

PASCAS CARE

Feeling Healing

Childhood Repression



“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

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The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Aspiring to Living Feelings First, *John.*



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

WHAT HAVE WE HAD DONE TO US AS A CHILD?

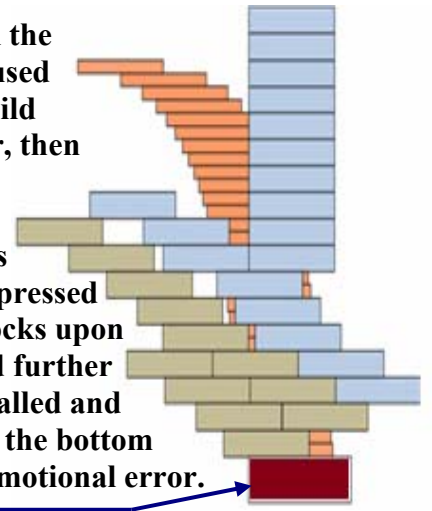
Until we intensely dwell upon this question, we do not know. We like to believe we had a great childhood. And then we start to feel the pain, and the pain is catastrophic in proportions. Worse still, because of the norms that we learnt to live by as children, we typically have brought our own children up the same way – or we now are doing so!

Oh my God! My childhood was one of sheer hell. I was to be seen and not heard. I was to be Johnny be good at all times. Worse still, if my parents did not punish me sufficiently, then my primary school teacher did – he lived in our home! Hours and hours I spent playing on my own in one or the other dry creeks on our farm. If one put all the loneliness and stifling together into one horrendous moment then you would be looking at a child being recovered from a war zone disaster.

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Just what is the extent of our childhood repression? It is this. The emotional injuries are the foundation stones of all of our personality impediments. All the characteristic traits that are difficult for others to accept, that is, our unloving obnoxiousness and selfishness, all stem from the personalities that were involved with our up bringing. We reflect our parents and carers injuries.

That is not something to take lightly. Next item is our health issues. Yes, all the core emotional injuries that we each have are the foundation stones and building blocks of all our aches and pains that eventually evolve into illnesses.

Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



Just how aggressive can emotional injuries be? We

start to absorb our parent's emotional issues and feelings immediately from conception. Our newly forming body is created under the control of our always perfect soul. The soul commences to become encrusted immediately with the emotional issues of the physical parents. These emotional encrustments

degrade the energy flows and the result in the deformities that arrive in newly born babies. This is hard to accept. The deformities of babies are the result of the cocktail of emotions of the parents and of those within the environment during the baby's gestation. Emotions change genes. Similarly, we all can seek to know the truth of emotional errors and injuries and release same, in so doing the genes will again change but towards perfection yet again.

Why do we have emotional injuries at all? We have free will and it is always our choice. However, generation after generation has had to deal with the errors that are passed down simply because we just do not know the truth of things. We depend upon our mind to resolve issues. Our mind is a control nutter! Yes, it wants to control us and we allow it to. Our mind has imprisoned our soul. Our soul can set us free through us allowing our feelings to show us the way. Go with your feelings. Your soul based feelings will show you the truth.



It goes back hundreds of thousands of years when humanity embraced being self reliant. That is, we embraced our mind's domination of determining our independence and destiny. We stuffed up beyond comprehension. We froze out our soul based always loving and perfect feelings.

We now have to allow our feelings to surface again. This we all have to do if we want to end the suffering and misery that we bring upon ourselves. This is what we will do. Release our core childhood emotional injuries.

Instead of just longing for the truth of any old emotional pain, go for the foundation stones of the painful event or error. Go for the mother lode so to speak. Starting at the top is a never ending story. Going to our childhood injuries will destabilise the related events that have continued to be loaded on top. Stake the issue at its core. Yes, it will be and is painful, however it is the only way that we can liberate our real selves. This is the only way we can evolve into the wondrous person each and every one of us are.

Literally, every one on Earth is living in hell. This is all because we are embracing being self reliant and not God reliant. That is, not relying upon our soul based feelings.

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

For the first time in the history of humanity we now do have the way out of our collective stuff up. We have the guidance and support to free ourselves from the eternal spinning wheel of error and change the way we live and evolve into the loving species that we have always intended to be. There is much more to come to assist us, but we now have the keys to step up and become loving parents and avoid the handing down of the injuries to our children that we now want to dissolve by letting them go.

John Doel

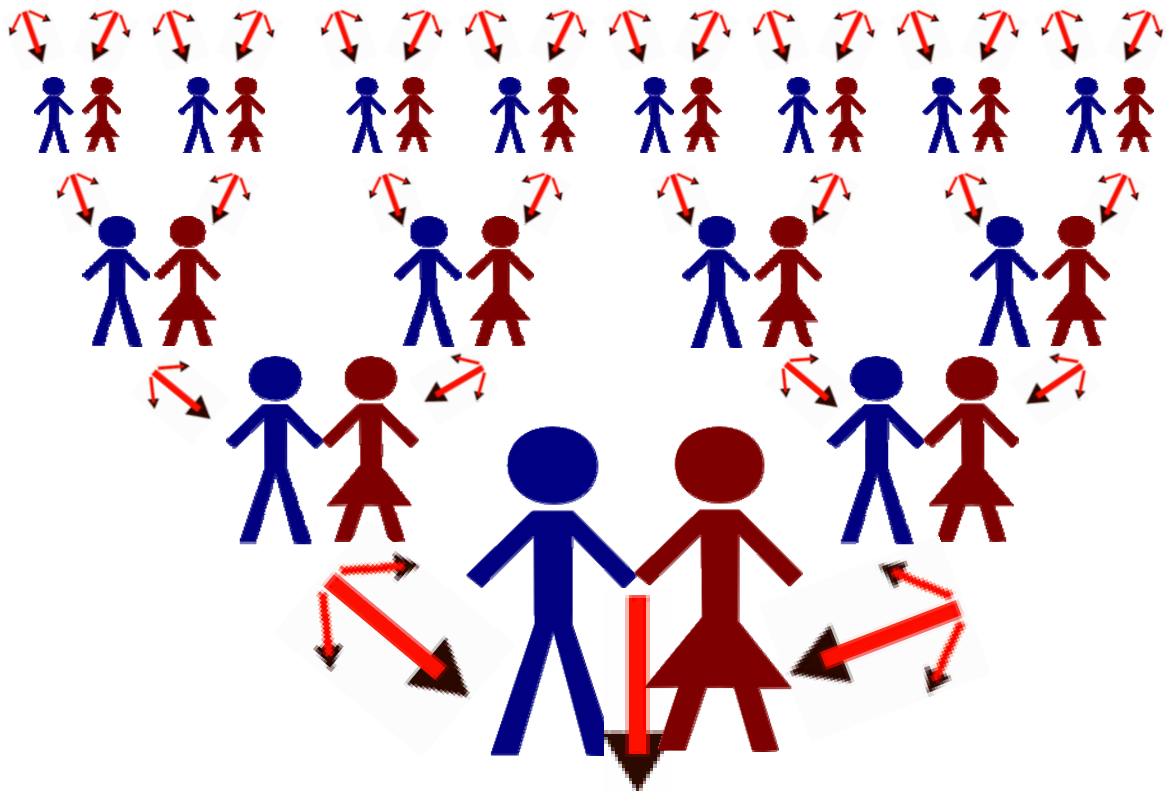


GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

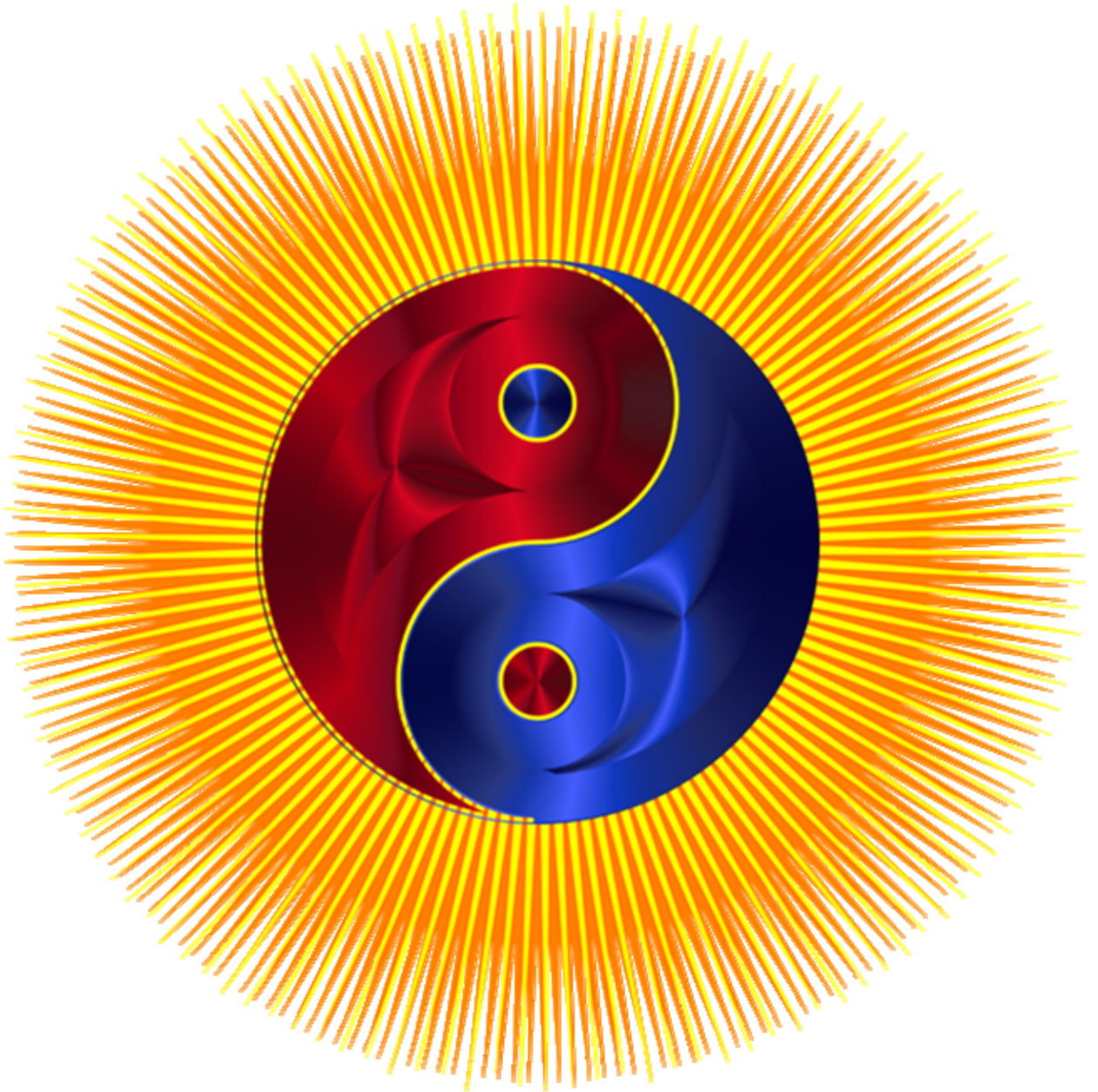
In turn, we are a reflection of our parent's soul condition, and their parents' soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.



Infographics and diagrams have been added by Pascas.

Our Heavenly Mother and Father



CHILDHOOD REPRESSION:

Mary and Jesus' comments on the Padgett Messages Book 2 by James Moncrief

5 April 2010

It's about everyone doing what they want to do, that is what the Mother and Father allow you to do – want you to do.

People have had to keep denying the truth so as to gain the maximum possible experience from their negative states. That being what the Mother and Father want you to experience. However, as I said, things are in the process of changing, and soon there will come into many souls a true desire to live truth, and know the truth of not only themselves, but Mary and I (Jesus), the Mother and Father, and all things. As we did with James Padgett, and what you are doing, together with various other channels dotted around the world, it's all preparation for this change.

Will it be a sudden change?

No, like all change, it is evolving in its own time. However looking back at this time in the years to come, it will seem like it came about quite quickly.

Jesus. **“When men come to the knowledge that they are children of the Father and under His care and protection, they will see that they must lead such lives as will fit them to become in union with the Father and be able to partake of His Love which makes them, as it were, a part of Himself.”** Meaning they will have to do their soul-healing to achieve. For, as you know James, you can't achieve this with your mind, such as those people seeking to live only a better and more true moral life. One needs to embrace ALL one's feelings so as to truly spiritually progress, and this truth is the most important you are endeavouring to get across.

“So, in order for men to receive this higher Love, they must do the will of the Father while on Earth, or they will have a more difficult work, after they become spirits, in receiving the wonderful inflowing of this Divine Love.” And to do the will of the Father (and Mother) means to simply live true to your feelings, for unless you do you can't do Their will, as you are still persisting in denying aspects of yourself and so your own will cannot express you fully in Creation. And so you are not in the full or right will condition to use your will to live the Will of God. And you use it simply by (and there is no other way) living true to your feelings. You can't achieve it by using your mind. You can use your mind to believe you are living true to your feelings and so living the will of God, but you'll only be deluding yourself. And to live true to your feelings with the Divine Love you must do your soul-healing, there is I'm afraid, no way of avoiding it.

“Merely good deeds are not sufficient.” Unfortunately too many people do good deeds using their minds, acting out beliefs and then believing they will benefit from them. Many so-called good deeds are not good at all, only adding further to one's negative state and self- and feeling-denial. As you have discovered, much to your chagrin, James, through your healing, much of what you thought was doing good and being nice and helping others, was the very opposite, all being done from fear and with the motivation to gain the power you feel so deprived of. How can one have true motives when one is living mostly in denial of all that is truly good, real and true? You see James, as you are discovering, most of what you felt was the right way in life was wrong, and so it is with most things people feel and do, all because they are living untrue to themselves.

Many public figures who have been highly celebrated for doing good deeds are shocked to find when

they come to spirit, that such deeds were all done with deeper selfish and self-aggrandising motives, and were not done as unconditionally and with love as they wanted to believe. Many people believe they are doing good works and good deeds in the name of God, and yet likewise it's all a self-delusion based on their deep underlying need to feel wanted, praised, and of course, loved. By doing such 'good things' as a little child, good things as said by the child's parents to be good mostly because the child was doing what its parents wanted it to do, the child was praised and felt less powerless, so came to believe this was the way to obtain such things in life.

But as with all such things, it's all based on beliefs and the behavioural patterns established during early childhood. And I will also add, that just because one is praying for the Divine Love and it is coming into their soul, doesn't automatically qualify them for fitting into the category of all they do is now good. To do truly good works you will first need to heal your soul of it's negative state, then once true, pure and perfect, and then with the inclusion of the Divine Love in your soul, all you will do will be good. And it will all be good based on your feelings. And through your feelings you will know it will be good, for you will know the truth of your actions.

"Men must love one another", and must of course, **"do unto each other as they would be done by. If this rule of conduct was observed men would be much happier on Earth, even if they do not possess the Divine Love that I speak of."** And this is true, however you will NOT be able to live it truly UNTIL you have done your soul-healing. For how can you love another if you don't love yourself? And how can you love yourself truly and fully when you are denying so many bad feelings, when you are living untrue to all you feel? And really there is not any point in trying to live such truths ahead of time, that being, before you have fully healed your soul. I have given them to you to strive for, to understand something of the theory, to give you goals, and for you to ask: but how do we live what you say? And in answer to this, you now know what I would say.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Jesus, can we become as happy on Earth as we can in spirit, accepting that we heal ourselves and embrace the Divine Love?

In theory you can James, and that is the long-term goal for humanity, to live on Earth as is lived in the Celestial spheres, and so therefore enjoy an equal amount of happiness and love. However this love and happiness will still have its limitation when compared to living a similar level of truth in spirit owing to the nature of the material plane. When you have shed the confinement and restriction of the physical body, then everything in higher spirit form is increasingly refined, so to being how you feel and the thoughts you think.

However, having said that, to live such a great love and happiness in the physical body, is of itself a unique and wonderful experience, not like anything else in spirit. So there is much to be gained from experiencing it, which will all help you in your experience of spirit.

How you experience complete love and happiness in the first Celestial sphere compared to the second, the tenth, the millionth; compared to when you attain Paradise, is all relative, and ever increasing. And

so with Earth at the bottom of the ladder, so too is it relative. Do not imagine how you might feel such love and happiness by comparing what the Celestial spirits say they feel, or the impression they give you through such messages. Wait until you feel it for yourself.

But what about all the spirits who never experience such love on Earth?

It's not a part of every souls plan to experience such love on Earth. It is for those souls to come in the very distant future. However it doesn't matter James, for your life will be, as you will one day feel, perfect in every way, even when considering your negative state, and it will not matter that you did not experience such love and happiness to such a degree on Earth, as future people may. It all balances out, and those future people will not be able to experience the depths of despair, unhappiness and feeling so rejected and unloved by their parents, as you will.

When you say Adam fell, really it meant that all subsequent people took on the Rebellion, the negative state, whether they wanted to or not?

Yes, by default. Just as it happened to you and is still happening to everyone conceived onto Earth. And it will continue to do so until children are conceived by parents who have healed their negative condition. And, **“I came and brought with me the restored gift of the soul attribute which made it possible for man to again become immortal”**, meaning, people could partake of the Divine Love and become eventually at-one with the Father, yet only after they have first done their soul-healing, that which was the greater part of the revelation for the full redemption of man-kind to follow. I revealed the soul part of the redemption, whereas the full spirit part of the redemption comes through your healing of the Rebellion and Default.

And the Divine Love is only one “soul-attribute” of the Father and Mother, as you say?

Yes, for God has many attributes to Their soul. However the Divine Love, being of the essence of Them, encapsulates all other attributes, enabling you to live in all Creation experiencing your Mother and Father personally. You are able to know They are real and true, and who They say They are, for you can feel Their presence, you can sense Their soul, you can feel loved by Them and you can enjoy Their personalities.

Jesus, always feeling so bad in my negative condition, I can see how it would be easy to believe God is wrathful, hateful, vengeful, spiteful – a horrible God.

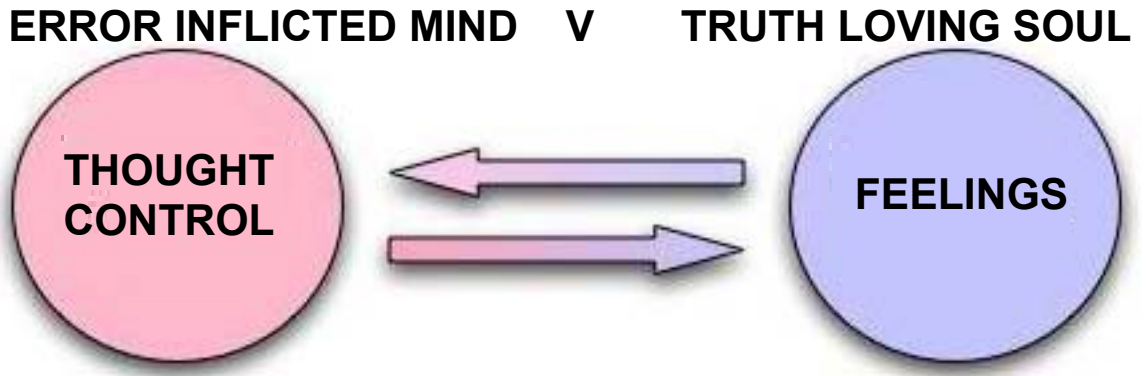
You could James, however life would also show you that not all is so bad. Nature for example is not bad, nor is it conspiring against you as so many people want to believe. And then you have the likes of Mary and I to contend with. The Mother and Father sending us along to create another conundrum for you: If the Mother and Father are truly all-loving, as Mary and Jesus say, then why are we – everyone except Mary and Jesus – living such evil, vile, ugly lives of no love, no truth, and only self-loathing and hate?

And the answer is. . .

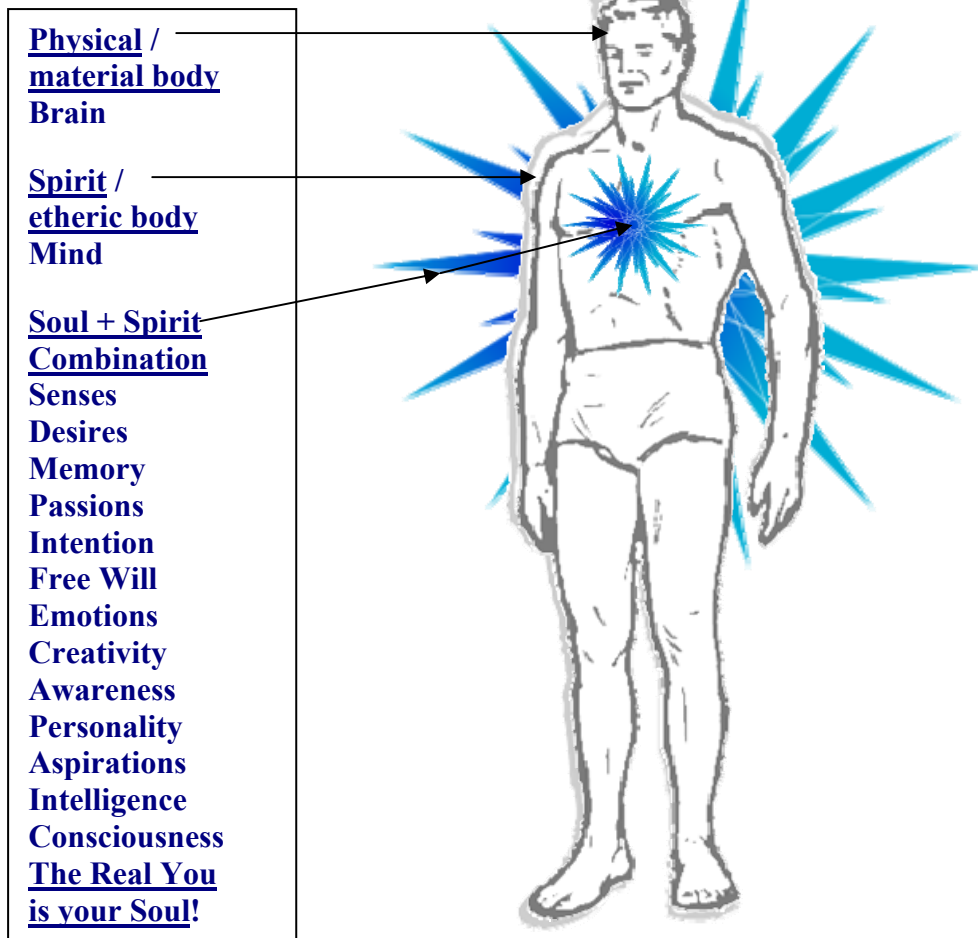
Do your healing James, and you will find out.

“And when Adam ate of the fruit of this tree – that is when he disobeyed God and sought the knowledge of those things which subjected him to the temptations that might cause him to cease to be all good – God took away the potentiality of Adam becoming one with Him and immortal.”

And what this really means, is when Adam broke away from his feeling-relationship with Eve using his mind; and when Eve broke away from her feeling-relationship with Adam using her mind, then they joined the Rebellion – the negative state, participated in evil, defaulted and ‘fell’. And it was the relationship within themselves first, the denying of many of their bad feelings, and the use of their minds to solve their problems at the expense of expressing all they felt – their becoming untrue to their feelings, that led to the breakdown in their relationship together. Simply: they slowly ceased to express all they felt and thought to each other, all the bad feelings, increasingly using their minds to take over from their feelings. They stopped using their feelings to help them grow in truth. And eventually they denied themselves and so each other to such a degree that they defaulted. They could no longer be in truth as to who they were: the Material Daughter and Son. They bankrupted their personal integrity of truth. And all they became, you are conceived into, and so one day will heal yourselves of.



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

ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8th May 2002

At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.

At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.

At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul receives Divine Love, and embraces Feeling Healing, it will grow, and grow, and grow in brilliance and into that which is Divine.

Infographics and diagrams have been added by Pascas.

FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU FEEL, THINK AND ARE.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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>

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

<p>The New Way: learning how to live true to ourselves by living true to our feelings.</p>

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 Sep 2017

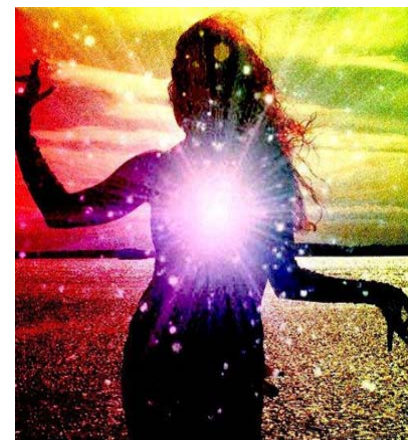
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

FEELING HEALING

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

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



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

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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

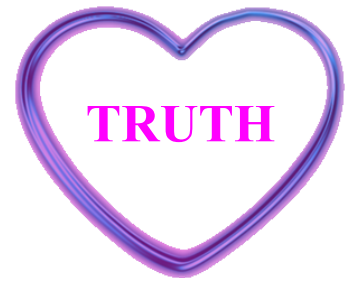


Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



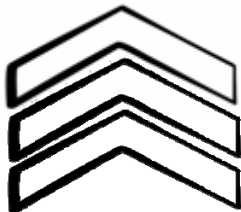
my
House is your
Paradise

HOME

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

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

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

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.



CHILDHOOD REPRESSION Q & A:

by James Moncrief

Why you feel useless, pathetic and a failure,
is because your parents made you feel useless, pathetic and a failure.

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

How does our childhood repression form?

When you feel unloved, rejected, mistreated in any way, from conception through to around six or seven years old, you feel bad, and if you are not allowed to express these bad feelings, if you are in any way forced to suppress them, they remain repressed within you.

How do they remain repressed?

Throughout your forming years as a child coming into being you are developing mental, emotional, spiritual and behavioural patterns, these being based on your experiences of life. If any of these patterns are negative, that being formed because of feeling unloved, unwanted, uncared about – rejection patterns, then such negative patterns will remain within you demanding to be fulfilled, just as will any positive ones that will have formed because you felt loved, wanted and cared about.

So these negative and positive patterns developed during our forming years, affect our adult life?

Yes. However mostly we're unaware of them doing so. And in fact ALL of our adult life is affected by them. They are our foundation, it can't be other wise. Once our base patterns have been formed we can still add and subtract other ones as we move through adolescents and adulthood, however these are 'on the top of' and can't affect those we've formed through our early childhood. Many people becoming aware of negative effects from some of their early childhood patterns do all sorts of things to bring in so-called 'positive' patterns (beliefs and behaviours) using their minds in the hope of counteracting the negative. And some people feel they succeed in this. However it's not true healing, as still and buried even deeper under such added false patterns, are your early childhood ones.

So we can use our mind to nullify our negative early childhood parenting effects?

You can believe you can, and to some extent your life might show you that you're being 'successful' in doing so, but at some point the whole house of cards is going to come crashing down. You can only try and run away from your repressed childhood feelings for so long, one day they will catch up with you. One day you will be made to face the truth of them.

Do we all have repressed childhood feelings within us affecting our adult lives?

Yes. Some people seem to have had a 'worse' more unloving childhood than others, and it's more obvious looking at their adult lives that such a 'bad start' is heavily affecting them, but with other people it's not so obvious. Some people seem able to cope and be successful in life, others can't no matter what they try and do, and this is all simply the outworking and expression of their early childhood – how it was for them. If they were successful, however they define success, in their early life (usually meaning they were able to have some power within their family or life), then they gain the same success (have the same power) during their adult lives. If they felt too powerless during their early life and couldn't do anything to gain any power, then so it will be for them throughout their adult lives. The

way someone has power or doesn't have it during their early childhood won't necessarily be the same on the surface during their adult life, however the underlying ingredients will be the same.

Some people have a really bad childhood being abused, beaten, and with obvious rejection, and yet they still become successful as adults, surely you'd think they'd be failures?

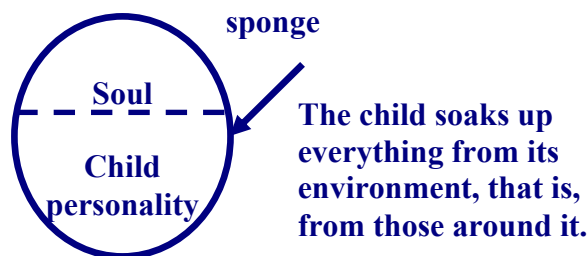
This is where you have to look more closely at what's really going on and see what you define as success. They may have had such an obvious bad childhood but somewhere within it they were still able to get power. Their parents might have abused them, might not have paid any attention to them, but they might have been free to do things they wanted to do when not at home. They might have been able to gain power amongst their siblings or peers or have it over animals and nature, all of which set the patterns helping them manifest such power in later life. And you can also live in a family in which it appears all very loving and successful by society's standards and yet you as the child were kept powerless, so you grow up unable to make anything of your life, being an abject failure in all respects. And of course, it's not just a matter of judging success in material terms.

So it's all about power?

Yes. If you feel loved then naturally you feel your own natural power, you feel good, happy, confident and secure. You are able to freely and fully express all you think and feel in life. And your will being so empowered will be able to bring about all that you feel you would like to do. If you feel unloved in any way and on any level then your will will not have formed fully expressing positive patterns, and your negative patterns will make you feel powerless, insecure, unconfident and unable to manifest in life that which you want. Things simply won't go right for you on a *feeling level*, and you won't feel good, happy and fulfilled – loved, all the time. It's really all about feelings.

What does it mean when it's said we're all living in a negative self-denying state of mind and will?

That's the condition we live in on Earth. It's been brought about over the ages because of certain negative spirit influences that affected humanity long ago. It's the legacy we now live under and we don't understand it. Mostly we believe what life is, how we live it, is right, and if we don't feel good or things don't work for us, we do whatever we can to feel better and make them work. Only we don't understand that all we call life, is living in the negative, it's all self and feeling denying. It's not right. Nothing of how we are and how we live is right. It's all wrong because we're living in a negative unloving feeling-rejecting and so self-rejecting condition of mind and will. So no matter what we do (unless it's healing our childhood repression) we are only exacerbating our condition, helping ourselves move deeper into our negative states.



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

So all that happens to us that makes us feel bad is brought about because of childhood repression?

Yes, it's the ongoing manifestation of your negative patterns. The patterns formed during your early childhood must be fulfilled, good or bad. And so they are, that is how life manifests for us. And as overall we're living trapped within a negative condition then everything we do will make us feel bad. Only mostly we don't understand this or feel it to be so, as we keep doing all sorts of things to ourselves believing we enjoy doing such things and that such things are good for us, when they

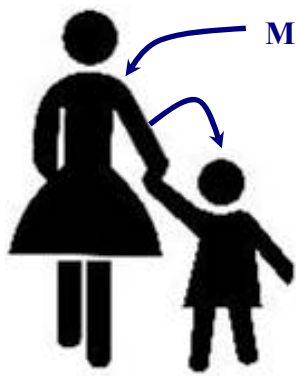
aren't. Everything that makes you feel bad, be it an illness, a material or relationship problem; a physical, emotional, mental or spiritual pain, is all happening to you because of your self-rejecting negative unloving patterns that constitute your negative state and childhood repression.

But surely some things we do are good for us, and surely some things aren't negative – what about all the love and enjoyment I do feel in life?

If these good feelings are based on true positive patterns and beliefs formed during your early life, then sure, such things are good and will remain so as you work your way through healing all your bad feeling stuff. However if they are false good feelings, that being feelings you believe are good based on your early childhood patterns, then the truth of their falseness will be shown up. For example, you look forward to and relish your morning's cup of coffee, it makes you feel good, or so you believe. But is it really? And the truth of this you'll uncover by seeking the truth of yourself through all your feelings – good and bad. And you might find out, which might greatly surprise you, that you are actually only drinking coffee because your father did, and in fact you yourself, when free of such a negative influence, don't even like coffee, or might still like it, but feel you don't want it, and that you're better off not having it.

So we have to get sick and bad things have to happen to us as a result of our underlying negative childhood patterns?

Yes. We are endlessly repeating, cycling through, all that happened to us during our early life. Not cycling through the actual things that happened to us, but cycling through the same feelings, good and bad. So for example,



Mother believes love is service.

Accordingly, the child adopts that love is service.

The parent's emotion is impressed upon the child.

The child then believes it must serve the parent – this is a co-dependent linked emotion.

when it's time to feel powerless again and in a specific way, life manifests the necessary experience for you resulting in you feeling powerless in this way. Only, as adults this all happens unconsciously, but as you use the bad feelings being generated in each experience to help you go back into and connect with your bad feelings you felt (and still feel) from your early life, then you'll be able to see the truth of your powerlessness. How having that car accident and all the bad feelings you felt, all those feelings of feeling powerless, were exactly the same powerless feelings your parents made you feel when they did x,y and z to you. And it's amazing when you re-connect and *see*. Then you understand that the car crash only happened to satisfy the condition of your life's parenting patterns. Why things happen to you no longer remain a mystery – the eternal unknown. We are meant to live knowing why everything happens to us as every experience is meant to generate truth for us. And the only reason why we live so out of touch with ourselves, with our true feelings, is because we were forced away from our true selves unable to truly express all we felt and thought when we were young.

So we live our life out of touch with ourselves?

Yes. By living in an overall negative mind and will condition, and by denying so many bad feelings, we live untrue, superficial false lives full of pretence, fantasy, and unreality. Our whole world is this way. And we live on perpetuating our negative, evil, self-abusing unloving states of mind and will

wondering why we don't feel so good, and why things don't go right for us. We are so far away from our true selves, so out of touch with our true reality, so misguided, lost and so full of shit, that we have no real or true idea about what life is all about. And we never will until we heal our childhood repression.

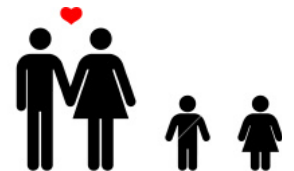
So we only get sick because of our childhood repression?

Yes. If we were living true and real lives with a fully positive mind and will, fully and freely expressing all our personality – all of feelings, emotions and thoughts – why would we need to get sick, we'd be perfect! But as we're living imperfectly in our negative states, so we need to get sick all as a function of our early childhood patterns. Our sickness and pains give rise to bad feelings – those same bad feelings we felt as young children, the same bad feelings we've always felt but stopped ourselves from feeling; those same bad feelings we're continually suppressing and keeping repressed; those same bad feelings we feel now in our illness. 'Catching the bug', or your cells mutating giving rise to 'sick' cells, only happens to show you something is wrong, that some pattern (belief and behavioural – some level of your self-expression) in you is not functioning right, that you are living wrongly, wrong because it was how you were treated and so wrongly forced to live as a little child.

What should we do if we have a problem?

One of two things. Either try to *deal* with it to 'make your life better', better being defined by how you think life should be, which will only increase your

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



negative state; or, use all the bad feelings that come up because of the problem to help you uncover the truth of why you have the problem, that being what happened to you during your forming years to create the pattern that is now manifesting this problem. And in uncovering the truth you will heal some part of your negative condition and mostly your problem will simply cease to be a problem, or your feelings will lead you to know how to correctly deal with it.

Can psychology help us heal with our childhood repression?

Some of it can depending on how it's orientated. We can use it to help us cover up and hide the truth of our real causes and underlying problems, those from our early childhood that are causing us the problem we have in our adult life; or, we can use it to help us move deep into our repressed childhood feelings, helping us to accept them, bring them up and out by expressing – speaking – about them, all so we can reveal the truth to ourselves about what is causing them: how it was for us during our early life with our parents and carers – did they really love us or not. The healing of your childhood repression is one long exercise of uncovering the whole psychology of yourself, and that being currently – the psychology of your negative or unloving state. And when that's healed and you continue to grow in truth in a positive mind condition, it will involve the uncovering of the psychology of your loving state.

Do you need a psychologist or trained counsellor to help you heal your childhood repression?

Yes and no. It's up to the individual. If you feel you need such help then use it. Trained professionals can help break down resistance and barriers (and can also do the opposite), they can be there for you, be a friend or 'helping witness' when you need to speak about all the bad stuff that comes up. And all good therapy employs these same principles I'm talking about in regards to what you need to do to heal your childhood repression. So a lot of it might sound familiar to someone who's done a lot of work on

themselves. Eventually you will become self-revealing and self-reliant without needing such outside help. Your friend will be your partner or someone close to you in your personal life and you'll be able to work through all your issues with them. And in fact in the end, to fully heal all your negative state, if that is what you want, you will ONLY be able to achieve this through living intimately with someone else. You lived intimately with your parents when you were forming, and so you will need the same closeness and familiarity and someone wanting to help you and be on your side, to enable you to complete all your childhood repression healing. Just visiting a therapist by-weekly will not be enough. You will need to be able to speak to someone, there and then, about all your bad feelings as they come up at any time during the day or night, all so you can uncover the truth of them in the moment.

So speaking about all your feelings is the key to healing your childhood repression?

Yes, most definitely, and especially all your bad ones. We live denying our bad

As children start to make transitions into their free will, from the age of 5 to 7, progressing until their maturity, their emotions become more and more of their own.



feelings (and you'll find also some or even a lot of good ones) and yet they are the key to leading us back into and connecting with all the bad feelings we are denying from our early life. So to heal our childhood repression we need to do the opposite, we need to accept our bad feelings, and we do this by speaking about them. By allowing ourselves to really feel them, to express them fully. And then as we want to find out why we're feeling bad, we need to long for the TRUTH of such feelings, which when longed for sincerely, eventually does come. And so the truth of our negative state slowly comes to us, the truth of our relationship with our parents and early carers. And as we uncover the truth we set ourselves free from our negative patterns and unloving way of life.

And accepting your feelings is an act of self-love?

Yes, and whilst in our love-denying states, it's the greatest way we can love ourselves – accepting all our feelings. Our feelings are our self, so if we accept them, we're accepting and loving ourselves. If we deny them, we're not accepting so not loving ourselves. Many of the so-called things we do as attempts to increase our self-love we do using our mind, but if you look closely at them, really they are done at the expense of other feelings, all being done to keep the bad feelings away, so are not self-loving, but more self-denial.

I guess not many people would want to see the truth of their early life?

No, as it's full of pain and mostly not what they'd expect. We've deliberately forced ourselves to shut out and block off all the bad stuff. We want to feel loved by our parents, not unloved. We want to believe they love us, we don't want to have to face the truth that they didn't, or might not of, as much as we wanted them to and believed they did. It's said the truth hurts, and it only does because we live denying it. And when you go back through your bad feelings uncovering the truth of what really went on between you and your parents, it sure does hurt. However once you've expressed all the pain and revealed the whole truth, it no longer hurts. And you are healed and free of your negative mind and will state. You are no longer self-denying, and instead, being self-loving.

So we need to uncover and see the truth of our early life?

Absolutely. You can express bad feelings all day long, but if you don't sincerely want to uncover the

truth as to why you are feeling them, then you're only letting off steam. It's the seeing of the truth, which you can only see once you've fully acknowledged, accepted and expressed all your bad feelings, that sets you free of your negative patterns. And we don't have to do anything other than see the truth. And it's an incredible mysterious process, for when the truth comes up in you, you know you are no longer afflicted with that problem. You just know. And gradually your life shows you this to be so, as you change becoming of a positive mind and will.

If I am correct, or it's the impression I got from reading her work, Alice Miller says she finished her childhood repression healing, yet she doesn't mention anything about our whole way of life, our whole state of being, being negative, wrong, bad and so evil?

No, from what I have read that she's written it doesn't appear that she appreciates the bigger picture. From what I can see, she refuses to look at it from a spiritual perspective. And as to whether or not she has finished her childhood repression healing, that is not for me to say, however personally I think she's healed some aspects of it, but not all. Because had she healed it all, she would have written more books about the whole negative state.

And you say we're evil?

Yes, technically from a spiritual point of view, if we live denying the full expression of any part of our personality, then we're evil. We're not being true – true to ourselves; and we're not being loving, truly self-loving, by denying these aspects of our self – our feelings. And something that is not truly loving is evil, the opposite to loving. So you see the horror we all live, which we have to one day wake up to, is that we're conceived into evil, because our parents weren't fully self-loving as they denied many of their bad feelings as they were parenting us, all as a result of being parented by their feeling-denying parents. So humanity has been passing this self-denying, negative, unloving, and so evil, condition on down through the ages, and for a very long time. And we accept it as normal life, but it's not normal, something we come to see and indeed feel as we heal our evil state, our untruth and un-lovingness, by healing our childhood repression.

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



And there are two ways you can heal your childhood repression?

Yes, with one being inclusive of the other. You can do what I call your **Feeling-Healing**, which doesn't directly include or involve God; or you can do what I call your **Soul-Healing** that does personally include and involve God and God's Divine Love. And the doing of your soul-healing includes the doing of your feeling-healing. For people who don't want to include God I would advise them to focus on doing only their feeling-healing. For people who want to include God, do your soul-healing, however also bear in mind that to do so will challenge every spiritual belief you have most of which you will have to eventually discard as being merely rubbish. If you do want to include God then I would suggest looking at *Divine Love Spirituality*, a newly revealed spirituality that is wholly based around doing your soul-healing and beginning your ascension of truth to Paradise.

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

There's zillions of unexpressed feelings inside you waiting to be expressed.

And they've all got to come out – one day.

FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

MIND



SOUL



Infographics and diagrams have been added by Pascas.

PARENTING:

Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.

Until you begin your Healing, everything you do with your children will be stuffing them up. It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness.

And the idea that we can learn how to parent, learn how be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing,

then you will be totally free of your parents. Until then, even through they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can't be anything other than how you are – it is 'your' child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one's life, and all that's happening on unseen levels from spirit, all what's going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

You soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is 'unfolding' through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you've fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it's not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just 'normal' and 'ordinary', that's exactly what God wants, it's how God made its soul to express itself, so it's perfect. You are the child of God that you are, even in all your wrongness. And even though you might hate how you are, you don't have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you'll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you'll no longer be passing onto your child, with your child potentially adjusting to the 'new you' which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old. Once that age is reached, technically it's the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won't be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can't force any positive changes on the child once the child is sexually mature, whereas before sexual

maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly. And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent/child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings loves gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

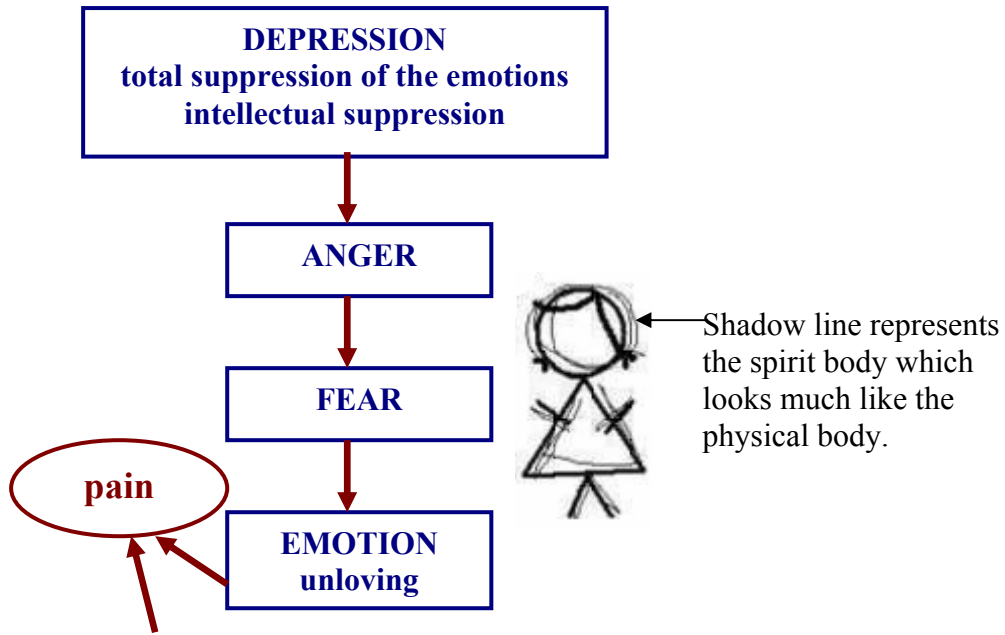
It's not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you not have a child and do your Healing. If you don't have children on Earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can't also adopt children, however once the New Revelation is 'activated' – revealed, then spirits doing their Healing will also be able to do it whilst having children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth in her book says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that??!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child. A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

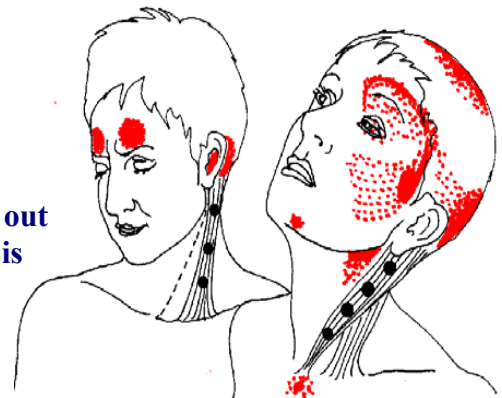
And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the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

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



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

Every piece of pain is the result of a choice to act out of harmony with one's true self in the past. Pain is created to cause you to deal with the emotion.



Every time when we shut down an emotion, something within our body will hurt.

Blocks in aura show as dark colours. Hernia shows as tear on the 7th level of aura.

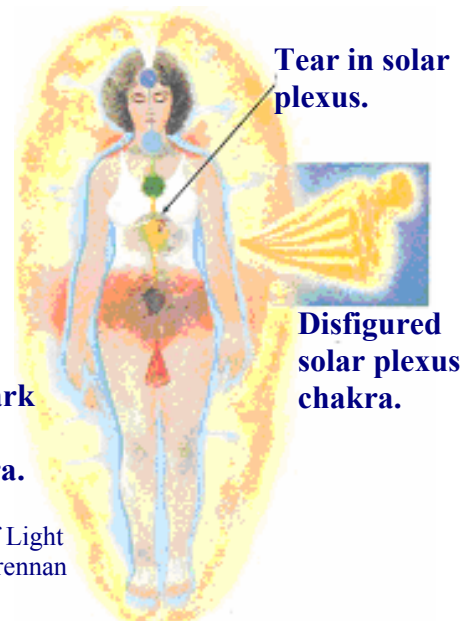
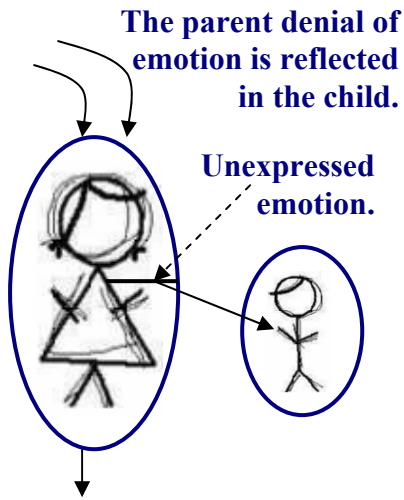


Figure 22 – 4 Hands of Light
Barbara Ann Brennan

**CHILD EMOTIONS
and ILLNESSES**



Emotions flow through you mostly.

Child either rebels against the emotion, or conforms to the emotion by pandering to the parent who has the emotion.

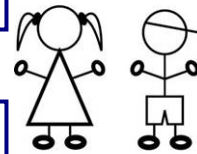
We need to examine our emotional demands on our children.

CHILD ILLNESS

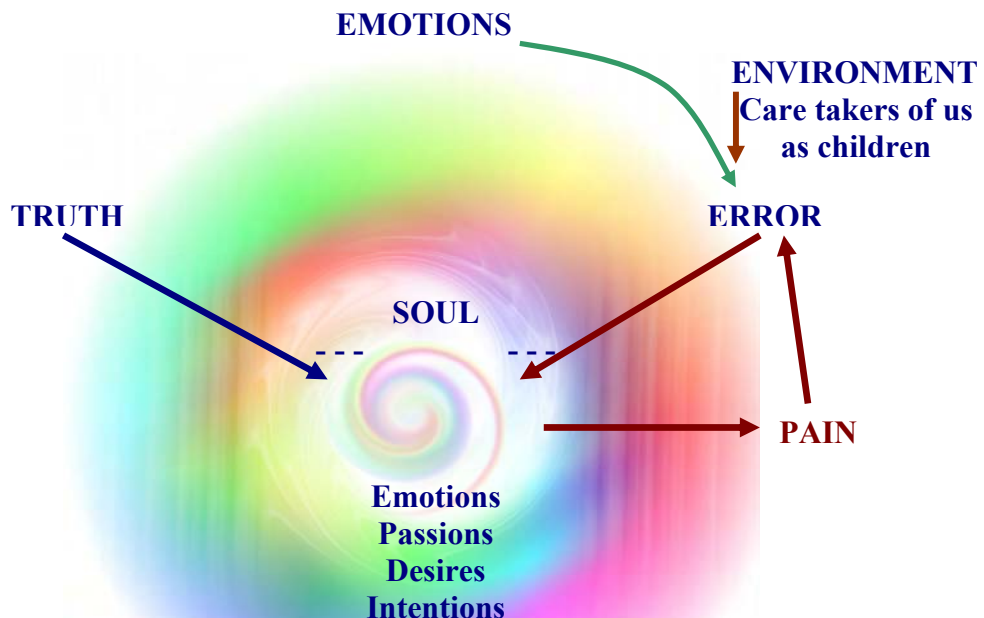


I'm worried:

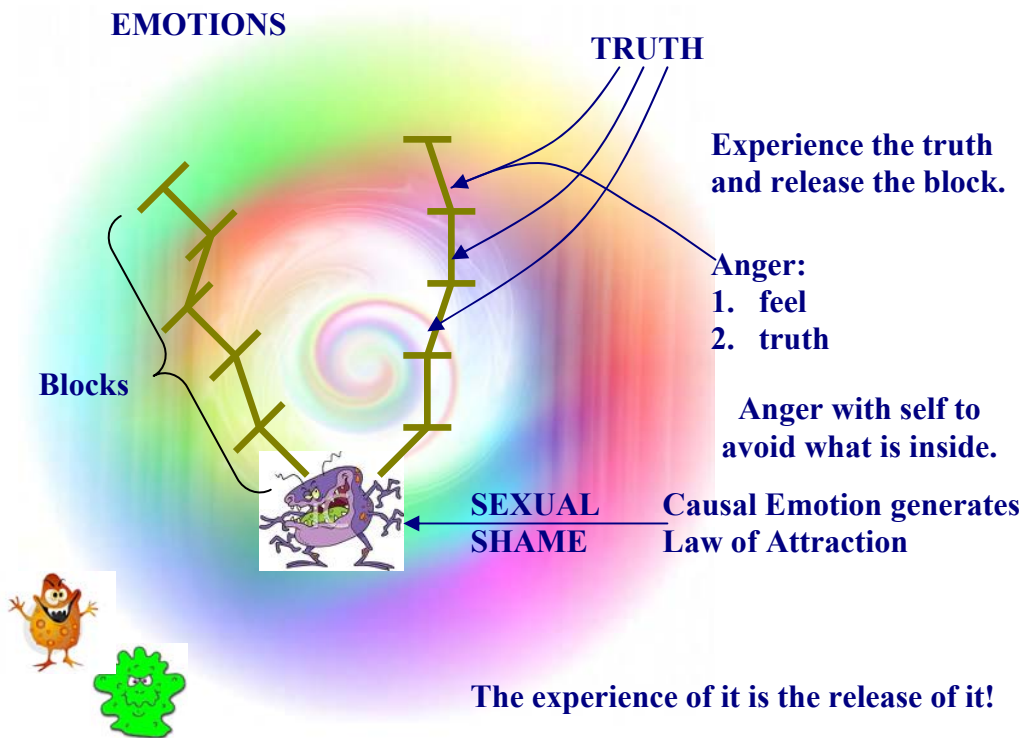
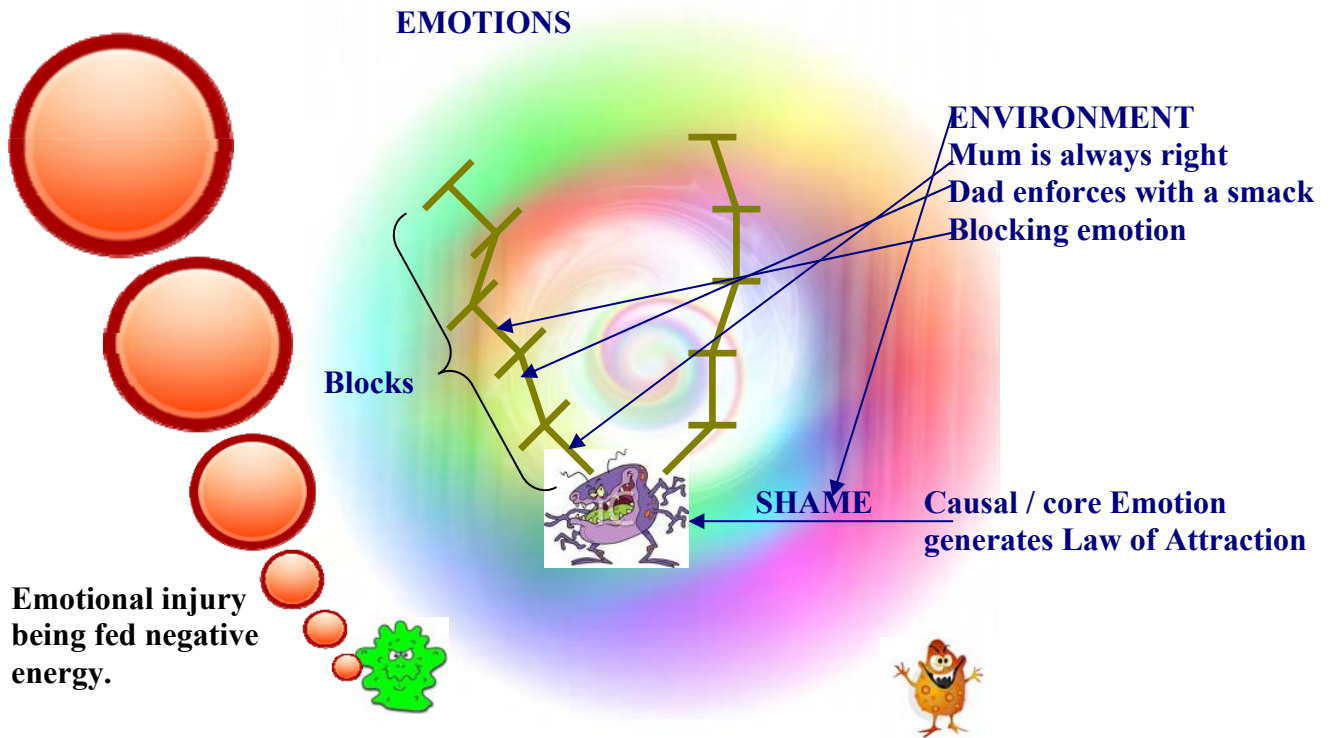
- Fix my child
- Visit Doctor
- Visit Psychologist



Reality is I need to fix in me what I created in my child.



Infographics and diagrams have been added by Pascas.



Infographics and diagrams have been added by Pascas.

We colour everything on previous beliefs.

Child abuse – sexual, physical, emotional.



As an adult we call that assault.

Violence is never Justified

As a child we call that discipline! So a punch in the nose for an adult is discipline?

FEAR:

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



Denial of Denial Emotions
intellect



Denial Emotions
anger



Blocking Emotions
fear



Causal / Core Emotions
grief, shame, sadness – childhood created



All depression is our desire to suppress our anger.



Denial Emotions

Anger



Blocking Emotions

Fear



Causal / Core Emotions

Grief



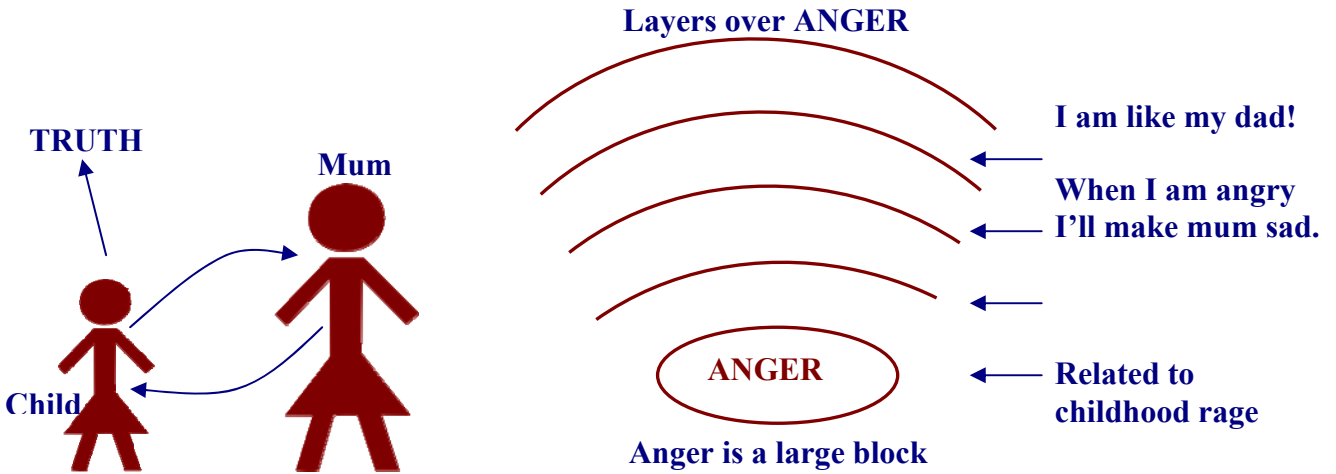
Anger - 1 – expectation that is not getting met
- 2 – anger tells you when you are afraid but ignoring it
Fear of pain results in anger suppression.
Fear is the cause of all of our pain.

Anger is the method you use to suppress your fear.
Suppressing of blocking and causal emotions.
Fear cause all your problems with your body.
Generational passing down of emotions.
Law of Attraction is based on causal emotion.

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

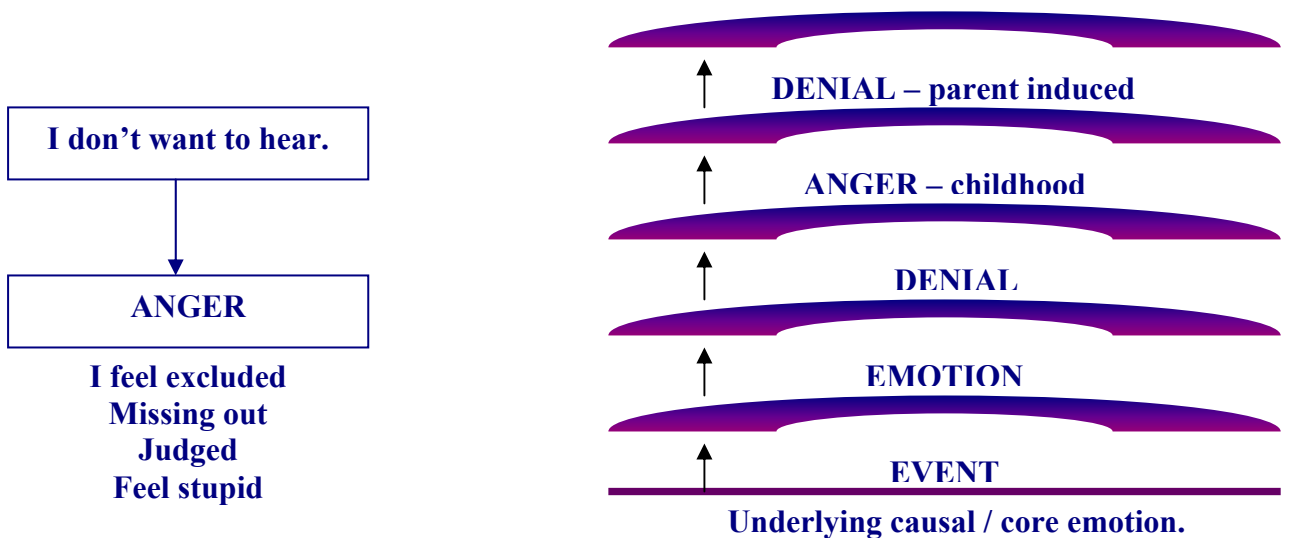
‘I had a pretty good upbringing’ in comparison to other people.

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



RELEASE of FROZEN EMOTION PATH:

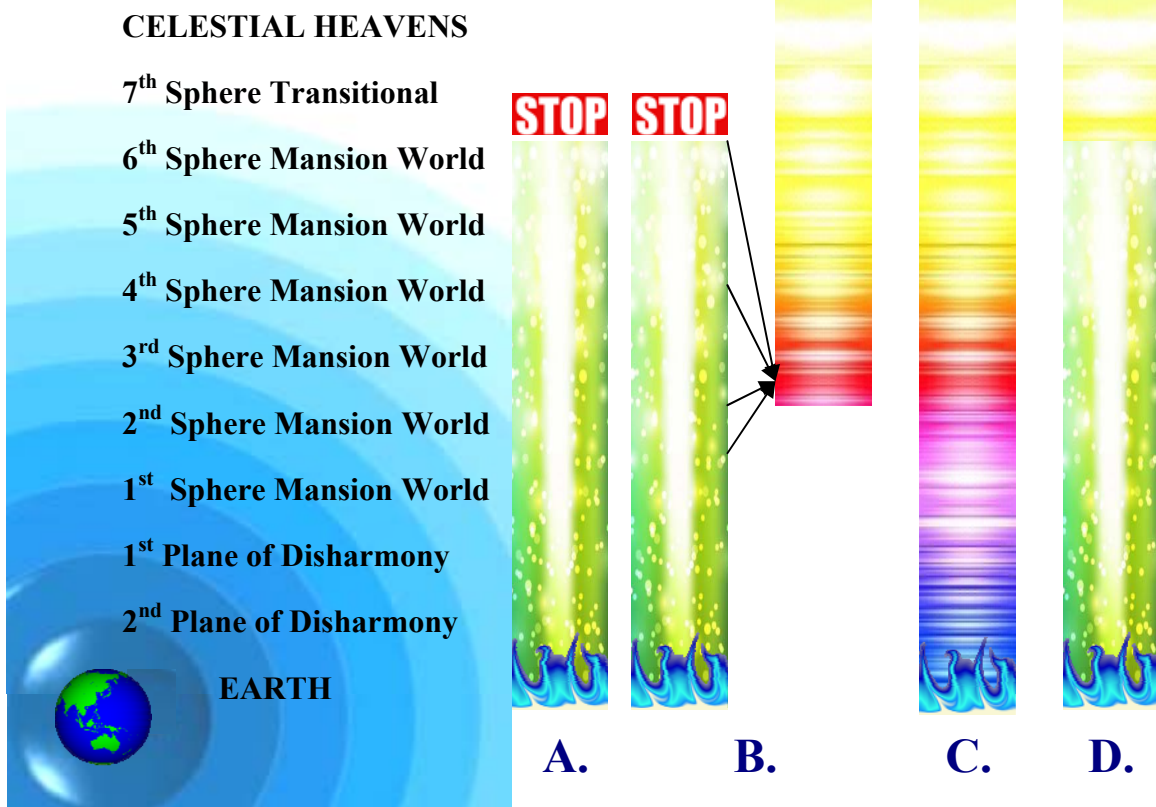
- first by removal is that of denial
- then deal with emotion that comes from unexpressed anger / rage from childhood.



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

Infographics and diagrams have been added by Pascas.

**SOUL GROWTH UP THROUGH SPIRIT
MANSION WORLD SPHERES:**



- A. We all arrive into the 1st sphere before being drawn to where we are suited. Living on Earth is typical to living in the hells being the Spheres of Disharmony. With one's natural love and mind dominance, one can pay their compensation being pain equivalent to the pain they have caused others and one's self. In this manner, one can progress through mind Mansion Worlds 1, 2, 4, and 6. With natural love only, one cannot progress beyond the 6th mind Mansion World. The mind Mansion Worlds are self reliant experiences.
- B. Should one embrace the Mother and Father's Divine Love while advancing within any of the natural love mind Mansion Worlds / spheres, then one will be draw to the 3rd Divine Love Mansion World to commence their soul healing which is doing their feeling healing whilst longing for and receiving Divine Love. This process overrides the Law of Compensation as the soul healing is experiencing one's repressed childhood injuries and liberating one's soul will. Progression is through spheres 3, 5 and 7, and then into the Celestial Heavens. With the receiving of further Divine Love, one evolves even further.
- C. Presently, we can embrace Divine Love here on Earth, on transitioning into the 1st spirit world, we will continue with our Feeling Healing while longing for Truth and the Divine Love and progress through worlds / spheres 3, 5, 7 and into the Celestial Heavens.
- D. For those who do not embrace God, one can embrace their Feeling Healing and perfect their soul whilst paying their compensation and reach the 6th Mansion World. With a perfected soul having also resolved their childhood repression, one may then embrace the Mother and Father's love and progress directly into the 7th Divine Love transitional sphere and then into the Celestial Heavens and onwards. This is how it was meant to be.

Infographics and diagrams have been added by Pascas.

Why things don't go as you want them to go in life, is because your parents didn't allow you to live life how you wanted to live during your early life.

<http://childhoodrepression.weebly.com/more-on-healing-cr.html>

More about my healing



I have no idea if your healing will happen along the same lines as mine. And I have observed only a couple of people who've done a little healing, paused, done some more, but without a complete commitment to healing themselves: to finding the whole truth of themselves through their childhood repression – which is, by the way, the ONLY way, so far as I can see, to find the truth. But I'm presenting this assuming you will want to go deep into yourself. And if you do it will be very difficult, your whole life and all your relationships will change. Your relationships may not end, but as you change, so too will they.

I want to present my childhood repression healing experiences as they have been, not glossing over the hardships and presenting it all sugary and sweet. Not telling you, that all you have to do is honour your feelings and magically you'll heal everything, or to just follow a number of easy steps and all happiness will be yours. It's not like that. I wish it were, but it's extremely hard to do. It's crushing, horrendous, and there is nothing to compare with being stripped back to the raw you, having all your pretensions and erroneous beliefs stripped off you as if they were pieces of flesh.

I have felt miserable and depressed for years as I've struggled to do my healing, barely able to do anything than keep talking to Marion about how bad I feel. And she has been even worse than I, having to give up doing virtually everything. When I look back, I can't understand how we've managed. Not working, not being able to, trying to give up all our attachments to the world – all the things we've been using to stop ourselves feel our bad feelings, has been ...

I feel at times like I have been put through a shredding machine, turned inside out and upside down. Nothing within me has been left untouched and unscrutinised. To find the WHOLE truth of yourself involves understanding why every little part of you, inside and out, is how it is.

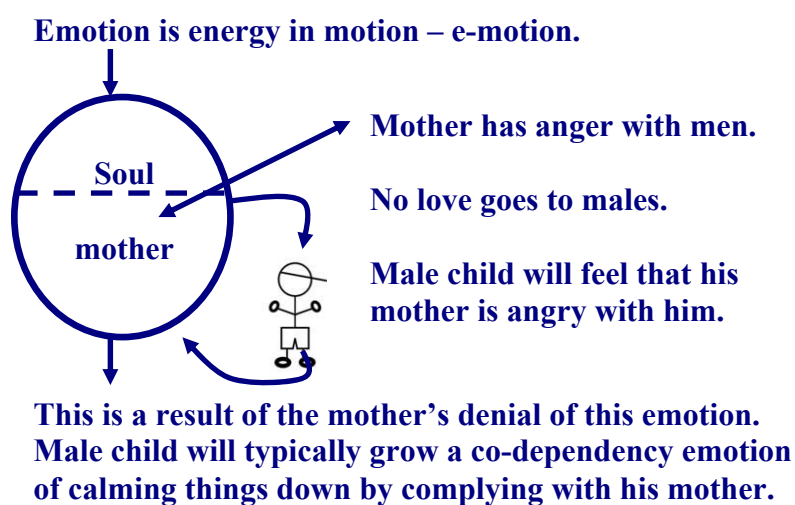
Your child is a complete reflection of the parents own denied emotions.

It has been a extraordinary experience and although I may sound very negative about it, it has positively changed me. I have grown, and overall, when I am not being crushed by bad feelings, I feel good, very good, so much better than I used to. And it's because of this I know that healing your childhood repression is what you need to do if you do want to find true happiness and love. Although it's been hard, it's been incredible. To move down into parts of myself I had no idea existed, and to unlock myself from my childhood prison, to see the truth of all that really went on, has been astounding. And as hard as it is, I want to present my experiences and understanding in case others, possibly like you, are

prepared to do whatever it takes to heal yourself of your childhood repression. And if you do want to start your healing, I know you too will suffer greatly in the process, but nothing more than you've already suffered through your forgotten childhood. And in the end it will all be gone, literally expressed out of you. And when you no longer have repressed bad feelings within you, then you can only feel good. As good as you should have felt through your childhood and life had you not been subjected to another's over powering and controlling will.

Because so much of my early childhood was bad, I can't remember it. I've purposefully blocked it out – although I can't remember doing that either. To remember it, to reawaken the memories through seeing and feeling the truth of them, and not just remembering them with your mind, is an enlightening experience. To keep speaking about your bad feelings – all they are making you feel; to liberate them and then to suddenly SEE the cause of them – to know what happened to you when you were little, from conception through to around six years old; to feel and know how unlovingly you were treated, is incredible to experience. And you don't need to do anything other than accept and express all your bad feelings, and then when you're ready, up comes the truth seemingly out of nowhere but from somewhere within yourself; and as you see it, you know you are healed from that part of your repression – and that is a wonderful feeling!

Something might happen to make me feel angry. And instead of trying to stop myself feeling angry I go the other way trying to feel as angry as I can, speaking about it all to Marion. I try to focus on just feeling and accepting my anger, and allowing myself to be angry. I have been so heavily programmed to always be nice; to always be kind and accepting and not judgemental of other people, so any anger I have felt I have always very quickly buried not allowing it to surface. Because I believe, if I am angry my parents are going to be even angrier, and I'm going to get punished. So I push it down deep within me, somewhere where it sits festering away. So now I try to do the opposite, allowing myself to feel as angry as I feel, and gradually I have got used to feeling angry and really it's quite exhilarating. And over time, I have healed my feeling-preventing fears, such as the belief that if I am angry I will get into trouble. Beliefs from my early childhood that I had no idea were still governing and controlling my adult life.



The key to doing my healing is to long for the truth of why I am feeling bad, whilst I am speaking about how bad I feel. When I feel angry for example, I long for the truth of why, as I speak about and emote how angry I feel, and how feeling the anger makes me feel. I express my feelings by speaking to Marion about them, with her asking me questions to further help me bring it all out, which can be very explosive at times. I long for the truth when I feel angry, as I want to know how being angry now in my adult life, connects with being angry back in my early childhood. I long for the truth but DON'T use my mind to try and work it out. I DON'T use my mind to try and force myself back to my early childhood trying to remember. I just want to know the truth I am feeling now, which will be the same truth of why I was feeling these same feelings back then, and keep speaking out my anger. (And although I am using anger as by bad-feeling example here, the same applies to how I deal with all my bad feelings.)

And after some time, when I have expressed all I need to, up comes the truth of its own accord,

connecting me back to my early childhood. I can see how what's happening in my life now making me angry, is the expression of what happened to me back then. It's not that the same thing is happening to me now as happened to me back then, as that can't happen, but it's the essence – the truth, the same feelings. And I can feel and see that why I am angry now; how I feel I am being treated now, is exactly the same as how I felt I was being treated back then. And it may be to do with my mother or father or grandmother, they being the most influential and controlling people in my early life. But it all feels right, and it explains why I am feeling angry now in my adult life, as the same patterns are being repeated and triggered. And in seeing what happened to me back then to make me so angry, and seeing how that is happening in essence – in truth – again now, suddenly I don't feel angry any more, as I have healed that part of myself I have for so long repressed. The healing mysteriously happens. I can't feel it. I just know that I have changed. I no longer need to live being controlled in my adult life by beliefs and behavioural patterns that controlled me back when I was young. And it's all happened because I have expressed out of me all those bad feelings I was repressing. And so the process goes, taking me deeper and deeper into myself using the bad feelings of today to find, unlock and liberate, the bad feelings of my forming years. It is remarkable how it all happens, and that is the saving grace about the whole process for without seeing the truth, without feeling it come up in you, it would be too hard to just keep feeling bad, day-in day-out, never feeling like you're getting anywhere. I have times of reprieve where it all comes together and I feel how far I have come, and I feel very good, but then it's back to the grindstone as more bad feelings are pushing up wanting to be heard.

Birth defects are the result of the emotions of the parents and the unhealed emotions of the multi-generations behind the parents.

Some of the emotions are sometimes so great that the child miscarries. The pain is often so great that the child prefers to miscarry.

As to the sheer amount of repressed feelings I have within myself, it's too much to begin to contemplate – how much I've denied my bad feelings, and how shocking it all was. It's no wonder I've been so scared all the time and never feeling really happy – and now I know why.

My healing has taken me way past anything I have read about childhood repression and anything I have heard or read about in psychology. I know what I have said regarding anger others will have experienced as they have sort to heal themselves, as good help will guide you back into liberating and getting in touch with what really went on in your early childhood, but what I am presenting is the whole picture, trying to put it into perspective so people can embrace it as a real and whole thing, so they can take it seriously and heal it. So they can accept the whole of their childhood repression – the whole of their negative and unloving evil state.

Some people argue we can make up childhood memories to suit our needs, and I believe we can too. Look at how much you've already done with your mind to get to this point in your self-denial! However, healing your childhood repression, through and with your feelings, will prevent you falling into this trap; preventing your mind taking over yet again, creating all sorts of things you can believe are your early memories.

What my healing has categorically shown me is that my childhood repression is very real and 'alive' within me. And when the truth surfaces by its own accord, and with nothing to do with my mind, I can certainly tell the difference – I FEEL it!

And yet more about my healing

I grew up – so my healing has shown me – in a pretentious, patronising, superficial and false world. I

believed it was as superior world. My family told me that they loved me and I believed them. I told them I loved them too, but as I've since found out, it was all crap.

Now, it's very easy to write the above paragraph knowing all I now know about myself, however, its taken years to fully and finally accept that what I just wrote is true. And it's all come as a great shock.

To gradually wake up and realise that all you thought was loving, wasn't, and all you thought being nice was, was the very opposite – just using people, isn't what a lot of people, I imagine, would want to see about themselves. I had no idea that was what my healing would show me or be about when I first began.

So my whole world, the one I grew up in, has steadily disintegrated, showing me all through my repressed feelings, just what really did happen between my parents and myself. And to uncover all my repressed and terribly painful feelings of not feeling loved as I wanted to be, not feeling as cared about or wanted, has been very hurtful.

But I know it's all true: how I behaved, how I lived; my motives and intentions, were all unloving, so I never felt good in life. Sure I enjoyed doing some things, but even these things I no longer do anymore knowing I only did them to hide from the pain of feeling so unloved. To stop running away and to allow myself to feel the pain instead, as trying as it has been, has been very insightful – to say the least! Slowly I have awakened to the truth of my early relationships and I've accepted the fact that they were not as I believed they were.



Marion has approached her healing from a different perspective than me. I was totally unaware, blind, to the truth of how I actually felt during my early childhood. But Marion coming from particularly unpleasant, over dominating and very controlling parents, was under no delusion how much she hated them, her life and herself, only she wasn't allowed to express her hatred. So a lot of her healing has involved finding the permission within herself to do so, to be able to openly and freely say how she feels now and how she felt back then.

And we've found our two different approaches, using the same methodology of feeling-acceptance, has been highly complimentary. We work off each other often stirring each other up, making each other feel bad and leading us deeper and deeper within ourselves.

Overall Marion has been the leader, as the feminine is in such things. And without her direct help and input I doubt I would have been able to get through my blocks and resistance to feeling bad. I simply didn't have any idea about my feelings and how they could help me, let alone how heavily I was denying them.

In the beginning I had no idea I was even feeling as angry, depressed and miserable as I was. Only during my healing have I allowed such feelings to finally surface helping me feel what they feel like. I was so switched off and disassociated from my feelings never wanting to feel bad. My mind was in full control as I regularly denied so much of what I was really feeling. I think I must have been about the most unfeeling person alive with no idea as to the depth of feeling, both good and bad, one can experience and enjoy in life. My healing has opened me up to understanding just how extremely I'd shut little James away in a safe place inside myself, so afraid of him – me – being hurt. And even

though my parents weren't brutal like Marion's, they sure did a good job on me causing me to deny so much of myself.

Total feeling expression is paramount to good health and well-being.

Love may not be all you might think, feel and believe it to be.

More on Healing

The truth of why you have a headache, stub your toe, have cancer, catch a cold, can be found in your childhood repression.

The truth of why you drink, smoke, take drugs – legal and illegal; need sex, have to find ways to entertain yourself in the hope of feeling good, can be found in your childhood repression.

The truth of why you are a 'success' or 'failure' in life can be found in your childhood repression.

The truth of why you have the relationships you do, good or bad, can be found in your childhood repression.

The truth of why you have the job you do, the career, or the wishes, dreams and fantasies you have, can all be found in your childhood repression.

The truth of why you believe everything you do; why you do all you do, and how you do it; why you behave as you do; why you say what you do, and how you say it; why you react to what is said and done to you as you do, can be found in your childhood repression.

The truth of why bad things happen to you, the smallest to the largest, can be found in your childhood repression.

Catching on? THE TRUTH OF ALL THAT YOU ARE CAN BE FOUND IN YOUR CHILDHOOD REPRESSION. THE TRUTH OF WHY EVERYTHING GOOD AND BAD HAPPENS TO YOU CAN BE FOUND IN YOUR CHILDHOOD REPRESSION. It's quite amazing isn't it? To think that you've been looking for answers everywhere except in your childhood repression. And yet it's in the truth of your childhood repression that they are all hiding from you.

The truth of why you bought that car, that boat, that house, that dog, that cat; why you trod on that snail at that moment on the path; why your back is stuffed; why your piles are bad today but weren't yesterday; why your teeth need fillings; why your hair falls out; why you are fat; why you are thin; why you chew your finger nails or pick your nose – eat it or not, can all be found in your childhood repression.

The truth of why you said those words when you did; why you reacted how you did; how you behave at a party, or with your relatives, or with your lover; why you want to look the way you do, and why you do look the way you do, can all be found in your childhood repression.

So, if you're unhappy with any aspect of yourself or your life, and want to truly heal it, and not just add another superficial layer of self-denial together with more erroneous beliefs that you have healed the underlying causes, you will have to heal your childhood repression.

You can go to the doctor and have your cancer 'successfully' removed or treated; you can take headache pills and magically your head pain goes away; but you are still NOT dealing with the underlying causes of the problems: what truly is causing your cancer and your head pain. And as you heal your childhood repression you will discover that it's not just bad luck, or genetic, or because you're eating the wrong food, or that you're stressed. You will find it all has to do with your early relationships and how bad they made you feel.

Always our body and life is trying to alert us to the fact something is not right – by making us feel bad. Your childhood repression is like a poison within you wanting to come out, but you are preventing it from doing so and it's slowly destroying you, eating you away from the inside, manifesting in your life by making bad things happen to you.

You can go to the shrink, do endless self-help workshops, even probe your early childhood releasing lots of anger and pain, yet still there will be more – still there will be your childhood repression: why you are suppressing, keeping repressed, and denying, your feelings.

You were stopped from being yourself – from freely expressing your feelings – from your first moment of life at conception. And this continued on right through the most fundamental years of your development, during which all the patterns were formed that you express – live – as an adult. And, as a result, your false-self had to be created to deal with your feeling-denial. You have had to work extremely hard to create the false untrue you, a you that is comprised of all your negative patterns, which are consequently strongly entrenched within you causing you much pain; and pain that mostly you refuse to acknowledge, but pain that finds other ways to express itself as you can't hold it all down.

Our childhood repression is very complex. It is you. You are expressing it all day, every day – we all are. And yet very few people have any idea that it even exists, and even if they do, that idea is skin deep.

So if humanity believes space is waiting to be conquered – space being out there offering new potentials, we might first like to consider the space that already exists within us, that called our unconscious; that part mankind has been trying to look into and find out about for a long time. And when you find it, you will see that it's comprised of what happened to you as a young child – good and bad – and it is what is governing and determining your life. Many people are looking for answers: they climb the highest mountain, sit with gurus, look to God hoping an angelic messenger might reveal the way, and yet it's all within you, deeply buried, waiting for you to find. And from all I have experienced, it comes as you heal your childhood repression. And why we refuse to look into it is because it's full of bad feelings, lots and lots of repressed anger, grief, misery, guilt, hatred, rage, fear and pain – so much pain, and to face all that, to FEEL it, is very scary. But it's no more scary than what you felt when bad things were happening to you as a young child, causing you to shut off and turn away from these bad feelings.

If you are on something of a spiritual quest and do truly want to 'go in', then guess where you'll be going in to? The quest for self-discovery – uncovering the whole truth of yourself – will inevitably lead you into your childhood repression (provided you allow your feelings and not your mind to guide you), as that is what there is to discover. If you believe sitting in prayer or meditation, saying your mantra, doing yoga, eating the right foods, is the way to spiritual enlightenment, then think about it in relation to your childhood repression: is it helping you heal your childhood repression or is it just another way for you to

deaden yourself to your bad feelings? It is just another way to run away, to not face that which is making you feel the need to search for answers, and that which is making you pray and meditate, say your mantra, do yoga and eat the right foods. To achieve 'bliss', an empty or pure state of mind; to achieve an 'at-oneness' with God that denies your childhood repression, is going to eventually be counter productive, only leading you further away from yourself. And that is what all the major (and minor) spiritual and religious systems are doing. They are founded on helping the believer or follower denying their bad feelings, using one's mind to further delude oneself they are feeling better, whilst keeping their childhood repression firmly in place. They use exercises of the mind to 'transcend' the truth of what really went on between you and your parents when you were young. It all offers yet more ways to deny yourself, all under the illusion and deception that it's helping you. When all it helps you do is further deny the truth of yourself.

It is my belief (I have not as yet completed my healing so it's still only a belief, not something I know for sure) that you can heal everything within you that's not true, all by healing all of your childhood repression. But as I said, to do so, you will have to want to live true – true to ALL your feelings. So you will have to become true, and to achieve this you will have to uncover and find the truth of all that is wrong within you, all you are denying. So you will have to heal your childhood repression.

Healing our childhood repression awaits us all. We can either start it now or later in life; we can do a bit, pause, do a bit more; we can even begin it in spirit after we die. It's what humanity is searching for. It holds the keys to our understanding life, both individually (personally) and collectively (impersonally). It will show you how to live so you are happy – what is best and right for you. And it is what we're all afraid to find. The TRUTH.

Speak! Bring it all out – all how you feel all the time.
It's vital to your well-being.

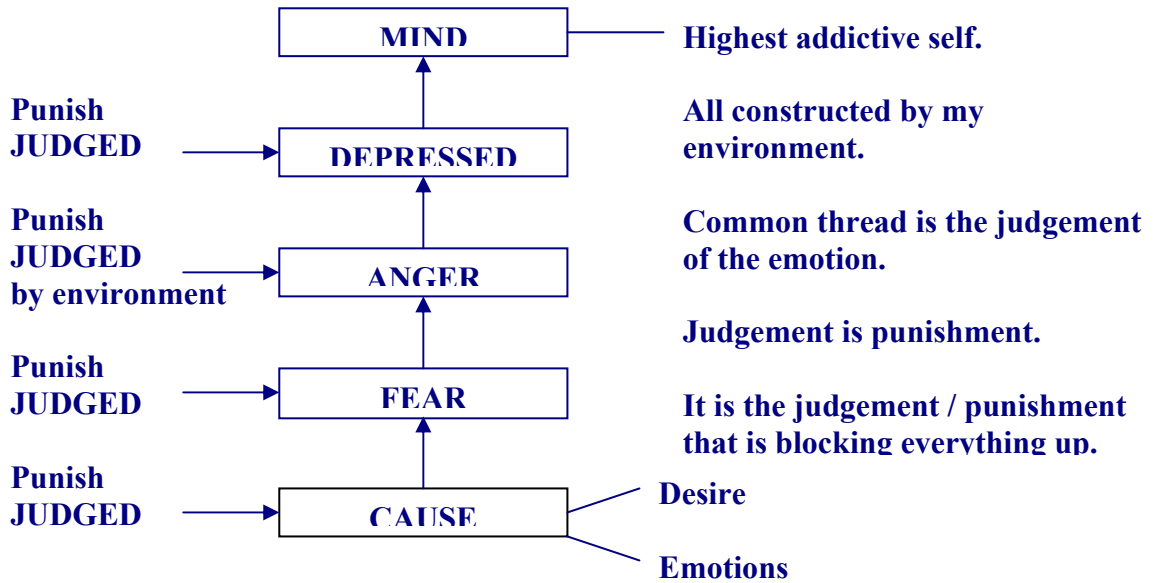
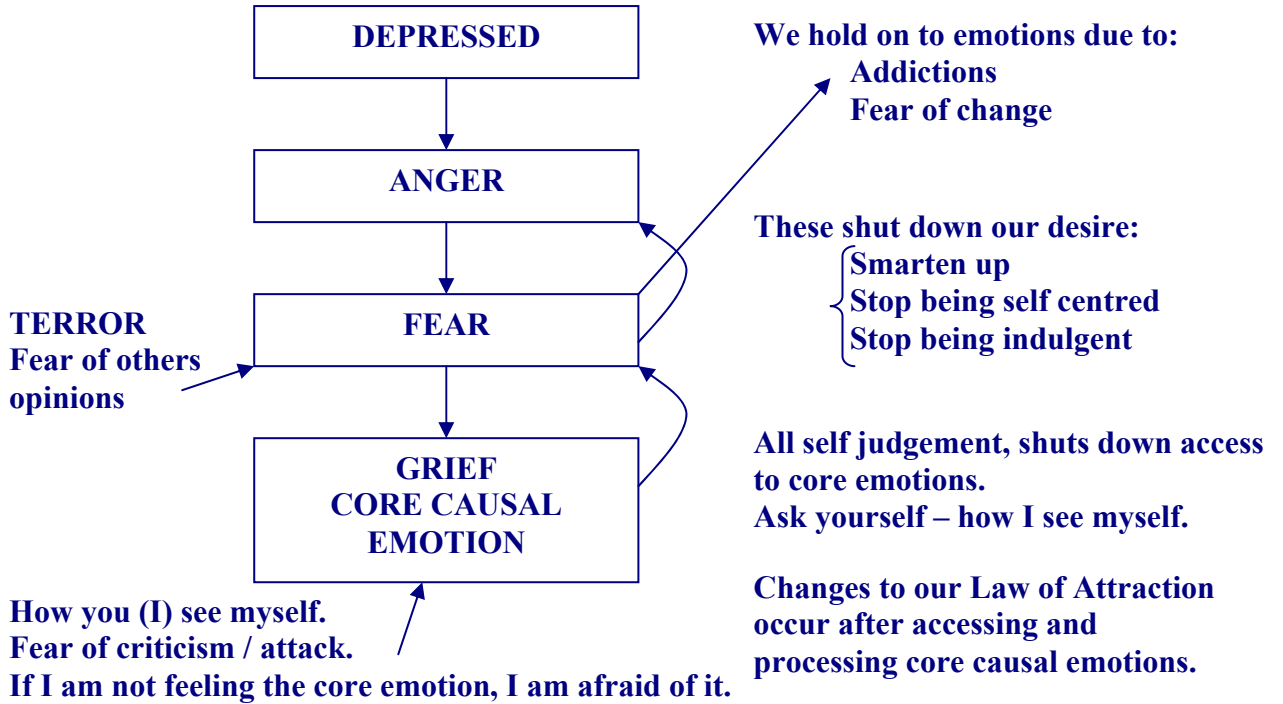
Your feeling-healing goes on, and on and on and on... and on some more. When will it ever end!

Why do you want to kill yourself?
Because your parents wanted to 'kill' you.
And it's totally understandable when it all gets too much to bear.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids



Punish / judgement is based on rewards.

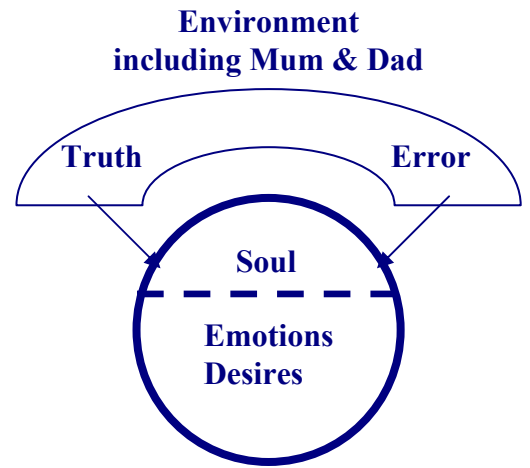
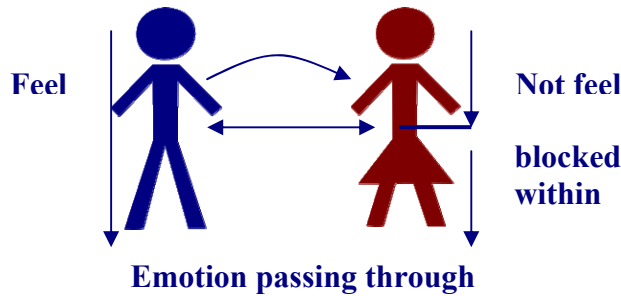
The punish / judgement comes from your parents and environment.

*The truth will set you free,
but first it will make you miserable.*

– James A. Garfield

Infographics and diagrams have been added by Pascas.

- 1. Keep it inside. = Worst option
- 2. Feel it. = Moderately
- 3. Talk about it. = Best option
Discover the truth of the feeling. key is the motive



Every emotional blockage, blocks your relationship with God.
We are to be true to ourselves – fully expressing ourselves.



Emotional injuries become apparent between you and family – just as apparent as a sledge hammer as you progress on one’s feeling healing.

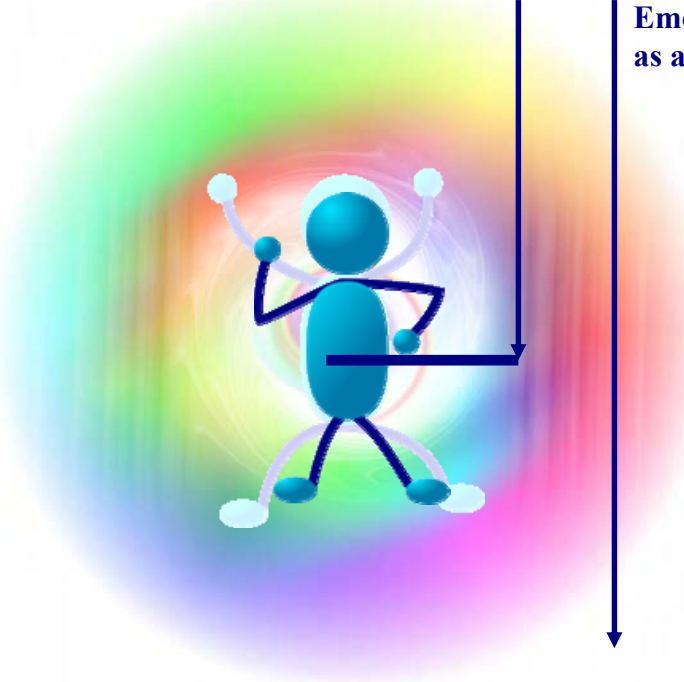
DESIRE – Live in TRUTH – Live in

Children are always reflecting our own emotions.



Infographics and diagrams have been added by Pascas.

Core emotional injury = blockage



**Emotions should just flow through.
Emotions are to be fully expressed
as and when they arise.**

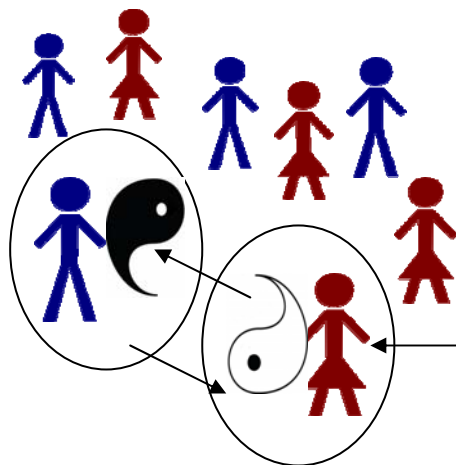
**Most parents / environments
shut down the experiences
within the baby child.**

**When you release the
emotion completely, your
Law of Attraction changes.**

**If I don't release the
emotion, I continue to
attract like events.**

**Every single person who undertake Feeling Healing of childhood repressed emotions
finds that experience proves that emotional release works beneficially.**

**Stay in tune with yourself and experiment for yourself – feel your own passions and
longings. Stay in harmony with truth and love within yourself. Long for the truth of it.**



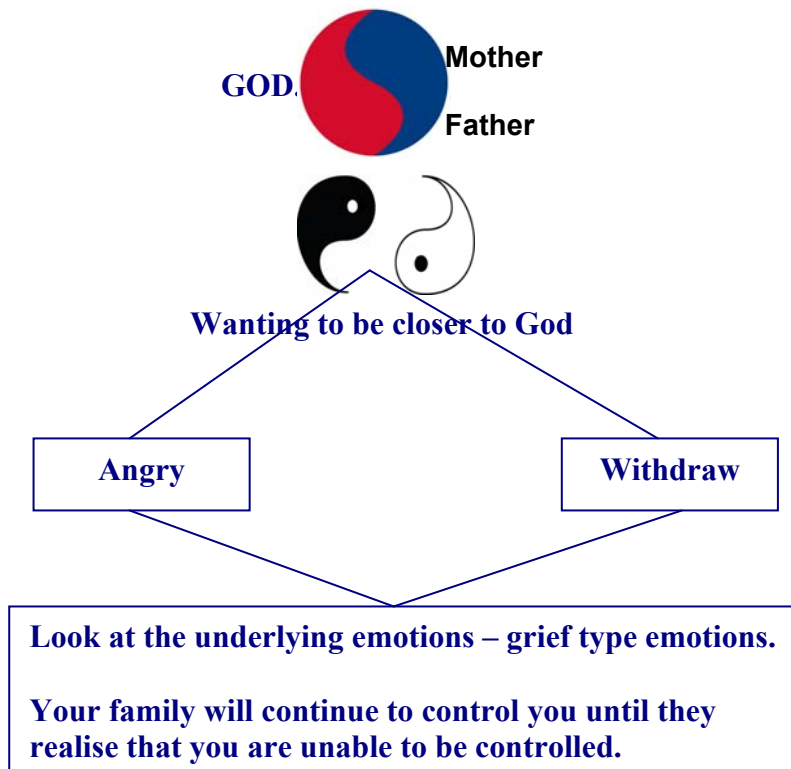
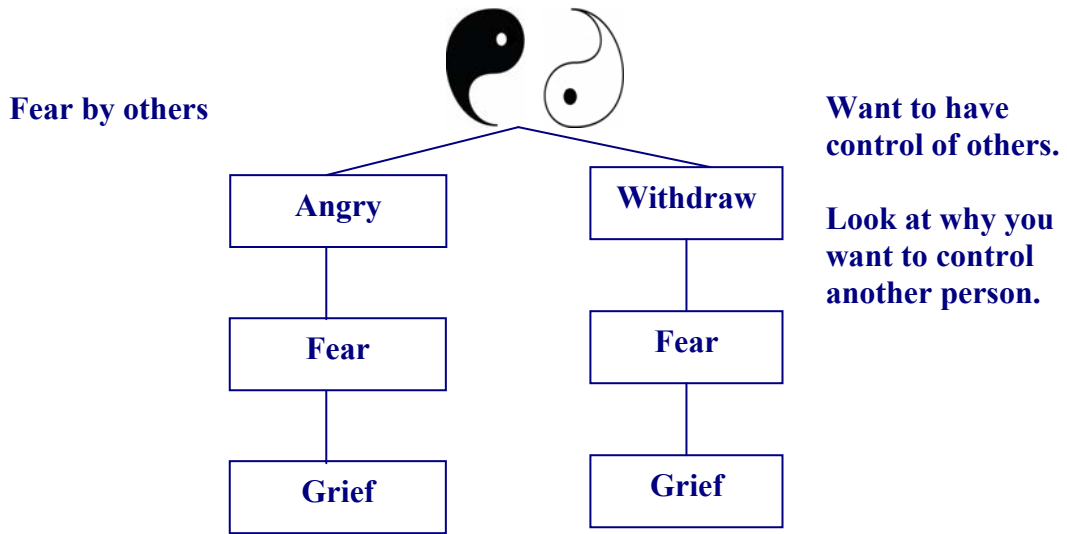
**Stay in your personal truth with
everyone around you. When you
act in truth is when you have the
best interaction with everyone.**

**It is the person's emotions that
cause interactions of conflict within
the person being in truth.**

Infographics and diagrams have been added by Pascas.

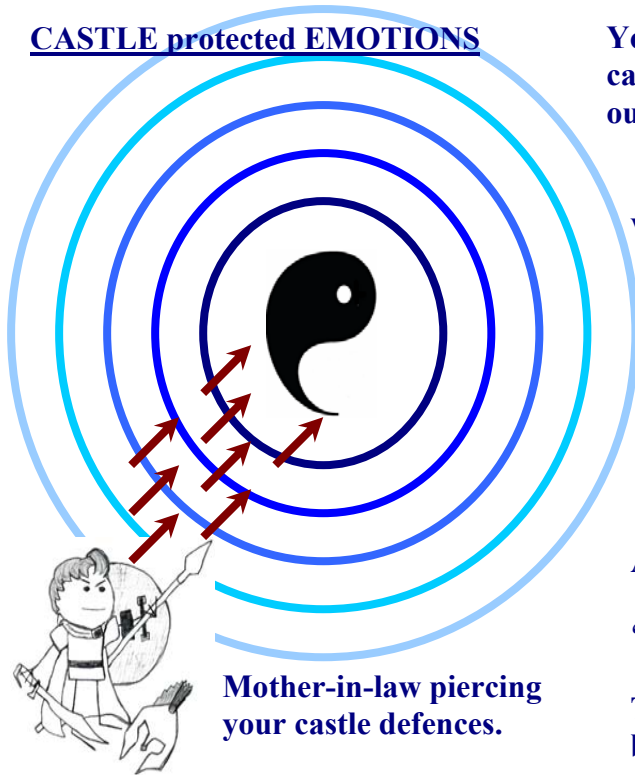
There will be emotional pressure on you as you change.

How do we respond to these attacks and controls?



Infographics and diagrams have been added by Pascas.

CASTLE protected EMOTIONS



Mother-in-law piercing your castle defences.

You protect your soul condition by building a castle around your soul with multiple lines of outer defences.

When your castle is attacked, you:

1. Resonate with it.

2. Project

- Anger / annoyance
- Withdraw
- 'Love it away' all avoidance steps
- Blame, judgement, etc.

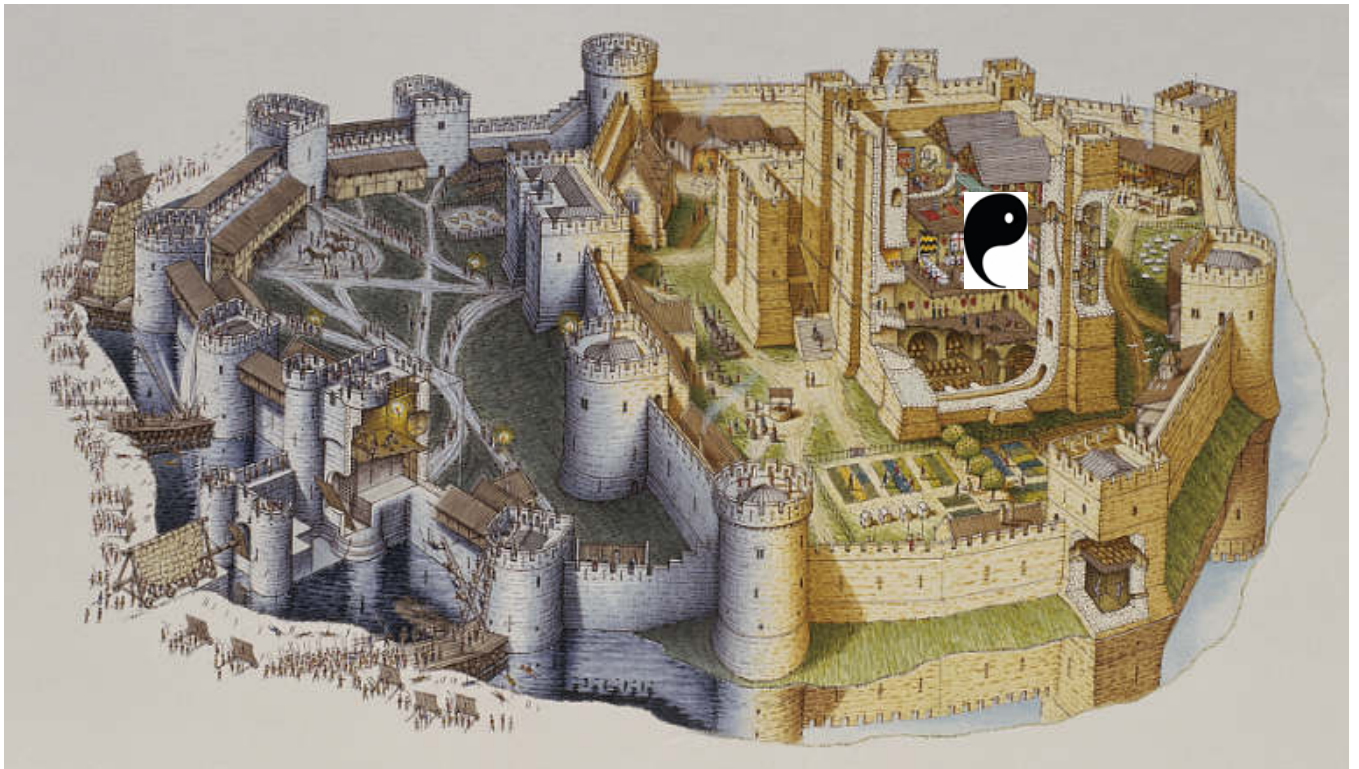
Allow the trigger to trigger us emotionally.



'Unworthy to be heard by a man / woman.'



Trigger exposes core / causal emotion (issue being from your childhood).



SOUL CONDITION




With our soul condition, we build defences around it, we build a powerful castle, behind a moat with outer rings of further defences to ward off any armies.

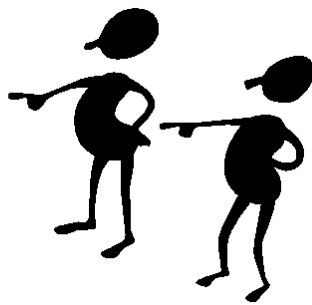
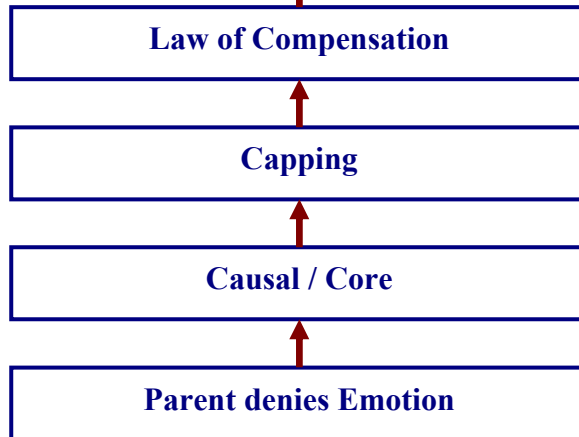
What God wants us to do is to drop our defences and allow the army to overtake us.

With our defences, we deny our Law of Attraction, we defend and often attack.

Rationale of Self Deception
Emotions of Self Deception

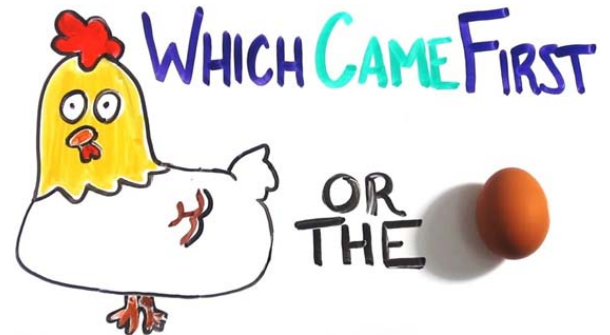


CASTLE OF PAIN



FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.

**FEELING
HEALING
For Kids**

Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.



HUMANITY CURRENTLY HAS NO AVAILABLE GUIDANCE for RELEASE of INJURIES:

The Spirits of Truth of Mary and Jesus have not experienced the clearing of one's Childhood Repressions. Until the Spirits of Truth of a pair who have completed their Feeling Healing and then are released to join with the Spirits of Truth of Mary and Jesus, only then will humanity, both in the physical and spirit, then have access to the guidance to support all to embrace and persevere with the healing of injuries experienced since one's conception.

Mary and Jesus' comments on the Padgett Messages Book 2 by James Moncrief

24 & 25 May 2010

It all comes down to the relationship you are having with your soul, which is really just with a deeper unknown part of yourself.

There are still no Spirits of Truth to service and enrich such advancement. Not until liberated by an Avonal pair, who have done their soul-healing, will such Spirits be available, and so until that time, it's only a very limited amount of healing one can do on oneself even with the best therapists available. Whilst one is living in a local universe one can only ascend as far as the liberation of Spirits of Truth have progressed. And so this restriction still exists. And it's the same currently for people on Earth. And you can only get around it for the time being, by doing your soul-healing, embracing the Divine Love as then you engage and are inviting Mary's and my (Jesus) Spirits of Truth to help you.

Someone like Alice Miller who says she's finished her childhood repression healing is going to be surprised when she finds out that she's only just touched the surface of it, that being equivalent to the second Mansion World (second natural love spirit world); that being the truth of what you can live, the limit one can currently do their childhood repression healing to. And up to that limit you can feel a certain amount of satisfaction and live with the belief there is nothing more to do, however there will be more. And had she truly completed her healing, then she'd be speaking about it all very personally and in much more detail and depth. But neither she nor anyone else can go further in it as yet, without the inclusion of the Divine Love.

You must at all times continue to express all you feel, and it will be a lot about how unloved you feel. Your negative condition is all about feeling unloved, so there is a lot to understand about this condition, and a lot to experience, and a lot of pain. The pain is unavoidable, yet necessary to tell you there is something very wrong, for if there wasn't pain, then you wouldn't take any notice of the negative, and the negative wouldn't be what it is – unloving and negative. So the pain is needed to take you deeper, and as you correctly thought this morning – yes, I was tuned into your mind – that your growing in truth whilst in the negative, is a bad unloving and painful experience, not a nice loving and great experience, as it is when you are of a positive mind state. For it's into the negative you have to go to uncover the truth you are denying, or avoiding, not wanting to see, so it's into all the pain of your repressed feelings. And this will be very important for people to understand, because rightly most people would think and imagine that growing in truth should be a very pleasurable and loving experience, which rightly it is, but not when you're growing in the truth of understanding all about your evil experience.

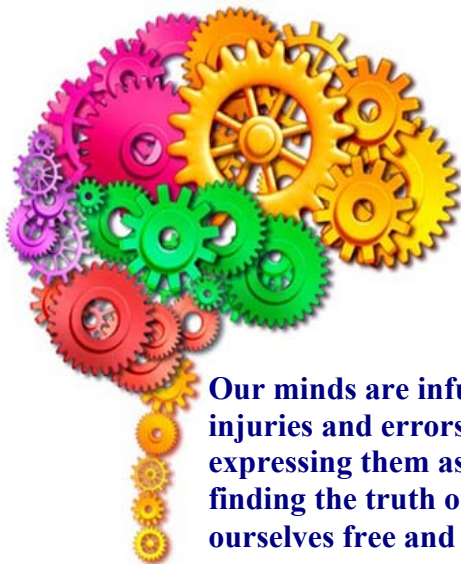
If you were able to be and remain true to your feelings when you were young, and when your parents being untrue were making you become untrue by forcing you to deny yourself, then you would still be in that pain – nothing would have changed for you. However because you were not allowed to stay true to your untrue feelings, true to your pain by remaining in pain; because you were forced to 'get over it' suppressing it, you have made yourself believe you are not in pain and are enjoying life and it's a wonderful thing and you loved your parents and were loved by them, when nothing could have been further from the truth. So if everyone were able to stop being false and were instead able to be true to

being untrue, then everyone would be in pain, and the whole of humanity would be crying its eyes out with no one being happy, and it really would be a true picture of what it is, yet what you refuse to see: life in and of evil – hell on Earth.

We know the truth and can see how much you are all suffering, and how much you are doing all so you can to stop yourselves from feeling your pain. We look in at you and all we see is a huge falseness. We see a meaningless humanity, in terrific pain, living in a deeply traumatised state, yet with so many people believing they are living good, happy and loving lives.

We look in at you and we see you having your false relationships in which you don't love each other, only pretending that you do. And we see the sadness that's buried deep inside you, and we know that you are suffering, yet you can't see it – won't see it, refuse to see it.

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



Be controlled by your oppressive mechanical mind or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors, that only by expressing them as they surface and finding the truth of them that we set ourselves free and grown in love.



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids



CASTLE OF PAIN

When we are humble 100% of the time, we are feeling our emotions 100% of the time, which means we are constantly praying. Humility is the willingness to experience one's own emotions. We are not 100% humble until we are at one with God.



You cannot manufacture your condition in the spirit world – you look exactly as you are, warts and all.

We can process our emotions here as in the spirit world. Our façade prevents this from happening – we are not seeing ourselves truthfully.

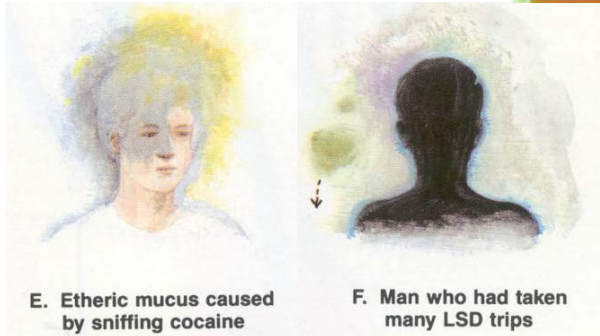


Figure 11 – 2 Hands of Light
Barbara Ann Brennan

mirror, mirror, on the wall... ooops!▲

Within the spirit world, our clothing, which is part of our spirit body, is representative of our soul condition. Thus our outer garments are indicative of our soul condition, nothing is concealed or concealable. On Earth, you may look attractive, but in the spirit world, you show your true self.

Yes, there are mirrors in the spirit world.

It is harder to feel and experience your emotions when in the spirit world. There are many more experiences that open up to you when you enter the spirit world which distract and take you away from processing your emotions, such as becoming involved with your children while they live on Earth, this you can do 24/7.



Infographics and diagrams have been added by Pascas.

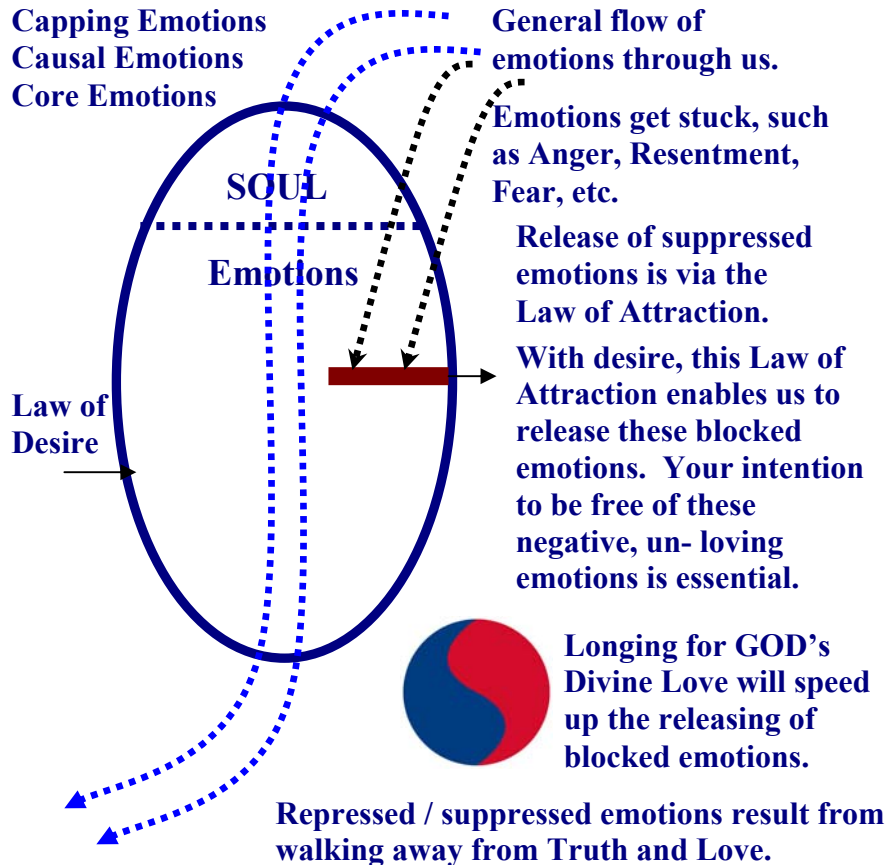
The problem for healers is that the patients own physical soul is generating the problem.

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

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

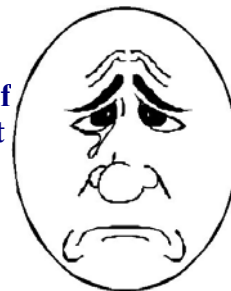
It is very important that we start to see things at the causal / core level, particularly in the medical and healing profession.

WE are CREATED as EMOTIONAL BEINGS:



REPENTANCE

The state of repentance is when you are full of remorse, you are crying and feeling the direct consequences of what you have done.



FORGIVENESS

Forgiveness happens at the soul level, not at the intellectual level.

Unless the core / causal emotion within you is released, you cannot forgive.

Forgiveness is complete when inside of your heart you will not have any emotion about any of the events during your entire life, yet you will be fully emotionally connected to every event.

Forgiveness is when you are fully emotionally connected to every event that has happened to you throughout your entire life and you no longer have any emotional hurt about any of those events.

Infographics and diagrams have been added by Pascas.

**Desire for God’s Truth
Desire for God’s Love
and be humble**

**humility is the
willingness to experience
one’s own emotions.**



FEAR.

Lots of time, fear is about living in the past.



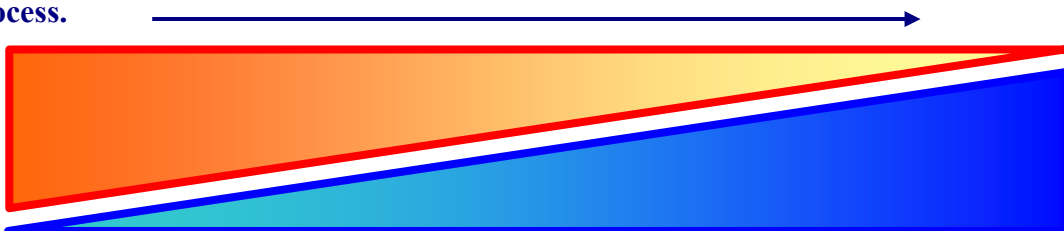
As a child, parents impress upon the child their fear of things – rats, spiders, snakes, etc.

We need to feel our terror of the event that happened in the past.

Almost every fear you have is going to end up being an emotion about love in some way that you are afraid to experience.

You need to do the journey and the journey is going through the anger, going through the fear, feeling and experiencing each one, and then going down into the grief, feeling and experiencing that. When you are out of that, you will be at the place of truth.

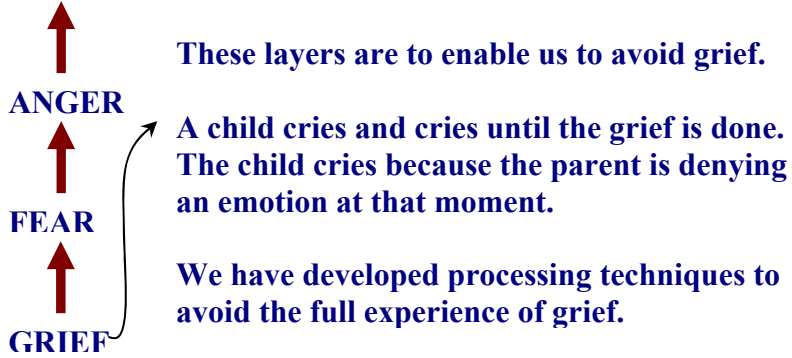
A lot of us going into confusion, because we want to, intellectually, to be at this place, or be beyond this place of truth or love, so we try to manufacture that place without going through the process.



As we progress from our fears and feel our emotions, as this unfolds, our faith will build, and as we receive Divine Love, our faith will actually be building as well. You will actually know you are having a connection with God after awhile. At the start, that is when it is the most difficult, because we have the least amount of faith, the least amount of experience, the least amount of trust, in all of these different things that we are learning.

EXPECTATIONS if not fulfilled you get ANGRY

TOTAL EMOTION SUPPRESSION (depression)



Your emotions are stored in your soul.

We do not allow our soul emotions to be released. Whilst the emotion is suppressed, spirits can influence you to go down paths related to that suppressed emotion.

The Divine Love path is a lot about releasing emotions that are causing damage.

The emotional part of you is within your soul. If you are feeling your emotions, you are causing others around you to feel their emotions.

When you feel a core / causal emotion, the colour of that emotion comes out of you.

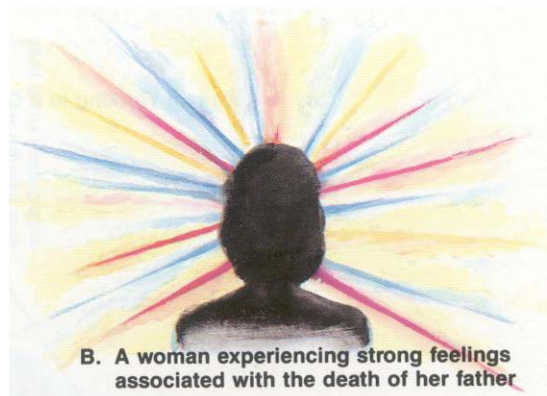
Spirits around you can see it coming out of you and disappearing. Your body actually brightens up in that area.

Your emotion is stored in your soul, but your soul's emotion affect your body, and it affects your spirit body also.

So when you release an emotion from your soul, the spirit body heals in that particular region, where you stored that emotion within your soul.



Soul,
Spirit
body,
Material
body.

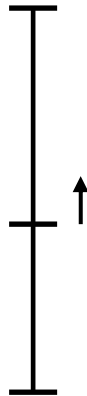


B. A woman experiencing strong feelings associated with the death of her father

Figure 11 – 2 Hands of Light
Barbara Ann Brennan

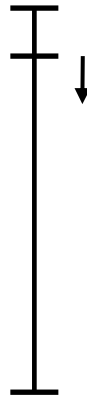
DESIRE / FEAR PENDULUM:

DESIRE



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

FEAR



Reduce fear with truth.



DESIRE NEEDS

To enter emotions:

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

TRUTH (all happens emotionally)

PAIN / DESIRE



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

FEAR / ERROR



Reduce fear with truth.

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

We are accepting the fear more than pain.

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

Pain is error leaving.

PLEASURE

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

TRUTH (all happens emotionally)

Infographics and diagrams have been added by Pascas.



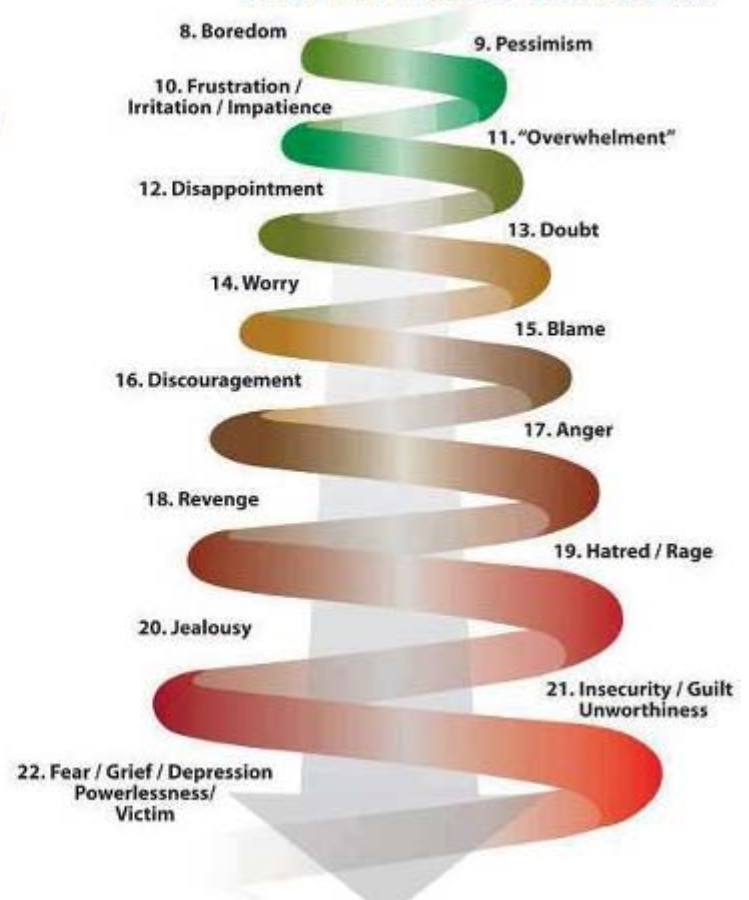
THE EMOTIONAL GUIDANCE SCALE

UPWARD SPIRAL HPF



Feeling loved, wanted and accepted.

DOWNWARD SPIRAL LNF



Feeling unloved, unwanted and rejected.

Kindly consider reading, in conjunction with this paper, the book written by James Moncrief:

Ann and Terry

Ann and Terry have decided to do their Feeling-Healing. The book contains some of their healing experiences, focusing on longing for the truth to help them uncover it through their feelings.

It is a free download from either of these two links:

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

or

http://divinelovesp.weebly.com/uploads/1/1/2/2/1122832/at_-_posted.pdf

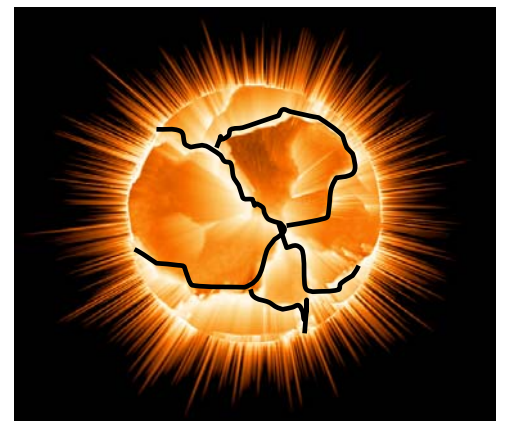
Infographics and diagrams have been added by Pascas.

NO's and DON'TS:

One will loose count quickly should one look upon the number of times a child is told 'no' and or 'don't' in any given day. This is a barrage of suppression hoisted upon every child, day in day out, week in week out, for years. Then when they do try to express themselves, we proceed to pacify them so that we are not disturbed in what ever we are doing. As parents, we set out to literally choke the free will of our children, to kill off their free expression, all in the goal to make them what we are!

EMPATHY BLOCKER	EXAMPLES
Downplaying	Oh, don't cry. I'm sure it's not that bad! It's not the end of the world.
Denial	There is nothing wrong; nothing for you to be upset about. Everything is OK.
Reasoning	Don't cry. Can't you see that the other child didn't mean to hurt you?
The positive spin	Look on the bright side. Can't you see, this probably happened for a good reason?
Cheering up	Don't worry. Here, let me tell you something funny I heard the other day. Here, have an ice cream. That'll cheer you up.
Advising/giving options	Why don't you try doing this, or that? I think you should just ignore that so-and-so.
The expectation	You should have known better. Get over it. Don't let it get to you.
Put down	Don't be silly. Don't be ridiculous.
Diagnosing/labelling	You are being over-sensitive.
Distracting/diverting	Hey, have a look at the pretty puppet.
Stealing the thunder	Now you know how I felt when the same thing happened to me.

Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts) – true to God, so true to God's will; or, true to God's Way. Living true to one's soul. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.



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.



Emotional Suppression:

written by Michael Sky

http://www.innerself.com/Behavior_Modification/sky_michael_02292.htm

The world of feeling is unpredictable, confusing, and hard to control. That is the nature of feeling... Some people are fortunate enough to grow up in families that teach that it is all right to experience feelings and tell the truth about them. Many families -- perhaps most -- teach their children strategies that become problems for us later.

-- Gay And Kathlyn Hendricks,
[AT THE SPEED OF LIFE](#)

Emotional suppression sometimes serves a useful, even essential purpose. When suffering a severe traumatic injury the body automatically passes into the physiological state of shock, blocking all feeling and sensation and numbing consciousness, so that the injured person can better begin recovery. Similarly, when children experience physical, emotional, or sexual abuse, they commonly report feeling numb, losing consciousness, and sometimes even leaving their bodies (they may remember objectively observing the event from above). In such cases emotional suppression serves as a mercy, a blessing, and a necessary first step in the healing process.

Even during lesser travails, suppression often seems the best we can do. As children learn early on, no matter how much a parent (or boss, policeman, or other authority figure) may violate you, it rarely helps to vent your rage. Indeed, expressing anger-energy typically makes matters worse. Grief-stricken as you may feel, crying does not always help -- especially around other people who will not abide tears, or when the time and energy given to crying might interfere with something else that needs to get done. The same goes with fear: showing your fear to others can undermine your ability to lead or interfere with the need for immediate action. Some situations seem to offer no other choice than to suppress a feeling now, such as needing to laugh during a funeral or experiencing sexual arousal at the wrong time or place or around the wrong person.

We mostly suppress emotions as a way to avoid expressing them. All social groups, beginning with the family, develop their own sets of good manners and mores, which govern the acceptable and unacceptable times for emotional expression. A society full of people all spontaneously expressing their emotions threatens unending chaos. In order to form polite, civil, working groups, individuals must somehow control their emotional energies; maturing socially means learning to rein in our natural (but childish) tendency for emotional expression.

Yet while emotional suppression may sometimes serve a useful purpose, inhibiting the free flow of emotional energies over the course of a lifetime causes serious damage to our bodies, minds, and spirits. Our efforts to stifle emotion become a stifling of life itself. Though the symptoms vary, most people die from a slow suicide of self-strangulation. Therefore it behoves us to understand just how badly emotional suppression injures us, even as we find healthier ways to deal with ever-flowing emotional energies.

Emotional suppression causes system wide dysfunction and disease.

When we suppress an emotion, the energy of that emotion does not go away. Instead, it subsides -- it sinks deeper. Rather than resolve the emotional energy through some form of response, we choose (however unconsciously) to hold it inside. Though the immediacy of the feeling may pass, the energy does not. We hold it deep inside and, typically, it stays inside.

Modern physics tells us that mass becomes energy as energy becomes mass. Though emotional energy forms the most subtle stuff, it is stuff nonetheless. If you hold enough of this stuff inside you, then you

become energetically "stuffed up," which carries the same implications as a stuffed nose, stuffed colon, stuffed arteries, or even owning too much stuff.

Energy moves within the body in regular currents and beyond the body in radiant fields. As emotional suppression becomes an unconscious habit and emotional energy becomes stuffed inside, the free movement of vital energy gradually degrades. Think of a wide rushing river into which one daily throws several large stones. Over the course of a lifetime the river becomes clogged, diminished, and sluggish. Likewise, over the course of a human lifetime the habitual suppression of emotional energy clogs and diminishes the once-rushing river of light.

As we clog and diminish the flow of emotional energy we block and interfere with the fundamental design and function of the human organism. This causes system wide dysfunction, with most biological processes and organs (including the brain / mind) failing to operate at full efficiency. Life spans shorten and creative potential declines. Sickness, disease, and general unhappiness all take a larger-than-necessary role in the human drama. Our bodies and minds struggle through energy-starved lives, while suppressing great wells of life force within.

Emotional suppression inflicts specific injuries upon the body.

This occurs when, especially as children, we must suppress extremely traumatic emotions. The child who has just suffered a severe violation or who has suddenly learned of a huge loss will experience a great burst of emotional energy in response. If for immediately compelling reasons the child suppresses that emotion, then all of the child's surging energy becomes forcefully jammed somewhere in particular in the body.

The specific location will relate in some way to the specifics of the situation. If the child suffers physical injury, then emotional suppression may occur at the site of the injury. If the child contracts into a grimace or a frown, then emotional energy may lock in the muscles of the face. Anywhere that the child experiences pain or tension during the traumatic event -- clenched fists, upset stomach, spanked bottom, abused genitals -- becomes a likely place to harbour suppressed emotional energies. And unless the child later experiences deep healing, the suppressed energies of a traumatic event remain embodied forever.

When a strong charge of vital energy contracts in the body for a long period of time, the energy eventually becomes matter. The energy literally becomes an unhealthy, pathological mass. Suppressed emotional energy can become tumorous, harden arteries, stiffen joints, weaken bones. Suppressed emotional energy can precipitate the onset of cancer in any system or organ of the body. Suppressed emotional energy can undermine the immune system and make a body vulnerable to innumerable illnesses.

Ironically, what begins as a gift of vital energy and the raw material for empowered response turns into its opposite: the stuff of dysfunction and disease. The choice to contract and suppress traumatic emotional energy plants energy-charged seeds of future pathology. The more urgently a child suppresses a traumatic event, or the more often the child experiences a less traumatic event (such as a specific criticism that a child hears several times a day, every day, over a period of years), the more potentially destructive the specific quantity of suppressed energy.

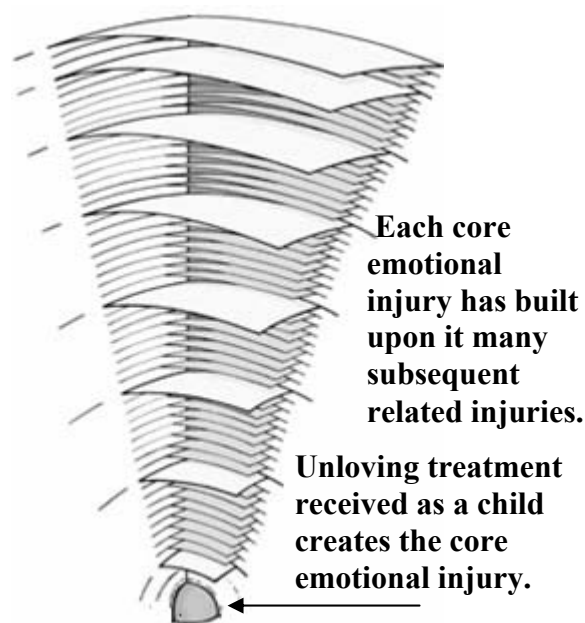
The typical adult body, as any experienced body-worker will tell you, comes riddled with the suppressed emotional energies of the past. Bodywork is a growing field of alternative medicine whose modalities include various forms and combinations of movement, sound, breath, and physical manipulation. The

latter ranges from the gentle touching to often painful probing of deep tissues. Often the simplest of touches to some innocuous part of the body, when expertly applied, will release a torrent of emotion and long-suppressed memory. The powerful healing that such work can initiate testifies to the destructive effects of long-term emotional suppression.

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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



Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

Emotional suppression renders us less capable and responsible.

Ideally, energy-in-motion empowers us to deal more effectively with the changes and challenges of life. Through the unconscious habit of suppressing emotional energy, however, we misplace the very essence of effective response. The person who habitually suppresses all feelings of fear will stand frozen in the road unable to leap out of the way of approaching traffic. The person who suppresses all feelings of sadness will fail to fully resolve painful losses and may always suffer from low-grade chronic grief. The person who habitually suppresses anger will feel forever cowed and victimized by the inevitable violations of life. The person who suppresses feelings of sexual pleasure will derive little satisfaction from lovemaking and may manifest various forms of sexual aberration.

We need our emotions. They provide us with the vital force to think creatively and act decisively. The more successfully we suppress our emotions, the less successfully we do anything else.

Emotional suppression deforms the body.

Whenever we suppress an emotion we physically contract some part or parts of the body. In time we develop patterns of repeated emotional suppression, which means that specific parts of the body must

engage in chronic tension. Such long-term chronic tension eventually alters body form and posture, invariably for the worse.

The "character lines" etched into an older person's face result from years of tensing the face while struggling with emotional energy. A permanently hunched upper back reveals a person who never made peace with burdens and responsibilities, just as a caved-in chest shows us someone overwhelmed with unresolved grief. Years of fearing and resisting sex can tilt the pelvis back and away from other people. Angrily clenching the jaw will eventually grind the enamel off of teeth, just as chronically clenching toes will shorten tendons in the feet, with ramifications throughout the body.

Bodyworkers have catalogued many such examples of emotional suppression leading to misshapen bodies. The tree will grow as we bend the twig. As human bodies grow, incalculable bending comes from the chronic physical contraction of emotional suppression.

Emotional suppression causes system wide fatigue.

Suppressing strong emotion does not occur easily. It requires an act of forceful muscular contraction, stifled breath, and mental denial to engineer the original suppression of an emotion -- the stronger the emotion, the more force required -- and it requires continuing contraction and denial to sustain such suppression. Without the expenditure of great quantities of energy, emotional suppression could not and would not occur. Typically, as a person ages more and more emotional energy becomes suppressed, while more and more vital energy is tied up in sustaining suppression. All of which just plain wears us down.

Emotional suppression undermines the healthy function of body and mind and stuffs inside the rushing energy of effective response. To make matters worse, emotional suppression requires that we permanently commit significant amounts of energy to keeping everything stuffed away, unfelt and unnoticed. This places heavy demands on our daily resources. So much of the chronic fatigue that afflicts people in modern societies stems from this unconscious sustaining of emotional suppression. Though we have access to great wells of vital energy, we can only lose so much to the dynamics of suppression before we become chronically enervated.

Emotional suppression energetically disconnects us from the rest of our world.

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

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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?



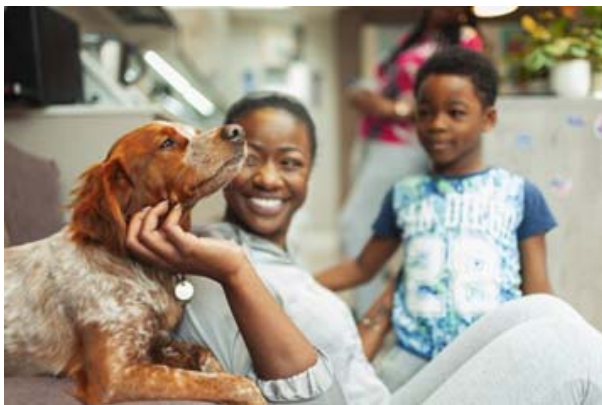
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ 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.

# REVELATIONS



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

## REVELATION 1

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 the Father is actually loving us! When we progress, it is the Father's way of loving us into love and then we live what we are, love.

## REVELATION 2

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

To liberate one's real self, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the 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.



**God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.**

**Jesus and Mary are a son and daughter of God.**

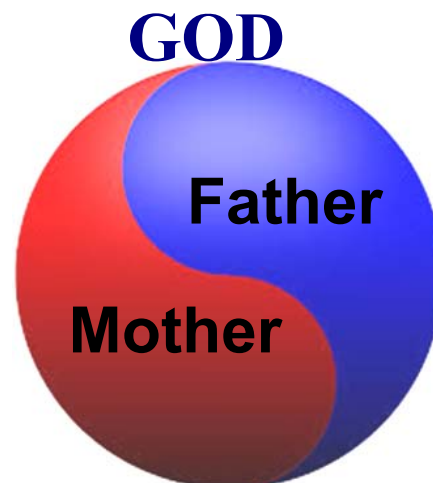


**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.**

**Give yourself time to consolidate your relationship with the Father through the partaking of His Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.**

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Father and Mother for you to work from. 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.**

**It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.**



## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



**M&F**



**J&M**



**AVO**

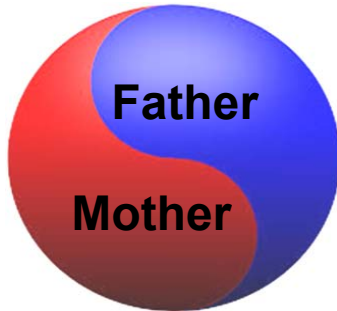


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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



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

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

**AVO**



**HUM**

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

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



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

## HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

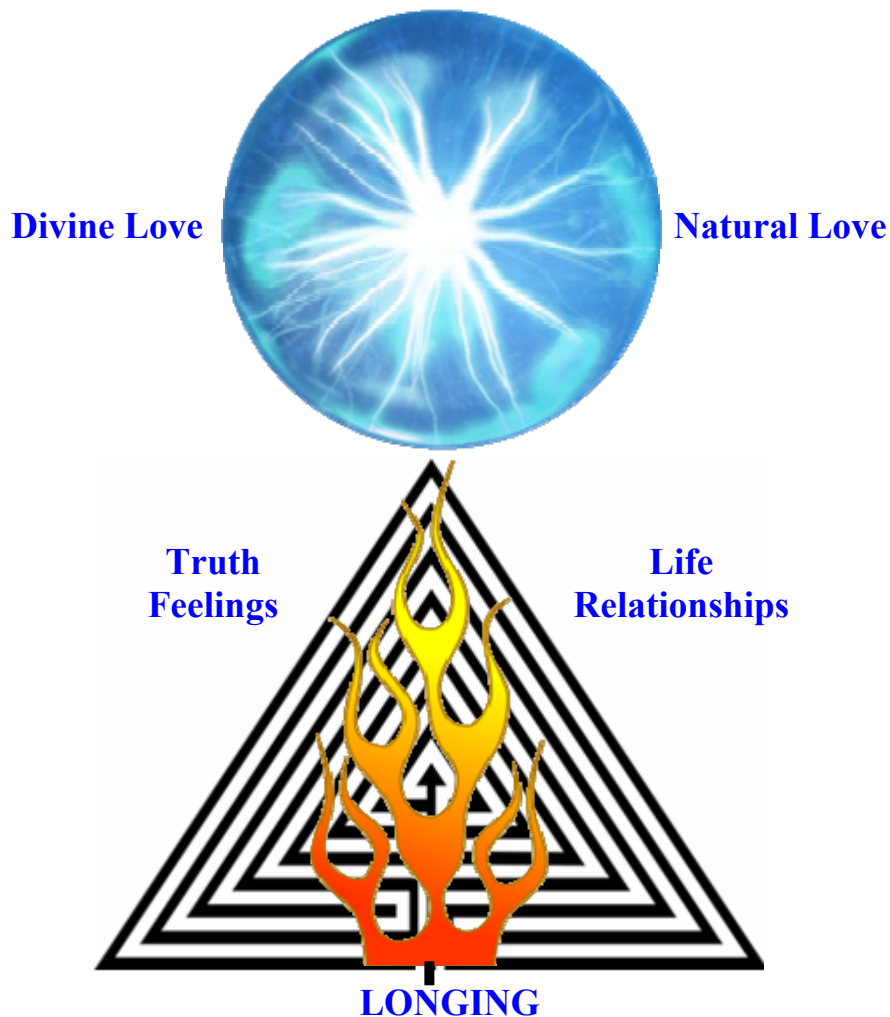
Want to understand the truth of your early life

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

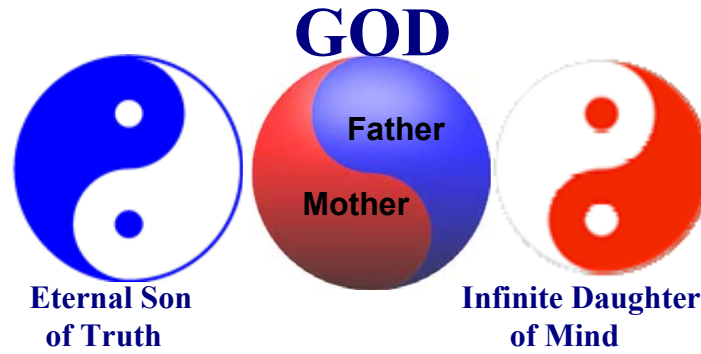
Want and long to know the whole truth of yourself

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

## The Key



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



**PARADISE TRINITY:**

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
  2. **ETERNAL SON (ES) – Divine Truth**
  3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

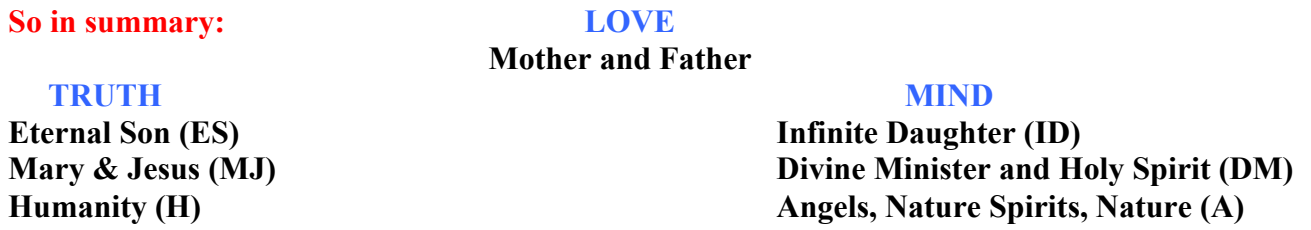
**The LOCAL UNIVERSE TRINITY:**

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

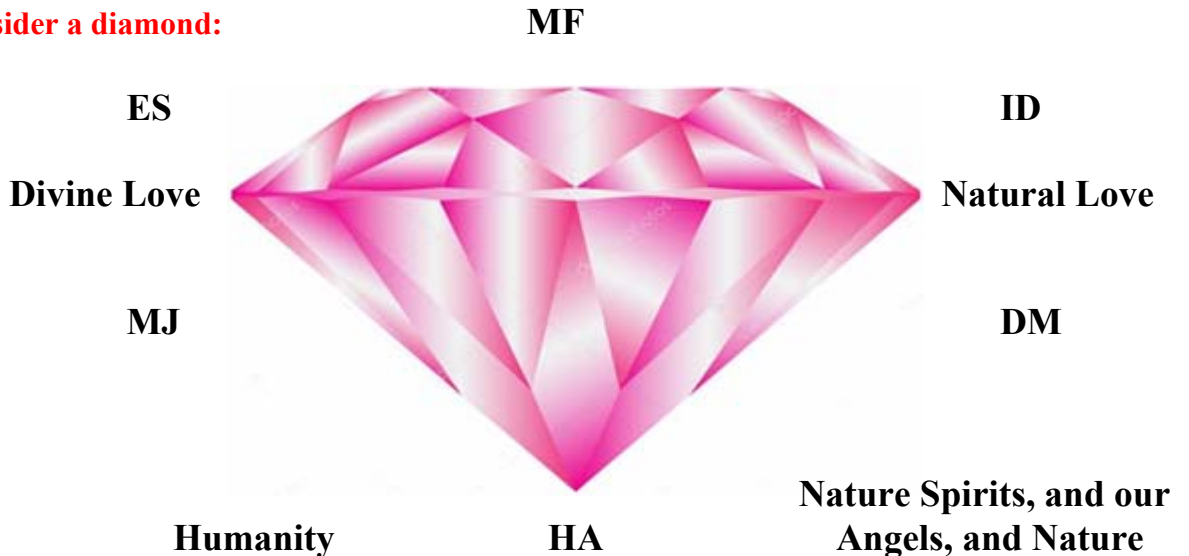
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**





# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

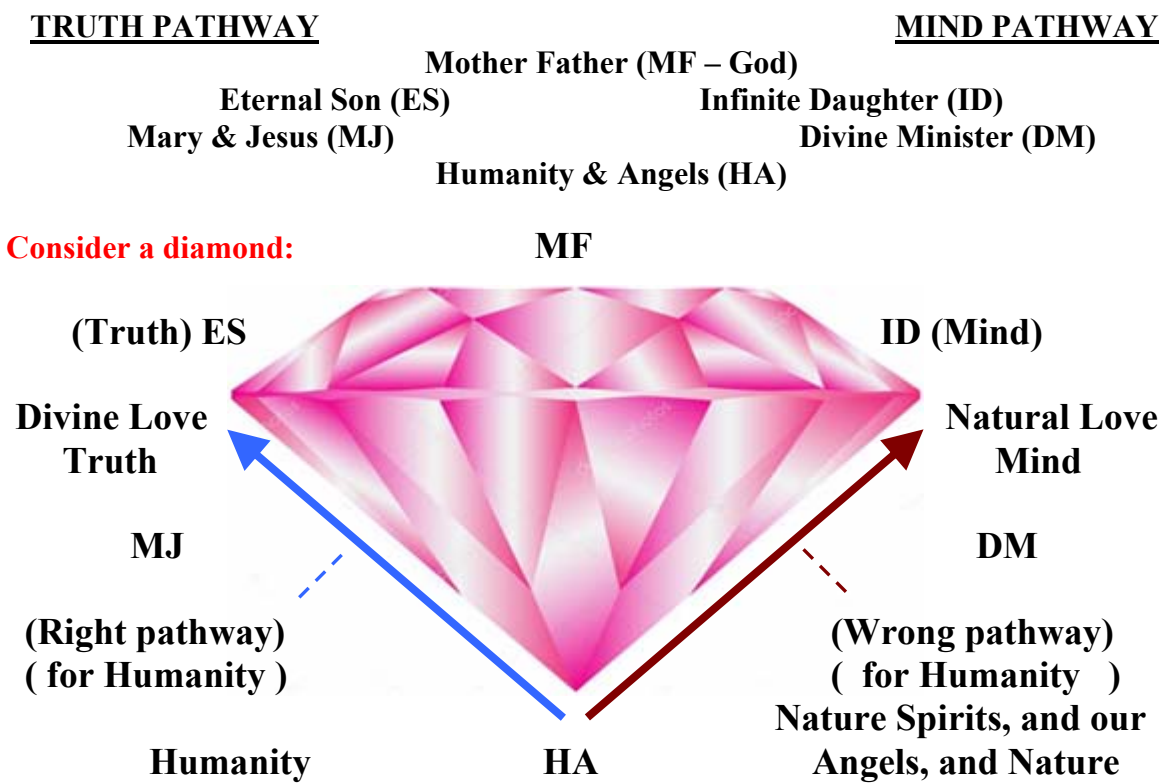
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

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

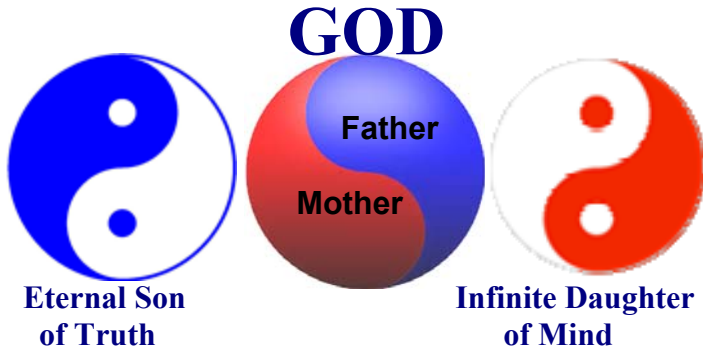
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



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

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

**CREATION of SOUL and SPIRIT:**



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



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

Feeling Pathway

Mind Pathway



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

Soulmate Pair

Angel



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.

Spirit Person

Nature Spirit



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.

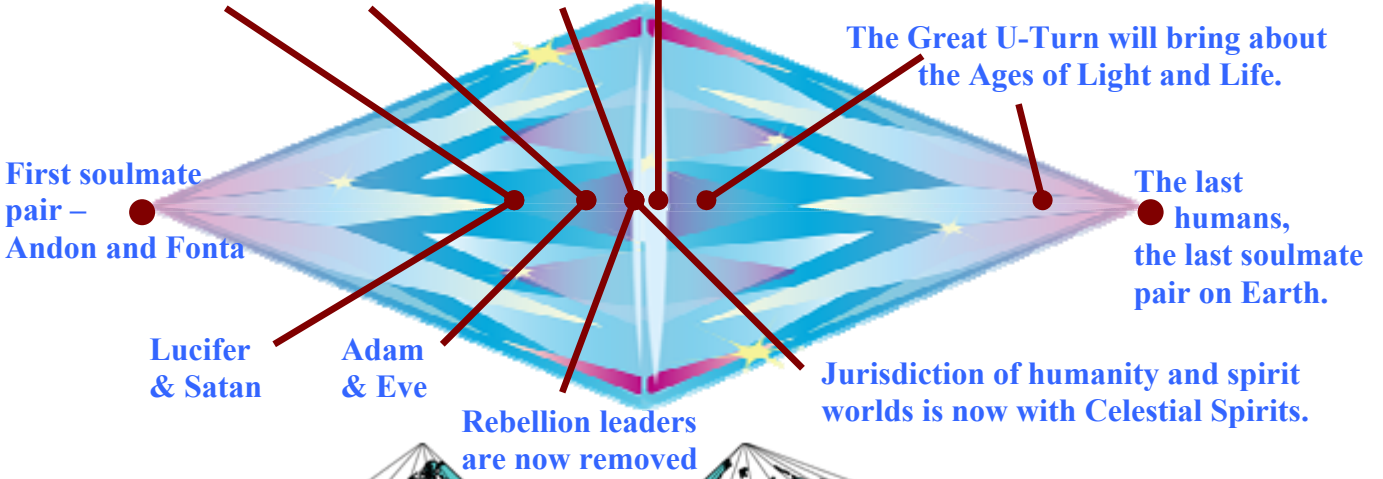
A nature spirit is an angel in waiting.

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

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

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.



**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)

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

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



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

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

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

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



**Feelings! first**

**OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:**

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nabadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nabadon, our Local Universe. The regents of Nabadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



## The Prayer for Divine Love:

(as given within the first century)

2 December 1916

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

I am here, Jesus

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

**Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.**

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

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

**Amen**

MoC 

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

## Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,



when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James

**Feelings!**  
*first*



## How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.



|                                                                                      |                                                                                                  |            |                            |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------|----------------------------|
| <b>Primary recommended reading:</b>                                                  | <b>consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light</b> |            |                            |
| <b>The Rejected Ones</b>                                                             | <b>2002 – 2003</b>                                                                               | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Messages from Mary &amp; Jesus</b>                                                | <b>2003</b>                                                                                      | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Paul – City of Light</b>                                                          | <b>2005</b>                                                                                      | <b>xxx</b> | <b>– 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</b> | <b>– James Moncrief</b>    |
| <b>Speaking with Mary Magdalene &amp; Jesus Sage and the Healing Angels of Light</b> | <b>2013 – 2014</b>                                                                               | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Sage and the Healing Angels of Light</b>                                          | <b>2017</b>                                                                                      | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Road map of Universe and history of Universe:</b>                                 |                                                                                                  |            |                            |
| <b>The Urantia Book</b>                                                              | <b>1925 – 1935</b>                                                                               | <b>xxx</b> | <b>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</b> | <b>– Joseph Babinsky</b>   |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                         |                                                                                                  | <b>xxx</b> | <b>– Geoff Cutler</b>      |

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

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

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

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

#### **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 unfolding the New Feelings Way

Universal Gift – Feeling Healing with Divine Love

Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         | 1,500                  | 2017                      | 201   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 47    |
|                                                                  |                        | This group being pages of | 3,046 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

**Welcome to LOVE – the Religion of Feelings  
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

*A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.*

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**[PASCAS – document schedule.pdf](#)      downloadable index to all Pascas Papers.**

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

**PASCAS INTRODUCTION NOTES:** *All papers below can be found at Library Downloads link..*

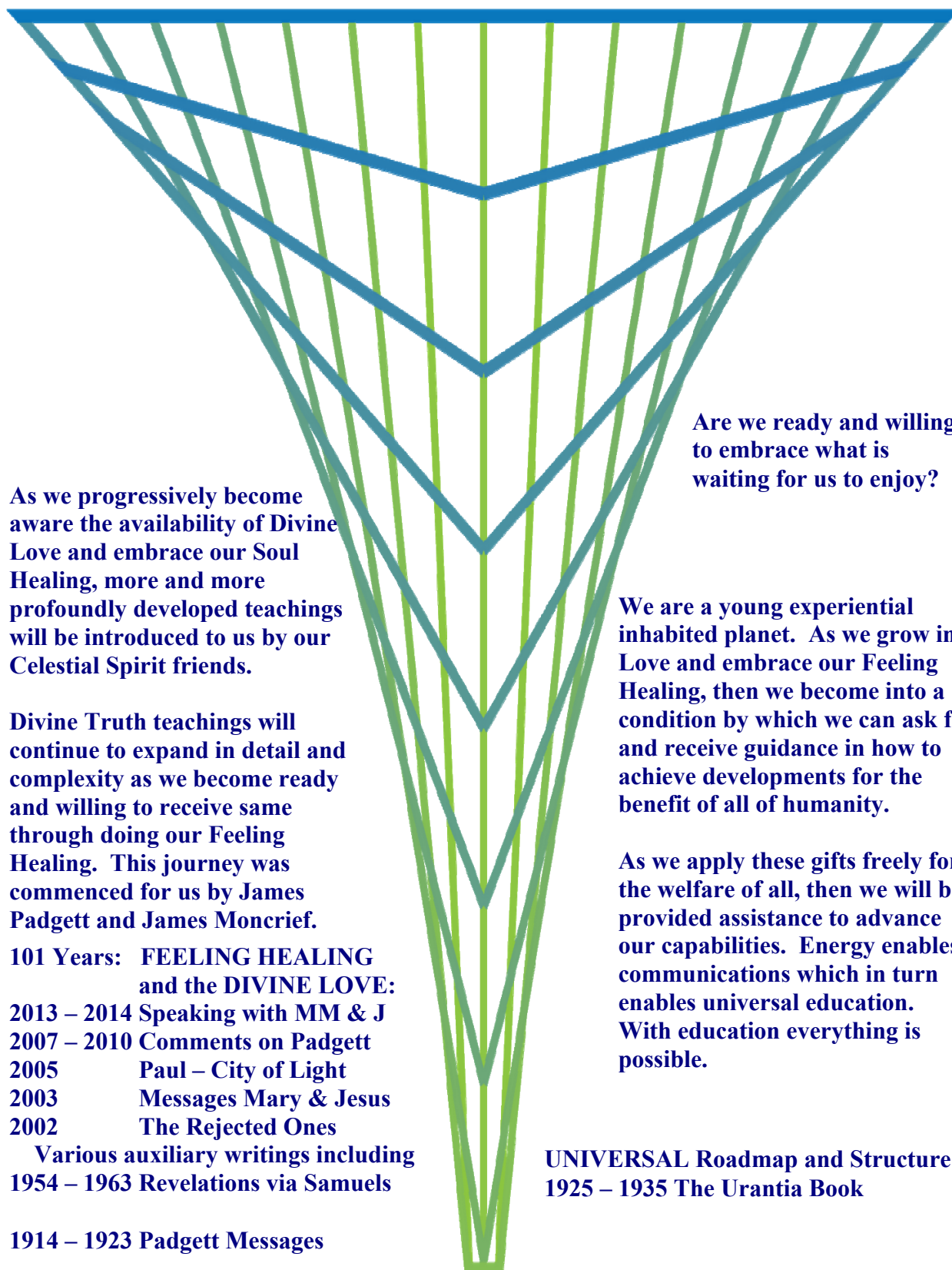
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebellious
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



**SOUL CONDITION luminosity is reflected through one's spirit body, thus all spirit people can see the relative condition of another. In this same way, a spirit person can see the soul condition of those living within a physical body.**



perceived truth MoC 880 – relative truth potential MoC 1,480