth of how they make us feel being subjected to them; and the truth of how they make us feel being them.

The other day I said we are to see the truth of our childhood, the big part being the whole truth of how our childhood made us be as we are, focusing mainly on our early relationships with the intention of uncovering the truth of how loving or unloving they were. Were we loved or not, is about what it comes down to: Did I feel loved? / Do I feel loved? Was I truly loved as a young child? And if not, why not, and how has it affected me through my life, and how am I as the result of that beginning. It is for us to see through our deeper feelings if all we call and believe love to be, all what we might think and feel about ourselves as being loving, all we might have felt loved by, was really true. Is all I know and believe love to be real and true? – or have I grown up contriving it, pretending that I know what love is, believing I was loved by my parents and other family members, when the truth is, I wasn't. As we do our Healing, as we work deeper into ourselves using our feelings to uncover the truth of how we really are, much to our horror we will come to see that much of our early lives, and so too our resulting adult lives, is untrue, founded on beliefs that don't hold up under such deep inner personal scrutiny. And we can't know until we've looked to all our feelings, until we've brought out of us all our repressed bad feelings, and seen what truth such feelings hold for us. It is a feeling thing – uncovering the truth of ourselves through our feelings, and not something we can do using our mind.



We are to uncover the truth of ourselves by uncovering the truth of our childhood. We are as our childhood has made us. We are not separate or free of it simply because we are now adults and no longer a child. The fabric of our being, our whole foundation, all how we are, IS all how it was for us through our childhood. And it's not until we've done our Healing and seen all the truth of how it was for us, which means, connected with all how it was for us back then through our feelings, that we will be truly free of our early beginning. When we've uncovered the whole truth of ourselves, so the whole truth of how it was for us during our childhood to make us be as we are, then we will move into a Celestial level of truth, a level that is true and perfect and all-loving, and feeling like we've been born anew; that being, feeling like we're the result of truly loving parents, instead of how it was for us, the result of having untrue and unloving parents.

And it's all horrible because we've incarnated into a Rebellion against Truth and so Love. We have been forced by default to live in an unloving and untrue way. We've been made to go against ourselves right from conception, and we're to come to understand just what that means to us, all through our feelings. And none of it is good. Some people grow up feeling better about themselves and their lives,



some people feeling very loved being made to feel they are important, special and mattered and were wanted by their families and parents. And should any of that love be true, it will remain with the truth being seen as to why it is true. And should any of it be false, it will fade away, with the truth being shown as to why it was false. And for those people who've grown up completely aware that there was no love for them during their early life, they will upon expressing all they feel about that, understand even more deeply the truth of how it was for them. And those people who've grown up feeling unloved only they didn't know they were, having been made to cover up and deny such bad feelings, their Healing will be one long breaking down of such denial, delusion and fantasy, as they come to see and realise that their whole childhood was one of lies and deceit, all which added to how false and deluded they've been through their life.

And as we come to see the truth of ourselves, through the truth of our childhood, we all, so I would imagine, have to arrive at the place within us where we fully know the truth of what it has all been about; that being: was there a point to how we were treated and how we've lived, with the answer being – No. We are to find the truth of the Rebellion, the truth of being rebellious, all through how being untrue makes us feel. We are to work out for ourselves through our feelings, and NOT with your mind, if being rebellious, living against our soul (ourselves), against Mary Magdalene and Jesus, against God and Creation, is a good way to be – if it makes us feel good. Does living untrue to ourselves make us feel good – and truly good and truly loving? And if it doesn't, then why, and so presumably we'd then no longer want to live rebelliously.

We have to get to the point that we will feel there is absolutely no point living rebelliously. We have to try everything we can to pretend that in our untrue and rebellious state we can feel good, happy and loved. And when it fails, then know that there is nothing that is going to make us feel that way. So we have to get to the point where we know that it is totally pointless living a life that is untrue and unloving. That it only makes you feel bad, and so what is the point of that! We are to find out for ourselves through our feelings that categorically there is no point living against the One's Who Created Us.

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

Our Mother and Father are All Love, so if we rebel against Them, if we turn our backs to Them, if we shut Them out, reject Them; if we believe we know better than They do, if we use our mind to be god instead of living with our feelings knowing we're a child of God, then we are in for a very lonely, empty, boring, nothing, dead, uninspired, unfulfilling, devoid of all creativity, unloving, painful life. And it's not just a matter of understanding this mentally: that will of course be the case if you go against God, of course if you are trying to swim and live against the flow of Creation, you're going to feel very bad and nothing is going to work for you, and who in their right "mind" would choose to live that way; we have to connect with such understanding on the feeling level, we have to know the truth of it through our feelings, that which our Healing brings us to. And all so when we do know, when we understand just how our life is and how we are, all of which makes us feel bad, then were we able to choose: Living a life of rebellion against God and our own soul; or one living true and in harmony with God and our soul.

On the levels we are conscious of, we didn't have a say in how our childhood and life was going to be, we didn't choose our parents, we had no idea what we were in for; and now as adults toward the completion of our Healing, we arrive at a place of knowing that it all sucks, it's a terrible ordeal we've been subjected to, so traumatic, and so soul-destroying, and all because we were unlovingly parented and forced to go against ourselves becoming untrue. All that effectively ruined us, we've been made to become something we hate, detest, are disgusted by – a vile unloving creature, something that is abhorrent and so out of alignment with nature and the natural

Yuk

way of things, we should be extinguished and stopped from spewing our vile, putrid yuk out over everything that is good. We were made to be evil, full of sin and iniquity, and that we can't do anything about it. We were forced into it against our will, being forced to then use our will to keep being this way, and using our mind to tell ourselves that we are not so bad, that we are good, even better than other creatures, that we are loving and true, that we are the great ones, not the worst of the worst that is defiling the rest of Creation with every poisonous breath we take. And yet we are bad, we can't be any other way, because we are rebellious, rebelling against all that is true and of love.

Look how we treat nature that is all-loving and true, we cut into it, pull it down, change it, pollute, ruin and destroy it, we make it into some perverted, crippled abomination that ends up turning against us, all because that's exactly how we were treated and made to become. We can only be as we were treated as a child, as our childhood has made us become what we are as adults. We are a blight on the natural world, we don't give a shit about it, we poison and pollute it without a thought, we live completely out of harmony with it, we hate nature, we want to get rid of it all, we want to turn the whole world into empty, unloving, ugly concrete, living in our fantasy Internet worlds, all with our pretty pictures of the plants and animals that used to be or are becoming remnants of the paradise Earth once was. We 'advanced' people move into the worlds of the 'primitive' by killing them, displace them, ruin their ways of living more in tune with nature, yet we know better, and they have to live as we are, doing to them exactly what our parents did to us. Our parents crushed us, so we crush whom ever we can, which ends up being mostly our own Children. The weaker 'lesser' one loses to the stronger more powerful, just as we as children lost to our parents. We thrust our evilness upon the world just as it was thrust upon us right from our beginning, and even though most people might not want to hear this, we all know it's true. And if you don't, you soon will as you look to the truth of your own feelings, for they will show you, loud and clear, you feel just how bad you are and how being so bad makes you feel worse than you could possibly imagine.



And so we come back to realising and knowing by connecting truly with our feelings, that we live pointless lives, they have no meaning because we are not true, we are not living Feelings First, we are not wanting our feelings to lead and guide us to the truth of ourselves, nature and God. We live by denying the feelings that will lead us to the truth of ourselves and the truth of our childhood, we reject them as we reject ourselves, just as we learnt to do because of being rejected through our childhood. Our parents didn't want to know what we felt, they rejected those feelings and by doing so made us feel rejected and unwanted, all of which is part of the sad truth we are to find out about ourselves.

So the point is: There is no point. How can there be any point to ourselves and our lives when we've grown up and live as adults in a pointless way? Without Truth there is nothing, and as we live rejecting and rebelling against Truth, so we're living the most pointless way possible. Everything we do is completely meaningless because it's not about living true to our feelings to uncover the truth of ourselves. And yet we carry on deliriously happy and in love with our untrue, meaningless and pointless lives pretending and telling each other that all we are doing has a great point to it. And we have to do that, because if we were suddenly shown the meaningless, pointlessness of our lives and ourselves – the truth of our rebellious anti truth and no love lives – we would freak out, completely lose it, break down into becoming the nothingness



that we live lives hidden at the bottom of us. And that is what our Healing does for us, it's one long breaking down of our falseness, all so eventually we arrive at the inescapable truth of ourselves: That we are pointless; that there is no point to our existence as we live our meaningless lives. That my living and breathing, everything I say, everything I do, has no point. It's all useless, a waste of time, it's all really just hot air filled with NOTHING. We are to declare, because we know it's true: That I am nothing, with no point, because I am not loved and I am not loving. I am of no goodness, no truth, no beauty, that I am full of shit and a complete fuckup, and something that should be got rid of, snuffed out of existence because there is no value of anything in me, no part of me is salvageable, I am rotten to my core, empty, null and void, with no point going on.

And yet having discovered that truth, connecting with it through your feelings, then you are brought to the understanding as well: that okay, so I am pointless, untrue and unloving living a meaningless life, and yet it's not my doing. I have no say in it; it's all how God wants me to be. So, okay then, if God wants me to be a rebellious, pointless, meaningless fuck, then possibly there is some point and meaning to being pointless, meaningless, untrue and unloving? And so possibly: I am pointless, as that's how I feel, and yet also there is a point to me being this because God wants me to be as I am, or else I wouldn't be it; and so presumably, God is wanting me to be as I am for a point – (unless God too is completely meaningless and pointless, and I being Their child is as They are). And that could be true, but then why create nature and the rest of Creation with meaning and a point and only having your child pointless? So if God has a point in making us feeling totally pointless, then what is the point of that? And could it be that God wants us to experience in our different ways what living against Them feels like, what turning our back on Truth and denying ourselves Love feels like? That God wants us to feel the whole truth of rebellion against Them, and that is the point of our pointless existence?

WHAT'S  
THE  
POINT?

And all we can do is keep going living true to our feelings, expressing them and longing for the truth they are to show us about ourselves. And as we come to live true to our meaningless pointless lives of no love and no truth, then possibly our rebellious lives will end and God will transform our soul into being loving and true, and meaningful, and the whole point of ourselves and our existence will come to us.

We have been forced to go against our true selves. And by doing so, were forced to go against God. And as we do our Healing and become true, coming back to and discovering how we truly are, so too are we coming back to God able to feel loved and wanted, and able to express that love and good feelings.

We are to see the truth of ourselves through uncovering the truth of our childhood. And that truth will show us how bad it was for us and that it was all pointless, and how can it be any other way living against all that is true and of love. We are to uncover the whole truth of our rebellious state of being, understanding the whole truth of how we were made that way by default. That it wasn't our fault, it was imposed on us against our will, and we are not to blame. That we are to come to fully accept ourselves in our fucked states just as we are, and to feel sympathy for the sad state of self-rejection we live in and all the horrible ways we express that in the world. We are to come to see that really we are not truly connecting with anyone, but are instead only connecting with what we project all over



everyone else; that we are alone, having a relationship only with our fucked self and with the other person not really there at all, because we were parented as if we weren't really there at all, it all just being between our parents and themselves and their parents. We are to feel completely what it feels like not feeling loved, not having our love needs met, being denied right from the very beginning all we needed to help us come out and feel naturally and truly good about ourselves. We are to understand that all our problems, all our health issues, all our relationship difficulties, everything that's wrong with us and that goes wrong in our lives, all is and happens because we are not right, because we weren't loved as we needed to be.

And we are to work out what we really do want, to feel what we hate and don't want, based on our feelings, then to work out that we want the opposite and what that might be like. What might it actually be like to feel completely loved, right from the start, all the way through you, with never one rejection, never a bad feeling, always feeling secure, happy and fulfilled in every moment of your life? And to yearn and want the true and perfect relationship, one that comes to you as you come to understand how untrue and imperfect all your relationships are with yourself, with other creatures, with other people and with God. We are coming at it from the negative, so what is the positive like, and do we really want it; and if so, to long for it, just as we long for the Truth and as we long and yearn for love. We want to feel loved right the way through to our core, every part of us filled with it, we want to feel so loved and so happy because we do feel so loved that our love is brimming over and loving all others. We want to feel the opposite to what we do feel, and to know why we want to feel that way, it all being about the truth of ourselves, knowing it, feeling it, understanding it, wanting it.

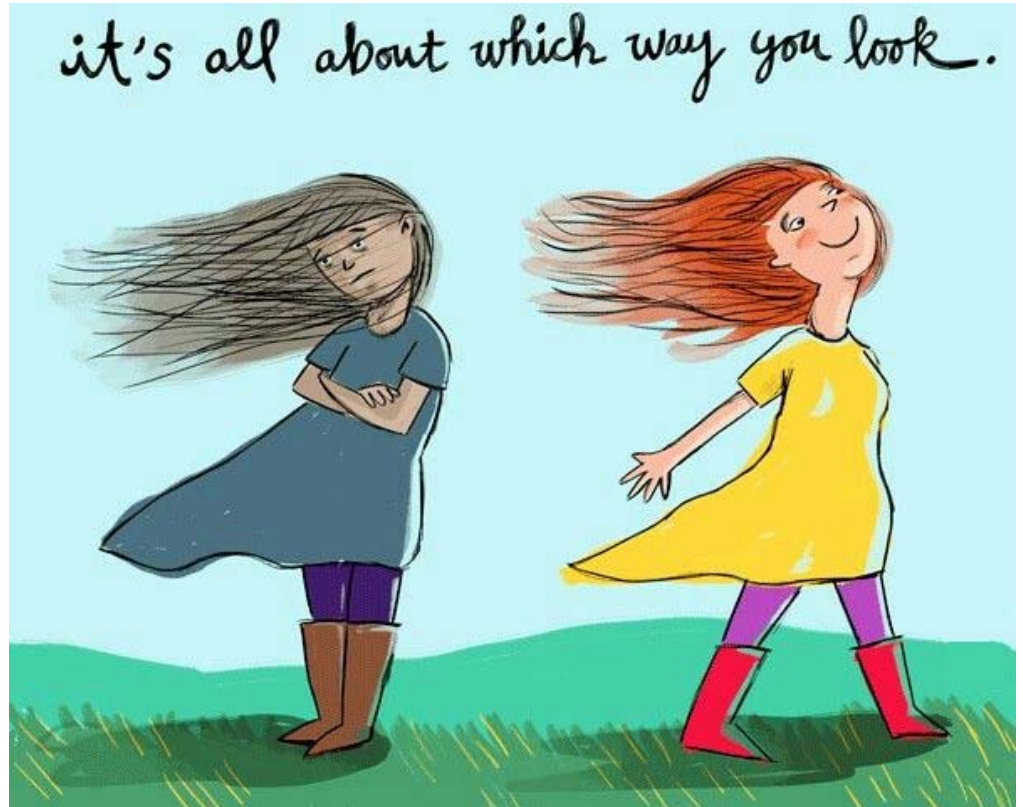
Through becoming true, so first, true to our untrue state, we find acceptance. We come to forgive ourselves, we make amends compensating for the wrong we have done, we feel as bad as we do, and we understand that that's okay, and even that it's how God wants us to be. It's a hard road each of us has been giving to walk, however it's all possible and the worst is over, the worst being how it was for you during your early life. God wants us to uncover the whole truth of our rebellious state



through our feelings, so that's what awaits us all, when the time is right. And when that time comes, something that you can't do or start by using your mind and telling yourself you do it; when that time comes because God is saying it is time and leading you to do it through your soul as you want to start paying closer attention to your feelings looking for the truth they have to show you, then you will do your true Spiritual Healing. It is a healing process, one of gradual self-acceptance through the truth as it comes to light within you. It is the Truth that will set us free, yet only once we've found it by living true to ALL our feelings.

So I doubt people who are enjoying their lives will understand this; however if you are enjoying and having a fulfilling life living your rebellion against the Truth, Love and God, then one day you'll come to the dead end coming up against the brick wall, wondering what it was all about and what was it all for. And when the time comes, be that during your life on Earth or when you're in the Mind Mansion Worlds, then it will be time to do your Spiritual Healing.

Also, throughout my writings I have stressed the point that so much of what we call love, feel love to be, know as love, will, as we come to uncover the hidden truth of ourselves, vanish, dissolve away, because it wasn't true love. We are all about The Truth, and what I mean by this is, any truth we live, will remain, we are truth-seeking and truth-loving souls, and with that truth, will come love, because truth 'begets' love. So if you have felt love throughout your life and it is based on Truth, through your Healing it will remain. However, if you have felt love and believed you were loving, yet that so-called love wasn't founded or based on Truth, it will fade away until it's all gone and you know that you contrived it using your mind. The Truth is what is important to us, so all that is true about yourself and so true in your life, is good, making you feel good, and will remain as you do your Healing. All that is untrue, is bad, is false, and you will give up and let go, as you do your Healing. We can't receive love or be loving without being true to some degree. And the amount of truth we are determines the amount of truth we are, can feel and give. We



*mind controlling way or soul's feelings first!*

can't be untrue and loving. We can only be true and loving; or untrue and unloving. So if we are untrue yet feel we are loving, something is very wrong in how we see ourselves and how we are experiencing life. Our Healing is to end being untrue, end any so-called love that we have lived in our untrue state, coming around to accept the truth of our untruth and at the same time seeing if any part of us was true. So we have to want to explore and liberate all our bad stuff wanting to be true to it so we can see how wrong we are being it. It is living completely going in the opposite direction to how we've all been made to believe we should be. And as mostly we've all been made to deny so much truth about ourselves and our lives, so there won't be much love as a result.

## **Feelings First Spirituality – The New Way**

Doing your feeling-healing is telling your story.

It's telling the truth of your whole story.

And it's all for you.

I wanted to write some of how I feel I'd want to be were I to have a child. However it's to understand that this is only my understanding of it through my own Healing. I have not been a parent, not been at a birth, not lost a child, not had any of the bad things happen to do with having children. And I'm male.

### *Being with your baby and child*

This is mostly for the mother, however it's also for the father.

#### *Before Conception:*

– How do you feel about having a child? Express ALL good and bad feelings. Pay particular attention to ALL bad feelings. Try and express them all, talking about all you feel and how feeling those bad feelings make you feel, all whilst wanting to know the truth of why you are feeling them.

➤ Understand that it's okay to feel bad about any part of it at any time. It's okay to feel anything bad at any time before conception and after it. Pushing away, hiding, pretending you're not feeling them, blocking out bad feelings is only going to make things harder for you, your relationship with your partner, and your child.



➤ Understand that your feelings might change, from feeling good to bad, and that too is okay.

➤ Keep expressing them, all of them, to your partner, family, friends, to God, to everyone who wants to listen, all as you long and really want to know the truth of why you are feeling them. And understand that some people will be able to go with you in your feeling expression, some not; and those who do, some deeper, some not as far. Few will want to go with you right the way through to the end when you have nothing more to say about it. And it will be the same for yourself as you will have many blocks and much resistance all the way along. But that is all okay, you can only do as much as you can. And with practise you'll get better at honouring and expressing and uncovering the truth of your feelings.

➤ And understand that if you go down this road becoming determined to find the truth of all your feelings, at times a lot of pressure will be brought to bear on your relationships, even possibly bringing about an end to some or all of them. And that too is okay. You'll find your way, it will all unfold, all as you keep expressing and talking about all you feel.

#### *Conception*

➤ Keep doing all of the above. It's MOST IMPORTANT to honour and express all your bad feelings. Don't hide them from yourself. Don't push them aside. Try to bring them out. To your partner is best, ideally your partner should want you to express all of yourself, so all your good and bad feelings. And for you to want your partner and for them to want to express all their feelings too. However in reality you'll be pushing each others buttons and coming up against each other's, and your own, inner barriers and blocks. Still, these can be fully acknowledged and worked on. You don't have to do it all at once.

➤ And yes, it's all going to affect your baby. All the good stuff, positively; all the bad, negatively. However there is nothing you can do about that. God wants it this way. You have conceived, your child already has taken on all that you and your partner are, and particularly all the bad stuff, it's all a done deal, now it is to be expressed by your child as it grows inside you, and through its childhood. Accept that you are not fully loving, you can't fully love your child, you do your best, however it won't be enough no matter what you do. And that's okay too. You don't have to be perfect and all-loving,

you are to be yourself wanting to express all you feel as you grow in the truth those feelings bring to light within you, all of which will then positively affect your child.

➤ The best thing you can do for your child, the most loving way for you to be, is for you to keep expressing and longing for the truth of your feelings. As to whether or not you are loving or can you cope, will you be a good parent, deal with all of that as part of your feeling expression. Any time you feel bad, and even if it's over and over about the same things that are making you feel bad, even to the point of driving yourself and your partner mad, just keep going expressing all how bad you feel whilst you long for and want to know the truth of why you are feeling as you are. And your feelings will show you the truth, it will come as you express them and when you are ready for it, and all of that will affect your growing child in a positive way. To bring your child into your womb that is part of you who is wanting to live Feelings First is the best you can do for your child. So it is good to express EVERY BAD FEELING YOU FEEL, even if you feel you are pathetic, stupid, embarrassed, humiliated to do so. Don't deny yourself by denying your bad feelings, because that denial will be passed onto your child and that's what will hurt it the most and make it feel the most unloved. If you want to be as loving to yourself as you can be, which is fully honouring, accepting, expressing and seeking the truth of all your bad feelings, then that self-love, doing that good thing for yourself, will be conveyed to your child helping it feel good in its emerging relationship with you. If you keep denying yourself your bad feelings, pushing them away, blocking them out, ignoring them, pretending they don't exist, ridiculing them, rationalising them away, then you are only hurting yourself by doing this, it's unloving, and so too will you be doing it to your baby and child once it's born. The worst thing you do to your child is stop it expressing ALL its feelings, so including all its bad ones. So if you set the example it will follow, then it will be as feeling expressive as it can be, all of which will greatly help it in its life.

➤ Understand that to nurture yourself by fully accepting, expressing and wanting to know the truth of all your bad feelings, is the best way to nurture your growing child. If you feel bad about any aspect of yourself, your life, of your pregnancy, of your relationship with your partner, family, any bad emotional feeling, any fear, worry, anger, guilt, shame; any depression, resentment, envy, jealousy; any feelings of feeling ignored, rejected, unwanted, uncared about, unloved, and any other bad feelings, even the slightest faintest one, bring it out. And bring it out to another adult, not so much to your growing child. Don't use your child as a substitute adult because you don't have an adult in your life who'll listen to you express all your bad feelings, so your child will do. That's not fair on your child. The child is to be left free to express itself, it's not there to be your listening person, that is for your partner or God or another willing adult in your life. Don't take all your shit out on your child. Don't use it to vent or dump all your negative and bad feelings on. It will be too overwhelming for it and more than likely putting it in the position of making it feel responsible for you, that it should or can in some way help and save you, make you feel better, good and happy. You're the adult with your shit, and so it's with other adults you work it through. The child is new, it's all for them, they've already got enough of your yuk to deal with that they will have picked up from conception and naturally as they have developed. When your child is older and can understand and deal with all your bad feelings and yuk, and is willing, then perhaps you can start to express and share your bad feeling expression with them. All of which they'd surely understand anyway by then as a part of observing and following you in life. Try to allow your child to form itself through its formative years, rather than you make it be something for yourself and how you want it to be.

yuk

### *Pregnancy*

➤ How you relate to your child is how you relate to yourself, most of which you are unaware. What affects your child is what is affecting you, most of which you're not aware of. All the undercurrents your child is continually absorbing, all from you, your partner, those important people in its life and the environment, is all 'going into it'. And all you can do is keep expressing all your feelings, good and



bad, and particularly bad. Don't try to fix all the bad stuff, just express all your bad feelings. Do what you feel to do, and what you don't want to do try not to, however if you are forced or made to do it, then keep expressing how bad it makes you feel.

- Bring out all your fear, anger, anxiety, everything about your child that you are worrying about, to your partner. Talk about it all between you. And if you don't have time, make it. It can be hard, but if you sincerely want to

express all you feel and want to know the truth of why you are feeling such things, then you will make the time. You are in a relationship with your partner and your child, it couldn't be more intimate, and so the more you can express all you feel to each other, the better your relationship will be. So bring out all the bad stuff, all the hidden secret unwanted stuff, and if you feel very bad and worry that your child will be negatively affected by such feelings, express all of that fear and worry too. Your child will absorb it all, however the more you can express of yourself, the better it will be for it. And do what feels natural for you to do; and if you worry you are not being loving enough or are too much or whatever, express those feelings too. Express it all. It's a different way of life. And if it's what you want, then it will be how you can live and your child will form and be born into that feeling-expressive environment growing up expressing all its feelings and longing for the truth of them, something no child has as yet experienced on Earth.

### *Birth*

- Again, express all your feelings and in particular all your bad ones.
- Understand death is not bad, it's not to be feared (yet if you fear it, then those are more bad feelings to express and seek the truth of), the death of your child or yourself. If it happens it's just time for you or it to move on. However, of course there will be many bad feelings that come with it, all of which are yet more bad feelings to express. Should your child die, at any time from when its heart begins beating inside you, it will move into spirit there to be adopted by a spirit mother and looked after as if it is her own. And when you die, and should you want to, you will be able to meet your child. And right the way through your life, should you want to, you can still share something of a relationship with your child in spirit, from actively speaking with it when it's old enough to converse with you, to sharing your thoughts and feelings with it – should you feel good about doing that, understanding that your child might not always want to speak to you, as it will have got on having its life in spirit. However more than likely it will be made aware of you and will want to have some contact or relationship with you. However, you don't have to have one with your spirit child, it's only if you want to, expressing all the feelings along the way.
- As natural as possible the birth is, is of course best, however what is natural? Possibly the Australian Aborigines giving birth with nothing other than themselves, something to cut the cord or biting it, with loving women (and men too) around, including your partner, would be as natural as you could get. Your child when born is given to you, skin on skin, it finds its way to your nipple when it wants to feed, or with a little help if required, you and your child are the loving centre of attention, everything is for you both, you are at the centre of creation. It's all only about you and it, with your partner and father there in support and loving and protecting you both.
- However if the birth is in the full bright lights of an impersonal hospital, it's still between you and your child and its father. It still can be as personal as you can have it, as intimate, you feeling you want to be with your child. And if you feel you don't want it, are scared of it, reject it, that's okay too, you don't know how you'll react, with these being more bad feelings you can embrace and work through.



- If it's premature, still born, caesarean – more bad feelings to be expressed. And all is okay, understanding that it will all cause your child problems, it's all very traumatic, however by looking to express your way through all the difficulties as they arise, is what will ease the pain and trauma, even eventually heal it. It may take a long time, and your child might be well into its adult life before it starts to deal with all the trauma it's suffered, however the more you encourage it to express all its bad feelings as it is growing up, the better it will be.
- And of course you can't always stop and express all your bad feelings when you feel them. But you can do it when the time is more conducive; and any that you do deny, will return at another time.
- The whole idea is you are setting out to have a new relationship with a person called your baby and your child. So ideally you don't want to be separated from it in the early stages, which can be hard if the hospital has the practice of taking it away from you. All such separating is, as you might imagine, very traumatic for the newly born infant, who has formed inside you and is now outside of you needing you still there with it yet in a different way. As it grows it will show you when it's ready to separate from you. Read stories about accounts of how the orangutans, gorillas and chimps have their babies, how they guard and protect them, having them cling onto them all the time, for years in some cases, and never rejecting or forcing or trying to control their baby, unconditionally being there for it, with the baby being the one that pulls away as it gets older and more adventurous.

#### *With your baby*

- Do what feels right for you. Don't try to parent according to a book. How to parent books can of course be helpful, so can anything, however at the end of the day all you have to go on is your own feelings. And if you want to honour them, express them and see what they are wanting you to see, then that is how you can parent. And by yourself if you're a single parent or with your partner. However being single is more difficult not having someone close to express all your feelings too. And it might not be good expressing them all to your child, your child should be free to express itself, but it's not as yet equipped to deal with all your feeling expression and needs. So putting it all on your child, making it be your substitute partner and listener of all your feelings, will be difficult for it. It might not complain, however it will have to deal with that when it is older, having been made to take on such responsibility so early.
- There is no right way to parent, only your way. What might work for someone else might not work for you. All this business of having to force your baby to accept the sleep and feeding patterns imposed by you, because of what other people say is the right way to parent, is very damaging to both of you, traumatically so. If it happens naturally, fine, but having to use any force against the will of your child is what will crush it and ultimately turn it against you. To try and work with its will, to fully accommodate it, yet at the same time expressing your will, can be very difficult; and again, all you can do is keep expressing and yearning for the truth of your feelings.
- If you feel bad, try to stop and pay attention to those feelings. Don't automatically try and fix or solve the problem. We're all taught we have to fix everything and work it all out for ourselves, but we don't. All we 'have' to do, if we have to do anything, is keep expressing and wanting the truth of our feelings. So do you see, living by putting your feelings and the expression of them first, is the aim. You don't have to do what you feel, you don't have to always act on them, often the emotion of them might drive you to act, even to do something you will regret, all of which will bring up yet more bad feelings to be expressed and worked through. When you express your feelings, try to express them with the emotion you are feeling them. Express the emotion of them, but of course not to the detriment of yourself or the other person or creature, not to harm anyone. You might want to kill your baby, so express the emotion of those terrible feelings to your partner or someone who cares about you, or to God

if there is no one else, even just to the wall if that is all you have, saying all you feel as you feel the emotion of wanting to kill them, yet not acting on it. And if you can't control yourself and do act and kill your child, your partner, yourself or anyone else, then there's yet more bad feelings for you to express and want to uncover the truth of. Everything we do comes from your childhood. Expressing your feelings and wanting to uncover the truth of them will invariably take you down into connecting with those same feelings you felt as a child. And as you connect with all your repressed childhood pain, finally liberating it, so too will it positively affect your child. We pass our pain on to our children, so the more you can bring yours out, the less effect it will have on your child.

**POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:**

**This steps down each seven years as the child matures**



**From conception to  
age 6 or 7**

**From 8 to age 14**

**From 15 to age 21**

**From 22 to age 28**

**As we heal, we directly heal our children similarly.**

**The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.**

### *Toddler*

➤ The battle of wills only takes place when the child is not allowed to freely express itself, when it feels its will is being compromised. And even though it can't be allowed to do all it wants to do, there are ways to work with its will, helping to maintain the integrity of it so it keeps feeling empowered, important and that it's loved and respected, just as there are ways to crush it all but out of existence with it having to turn severely against itself so as to survive and maintain any sense of having any power with you. As children we're incredibly adaptable, we are geared to survive, and so if that means we have to fully compromise ourselves, going against our own true self and will, so we will use the full strength of our will to deny ourselves our feelings. We'll do whatever it takes so as to keep ourselves believing we're loved by our parents. The onus is always on the parent, never on the child. To blame the child is missing the point about what a child is. And if you go that far, then that's what happened to you as a child, and that's how you're making your child become.

➤ Ideally we should grow up in a 'tribe' situation, being parented by many adults and always interacting with many other children of all ages and with people of all different personalities. Doing it alone, just you and your child, is the hardest and possibly the worst, most alone and rejected way we can raise children. Again imagine an extended tribal family situation where everyone actively participates with everyone else, from the youngest to the oldest. So there is always help for the new mother, for the mother at any time, and not with 'men do this' and 'women do that' approach and attitudes; no religious, social or cultural superstitious beliefs and limitations. With everyone fully involved, and ideally, with everyone expressing themselves as fully as they can.

### *Childhood*

➤ It might help to understand, and so to always keep in the back of your mind, that we're all currently conceived into a spiritual rebellion without knowing that it's happened to us and without our parents knowing they are bringing us into the rebellion by default. However it's what God wants, and so that is how it is. So having understood that, then it's to know that you have already fucked-up your child to the degree that you and its father are fucked-up. And that it is to grow up experiencing the Rebellion itself.

And being a loving parent of course you might want to lessen the impact of this, and of your own rebellious state upon it, which you can only do by doing your Spiritual Healing. You can only work to Heal yourself, and all healing you do will have a positive effect on your child. However at the end of the day, your child will have to want to do its Healing one day if it is to rid itself of all the bad parenting influences and effects it's suffering from. We're all in the same boat, however as parents grow in truth through the doing of their Spiritual Healing, which is done by looking to express all your feelings wanting to uncover the truth of them, then so too will they conceive and parent their child with lessening effects of the untruth and wrongness. And one day, parents who have fully Healed themselves being of a Celestial level of truth, will conceive and parent perfectly and lovingly children who are no longer part of the Rebellion or Planetary Default. So until this time, it's okay to have a child and for it to grow up in the Wrongness. That's between you, it and God. And everything will one day be worked out with love. But that day might be a long time in coming. And in the meantime, should you choose to live by following your feelings and wanting to grow in the truth they will give rise to within you, then that is the best you can do.

*Conclusion:*

In being a parent, it's not about trying to work out how to be the best parent you can be for your child by using your mind. It's to live the truth that comes up in you as a result of you properly attending to ALL your feelings. We are to live with our feelings guiding us, and even though they might seem to be all over the place and contradictory half the time as well as driving you or your partner mad, still by expressing them all and longing for their truth, the truth will steadily grow and you will find that you know how to be and what to do. It will just happen 'organically', with the more you can keep your mind out of trying to control or dictate the terms and determine outcomes, the better it will be for you all.

# FEELINGS FIRST For Kids

## BLUEPRINT

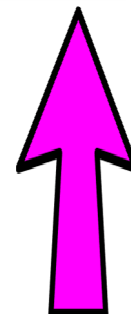
# We are our Childhood



# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE

**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
 DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES  
 UNITING with SOULMATE / SOUL PARTNER and SOULGROUP  
 BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT



### THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\*

**Transformation** of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.

**Transformation** of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

### Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
 SEVEN MANSION WORLDS

We have to do our: SPIRITUAL HEALING  
 (FEELING HEALING)  
 (SOUL HEALING)

**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
 REBELLIOUS  
 REBELLION AND DEFAULT

Against Truth and Love  
 Living Untrue; against ourselves  
 Denying many feelings  
 Become Truth to being untrue  
 Imperfect relationships  
 Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**

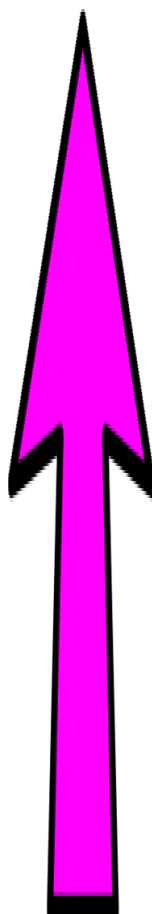
#### Self-Acceptance

No Healing needs to be done  
 Being true and loving  
 All done with Natural love  
 Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
 NOT REBELLIOUS  
 NO REBELLION OR DEFAULT

Not Against Truth and Love  
 Living Truth; not against ourselves  
 Not denying any feelings  
 Become truth to being true  
 Perfect Relationships  
 Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
 What we wish we were living  
 A Loving life



### THE MIND WAY \*\* MIND-LED LIFE \*\*

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

### GREAT U-TURN

# *Living True to Ourselves*

## **LIVING TRUE to OURSELVES**

We are to live truth to ourselves through ALL our feelings. We are untrue.

We are to live truth to being untrue. We are to stop pretending we're true.

We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

# *We are to find the Truth of Love*

# Avonal Revelation

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

31 May 1914 and ongoing

# Finaliters

Hey guys, I know who I am and why I am having these life experiences. No, I'm not wearing a prison uniform – 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 screwed 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 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 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!

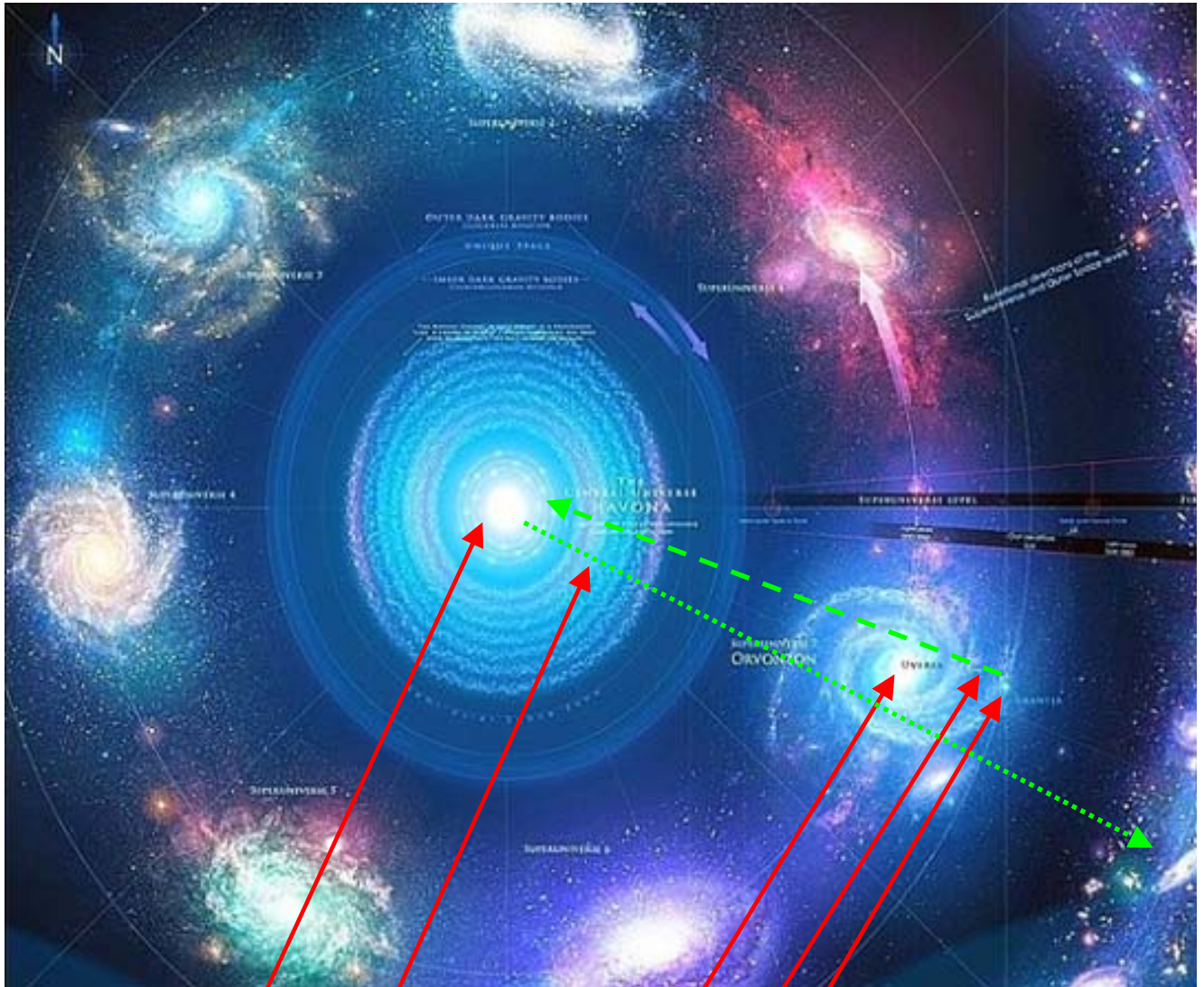


Because other humanities in newly forming universes are anticipated to Rebel (just like us now) and because we have had the experience (no other humanity has possibly done it as good as us), we FINALITERS can go and help them out of their SHIT! Yee-ha – more evilness and insanity! That is us! Bring it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

# Finaliters

## OUR JOURNEY

Ascension is from Earth (Urantia) through Nebadon, Orvonton, Havona to Paradise.  
 Then in Paradise we progress to be Finaliters and possibly assigned 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

**Finaliter, being what we become when we finally arrive in Paradise!**





↑ Earth

**CREATOR**  
daughter and son

*Avonal Pair*

SPIRITUAL LEADERSHIP

**SPIRITS OF TRUTH**

**LOCAL UNIVERSE**  
**NEBADON**

**HUMANITY**  
OF  
**PLANET EARTH**

Both the Creator and Avonal pairs are bestowals from Paradise and have Spirits of Truth which are released following the death of their physical bodies. The Creator pair is the co-regent of our local universe of Nebadon. They have set the pathway for the Avonal pair to show the way for Earth's humanity to heal itself of the Rebellion and Default. The Avonal pair's focus is one humanity, of Earth, whereas the Creator pair is for all of Nebadon.



**FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:**

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

**THE EVIL ONES**



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**



**Daligastia pair**



Arrested and imprisoned 1993 CE

**Lanonandek**  
System Sovereign

**SPRIT**  
**Prisonworld**  
**1+37**

**Lanonandek**  
Planetary Prince

**1**  
**Creator**  
Daughter & Son

**QUARANTINED**  
**3 Rebel**  
**OUTER**  
**WORLDS**  
**37**

**37x**  
**Avonal**  
Daughter & Son

Lucifer and his soulmate (Lanonandeks and System Sovereigns) rebelled, taking over their small part of Mary and Jesus’s universe corrupting 37 ‘earths’ and their associated spirit Mansion Worlds.

Satan and his soulmate (Lanonandeks) joined the Lucifers, helping to convince Caligastia and his soulmate (Lanonandeks and Planetary Prince of Earth) and Daligastia and his soulmate (Lanonandeks) to join the Rebellion, which they did, specifically corrupting the people of our Earth – Urantia.

Mary Magdalene and Jesus (soulmates) bestowed themselves on Earth, thereby terminating the Lucifers’ and Satans’ System Rebellion. The Lucifers and Satans were then interned on a spirit prison world.

It is now for an Avonal Bestowal Pair to terminate the Caligastias and Daligastias, with, so we understand, the first stage being completed, so these rebellious Lanonandek pairs can no longer negatively affect Earth or its associated Mansion Worlds.

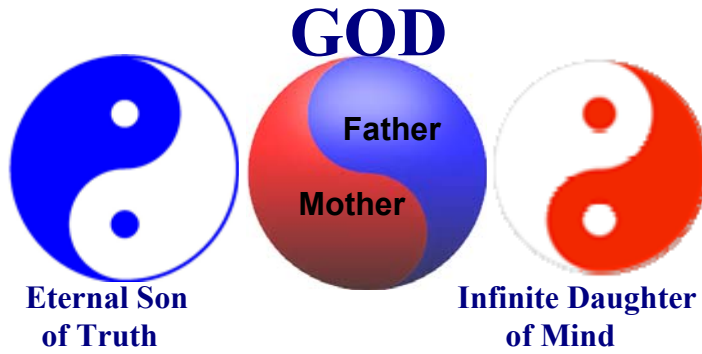
Avonal Daughters and Sons have been progressively incarnating onto each of the rebellious worlds and one by one, the 37 Lanonandek Planetary Princes have been arrested and imprisoned. Caligastia, Earth’s fallen Planetary Prince and his associate, Daligastia, being imprisoned in the early 1990s.

It is anticipated that the Avonals will shortly have all the wayward Lanonandek Planetary Princes and Princesses imprisoned and will be proceeding to introduce to their custodian humanities to their New Feeling Way.

The Creator Daughter and Son address regional issues – the whole of Nebadon, as in Mary and Jesus’ case; whereas Avonal Pairs address individual planetary issues. Mary and Jesus ended the Rebellion in Nebadon with no further planets being able to be corrupted by it; the Avonals will end it, and the Planetary Default of Eve and Adam, specifically on Earth. They will do this once they’ve completed their Spiritual Healing revealing the New Feeling Way.

**GOING, GOING,**  
**GONE!** **Yippee!**

Paradise – Havona – Home



SPIRITS from PARADISE

Nebadon – Salvington



Celestial Heavens

MELCHIZEDEK  
BRILLIANT  
Evening Stars  
ARCHANGELS

Mansion Worlds

celestial ANGELS SPIRITS

MORTAL ANGELS SPIRITS

Physical Earth

Nature Spirits Spirit Guides ANGELS  
HUMANITY

Formerly ended  
31 January 2018

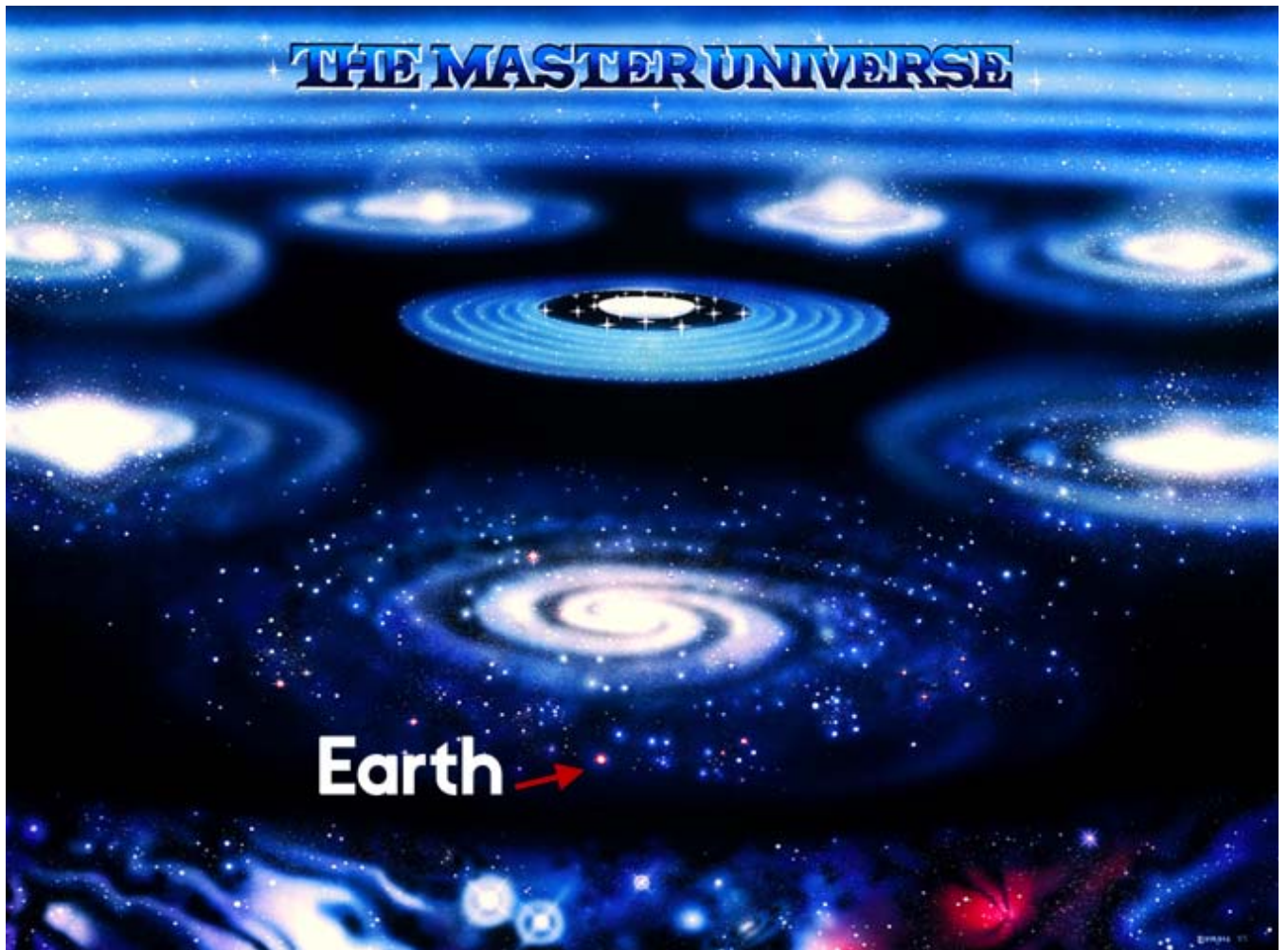
**REBELLION** & **DEFAULT**

Past  
200,000 years

and now for the

**GREAT**  
**V-Turn**

Coming  
1,000 years



Our journey is one of experience and the feelings that arise from our experiences. From the moment of conception we are on our learning pathway, experiencing the emotions of our parents and carers. Our feelings are our truth, it is through our feelings that we evolve in truth. We are to long for the truth that our feelings draw our attention to.

Our physical parents and family is the focus of our experience on Earth. As we all have been subjected to the Rebellion and Default of Earth's humanity, we are all to heal ourselves of being unloved and the errors and injuries that we have been subjected to. Only through the completion of our Feeling Healing do we leave the environment which is referred to as Hell. It is through the guidance of the Avonal soul partner pair, their Spirits of Truth, that we are now able to complete our Feeling Healing.

When we transition into the 1<sup>st</sup> Celestial Heaven, having completed our Healing and Acceptance of how we have been messed up and the way we are having had the experience of living in a Rebellion and Default, can we then start to assimilate with other humanities within our Local System.

Our local system is called Satania, home city and headquarters being Jerusem. It consists of 1,000 physical worlds that have the potential of a humanity living on these worlds. 619 are physically inhabited of which Earth is number 606, one of the youngest. As we progress beyond the first three Celestial Heavens, then we start to interact and become knowledgeable of these additional humanities.

Then we progress into our local constellation called Norlatiadek. Norlatiadek consists of 100 local systems, and its home city is Edentia. The Garden of Eden is named after Edentia. Again we go through a process of coming to understand how the constellation works and the peoples that are throughout it.

Then we enter the local universe as a whole, named Nebadon with Salvington being its headquarters and home of the co-regents being soul partners Creator Daughter and Son, Michaels, namely Mary Magdalene and Jesus. It is through the Spirits of Truth of Mary and Jesus that we are guided through all of the Celestial Heavens to Salvington.

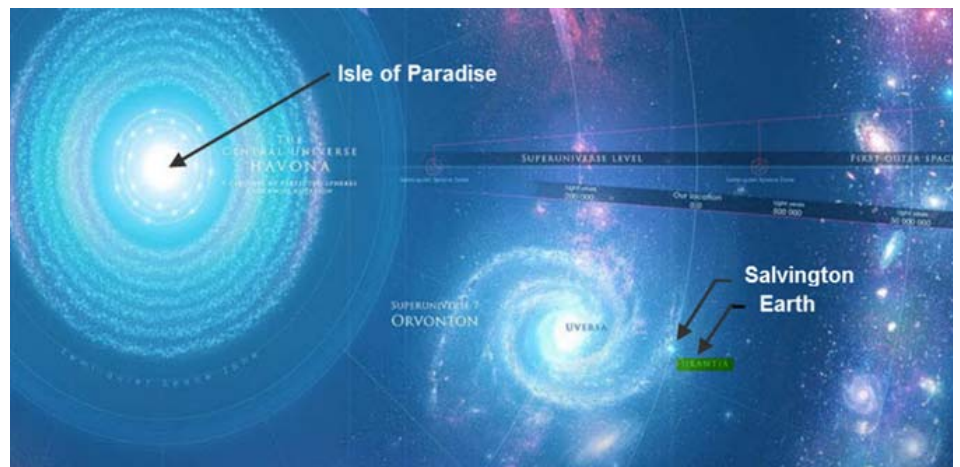
From Nebadon then it is our Heavenly Mother and Father that guide us through the next three major sectors of our super-universe being the Minor Sector, then Major Sector, then the super-universe of Orvonton.

Then we progress into Havona and Isle of Paradise, the home of our Heavenly Mother and Father and on completion of achieving understanding of how all the systems work in the manner that we are required to, we become Finaliters. After all, we are truth seekers!

Then what follows is that we then visit and achieve an understanding of how each of the other six super-universes work and how all seven super-universes function and work together.

When fully accredited we will most likely be assigned to one of the newly forming 70,000 super-universes that presently are not inhabited. Finaliters have many optional assignments.

We are truth seekers and through our obtained truth we will be able to assist humanities throughout the emerging universes.



Our Spirit Friends on duty



# OUT GATEWAY ISOLATION



**Kindly consider reading:** [www.pascashealth.com](http://www.pascashealth.com)  
then proceed to Library Download and then Medical – Soul Condition and Health



[Bible New Testament Matthew Peshitta Lamsa.pdf](#)

<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SOUL%20CONDITION%20%26%20HEALTH/Bible%20New%20Testament%20Matthew%20Peshitta%20Lamsa.pdf>

also:



[Bible New Testament Revelation Mary Magdalene.pdf](#)



[Bible New Testament Review - Part I.pdf](#)



[Bible New Testament Review - Part II.pdf](#)



[Bible Old Testament Revisited.pdf](#)



[BOOK of TRUTHS - Bible Distortions.pdf](#)

and also:

Chaldi College Free to Learn Instinctively  
Chaldi College Free to Learn Pathway  
Pascas Care Letters – Back to Basics  
Pascas Care Letters – Change  
Pascas Care Letters – Finaliters our Destiny  
Pascas Care Letters – Humanity is Addicted to Untruth  
Pascas Care Letters – Journey of Earth’s Humanity  
Pascas Care Letters – Life is a Highway  
Pascas Care Letters – Live True to How You Truly Are  
Pascas Care Letters – Moving out of Healing  
Pascas Care Letters – My Customs Heritage and Nationality  
Pascas Care Letters – One Soul Two Personalities  
Pascas Care Letters – Psychology and Feeling Healing  
Pascas Care Letters – Root Cause now to Pathway Forward  
Pascas Care Letters – Root Cause now to Pathway Forward (short)  
Pascas Care Letters – Spirit Evolution and Environmental Changes  
Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care Living Feelings First Adults  
Pascas Care Living Feelings First Children  
Pascas Care Living Feelings First Children Annexures  
Pascas Care Living Feelings First Children Discussions  
Pascas Care Living Feelings First Children Graphics  
Pascas Care Living Feelings First Drilling Deeper  
Pascas Care Living Feelings First Drilling Deeper Structures  
Pascas Care Living Feelings First Reference Centre

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

**Library Download – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)

<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>Paul – City of Light and Sage – and the Healing Angels of Light</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx – James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Soul Light from Zelmar Melchizedek</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx – James Moncrief</b>
<b>Feeling Healing</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus' comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx – James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus Sage and the Healing Angels of Light</b>	<b>2013 – 2014</b>	<b>xxx – James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>	<b>2017</b>	<b>xxx – James Moncrief</b>
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx as primary reading</b>
<b>Divine Love supporting reading:</b>		
<b>Revelations</b>	<b>1954 – 1963</b>	<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>	<b>– Geoff Cutler</b>
<b>The Book of Truths containing the Padgett Messages or Little Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>– Joseph Babinsky</b>
		<b>xxx – Geoff Cutler</b>
<b>Available generally from:</b>		
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>	
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>	
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>	
	<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>	

**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](http://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 treacherous assumptions 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
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from [www.pascashealth.com](http://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
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
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	2,305
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

<http://dls spirituality.weebly.com/>

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

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

<http://dls cr.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.

**Soul Light – books 1 and 2**

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing.

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

**Welcome to LOVE – the Religion of Feelings  
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

*A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.*

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

**PASCAS INTRODUCTION NOTES:** *All papers below can be found at Library Downloads link.*

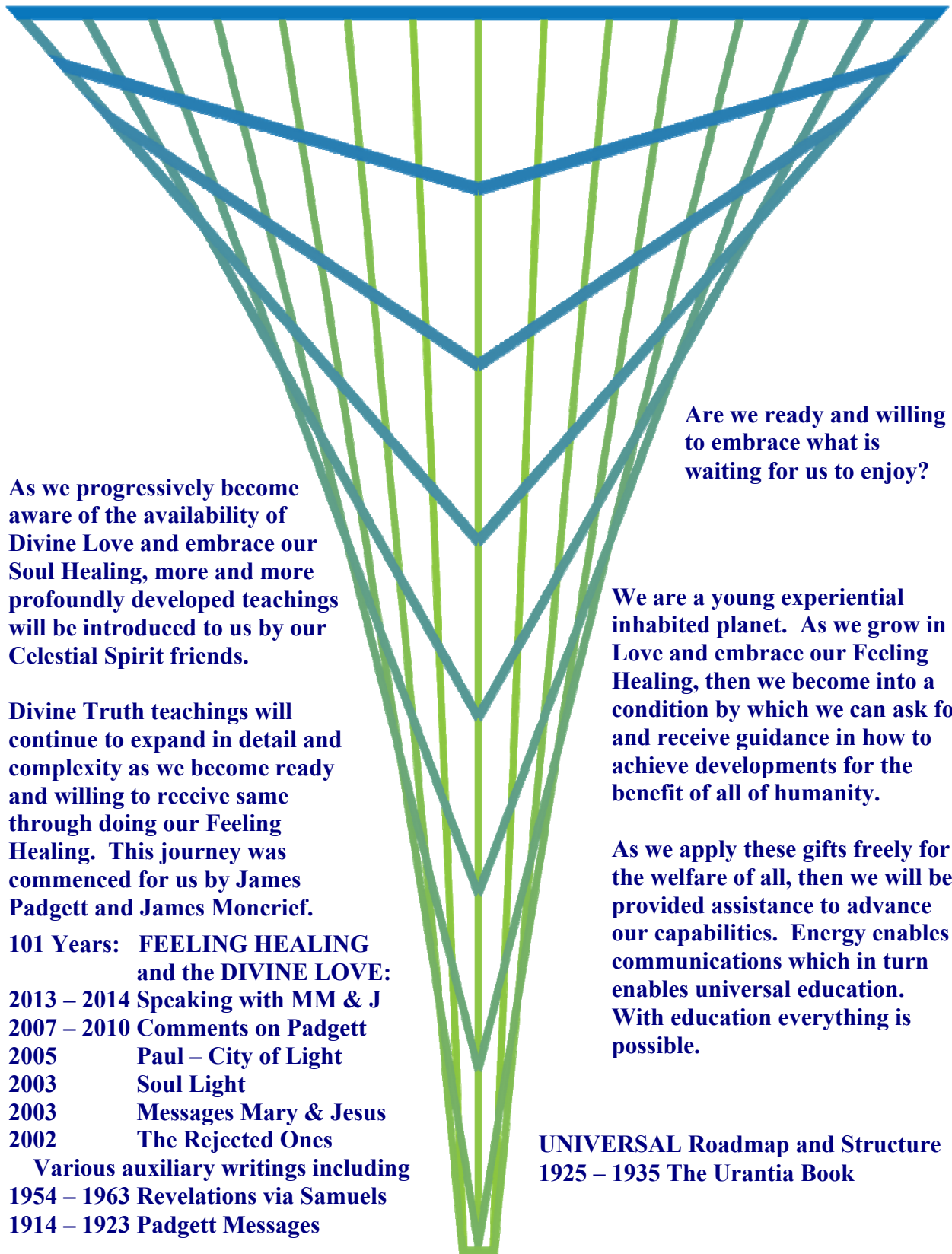
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

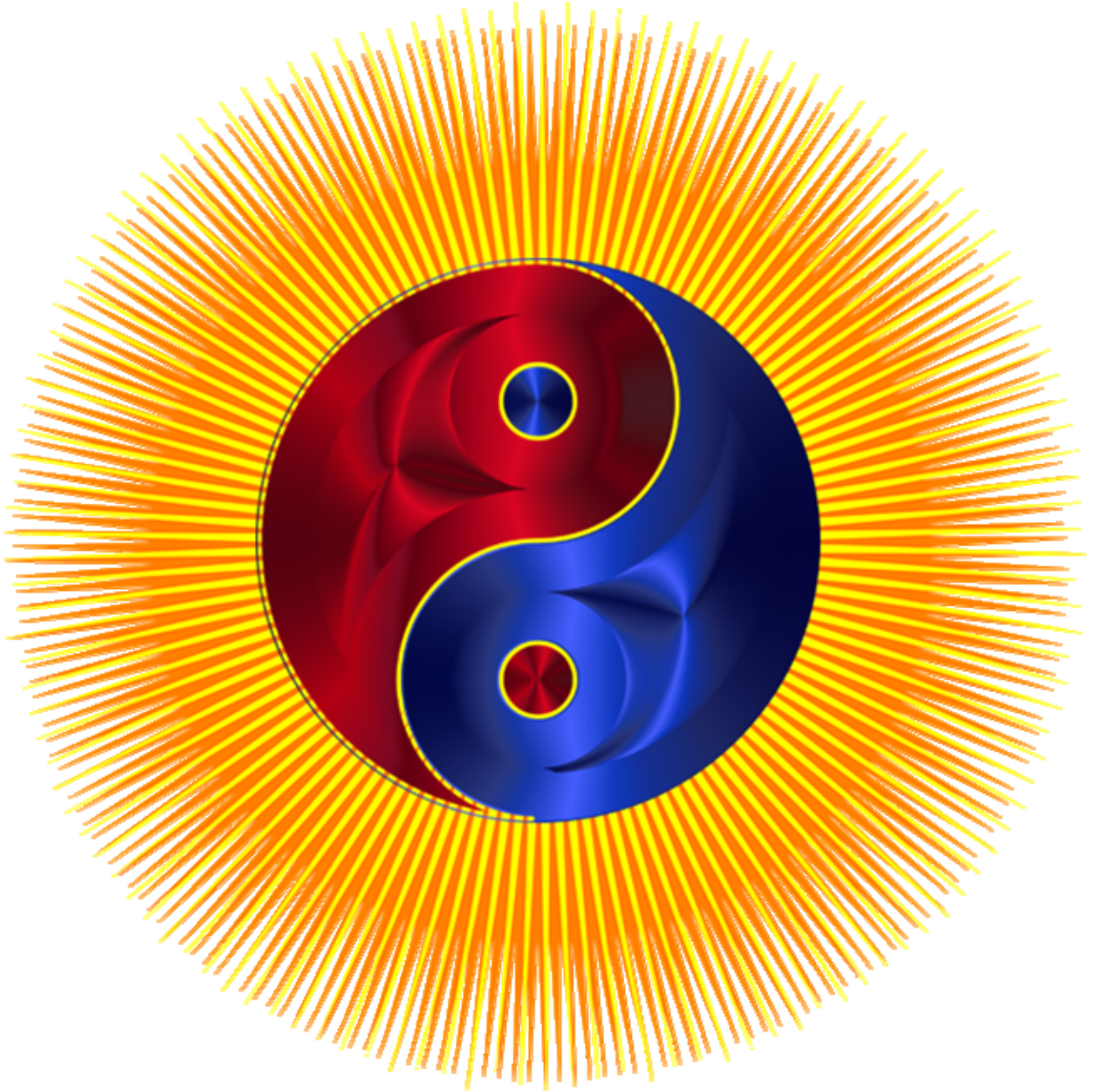
- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



# Our Heavenly Mother and Father



# Pathway Forward



perceived truth MoC 880 – relative truth potential MoC 1,480