

PASCAS CARE

Feeling Healing

Versus Cult



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Pascas Foundation is a not for profit organisation
Queensland, Australia

www.pascasworldcare.com www.pascashealth.com

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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

FEELING HEALING VERSUS CULT:

The cult is the family in which we were born into. Feeling Healing is what we are to embrace so that we may shed the embellishments that our parents and extended family imposed upon us during our forming years, from conception through to around the age of six.

As Mary conveyed on 13 June 2003:

Jesus declared that you have to be born anew. Not again, as in reincarnation, which as you know, doesn't exist, but anew which implies that you need to become new and somehow, start over. You of course are not and cannot be born as an infant and begin your life again, but as an adult, you can heal all that is wrong in you, which in your case, and in every ones, means right back to conception, with the result being that you will be as though you are a new person starting out afresh – anew. And as you're finding out, you are gradually feeling like you are much freer, and as though you were raised by completely different parents. This is the *new birth of your soul* as spoken about in the Padgett Messages, and it goes even further than this.

If you are born anew and so can live as though you have lived a different life, one with different beginnings, then it makes sense that you can also live a different adult life and then family life. If you were of Celestial truth, if you, James, were to have a family with Marion, you would be starting a new type of family. Not one that is just carrying on the negative that has been passed on generation after generation, but starting a whole new type of family. One that is based on truth, all the truth you would be living, and one in which your children would be born into and grow up being perfect children. And if other people were also to have these *new* families, conceivably these children would unite together, and so on, giving rise to *new* generations. And you in turn would become *new* grandparents and great grandparents and so on. All would be new. As it stands now, nothing is new in truth generation to generation, as no one is growing in truth.

Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soul-mate and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

You see, humanity is not meant to live and raise children just two parents struggling along trying to cope the best they can. You are designed to be in small groups so that you can compound the love and support for and of each other. Your studies of other primates show the evolutionary direction towards this. But what you cannot do is contrive the groups yourself, or even pick who your soul-mate is. This will only, and can only happen, as an outworking of the truth you live – as you progress in the healing of your soul. And this is how all of life should be lived: according to the truth you are living. It is how you live, as there is no other way, but currently you live it in the negative, of that being directed by no truth, and so having to make it all up yourself. You pick your partner instead of allowing God to show you who it is through your feelings, and you choose what sort of life you are going to live instead of allowing the Mother and Father to guide you as you grow in truth through your feelings.

This model: that which starts in the Divine Love spirit Mansion Worlds, manifesting in completion in the Celestial spheres, is to one day be your model on Earth, but for now it can demonstrate just how far away from the truth you are.

You don't have to marry; it is not a Law of God. When you unite with your soul-partner you know you are for each other forever, and that is that. Nothing more needs to be done about it because there is nothing more to do. You simply get on enjoying each other's company and delighting in each other's love; that is, once you've done your healing. Marriage is yet another contrivance required by those who are living without truth. There is however, nothing wrong with marriage of soul-pairs or non soul-pairs, so long as you understand the truth of why you want to get married. You should always do what you want to do, and so if you want to marry and celebrate your union that is good, but you should still long to know the truth of why you want to get married. You should want to know the truth of why you do all that you do, and why you want to do it.

You may even want to marry for the sake of custom or law and that is also all right, as long as you know this is why you are marrying, and are making the enlightened choice in light of the truth you are living. Whilst you are a member of a society that is the controller, you still need to honour and respect the laws, but inwardly you can do your healing and set yourself free of all constrictions thereby knowing you are only respecting the law because you need to comply with it, whilst knowing it is wrong – knowing the truth of it. One day humanity will abolish all man made laws realising that they have no need for them because the Mother and Father's Laws of truth are already in place, already designed to support you completely in love.

Your man made laws only support the negative being made without love. They, like everything else, are a contrivance of your minds, they don't arise from truth. But you can know this, and yet still choose to live by them, for you do not have to take up a crusade to abolish all contrivances just because you have discovered that they are not necessary. The evil, whilst it chooses to exist, must be honoured for what it is. If you healed yourself and then could decree that all evil must be abolished, you would be doing exactly what the evil is doing. Everyone is entitled to live how they want. If one soul chooses to remain in evil then he or she must be supported. But that support must not come from you doing things you don't want to do, you must only do what you can do, and want to feel to do, just as they will. It is not all black and white. It will be a transition of values; of society understanding what life is truly about led by example by those of higher truth. And those of higher truth will know that to force anything is wrong, and to force or coerce another is wrong. All must choose for themselves when they are ready. And you only have to look to the Mother and Father to see how lovingly they support you in this.

If you feel the authority makes you do something you do not want to, that which is against your will, then you can protest. You can say no. You can even do what the authority is making you do still saying no, or you can die. Or, you can accept it, expressing all you feel to your partner and not saying anything to the authority. This choice is again up to you and based on what you will feel in each and every moment and situation as it changes. You cannot say this is what you should do in this situation or that, for it can only be experienced by the individual who needs to decide for his or her self based on how they feel. And your feelings can change in an instant, from yes, I will do that, to suddenly, no, I won't. And then, just as suddenly, back to yes again. And as you progress through your healing you will see that all you really need to be able to do is be allowed to express these feeling changes, be fluid and see where they lead you, always speaking about how you feel and always longing and wanting to find the truth of your feelings.

The negative way of life is always trying to fix life down, ideally to say: this is what you do now, and this is now what you do, and you all know it, and do it when it is needed to be done. It wants everyone to be and act the same, just as your parents wanted you and all your siblings to be and act in the same way: all according to them. You all want control and want to know what's going to happen in each

moment, and especially in the future, so that you are not surprised and made to feel out of control and scared. You try to secure and fix the future rather than allowing the Mother and Father to surprise you with all They want to give you.

When you can start to live freely you will enjoy the feeling of being new, as though you are a whole new type of creature. The whole of humanity needs to be born anew and start over. It will happen one day, and then families will be built on positive values rather than on falseness, delusion and lies.

You have children for yourself. You do not have children for themselves. And when you have them for yourself you have taken it out of the Mother and Father hands and into your own. You are dishonouring Them and your own soul. You have children so you can own them, just like you have material things and pets. You have them so you can do what you like with them, but who says you can – what right do you have; are your children yours just because you are able to carry out the sexual act? You say you can have children at your leisure, but is this right? Who are you to know? Who are you anyway? The Great Ones? Who are you living for? The Mother and Father, or your own mother and father? Are you having your children for your parents? What if you said to your parents you were not having children, or, would not allow them to visit your children because you didn't want their evil influences affecting your children's lives as they affected yours? How would you feel about such things? How would your parents feel? And how would you feel about how they feel? Could you deal with all the feelings? Have you dealt with these issues? Can you? How upset will your parents be not being able to see their grandchildren; and yet, who are YOU living for, your child, yourself, or your parents? And how deprived will your children be by not seeing their grandparents, the very same people who parented you into your negative state? And is it a good thing that they are deprived of more negative influences, or doesn't it matter? What are your true motives, do you really know?

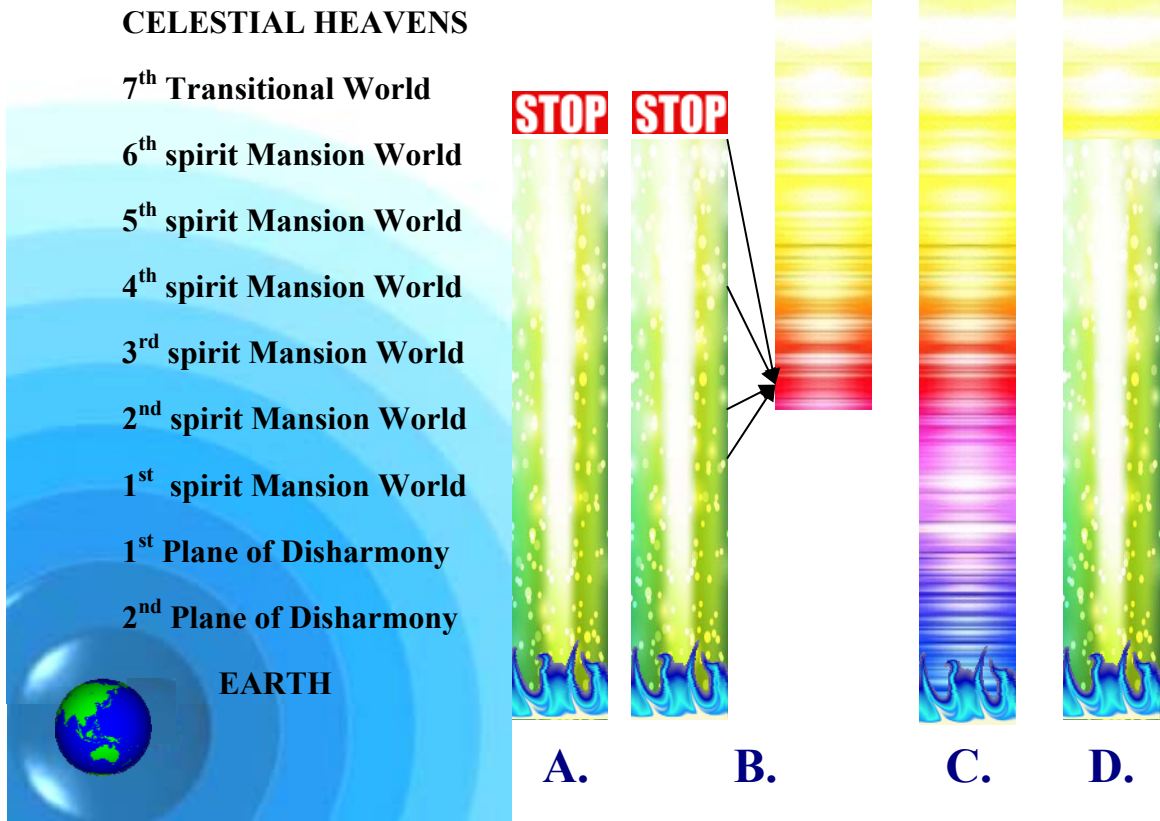
You have to ask these questions of yourself when they arise and sort out how you feel about them. You have to know what you feel about it all. You have to know and understand the truth. You don't have to make a stand, and stand by it at all costs; you don't even have to make your mind up about anything. But if such issues do come up, you do need to express all you feel about them and keep on expressing your feelings as required. Just allow yourself to feel the confusion and express your feelings as they come up, and then ask the Mother and Father to help you see the truth, and to show you THROUGH YOUR FEELINGS, which way to go – how to live that truth. Life is too complex to resolve it all in a moment. These same issues will come up again and again, and each time as you express a bit more you will see a bit more and gradually your life will change. As you grow and change, so too will your life change, and all the issues, situations, problems and relationships.

Messages from Mary and Jesus book 2 by James Moncrief

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!



**SOUL GROWTH UP THROUGH SPIRIT
MANSION WORLDS:**



- A. We all arrive into the 1st Mansion World before being drawn to where we are suited. Living on Earth is typical of 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 sphere. 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.

**DIVINE LOVE does not TRANSFORM one's SOUL
FEELING HEALING is what TRANSFORMS one's SOUL**

The Divine Love does transform our soul from Natural love into Divine Love. It's our Feeling Healing that 'transforms' or heals our erroneous expression of Natural love. We have to 'heal' and so perfect our Natural love, so it can then be transformed by the Divine Love.

Divine Love does not even begin the real work of transforming one's soul, for those who focus upon receiving Divine Love to the exclusion of embracing one's Feeling Healing, they are just expanding their mind's control over themselves. Should this be one's passion, then upon passing into the spirit Mansion Worlds they will find that they can continue along this path all from within the Divine Love followers segment within the first natural love Mansion World! Yes, only from within the first natural love Mansion World.

Most of humanity on Earth is not wanting to face the very truth their feelings are making them feel every day of their life. So if they want to keep living in the spirit Mansion Worlds as they did on Earth, in complete denial of their feelings and the truth they are to shown about their wrongness, they can.

However, for those who have embraced Divine Love and begin to engage in their Feeling Healing process to begin the transformation of their soul, they will be able to sense the Divine Love already within their soul 'driving them on'. One's understanding and adjusting will be changing rapidly to that of embracing all about the Healing and doing it – all being supported by the Divine Love that one may have received previously. All one may have done with the Divine Love may make their introduction into their real Healing, by using their feelings, much easier than it is for other spirits from the mind worlds who are at the same time having to wrestle with many of their old religious beliefs or mental programming, having to take on a whole new mind-set which one could see would take some of them years, whereas for someone who has been longing for and receiving Divine Love for some time it may be only a matter of weeks. This also applies to those living in the physical.

It is the Feeling Healing process that transforms one's soul towards perfection, towards the ability to fully express one's true personality as given to us by our Heavenly Parents, it is the Divine Love that then fits that transformed soul to be able to enter the Celestial Heavens.

Reference: Pascas Care Letters – Divine Love does not Transform

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Messages from Mary and Jesus

book 2

by James Moncrief

9 June 2003

I will speak with now James, Mary.

Humanity has reached an end. It is even pretending that new messiahs, and Jesus reincarnated, have arrived to fulfil the prophesy of scripture, but these things are also failing. You have no where to go. You can either turn over the old ground and re-hash the old trying to make it look like new, just staying as you are; or try and head off in another direction with technology. But this is only making new toys to fill in the time, and humanity is always restless, a symptom of the denial.

All that has occurred in history, all anyone has tried to do, is an expression of their family situation. You are all outworking your family's negativity in your daily adult life. Those people for example who join a cult, are only continuing to live what they experienced in their family life, but expressed in the world as the cult. If they were to look at all the elements that drew them to the cult, and kept them there, they would see that it was merely the same dynamics of their family. They could see their father, mother, brother and sister relationships in all the members of their new cult family. And you don't have to join a cult to see this. Everything you do, and everywhere you go, is an outworking of your family. You never leave your *family* until you have done your soul- healing. Everything in your world is a *cult* of one fashion or another. All your jobs, governments, societies, churches, nations, are all family cults. The whole of humanity is living in one big family *cult*. Your whole life is *cultish*. And the family, your very own family, is the original cult. You live in family cult groups. The Rebellion was started by spirits who believed they knew better than, and could do a better job than, the Mother and Father. They started the Cult. They seduced humanity into their cult, and the fall of Eve and Adam sealed your fate.

You have all been born into a localised universal cult, called the *Lucifer Rebellion*. And having taken it on, by default, unconsciously passing it on generation to generation, you have formed your own family cults within the main Cult of Evil. But all that's in the cults that you condemn in the world is in your very own family. They only exist because of the conditions within families. Look into the studies of human behaviour and mind control that have been done on cults and then apply all the same to how your parents treated you: how you felt and behaved. and were made to be, think and do.

To many people the mass death of all cult members may threaten and ring alarm bells, but this is nothing compared to what you will find went on in your treatment of you by your parents, the very people you loved and who said they loved you. The people who fear such mass cult deaths are really only fearing their own parents finally deciding to kill them, to make them take the pill and end it all. Look inside yourself and see the Brutal Truth. All the horror and torture on the outside: the mass execution of the Jews, dictators barbarism, the horrendous experiments carried out on people, the slaughter of millions in warfare, the horrors of history, is nothing compared to what you will find happens to you as your parents parented you in unloving ignorance inducting you into this negative state. And all these horrors inflicted by humanity on humanity have occurred because no one has dared face the horrible truth of what happened in their own family. It is far easier to take out your pain, anger and suffering on others in the world, than it is to stop and face your own personal trauma inflicted on you by your family. It is far easier to slaughter millions of other people or creatures than it is to face the pain, anger and fury of wanting to slaughter your own parents for how badly they treated you.

Your parents have experimented on you but didn't kill you. And when you feel the pain and come to terms with the extent of your suffering from the rejection of love they made you feel, you will understand that in a way they did carry out experiments – unloving ones, and all but did kill you in a slow agonising tortured death.

This might sound harsh and extreme, but what I want to impress on you is that it has been for you VERY AGONISING, VERY EXTREME, VERY CRUEL AND VERY HARSH, and most people call it love, the loving family they grew up in. And this is the dead end. Refusal to accept this, and continuing to stay blind to the truth is keeping the dead end in place. You will not be able to see you can go past it until you wake up and face the truth of your own pain.

All that happens on the outside, in the world, only does to show you all what is happening on the inside. If you were parented with love and in a positive mind state, all that would be in the world would be reflective of this love and of the loving family environments. You would be one big loving human family, and not a broken up segregated mass of fearful people trying desperately to have power over each other; and trying to make some sense of a life and existence that is devoid of meaning and has no sense to offer. There is no sense in the negative. It is NEGATIVE, against all truth, sense of purpose, and meaning. It is pointless, and if it all evaporated, nothing would stay behind of any worth.

As humanity heals itself, everything, absolutely everything that is in existence today, will be broken down, smashed up and returned to its constituent parts, and a whole new world will take shape. Nothing will remain that man has created, because it has all been created within the negative, so what good would it do, other than to be put in a museum for those to wonder at who are not of such wrongness. It and you, are all wrong, ALL WRONG. It will take you a long time to fully understand what this really means. You exist as a *wrong* person as you are now, and when you are healed you will exist as a *right* person.

Jesus and I want you to start to look deeper into yourself to find this all out for yourself. All we are tell you, you will have to discover for yourself. We have told you the way to do it, but still as you go, you will see for yourself all that we are saying and much much more.

You blame the cult for being bad because it indoctrinates people, it brainwashes them and seems to take over their mind and rational powers of mental deduction. But look at how you are parented! Look how in every day of your child life you are brainwashed, told how to be, told when to do things – controlled. There is no stronger cult than your negative evil self-denying unloving family cults. As a child, you have no past or future mind capacity to draw on experience to tell you if what your parents are saying is right or wrong, you exist in the moment, and if they are yelling at you, what happens to your little struggling and vulnerable mind as you are blasted out of your senses? You are subjected to cruel experimentation through power and control by your *well-meaning* parents, who say they are lovingly teaching you about life.

Most people know to some extent that their state of torment is due to their upbringing, but what are they doing about it! Why not embrace the truth, seek the truth of it and take responsibility for it.

Go for a walk through a city supermarket and listen to the cries of those children that are upset. Look at how they are being treated, and you all do it to your children in one way or another. Be that little person and feel what it must be feeling. Why is he or she crying? What are they trying to say in their misery? What really is she or he feeling and why? What are its parents doing to it? Why are they making it suffer? Why did they make you suffer? What did you do that was so bad? Where you so much a criminal, a devil, a horrible person, to be treated that way? You would condemn adults if they treated each other the same way? But why do you excuse parents for crippling, torturing and dementing their children? Why? Why? Why? And if you come up with an excuse defending the parents' action, then ask: Why is one who is so powerful needing to be so dominant over the one who is so powerless? A child is the most powerless creature; baby animals have more power than a human child. It needs its

parents for all its feelings of love and security, to feel it does exist securely in Creation; and yet you cut it down, crush it, destroying all the purity, trust and love. You only have to look at pictures of children's faces, ones where the *show of happiness* is not being put on, how when young they are bright, vibrant and fresh, looking forward to life, but only a matter some years older, they look sad, dejected, and know that life is not for them, all their expectations having been taken away and destroyed.

You all feel rejected, alone and unloved to some degree, and those that don't are yet to become aware that they feel this way. It is all within you – the answers to all your pain and suffering, as it all started in your early life and that life is still within you – within your soul. No one comes into the spirit world and quickly skips up through the Mansion Worlds to become a Celestial spirit because they had such loving parents. Quite the opposite, as the agony and pain and hell and torment pours out of spirits in the Divine Love Mansion Worlds as they strive to do their healing. It is spine chilling to witness, to hear the cries, to listen to the words of such pain and cruelty. You could be there one day, crying and yelling and writhing with the mental and emotional anguish you have buried all these years, all stemming from your childhood. It is very serious. You are in a very bad condition, very bad, and you need much help and compassion to get you out of it. But first you need to understand the problem. Then you need to think about it. Then if you feel up to it, consider applying yourself to the healing of it. To start looking into the truth of your relationship with your parents.

Be the child and feel. As you put yourself in the child's place, wherever you see the *horror* being committed, allow yourself to be the child that you are still buried inside, and feel how it feels when your mother or father hit you, or scream and yell at you, or deny you what you want to do, and make you feel rejected, and criticise you, and tell you off, and make you say you are sorry, and punish you, and make you change yourself, and make you do something you don't want to do because you are scared of it. FEEL IT! REALLY LET YOURSELF FEEL IT. LET YOURSELF FEEL IT ALL OVER AGAIN JUST AS IT WAS ALL THOSE TIMES! FEEL IT AND ACCEPT IT, BECAUSE IT IS TRUE AND IT HURTS – THEY HURT YOU – AND IT HAS CAUSED YOU MUCH GRIEF, SUFFERING AND ANGUISH, AND IT STILL IS!

Keep being caught up in the worlds problems if you want to continue dismissing your own, but remember, as with everything you do in life, you are only dismissing yourself, because, as it is in the world is what was done to you by your parents, and it is how you have been made to be. The world is a good distraction. It was used a lot by your parents, and now that you have access more easily to it, can be used by you for the same purposes. It will take a lot for you to bring back your attention to yourself, but with the Mother and Father's help you will do it. Pray for Their Love and long to be at-one with Them, and it will happen, you'll see.

I will finish now James, thank you – Mary.

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Characteristics Associated with Cultic Groups – Revised

Janja Lalich, Ph.D. & Michael D. Langone, Ph.D.

Concerted efforts at influence and control lie at the core of cultic groups, programs, and relationships. Many members, former members, and supporters of cults are not fully aware of the extent to which members may have been manipulated, exploited, even abused. The following list of social-structural, social-psychological, and interpersonal behavioral patterns commonly found in cultic environments may be helpful in assessing a particular group or relationship.

Compare these patterns to the situation you were in (or in which you, a family member, or friend is currently involved). This list may help you determine if there is cause for concern. Bear in mind that this list is not meant to be a “cult scale” or a definitive checklist to determine if a specific group is a cult. This is not so much a diagnostic instrument as it is an analytical tool.

- The group displays excessively zealous and unquestioning commitment to its leader and (whether he or she is alive or dead) regards his belief system, ideology, and practices as the Truth, as law.
- Questioning, doubt, and dissent are discouraged or even punished.
- Mind-altering practices (such as meditation, chanting, speaking in tongues, denunciation sessions, and debilitating work routines) are used in excess and serve to suppress doubts about the group and its leader(s).
- The leadership dictates, sometimes in great detail, how members should think, act, and feel (for example, members must get permission to date, change jobs, marry—or leaders prescribe what types of clothes to wear, where to live, whether or not to have children, how to discipline children, and so forth).
- The group is elitist, claiming a special, exalted status for itself, its leader(s) and members (for example, the leader is considered the Messiah, a special being, an avatar—or the group and/or the leader is on a special mission to save humanity).
- The group has a polarized us-versus-them mentality, which may cause conflict with the wider society.
- The leader is not accountable to any authorities (unlike, for example, teachers, military commanders or ministers, priests, monks, and rabbis of mainstream religious denominations).
- The group teaches or implies that its supposedly exalted ends justify whatever means it deems necessary. This may result in members' participating in behaviors or activities they would have considered reprehensible or unethical before joining the group (for example, lying to family or friends, or collecting money for bogus charities).
- The leadership induces feelings of shame and/or guilt in order to influence and/or control members. Often, this is done through peer pressure and subtle forms of persuasion.
- Subservience to the leader or group requires members to cut ties with family and friends, and radically alter the personal goals and activities they had before joining the group.
- The group is preoccupied with bringing in new members.
- The group is preoccupied with making money.
- Members are expected to devote inordinate amounts of time to the group and group-related activities.
- Members are encouraged or required to live and/or socialize only with other group members.

- The most loyal members (the “true believers”) feel there can be no life outside the context of the group. They believe there is no other way to be, and often fear reprisals to themselves or others if they leave (or even consider leaving) the group.

This checklist will be published in the new book, Take Back Your Life: Recovering from Cults and Abusive Relationships by Janja Lalich and Madeleine Tobias (Berkeley: Bay Tree Publishing, 2006). It was adapted from a checklist originally developed by Michael Langone.

P.129 Mad Men, Bad Girls and the Guerilla Knitters Institute by Maggie Groff

‘Surely if you’re smart your mind can override psychological coercion,’ she reasoned.

Rafe shook his head. ‘You’re making the same mistake that everyone makes. Cult leaders, and don’t forget these people are self-appointed and not accountable to anyone, are marketing experts. They aren’t working on your intellect. It’s your emotions they’re targeting, and they make you feel guilty by pointing out your faults. Sometimes they reward you for a certain action, but the next time they punish you for the same thing. You never know what the rules are and you become confused. They make you dress the same as the other members, taking away your individuality. And they force you to confess personal failings, which makes you doubt that you’re a good person.’

‘If cults are so awful,’ she asked Rafe, ‘how come anyone joins?’

‘Ah,’ Rafe said, ‘at the same time as they’re doing all the psychological stuff, they’re also doing what’s call “love bombing”. Cult members hug and kiss new recruits, flattering and stroking them to make them feel wanted and valued. It has the effect of making the new recruit feel as though they belong, and the last thing the new recruit will want to do is to upset these very affectionate people who are being so very, very nice to them.’

She asked, ‘Indoctrination has got to take more than three days?’

‘Three days is what the professor told us,’ Rafe said. ‘He assured us that by using certain techniques he could make us behave the way he wanted in three days, and from then it was a natural progression to make us believe what he wanted too.’



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

10 June 2003

Good morning James, I am with you Mary.

Having been made to reject your own feelings you have been made to have control over them. You have been forced to keep a tight reign on your expression of feelings and mostly on your *bad* ones. This has then given you a false sense of power, albeit over yourself, but still it determines how you express yourself in the world, how you seek to maintain control over yourself and then over others. If you cannot allow yourself to express your bad feelings then you cannot allow another to. All that you call power and control is based on this control over yourself. And it is false power. To have real power as Jesus showed you, is gained through loving yourself and being completely free to express all your feelings. By not loving – not expressing yourself freely, you maintain power and the controlling position particularly over your child who is wanting and even demanding your love. What you call love is love through rejection or not true giving, it is not free unconditional love. And such conditional love is very limited; it is not expansive and founded on truth, it is contracting, and by being so, controlling.

To believe you are all-powerful because you get what you want by the domination over yourself and others is very sad, and the damage you do to others you are doing to yourself and will suffer accordingly.

You started off perfect and you parents said: you're bad, you're bad, you're bad, this part of you and that part of you is bad. And you believed them, saying unconsciously as you grow older, and sometimes consciously: I am still bad, this part is bad and that is bad. As you do your healing you will be turning this around by accepting this belief about yourself, then realising that is only a belief installed in you and you are maintaining it. So when you fully see the truth of it you will feel that you are not bad, and you will replace this negative with a positive and say: I am good. And this loving of yourself back to perfection will be aided by the knowledge that it is your loving Paradise Parents who are now telling you that you are right and good. And this unconditional support by Them is with you all the time; it is what you'll need for the rest of eternity. It is your parents who thought you bad, NEVER God.

It is very important to understand the difference, because many people blame God for their troubles, or blame everyone else except their parents and themselves for perpetuating it. And on the other side, many people try to escape to God by believing they are doing His Will and answering His call, only rejecting themselves using Him to hide from their bad feelings. Your bad feelings are the alien influence trying to over power and control you, trying to make you submit to the evil forces, so they say, but it is all just you. Many people believe in God to escape their negative feelings, which then should make you question your belief in Him, and what you purport to be faith in and love of Him.

Then other people feel afraid of giving up control to live His Will. They feel that He is calling them, but are afraid of what this means – What will He ask of me? Will He want me to give up my whole life and give away everything? Do I have to join the convent or the priesthood? Do I have to give up the life I like and do what He says? But this is the wrong Father, and is nothing more than doing what your father tells you and has nothing to do with living true to the Father of Paradise.

This fear of God is only fear instilled, like all fear, by your parents and childhood carers. Many people feel the Father *calling* them, but it isn't really a call, it is just your soul yearning for truth, wanting to be healed. All other *calls* are only contrivances of the mind which are really still only one's parents calling them as little children. And if they obey and respond, then their parents (now replaced by God)

will be happy with them, but how many people have dutifully obeyed this so-called *call*, and yet have led desperately unhappy and unfilled perverted lives in the priesthood or nunnery.

What you know as living a life with God is wrong. When people have done their healing and are of a Celestial level of truth, they will do things in service to others and in service to their Mother and Father. They will do things because it is what they love to do and there are no restrictions – it's not service like you are putting your life aside and giving up things, making a sacrifice, it IS your life, and whatever that life will be. And not everyone will be teachers of truth, few in fact, most will simply live enjoying their relationships and doing what they feel their soul is leading them to do. And that will be all sorts of things; and many of the things will be new things, things not seen before on Earth. . To be called by God means if anything that They want to love you more, and want you to allow Their Divine Love into your soul. So long for it. Open up to receive it, and They will guide you in life as what to do just as They are already.

Happiness will not be found in sacrifice. You have already sacrificed your will for your parents. Further sacrifice is only to live more true to your negative state and do more what they want you to do. You can pretend to yourself that the deep inner call is God wanting you to sacrifice your life in service for Him, but it is only the deep buried force of your parents wanting to assert its power and control over you more. And if you give in and do it, you may feel that your life does become better and one of *true service*, but how did you feel when you finally gave in and submitted to the wilful control of your parents: was it the same feeling of peace and praise and some sense of reprieve when you finally gave up your resistance by giving them what they wanted? God doesn't want you to give up anything for Them. They want you to give up things only because you no longer want to do them or have them for yourself, and these things will only be things that you're using to deny your feelings with. Look at the patterns of enforcement with your parents, the intense pressure and punishment, and then the reward, and praise, and easing of the fight; the sense of relief and even what you might call love, when you complied, when you gave up the struggle – how pleased were your parents when they won, when they finally defeated you in the battle of wills?

The Mother and Father have created you with love. You are love, and your soul, if allowed to be its true and full expression in Creation, would be all-loving. And in making you of love, They have also made you GOOD. In Their eyes you are GOOD. Your inherent belief and knowing is that you are good. As you come into life you are bringing this goodness into full expression, and if you were allowed to do it uninterfered with, you would have done it naturally without so much direction from your parents. And your parents wouldn't have to teach you how to be for you would just naturally be good, and they would naturally be very pleased with you.

You don't have to be told who you are and how to be – what are you feeling. This is where it all starts to go wrong. You say no to your parents because they are making you feel bad and saying you are bad, you fight for your goodness. This they interpret as your resistance of them and they apply sterner pressure. You fight until you can't any longer and have to submit, until you are broken and do as they say and be as they want you to be. Your little mind that wanted to be formed around your natural feelings of goodness now has been tortured into forming around believing you are bad. You have been heavily corrupted, and until you do your soul-healing will forever be bad and not good, all because they made you believe you were bad and not good by their treatment of you.

YOU ARE GOOD AND DON'T HAVE TO BE TAUGHT TO BE GOOD, BUT YOU DO HAVE TO BE TAUGHT TO BE BAD.

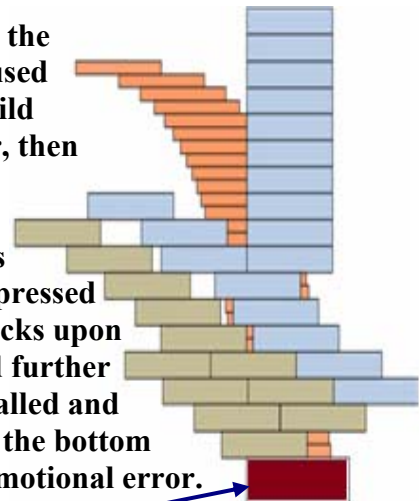
As you do your healing, if you are to give up things you will, they will naturally go, and as I have said before, you will just know you don't want them anymore. Again you don't have to make an open display of a sacrifice to God. This is primitive thinking based on the negative understanding of God, on His wrath rather than His Love. They will not ask you to give up anything at all. They want you to have all you want. It will be you who decides for yourself to give things up, and what you will be left with when you reach the Celestial level of life, will be what the Mother and Father truly want you to have; and what you want yourself to have in this pure state. From there it is conceivable things will come and go, you will need and want things to do things with, but these things you will acquire not to further deny your feelings, but to support your expression of them. It is your negative beliefs which believe God wants you to give up everything. And it's only once again your parents wanting you to give up everything and wholly for you to give yourself over to them, to be nothing more than their slave, to do everything upon their command, never to be a bother, never to interfere in their lives.

Love is what you need: copious amounts of love. And if you need to feel loved by getting material things, so be it, always go with your feelings; but if you are striving to do your healing and to live true to your feelings, steadily you will relate to the material things in the right way, not letting them have power over you.

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.



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/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

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 ourself to feel, and accept them instead of denying them. And to fully accept them, one 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.

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

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

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

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

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

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

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good!
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

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 us.

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>

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.

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



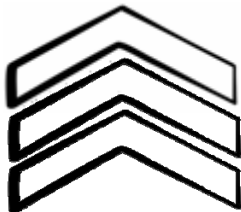
my
House is your
Paradise

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

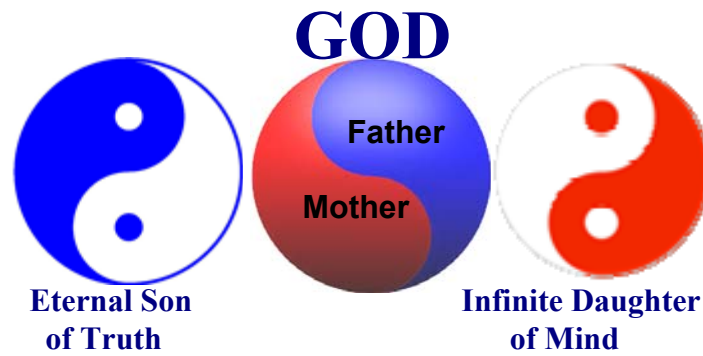
- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- 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 souls are existential, our souls have it all within us, it's a done deal, we are just unfolding in Creation through our personality expression. So our evolution is our growing in truth, the truth already within our soul, with it continually being brought out through our feelings as we live our experiences, thereby 'growing in truth' as we ascend, as we live that truth.

Whereas the angels are experiential, and their soul starts evolving or developing upon their creation. It all being done through their evolving minds. They don't grow in truth like we do, they just grow or evolve in mind. And as they do, the experiences they have individually and then as a created pair, cause the soul of their mind to grow and evolve.

However, those people adhering to the 'Mind Way', as presented by TUB (The Urantia Book), the New Age, and all our religions, is really the angels' way and not ours. So perhaps, that is why TUB has 'mucked it up' because it has to adhere to the Rebellion, which is making us look to the God the Mind, the Infinite Daughter, as the Way to God, when we're to look to God the Truth, the Eternal Son, as the Way to God.



We can't attain Paradise and be with our Heavenly Parents unless we first go through the Eternal Son. We can't do it through and with our minds. That's for the angels to do. So the mind spirits (like most people on Earth and spirit Mansion Worlds), unbeknownst to them, are trying to live like angels, trying to evolve their soul through and with their mind, which can't happen. And if we are like angels going first through the Infinite Daughter on the way to the Mother and Father, then we fall short, never attaining the Son. However as we know, we are so wrong by looking only to our minds, that we can't even get out of the Mansion Worlds, let alone get anywhere near the Infinite Daughter on Paradise.

So our Healing is getting ourselves out of the mind, letting that way go, and coming back to our true selves, which is through our feelings, the truth we are to live from our soul. And once we do that through our Feeling Healing and divine our soul with the Divine Love, then we are free to move to Paradise, up via the Infinite Daughter (with Her and the Divine Minister (and Holy Spirit), nature, nature spirits and the angels' help – all the creations of the Mind), to the Eternal Son and onwards to the Mother and Father. With the Higher descending Paradise Daughters and Sons (Mary and Jesus, Avonal pairs, Trinity Teacher pairs), and local universal descending Daughters and Sons (Lanonandeks, Melchizedeks, etc.), together with our ascending mortal spirit friends (daughters and sons – each other, Nanna Beth, Kevin, etc.), helping us on the feelings and truth side of things.

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens.**

Messages from Mary and Jesus

book 2

by James Moncrief

10 June 2003

Hello James, I feel like having a bit of chat with you now, Jesus.

Those people who try to apply their minds to working out how to live the Mother and Father's Will do not succeed. It is not a mental thing, it is a feeling thing. You feel you want to, and then you have to set your heart to it. And as we have been telling you, with your mind trying at every corner to turn you in the opposite direction, you will need to long and feel what to do rather than think what to do.

You all live under a grand misconception that the mind is greatest of all your attributes, but it is no greater than any other attribute. But when it is raised into such a wrong and powerful state, then naturally, to maintain its dominance over you, it must and you must, believe that it and you are superior. Your approach to becoming more intellectual and academic is not doing your souls any good. There is nothing wrong with mind expansion, yet allowing it to happen through the ongoing expression of your soul and feelings is the right way to do it, and not by trying to take it into your own hands. You are not allowing the Father and Mother to guide you and educate you. You assume you know what is best for yourself, but all you are digging is a big hole to fall into. You are making your mind have even more power over you than it already has, and by making it yield to academic pressures, to study things that you don't truly know whether you are interested in to not, means that with such intellectual *success* you have fallen into that hole.

So many spirits – as will mortals when they have done their soul-healing – are led by the Mother and Father into interests completely different to what they were interested in on Earth. The mind willingly grabs at whatever it needs to hold onto in its negative beliefs, and as you all know how impressionable you are as children, many people end up believing they know what they want to do in life, but it is not what their soul wants them to do. Mostly you will give up what you are doing now and find interest and soul fulfilment in a completely different field of endeavour once you've healed yourself, wondering what captivated you in your old fields of interest. You are all making yourselves do things that you don't truly want to do, believing that you do want to do them; believing even you love doing them. You are trying so hard to fit into things and positions in life that you believe are right for you, when they are only taking you further away from your soul and hurting you. You push and push on and on against yourself, believing you are loving yourself, when all you are doing is increasing your torture, pain and suffering. It is wonderful to see the relief shown by those spirits who progress in their healing and begin to live true to their soul, coming to the realisation that they don't have to be how they were anymore, and don't have to do what they thought they had to do, with all those years of wasted effort, all going against themselves. All culminating in pain and the big question: What was it all for?

Life, as you all intuitively know, is meant to be a joy. I had good fun during my stay on Earth. I loved my childhood and relished the hard times, and especially delighted in being educated by my Heavenly Father. He was so much fun! I quickly saw that He could teach me far more than any mortal teacher because He was with me all the time, and He and I were in my life TOGETHER. Joseph and Mary taught me as much as they could and I loved being taught by them. Being taught by someone who did not know me, and would only try to formulate my education based on what they thought was best for me, did not in the slightest appeal. I was learning all the time, all day long in every experience I had. I learnt all I needed to know by the early end of my life and I was so eager to learn more when I went to spirit.

Unfortunately you are not as free in your society as I was in my day. You are well bound up and must conform, but still even within this if your intent and motivation is to live true, you can do your soul-healing, and as this occurs, greater freedom will come to you. The Mother and Father will see to it, and then as you grow in your relationship with Them, you will come to enjoy life as I did. Even though my crucifixion was physically, and somewhat emotionally trying, I valued its experience thoroughly. And it is still having ramifications on me. Which I relish, as the more I am stimulated by experience, the more love I become. And isn't that what's it all about? Love!

Thanks for the chat James, Jesus.

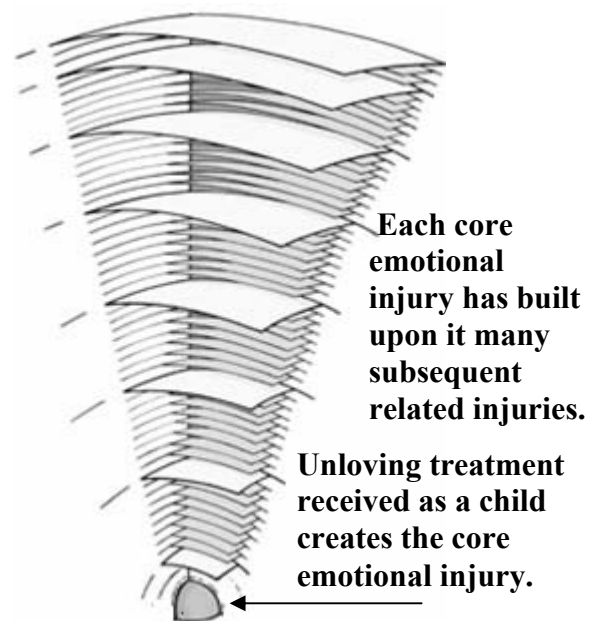
The New Way: Learning how to live true to ourselves by living true to our feelings.

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, the core of the suppression, 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.



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

12 June 2003

I am glad you are now beginning to see that the myth of the parent / child relationship of love is based on an illusion – Mary.

The so-called great love of the mother of her child being only a fantasy is well documented in personal testament now in many books as you have been reading James. And as Marion rightly said to you: mothers only cling onto this *great love of their child* when they feel threatened in some way of losing it. As you saw with your own mother, her actions tell you she does not love you, not as she led you to believe; and when you confronted her with this accusation she cursed you preferring to continue her fantasy and not let a single crack enter into her mind to tell her otherwise. Your own great loving mother who told you on so many occasions how much she loved you, could so easily turn her back on you rather than listen to you and face the truth. She is typically symptomatic of so many women being so desperate herself for love, having manipulated you into being the loving and good son by pretending she loved you, and even telling you, you loved her. When you felt poorly or threatened by her dominance, she fought you to stay and continue to fit into her fantasy love picture. She spoke the necessary love words until you settled down and gave in to her pressure. In an angry breath she would curse you and threaten to get rid of you, and then feeling guilty and worried that what she said might come true somehow, in that you would leave or reject her, she then had to quickly apply the love potion to regain your confidence. However, you were already ruined, as she had rejected you from conception, and all you have ever known is this rejection and false praise and false love pattern of behaviour.

Consequently, you believed she loved you, even though, as you have discovered through your healing, you have no real idea, and definitely no real feelings, about love, and neither does your mother.

As you are understanding from reading these books, many children feel that their relationship with their parents has let them down. That they have been led by their parents to believe that they loved them and are loved by them, but as they have grown older they have found through the demands of their own life, that if this was so; and why had their parents not told them of so many aspects about adult life; why hadn't their parents prepared them better for life? Why did they lie to them and tell them one thing whilst they did another? And why did they put such undue stress on their relationship? And why maintain to the end the fantasy that they loved their child, when the aware child can see it was nothing but a myth – personal delusion and fantasy?

I am also glad, hard as it is for you to accept that you are accepting your world is a world of hate and not love. Hate begets hate, not love. Love is more than just words. You don't even need words to love, to convey and receive love. Love is experienced in the action of love, any loving intent is felt as love, if the person feeling it is in a state of truth to know and recognise it.

To be told 'I love you' is meaningless when you do not feel it. And if you feel it, why do you need to say it? Jesus and I don't tell each other every day how much we love each other. We just know that we do, and in every experience we share, we feel it from and for the other. To say 'I love you', as your mother told you James, is only a cover, a guise to hide what she really feels. So no one sees her guilt or shame, and so she too can believe her own words and the fantasy she relies on to stop her feeling the horrible truth. But she, like most mothers, would not be able to own up and be honest about what they really felt, as this would shatter their whole pretence and fantasy, and then what would they do – how would they survive? Only through their soul-healing, as they want to find the truth, and be willing to shatter and confront all the wrong in themselves, will they start to see the truth.

It is very easy to just say a few words occasionally, and do a few things which you believe are loving acts and gestures of kindness and care. It is not so easy to admit that you are full of hate, and only do and say such things desperately clinging to those who you believe like you, fearing that if they let you go you will be all alone.

It is also very easy to blame the children as being the bad ones. You, the parent, are god and your position is unaccountable. It is not so easy to stop blaming your children and blame yourself, and look back at putting the blame on your parents. Instead of taking it out on your children and pretending it is all in the name of love, you should turn and face the truth about your relationship with your own parents. When you see how they treated you, you certainly won't be wanting to do the same to your children. **DON'T PASS IT ON! STOP. GIVE IT BACK!** And this applies to all adults. It is wrong to single out parents as being the arch enemy for it applies to all adults, just because you may not be a parent, still if you were, and even now in everything you do, you are the same, caught up from head to foot in the negative.

You don't have to have children. It is not a sin to not have them. You will not be missing out on valuable life experience and you won't be a lesser person. There is plenty of time to have them, as you can be a parent in the spirit world. It is parents who elevate themselves to greater heights having made it into the parenting club that does a lot of harm. It is not a thing that determines whether your life accounts for anything. And whilst you are living in the negative, having children is the greatest sin, as you are perpetuating evil, even if you are totally ignorant about it. And it doesn't matter what the Bible says, that is all nonsense. It is not your right to propagate the species. It is a wonderful privilege that the Mother and Father offer you, one that most take very lightly. And it is a huge responsibility, for you only have to ask yourself if you were to choose your parents would you want them to honour the Mother and Father, to be living true to their feelings and in a perfect state of love, before they brought you into Creation; or would you prefer them to have you without any regard for God or for your soul and well-being, to bring you into an evil world and turn your true and good and loving soul into a evil and wrong and depraved creature devoid and starved of love?

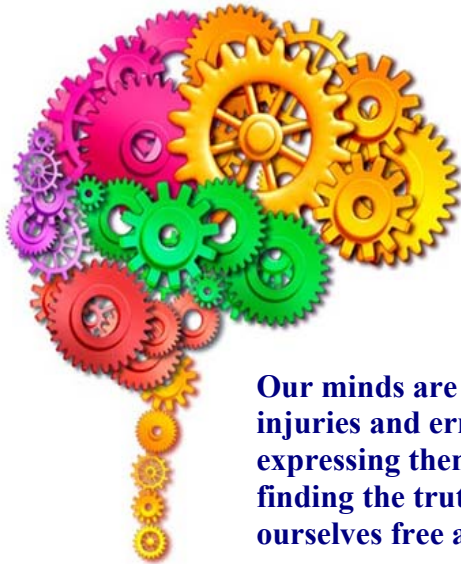
One day you will revere the child as the most precious thing on your world. and everything will start to be designed with children taken into full consideration. If you think that humanity seems to be changing fast in its exploration of relationships, think again, it hasn't even got going.

The great changes heralded in the forth coming age are to be changes in relationships between you all. Things will become secondary, as you start to sort out once and for all, the truth of your relationships together. Women's liberation is only the first up-welling allowing women to feel somewhat more equal with men, but still all in the wrong ways. From here at least being wrongly equal you can start to tackle the bigger issue of being all wrong. And then look at how you are torturing your children. This will be the biggest eye opener and the hardest for most to accept. The private and sacred ground of the parent-child relationship will soon come under closer scrutiny with the braver of you accepting the truth and wanting to see it, and then wanting to do something about it all. This will show up just how lacking in love you are and how much you are playing games of charade when it comes to happy families.

The purging of humanity to come clean and admit just how evil it is will be a big challenge. Not all will be able to do it in this age, but great steps forward will generate enough momentum to carry it on into the future ages. Your torture of one another and of yourselves cannot go on. You are all crying out for help and relief from the pain and torment, so now you can do something about it. So many people say nothing makes sense, and that's because it doesn't, it can't add up in the negative, but at least now you know the way to do something about it. The upsurge you experienced towards the end of last century will only continue getting stronger with each generation.

I will stop now James, as I can see your attention is required elsewhere, speak to you tomorrow, Mary.

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

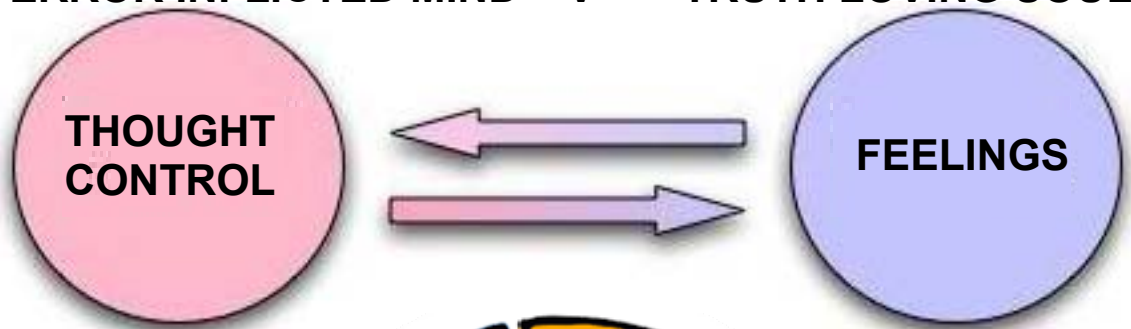


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

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



ERROR INFLICTED MIND V TRUTH LOVING SOUL



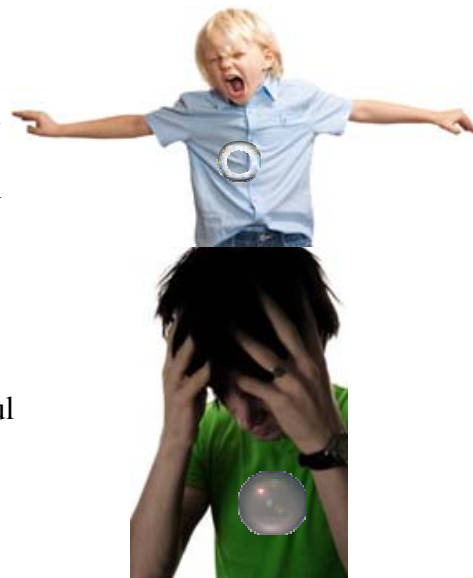
Infographics and diagrams have been added by Pascas.

FEELING HEALING and SOUL HEALING:

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



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



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

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



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

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



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

13 June 2003

Good morning James, I will continue, Mary.

Jesus declared that you have to be born anew. Not again, as in reincarnation, which as you know, doesn't exist, but anew which implies that you need to become new and somehow, start over. You of course are not and cannot be born as an infant and begin your life again, but as an adult you can heal all that is wrong in you, which in your case and in everyone's, means right back to conception, with the result being that you will be as though you are new person starting out afresh – anew. And as you're finding out, you are gradually feeling like you are much freer, and as though you were raised by completely different parents. This is the *new birth of your soul* as spoken about in the Padgett Messages, and it goes even further than this.

If you are born anew and so can live as though you have lived a different life, one with different beginnings, then it makes sense that you can also live a different adult life and then family life. If you were of Celestial truth, if you were to have a family with Marion, you would be starting a new type of family. Not one that is just carrying on the negative that has been passed on generation after generation, but starting a whole new type of family. One that is based on truth, all the truth you would be living, and one in which your children would be born into and grow up being perfect children. And if other people were also to have these *new* families, conceivably these children would unite together, and so on, giving rise to *new* generations. And you in turn would become *new* grandparents and great grandparents and so on. All would be new. As it stands now, nothing is new in truth generation to generation, as no one is growing in truth.

Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soul-mate and it would be the priority for them as soul-mates to perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

You see humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. You are designed to be in small groups so that you can compound the love and support for and of each other. Your studies of other primates show the evolutionary direction towards this. But what you cannot do is contrive the groups yourself, or even pick who your soul-mate is. This will only, and can only happen, as an outworking of the truth you live – as you progress in the healing of your soul. And this is how all of life should be lived: according to the truth you are living. It is how you live, as there is no other way, but currently you live it in the negative, of that being directed by no truth, and so having to make it all up yourself. You pick your partner instead of allowing God to show you who it is through your feelings, and you choose what sort of life you are going to live instead of allowing the Mother and Father to guide you as you grow in truth through your feelings.

This model: that which starts in the Divine Love spirit Mansion Worlds, manifesting in completion in the Celestial spheres, is to one day be your model on Earth, but for now it can demonstrate just how far away from the truth you are.

You don't have to marry; it is not a Law of God. When you unite with your soul-partner you know you are for each other forever, and that is that. Nothing more needs to be done about it because there is

nothing more to do. You simply get on enjoying each other's company and delighting in each other's love; that is, once you've done your healing. Marriage is yet another contrivance required by those who are living without truth. There is however, nothing wrong with marriage of soul-pairs or non soul-pairs, so long as you understand the truth of why you want to get married. You should always do what you want to do, and so if you want to marry and celebrate your union that is good, but you should still long to know the truth of why you want to get married. You should want to know the truth of why you do all that you do, and why you want to do it.

You may even want to marry for the sake of custom or law and that is also all right, as long as you know this is why you are marrying, and are making the enlightened choice in light of the truth you are living. Whilst you are a member of a society that is the controller, you still need to honour and respect the laws, but inwardly you can do your healing and set yourself free of all constrictions thereby knowing you are only respecting the law because you need to comply with it, whilst knowing it is wrong – knowing the truth of it. One day humanity will abolish all man made laws realising that they have no need for them because the Mother and Father's Laws of truth are already in place, already designed to support you completely in love.

Your man made laws only support the negative being made without love. They, like everything else, are a contrivance of your minds, they don't arise from truth. But you can know this, and yet still choose to live by them, for you do not have to take up a crusade to abolish all contrivances just because you have discovered that they are not necessary. The evil, whilst it chooses to exist, must be honoured for what it is. If you healed yourself and then could decree that all evil must be abolished, you would be doing exactly what the evil is doing. Everyone is entitled to live how they want. If one soul chooses to remain in evil then he or she must be supported. But that support must not come from you doing things you don't want to do, you must only do what you can do, and want to feel to do, just as they will. It is not all black and white. It will be a transition of values; of society understanding what life is truly about led by example by those of higher truth. And those of higher truth will know that to force anything is wrong, and to force or coerce another is wrong. All must choose for themselves when they are ready. And you only have to look to the Mother and Father to see how lovingly they support you in this.

If you feel the authority makes you do something you do not want to, that which is against your will, then you can protest. You can say no. You can even do what the authority is making you do still saying no, or you can die. Or, you can accept it, expressing all you feel to your partner and not saying anything to the authority. This choice is again up to you and based on what you will feel in each and every moment and situation as it changes. You cannot say this is what you should do in this situation or that, for it can only be experienced by the individual who needs to decide for his or her self based on how they feel. And your feelings can change in an instant, from yes, I will do that, to suddenly, no, I won't. And then, just as suddenly, back to yes again. And as you progress through your healing you will see that all you really need to be able to do is be allowed to express these feeling changes, be fluid and see where they lead you, always speaking about how you feel and always longing and wanting to find the truth of your feelings.

The negative way of life is always trying to fix life down, ideally to say: this is what you do now, and this is now what you do, and you all know it, and do it when it is needed to be done. It wants everyone to be and act the same, just as your parents wanted you and all your siblings to be and act in the same way: all according to them. You all want control and want to know what's going to happen in each moment, and especially in the future, so that you are not surprised and made to feel out of control and scared. You try to secure and fix the future rather than allowing the Mother and Father to surprise you with all They want to give you.

When you can start to live freely you will enjoy the feeling of being new, as though you are a whole new type of creature. The whole of humanity needs to be born anew and start over. It will happen one day, and then families will be built on positive values rather than on falseness, delusion and lies.

You have children for yourself. You do not have children for themselves. And when you have them for yourself you have taken it out of the Mother and Father hands and into your own. You are dishonouring Them and your own soul. You have children so you can own them, just like you have material things and pets. You have them so you can do what you like with them, but who says you can – what right do you have; are your children yours just because you are able to carry out the sexual act? You say you can have children at your leisure, but is this right? Who are you to know? Who are you anyway? The Great Ones? Who are you living for? The Mother and Father, or your own mother and father? Are you having your children for your parents? What if you said to your parents you were not having children, or, would not allow them to visit your children because you didn't want their evil influences affecting your child's lives as they affected yours? How would you feel about such things? How would your parents feel? And how would you feel about how they feel? Could you deal with all the feelings? Have you dealt with these issues? Can you? How upset will your parents be not being able to see their grandchildren; and yet, who are YOU living for, your child, yourself, or your parents? And how deprived will your children be by not seeing their grandparents, the very same people who parented you into your negative state? And is it a good thing that they are deprived of more negative influences, or doesn't it matter? What are your true motives, do you really know?

You have to ask these questions of yourself when they arise and sort out how you feel about them. You have to know what you feel about it all. You have to know and understand the truth. You don't have to make a stand, and stand by it at all costs; you don't even have to make your mind up about anything. But if such issues do come up, you do need to express all you feel about them and keep on expressing your feelings as required. Just allow yourself to feel the confusion and express your feelings as they come up, and then ask the Mother and Father to help you see the truth, and to show you THROUGH YOUR FEELINGS, which way to go – how to live that truth. Life is too complex to resolve it all in a moment. These same issues will come up again and again, and each time as you express a bit more you will see a bit more and gradually your life will change. As you grow and change, so too will your life change, and all the issues, situations, problems and relationships.

All of the things we tell you are to stimulate you into thinking about things. Everything in life is for that purpose. As you are stimulated you should start to see that it is not as straightforward as you thought. You may never have really looked into such issues. But once you allow yourself to, and start to feel the feelings good or bad, and start speaking about them and seeking the truth of them, you will enter into your own life and start to be a real functioning participator.

Too many people try to live what is written in the Bible. But you can't, and it's absurd to even try. You can take from it bits and pieces as they are relevant to your life, as you can take bits and pieces from any book, but it should be only treated as just another book, nothing special, only a collection of writings from long ago, and writings of very little truth.

If you are not open to everything, you will not allow yourself all experiences, and will limit yourself accordingly. All of the personal issues that arise from your feelings will need you to be open to all sources of input, so you can get what you need to help you to see the truth you are looking for. If you limit yourself to the Bible, or any other book, you will go no further than what it offers. If you limit yourself to what your parents told you, or school, or whatever else, you will limit yourself accordingly. If you pray to the Father for His Love, and ask Him to help you to understand the Truth, and Him alone,

you will limit yourself. If you accept Jesus only into your life, you will limit yourself. And how you will limit yourself, as you will, you will have many unconscious limitations you rigidly adhere to, then you will cut yourself off from many otherwise enlightening and truth revealing experiences. So when you feel a limitation, acknowledge it, speak about it, and try to see why it is a limitation: how it came to be, how your parents limited you in that way. When you do find all the truth, the limitation will no longer limit you.

You will not be able to work out with your mind, and especially whilst it is negative, how life should be lived. It shouldn't be worked out, it should be just lived with feelings. And if you are striving to be true and perfect and at-one with the Mother and Father, then you will progressively live it the right way. And you will slowly come to know that it is right because you will know the truth, and the truth is the only right thing and way. If this is your intention, God will not be angry with you. If you choose not to have a family or get married They will not judge you. They will guide and support and love you as you strive to express your true feelings. You don't have to do it how the world out there says. It is your life and you are free to live it how you want. If you don't want to be untrue and evil and a power controller person, then tell the Mother and Father of this, and ask Them to help you to see how you are doing it now, and for help to give it up. Ask Them to help bring up your associated repressed bad feelings, so you can unlock the hidden truth of your early childhood.

As I said before, Jesus said to "follow him", and to give up everything if you want to be perfect. The Bible records this, but nowhere in the Bible does it say how to follow him, and what does this mean. This part he came to explain in his messages to Mr. Padgett. Follow him means, do as he does: to long with all your heart to the Father and Mother for Their Love, and desire with all your intention to be perfect and at-one with Them. The giving up of your things will naturally happen, as I have said in other messages, it doesn't mean you have to give everything away and live poor and homeless.

For many the gulf that appears between wanting to follow him, but giving up everything is too a great a step, but you don't take the step all at once, it comes in little stages as you work your way through your soul-healing and grow in truth. Thinking about having to do it all at once presents to many fears and doesn't allow the individual to gradually come to terms with wanting to live true to one's feelings and all this means. Even if you wanted to plunge deep into your soul-healing it will not happen this way, by you simply giving things up, for as you can't control it, your soul together with the Mother and Father will gently introduce you to what you no longer need. It's a huge thing to be done – your healing – and gradually you'll make the transition into being able to do it full time. If you were to access and re-experience all the deep trauma from your early childhood right from the start, it would all be too terrifying and too traumatic of itself defeating all you're trying to do. Your healing will proceed at a pace you can cope and deal with, nothing faster, and this is one of the marvellous things about living true to your soul and God, you will see that they are both on your side, unlike your parents were.

We will finish now James, thank you, Mary.

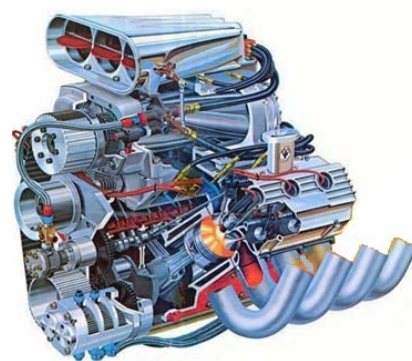
Feelings first

LIVE FEELINGS FIRST

WE ARRIVE DETUNED!

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

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



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

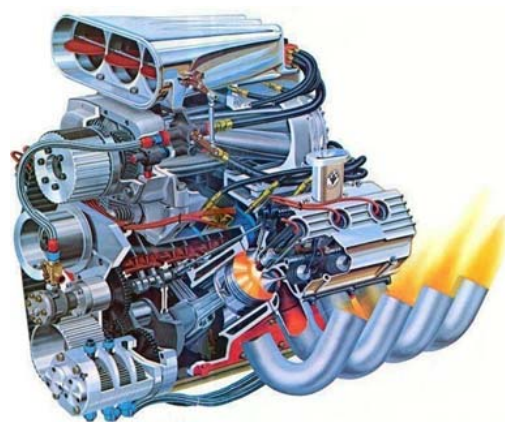


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation,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

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in and can be found through our feelings – our soul based feelings.

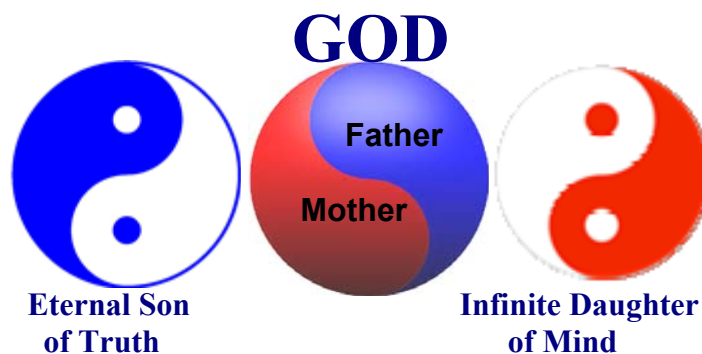
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

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



BECOMING DIVINE:

We are not Divine to begin with. Our soul, personality and true self are of Natural love, created by Divine Parents, and with the POTENTIAL of becoming as They are, at-one with Them - divine. And we begin to realise this potential by longing personally to Them for Their Divine Love.



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



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



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

**WRONG
WAY
GO BACK**

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

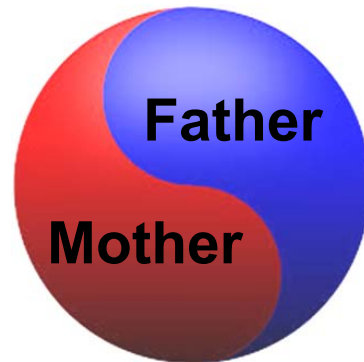
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence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

THIS WAY
→

**Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017**



**Rebellion and Default
officially ended
31 January 2018**

CREATED in THEIR IMAGE:**GOD**

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

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

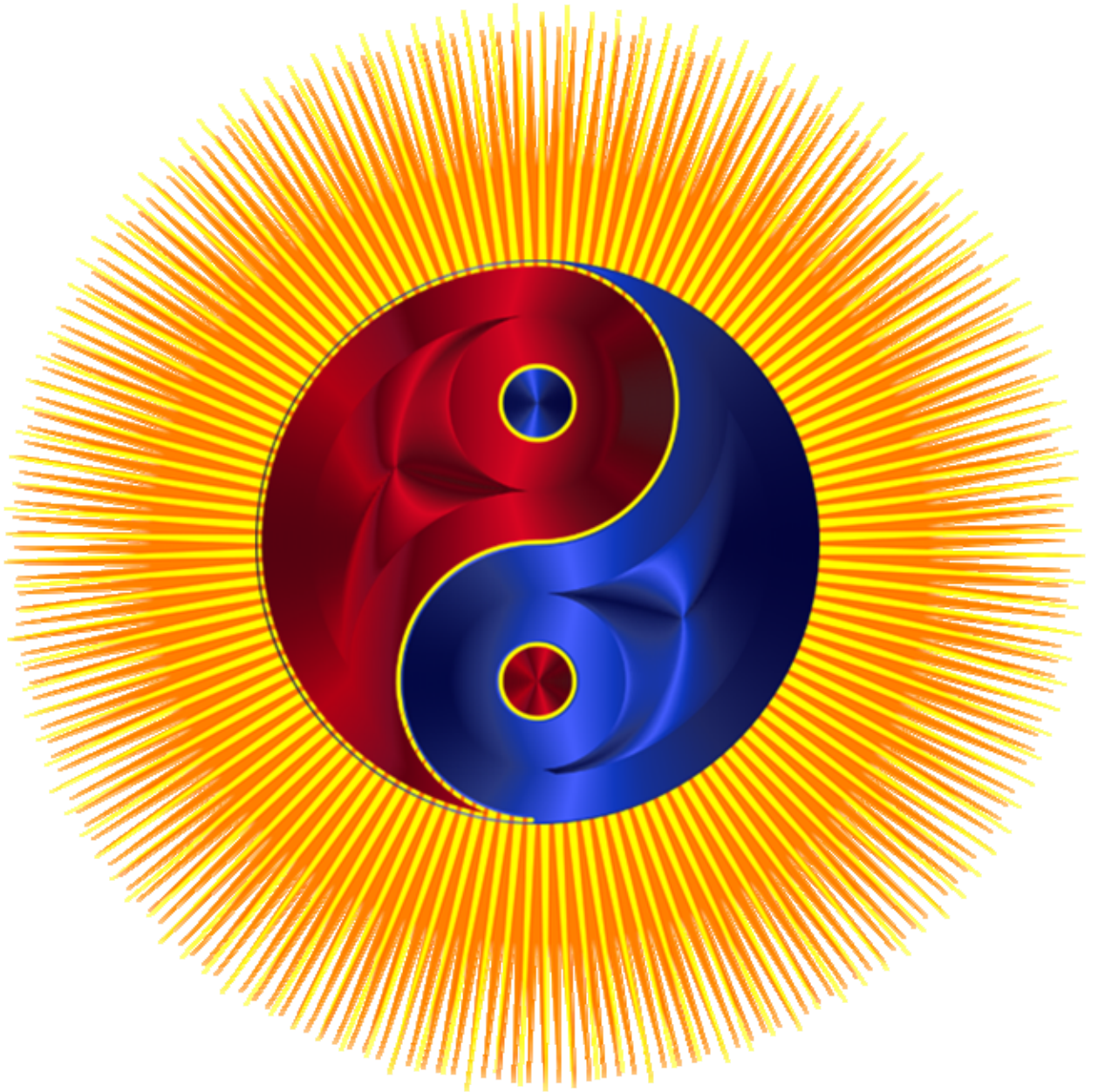
And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

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

Mary Magdalene communicating with James 20 November 2017



Our Heavenly Mother and Father



OUR SOUL is WHO WE ARE:

We are the personality of our soul. We never lose our personality.



We are a reflection of our parents' personalities. We wilfully embrace our parents' character traits and way of living and beliefs.

Our heritage is an outcome only of who we incarnate / individualise via.



All humans are descendant from Aman and Amon (Andon and Fonta), who lived about one million years ago. Not Adam and Eve who arrived about forty thousand years ago. We all have the same colour skin pigmentation, just different amounts of it. It is our soul based personality that is who we are! Our nationality and racial background is imposed upon us at birth.

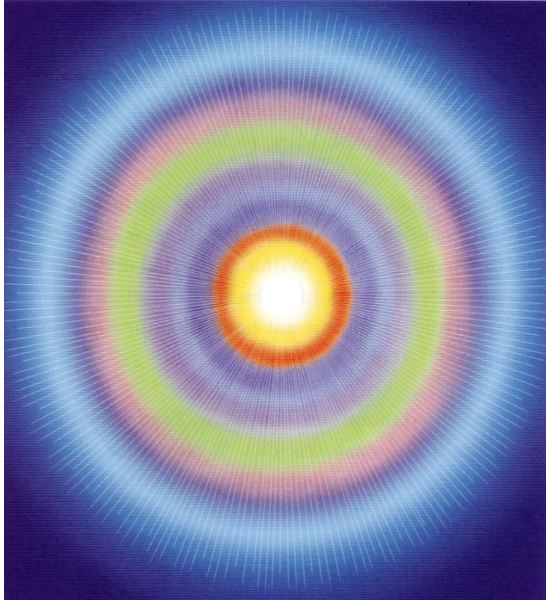
The New Way: learning how to live true to ourselves by living true to our feelings.

Infographics and diagrams have been added by Pascas.

DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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

SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.



Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.

Natural Love sphere progression stops at sphere 6. With only the natural love, progression is through spheres 1, 2, 4, and 6 only.

One can embrace Divine Love at any time and move to DL sphere 3 and continue.

The Divine Love spheres 3, 5, 7, 8, 9, and 10 were opened by Jesus.

Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.

On death of the physical body we all arrive in the 1st Natural Love sphere.

The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1st Natural Love sphere and continue in their progression onto higher spheres.

Earth is for the individualisation of souls being the commencements of one’s journey home toward the Source Soul.

The Pre-Incarnational Sphere is the waiting area for souls to be individualised / incarnated.

There are seven Earth planes around Earth, which are separate from the Mansion Worlds, but we only have access to two of them, which include the ‘hells’. Each of the Mansion Worlds also have their own seven planes ‘around’ them.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

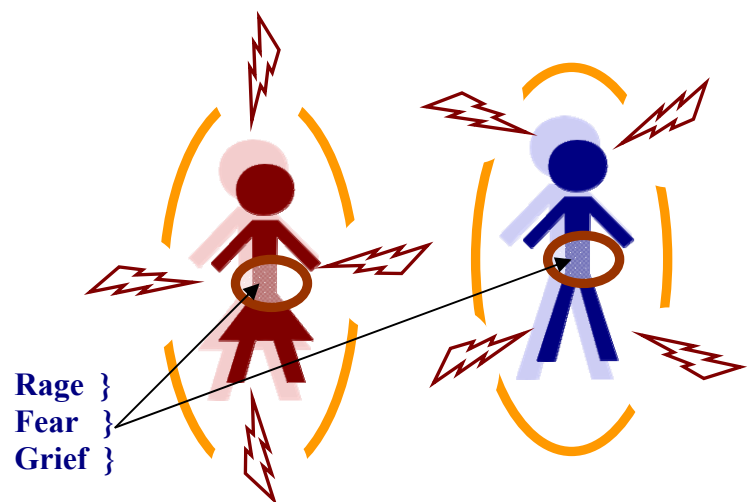
WE ARE KILLING OURSELVES! Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

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

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

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

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



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

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

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

Infographics and diagrams have been added by Pascas.

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

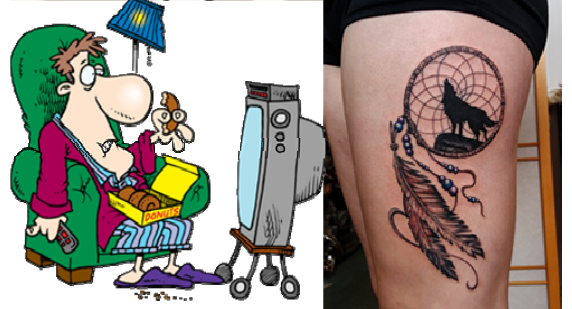
Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

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

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

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

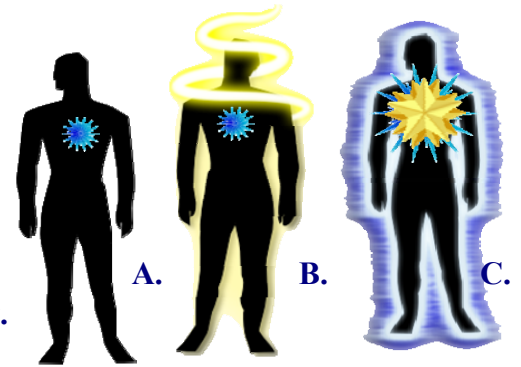
No more of this! We can escape this man made hell!



EVOLUTION

Consider longing for and receiving Divine Love:

- A. Soul prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



FEELING HEALING + SOUL HEALING

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

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

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



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



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

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

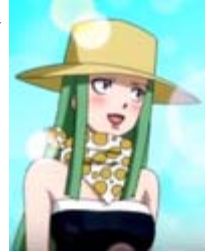


WE ARE NEVER MEANT TO BE ALONE! SOULMATES become SOUL-GROUPS!

Our soul individualises into two personalities, as a male and female always. The two soul halves are soulmates. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express throughout our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate.



Soulmates form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate / soul partner and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.

Infographics and diagrams have been added by Pascas.

ALWAYS BE TRUE TO YOUR FEELINGS

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



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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

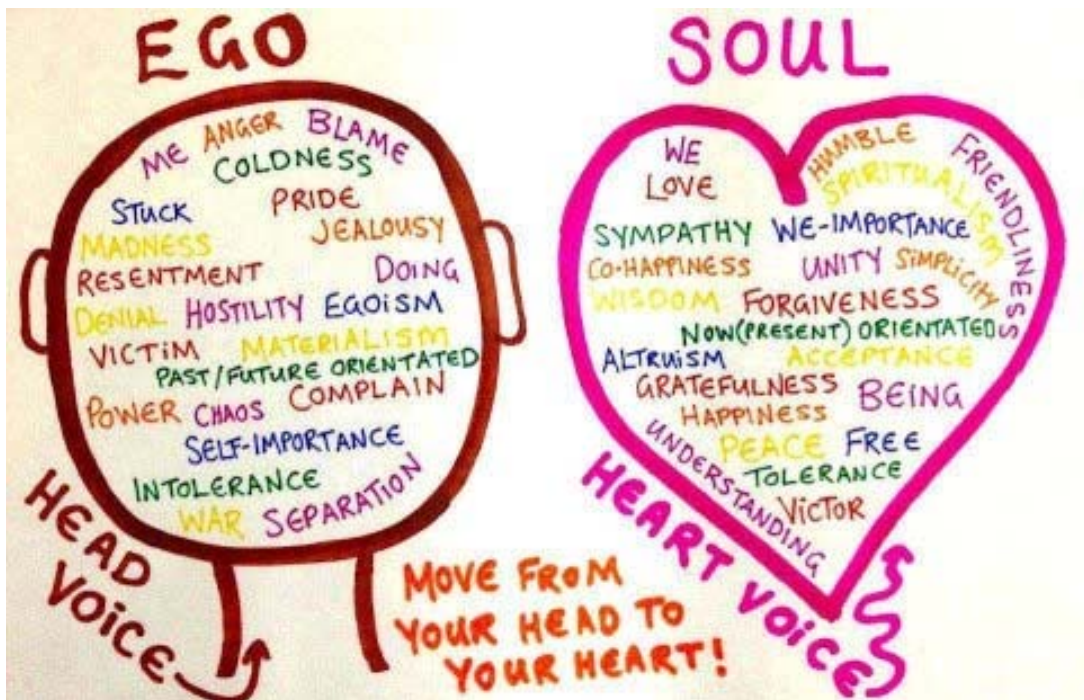
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



Infographics and diagrams have been added by Pascas.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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

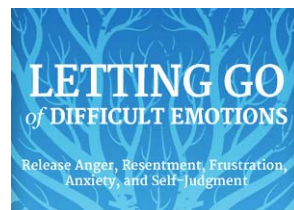


Negative Spirit Influence blocked
22 March 2017
Law of Compensation quickening
22 May 2017
Rebellion and Default officially ended
31 January 2018



LETTING GO with The LOVE:

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling. Focus quietly on the feeling. Breathe into the sensations and allow them to be.

Step 2: Ask yourself one of the following three questions:

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?

Step 4: Ask yourself this simpler question: When? This is an invitation to just let it go NOW.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

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

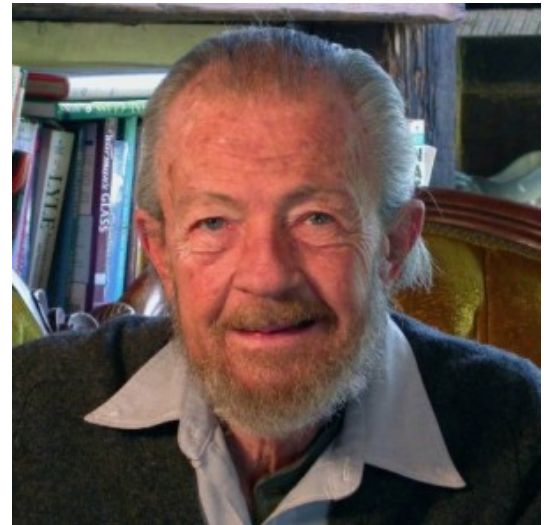
Reference: 'Letting Go – The Pathway of Surrender' by Dr David R Hawkins

Infographics and diagrams have been added by Pascas.



Dr DAVID R HAWKINS:

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate (soul partner), Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

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



CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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

Health & Parenting

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

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

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

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

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

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

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



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



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

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

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

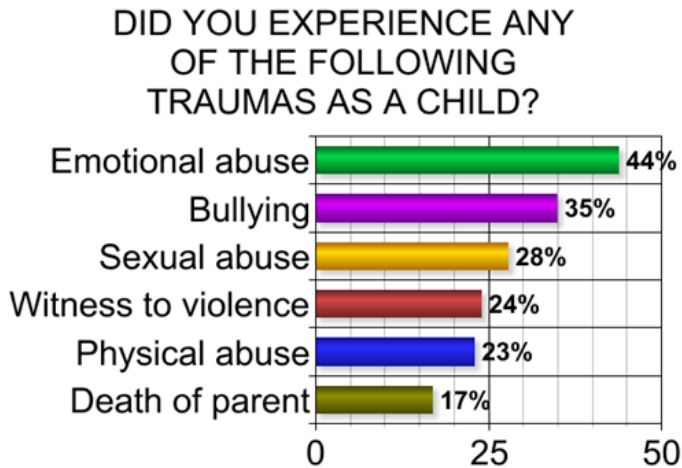
Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



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

BEGINNING the JOURNEY of GROWTH:

Generation after generation, follow the nurturing programming of their parents, errors of belief and truth are handed down as well as the ways of controlling cherished children. These unloving and untrue practices are why humanity is stagnant in its evolution, now for some 2,000 years. Our parents are false and misguided teachers. We now all can work through our erroneous and unloving ways and evolve.



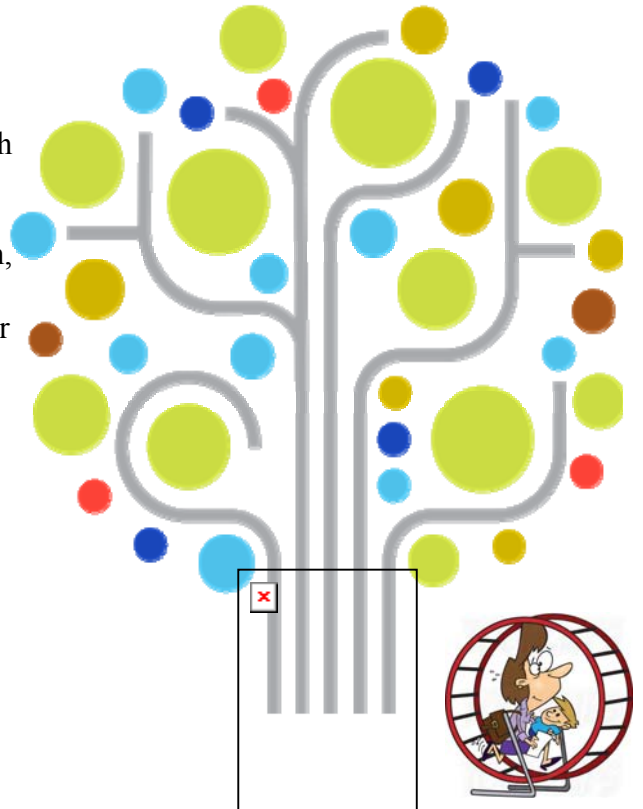
Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise that it was a nightmare of control and many other restrictions that compromised our free will.

Feeling Healing of childhood repression is the only way to break away from the treadmill and evolve:

- i. Feeling Healing is outlined in *Speaking with Mary Magdalene and Jesus* by James Moncrief.
- ii. Letting Go process is outlined in *Letting Go* by Dr David R Hawkins.
- iii. Journey Process is outlined in *Journey for Kids* by Brandon Bays.

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.**



Messages from Mary and Jesus

book 2

by James Moncrief

19 July 2003

Hello James. I want to write to you about love and parenting (what else – you say!). I want to give you this message in case one has been misled by other messages. Mary.

For a child to be raised free of the negative state it will need to be wholly loved, that is, supported by its parents and then those others about it, allowing it complete freedom of will. By this however, I do not mean that it can be allowed to completely do as it pleases without any guidance or even restrain from its parents. As also I do not mean that it is given carte blanche and is free to trample its parents. “No”, is still a vital word to be used, and needs to be used when appropriate. The parent needs to parent true to its feelings, and if it feels no, then to express this no, but without forcing its child into becoming subservient to it.

If a parent is wholly loving, so too will be its actions. One can say no to a child but with absolute love, and not with any will infringement. One actually has quite a lot of leeway with a child before its will is *broken* to the state of causing an inherent trauma. It can also state its case and say no to its parent so as to come pushing back against any potential will trauma, and in fact, there is meant to be some give and take, so that the child can experience and explore its newly developing will.

Once you have set yourself free of the Rebellion and Default, your children will be born free of them, and will remain free as you parent them with your feelings and stay true to the truth you are living. In this way you can be sure that how you are parenting is correct and true, and you will see for yourself when your child is being pushed too far against itself, for if that were to happen, it would tell you loud and clear, and your feelings would know the truth it is communicating to you if it was too young to speak, so you would know to back off and draw it back out of its rejected state, encouraging it to regain its self-expression. It is actually not very difficult, and all very natural, when you have done your own soul-healing and know what you are doing and how living true makes you feel. You will then know how to respect your child's will and every one else's.

However, if you choose to have children before you have healed your soul, then it will not be so clear-cut. You will still face problems because all that your child will do will be aimed at helping your do your healing, as your child is like nature, in that, up until the arrival of its Indwelling Spirit, it is completely of service to you. Everything it is doing will be trying to show you how wrong you are, so you may find yourself fighting it, or submitting to it, if you're trying to look at where you are going wrong so you can grow in truth and do some more healing.

Many people on your world believe that their own child is trying to fight them on purpose, and they have to do all they can to maintain a stable and sane state, because to listen to their child and change would spell the end of all power and control; and if that happens, one may as well give up completely and fall in a heap, cry or die. However, if you actually allowed yourself to fall in a heap, this would help you if you could express all you felt. It would help you maintain your sanity. Your child is only trying to help you see how wrong you are, and when it is pushing all your buttons and making you feel crazy, you should be thankful to it for showing you how far away from yourself, and it, you are, for if you were perfect you would have no buttons to be pushed.

I know it is hard for you to conceive how to parent perfectly, but it will happen when you are healed. It is however done very personally, with full personal attention being given by BOTH parents all the way until the child is sexually mature and an adult. It is not left alone and given to others to raise; it is raised wholeheartedly by its parents who want nothing more than to have such an intense and full personal

relationship with it. And when this can be done, then it will only give you constant joy. You will never have fights, and everyone will be free to completely express themselves with all rights of one another's wills being preserved at all times.

As no doubt you can gather, it is the will that is all-important. It is the will in the moment and the overall intent, and this starts from before conception. To get your will into the right condition in which you are wholly expressing yourself lovingly is the only way to then consider bringing another soul-will into Creation properly, that being with love.

The term *free parenting* is used but without knowing its true meaning. It will however be known, as one day there will be Celestial parents (parents living a Celestial level of truth), and then they will know what it means, as will their children.

That is all I want to say James. Keep up the good work, as you can see, although we are not speaking every day, we are still with you as though we might. We are very much enjoying your work with Zelmar and I will speak to you when the feeling is right. With much love, and with all my support and encouragement for both you and Marion, Mary.

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

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

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.

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.

DIVINE LOVE enlivens our FEELINGS to progress our HEALING!

‘I didn’t know as a child I was that aware?’

‘You weren’t as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that is now within your soul, you are able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult’s perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.’

‘Yes, I see what you mean. Is this what my healing will be like all the way along?’

‘Some parts of it. There will be lots of different parts, but once you’re expressing your bad feelings, and when you feel ready, if it hasn’t naturally happened, you can try and turn your attention to your childhood and see if how you currently feel matches with any memories you might have of back then just as you’ve done now. By wanting to do this, you’ll help train your mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

So I just had another healing Paul thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping me to see all of this.’

Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one’s feelings. We can’t long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God’s love, so we express that feeling in our longing.



Healing is the feeling and expressing of childhood injuries and erroneous beliefs. They will be expressed progressively through one’s healing process.

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



WE TUMBLE INTO THE ABYSS BY SUBMITTING OUR WILL TO THAT OF OUR PARENTS:

At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.

Jesus
Message 33 (part) 9 January 2003

NOW WE CAN CLIMB OUT OF THE ABYSS BY EMBRACING OUR FEELINGS:

Life IS ALL ABOUT FEELINGS. YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.

Only by following what Mary says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings.

You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. They – your very own mind – is the evil one, you are the evil one living with your mind overpowering you in every moment. The Golden rule is: never interfere with another's will.

I, Mary, was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see. The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live. [The Rejected Ones – Living True to One's Feelings](#) by James Moncrief



LIVING TRUE IS HEALING ONE'S SELF OF CHILDHOOD INJURIES:

Messages from Mary and Jesus – Mary 10 April 2003

As we are all of the Mother and Father, if we do anything that goes against Truth or Spirit or Mind or Will, or Their Laws of Love, then we are going against all of our self – our own soul, and the whole of Creation. And if we want to live true – true to the Truth, true to our soul, and true to God, then we have to rectify this at some time. In going against Truth we bring about pain – penalty – in ourselves, as this is to show us that we are doing the wrong thing – going the wrong way. And when we come back into harmony with the Laws the pain goes – the penalty has been paid.

Currently in the negative mind state humanity does not want to live true to God's Laws, so man's laws are different to God's. So all that you do is against the Mother and Fathers Laws of Creation and Existence. And this is what then causes all the pain in your soul, as you live each day refusing to honour the Truth of God. And no matter what you believe about how good you may be, if you are not living true to your soul and God's Laws then you are hurting yourself.

The Mother and Father say individually: Love Me as I love you; and together: Love us, as We love you. You come into the world asking your parents to love you as you love them. But they in their negative state do not honour this truth, so every little bit of them that does not love you, you feel hurt by. As they dishonour you so you dishonour yourself, for in your love for them, you are accepting that they are right and true, as you do not know anything else. You then take it on, all how they treat you, and do what they have told and made you do to yourself and others; you become as they are – negative. And so you live dishonouring yourself and the Mother and Father's Soul Laws. You cause great pain within yourself on all levels, not just in the physical. All pain you ever experience is saying to you: you are wrong in how you are being, and so you need to look to find the truth of why this is so.

When you want to know the truth of your pain, you will want to see the truth of where you are dishonouring yourself and the Mother and Father; then when you do see what you have done, you will feel bad about this, and then seek forgiveness, being healed and forgiven when you see the truth, and your pain all goes. You can go to Them and ask Them to forgive you, but as They are love and already do, you are really allowing yourself to forgive yourself, for it is you that does not love yourself, as seen by the act of dishonouring yourself. Then as you turn around and willingly want to live true, the Mother and Father remove the pain you have been suffering and fix that which within you has become dysfunctional as a result of your transgression. Then you are healed, so far as this part of truth has been honoured, and that part of dysfunctional you is living true to the Laws of Love, living true to your soul and to Them.

As you do your healing you are actually forgiving yourself. By wanting to see the truth and asking the Father and Mother to help bring up the unexpressed pain and feelings that are within you, that will show you where you are going wrong. You will be able to see the problem and then want to fix it and seek forgiveness of yourself (and from Them if you feel the need); and you will be loving yourself and Them instead of rejecting yourself and Them.

Gradually through your healing, you will work your way back through all the levels of truth within you that you have dishonoured since conception; with all the pain surfacing, and all the causes being seen that made you rebel against yourself. And with each step you will be forgiving and increasingly loving yourself. Your healing is you loving yourself back into perfection. And the longing to the Mother and Father for Their Love is the way to fuel this by becoming a divine soul.

When you love yourself truly, then you will love your neighbour and every aspect of Creation, as you love yourself. This will be your state of being – just like the Mother and Father, and you'll naturally be honouring all Their Laws of Truth. And you will live free in Creation without any pain, worries or problems; eternally happy, as you long to be.

By praying to the Father to forgive you, you are not taking responsibility for your own actions; you are not seeking the truth of your evil causes. Forgiveness comes when you admit and accept your wrongness; when you uncover the truth of why you are it, or doing it, all through the expression of all that has made you feel bad. Through full self-feeling-acceptance you can free yourself from your negative condition. The Truth will set you free! The truth you uncover as you accept and express your bad feelings.

And as you do this God will change into the loving Mother and Father. You will come out of the old beliefs and ways of seeing things, entering into a new way of living and seeing how everything truly is.

When you were a young child you were the closet to your soul and to God. Up until you fully took on all the negative mind circuits you were still more pure and true to Their image. And you loved more as They love. A child loves freely and unconditionally. It loves without judgement or criticism. Look to the child to show you God, this will help you see more truth than looking out into the adult world as it now exists. And then look how the parent changes its child, from being pure and true, into another untrue adult. Look how you make your child turn against itself and live untrue to God. Look how the parent makes it live true to the wants, likes and dislikes of itself. Your child will help you see how wrong you are. It will show you if you allow it to; it will show you through your feelings.

Your soul-healing is concerned totally with you finding the truth of all you are; all you feel, and all through your feelings.

Messages from Mary and Jesus Mary 14 April 2003

The feeling controlling mind is nothing more than your parents control over you encapsulated in your mind.

Messages from Mary and Jesus Mary 15 April 2003

During your childhood you were made to change from being naturally good to being bad, and it hurt. Now you are being asked to change back to good from bad, and it hurts just the same.

Messages from Mary and Jesus Jesus 14 April 2003

You are completely self-contained. You will blame your parents for what they did to you through your healing, but when you are healed, you will be able to see how you took it all on wilfully from them; and so wilfully you have to choose to divest yourself of it and set yourself free. And this can only happen with love – your own natural love, through acceptance of all your badness and bad feelings, together with the help of the Mother and Father's Divine Love. And so it is entirely true that love is the cure-all, and that love will heal you, your love, and the Mother and Father's

Messages from Mary and Jesus Jesus 14 April 2003

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.

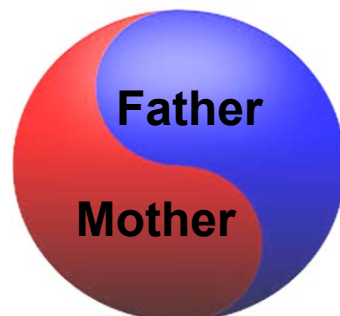
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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.

GOD



M&F



J&M



AVO

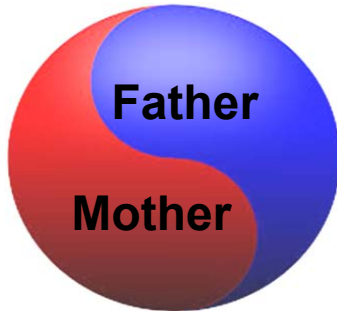


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

WE ARE Children of God

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

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

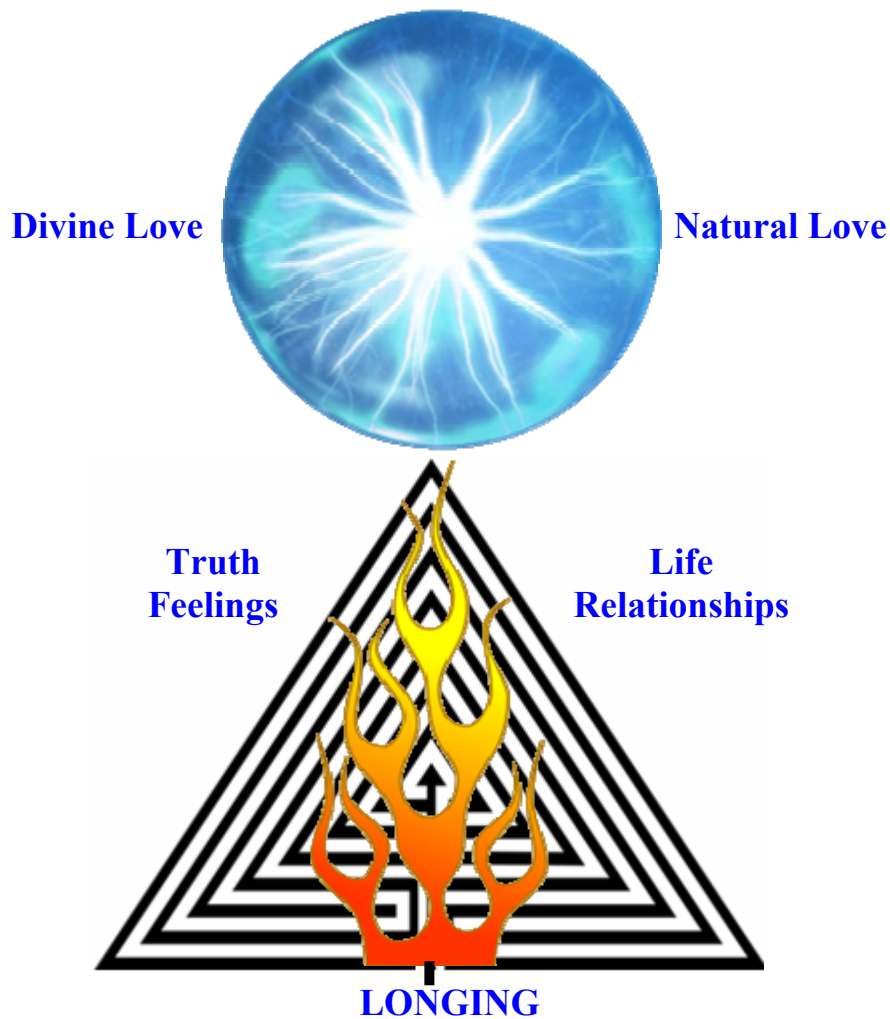
Want to understand the truth of your early life

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

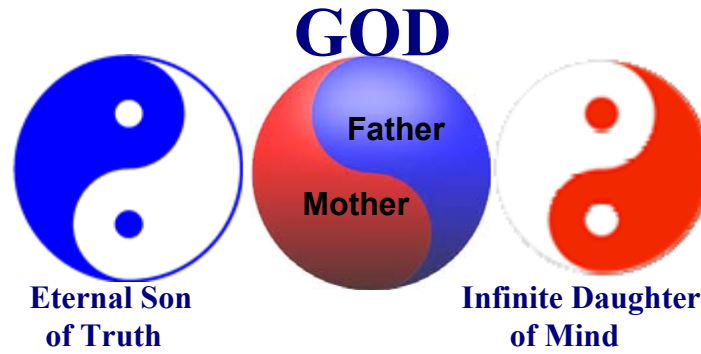
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates / Soul Partner)
 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.

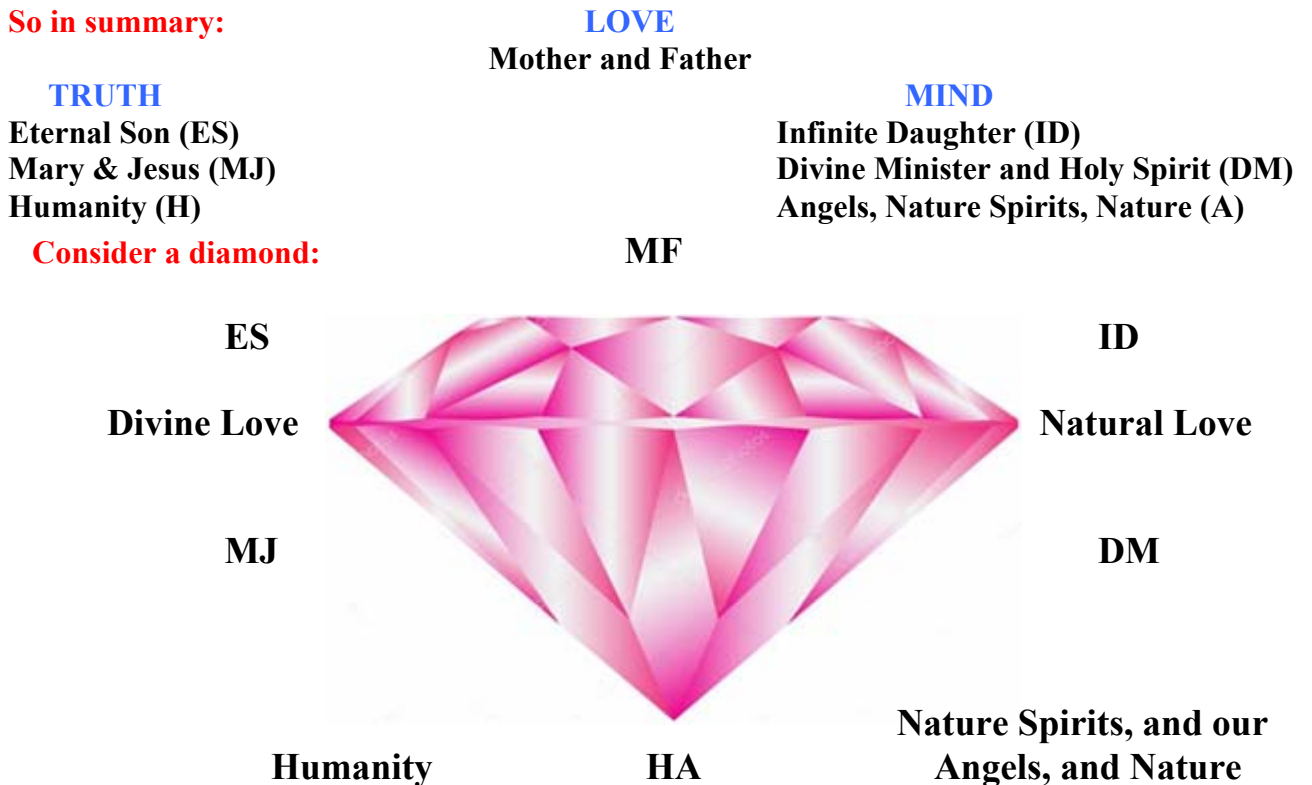
The LOCAL UNIVERSE TRINITY:

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:



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 / soul partner 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.

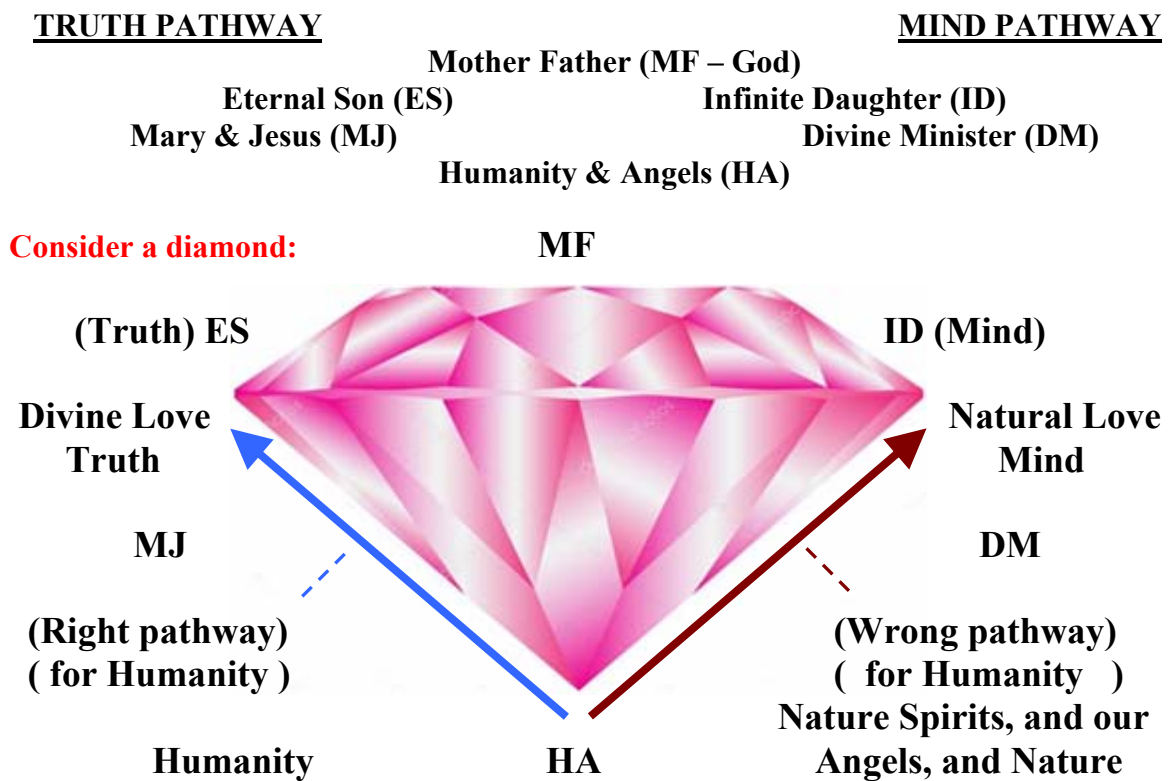
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

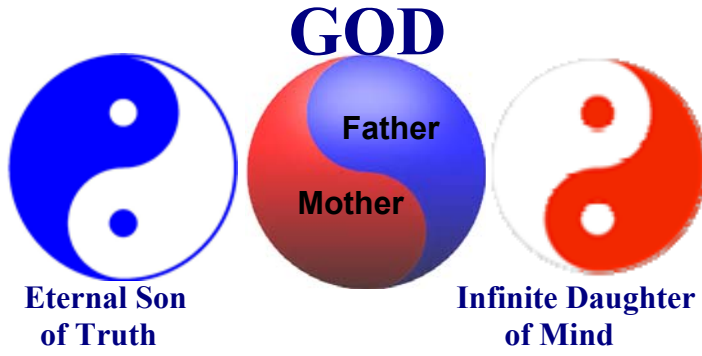
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



Soulmate Pair

Angel

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 / soul partner) 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.



Spirit Person

Nature Spirit

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

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



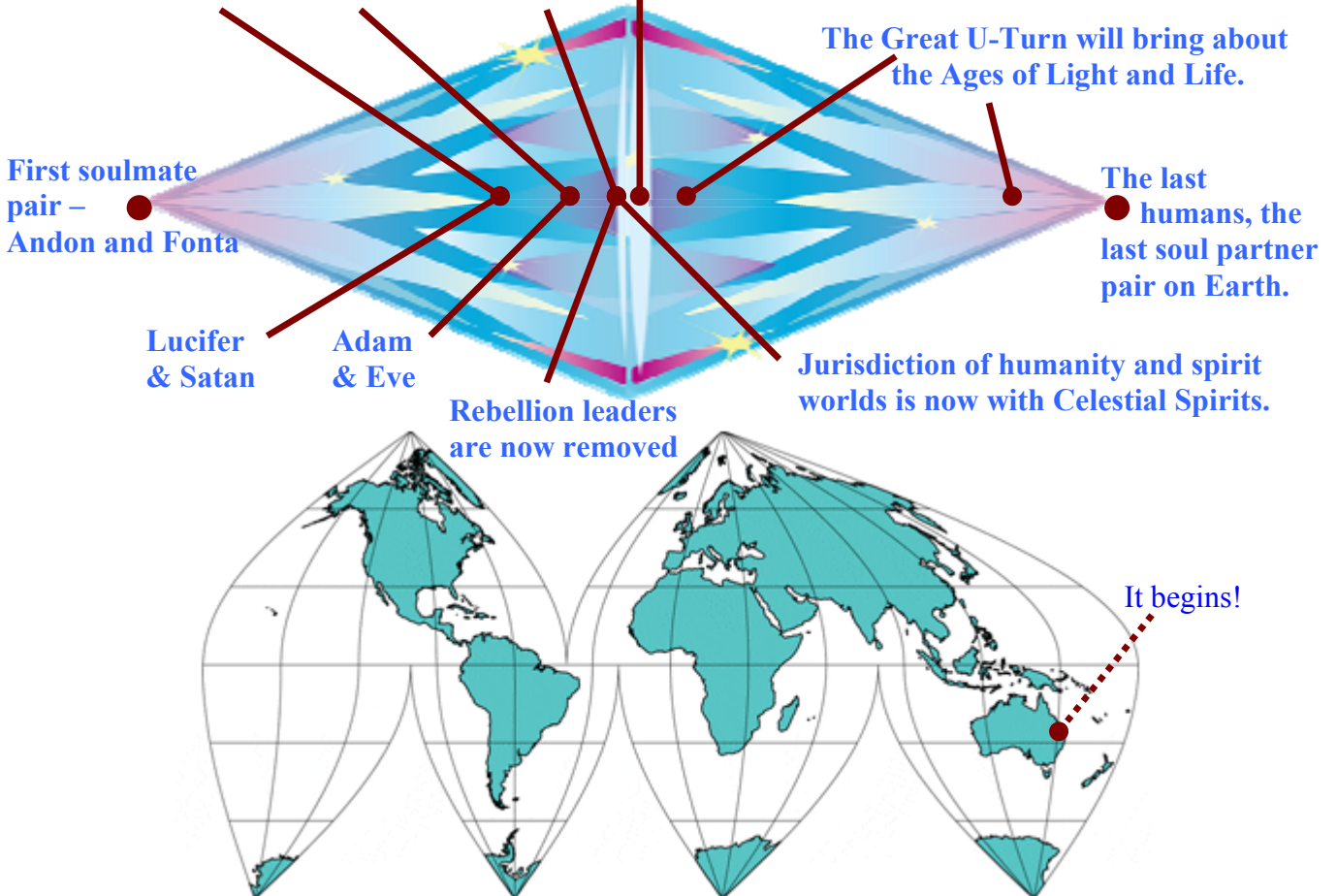
A nature spirit is an angel in waiting.

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



Feelings first



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

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

OUR 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 Nebadon, 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 Nebadon, our Local Universe. The regents of Nebadon 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 New Way: Learning how to live true to ourselves by living true to our feelings.

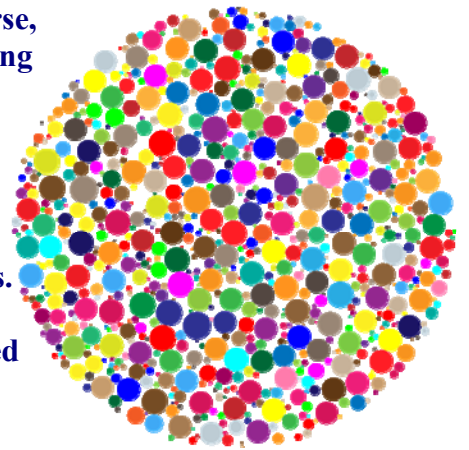
There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem, this is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.



Earth

NEBADON, our LOCAL UNIVERSE:

A Local Universe – Nebadon. One hundred constellations (about 10,000,000 inhabitable planets) constitute a local universe. Nebadon contains 3,840,101 inhabited planets.

A Constellation. One hundred systems (about 100,000 inhabitable planets) make up a constellation.

A System. The basic unit of the super-government consists of about one thousand inhabited or inhabitable worlds.



Earth is #606 in the system of Satania and is the latest to have human life. *Jerusem* is the headquarters of our local system of Satania. Thus *Jerusem* is the city to which we arrive when we fuse with our indwelling spirit having sufficient Divine Love following our Healing and enter the first of three Celestial Heavens, all being for the 1,000 physical worlds within Satania.



Salvington, in the centre of Nebadon, is the headquarters and home of our Creator Daughter and Son, the Michaels, namely Mary Magdalene and Jesus.

All descending Daughters and Sons of God have high and divine origins. They are dedicated to the descending ministry of service on the worlds and systems of time and space, there to facilitate the progress in the Paradise climb of the lowly creatures of evolutionary origin — the ascending daughters and sons of God (humanity – us). Those Daughters and Sons who come forth from the Deities on the central Isle of Light and Life are called the *Paradise Daughters and Sons of God* and embrace the following three orders: Creator Daughters and Sons – the Michaels, Magisterial Daughters and Sons – the Avonals, the Trinity Teacher Daughters and Sons – the Daynals. All three groups have Spirits of Truth, no others do.

The remaining four orders of descending daughter and sonship are known as the *Local Universe Daughters and Sons of God*: Melchizedek Daughters and Sons, Vorondadek Daughters and Sons, Lanonandek Daughters and Sons, and Life Carriers.

The chief executive of a local system (such as Satania which includes Earth) of inhabited worlds is a primary Lanonandek Daughter and Son (was the Lucifers), the System Sovereign. The Lucifer Rebellion in the system of Satania was the last and the most widespread of all. Thirty seven (37) inhabited worlds were seduced into rebelling, by following the Lucifers and their deputies, the Satans. Earth then went on to Default at the time of Eve and Adam. Later on we crucified the Creator Son, Jesus, and ignored Mary. So now we have the physical presence of an Avonal Pair. Only the Avonal Pair can take on all of our wrongness and heal themselves. It is their Spirits of Truth that we are to long to so that we, humanity – all of us – can then heal the Rebellion and Default that we have all embraced.

Partly drawn from The Urantia Book (TUB) 7 July 2018

ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. This was added to by the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT **200,000** YEARS

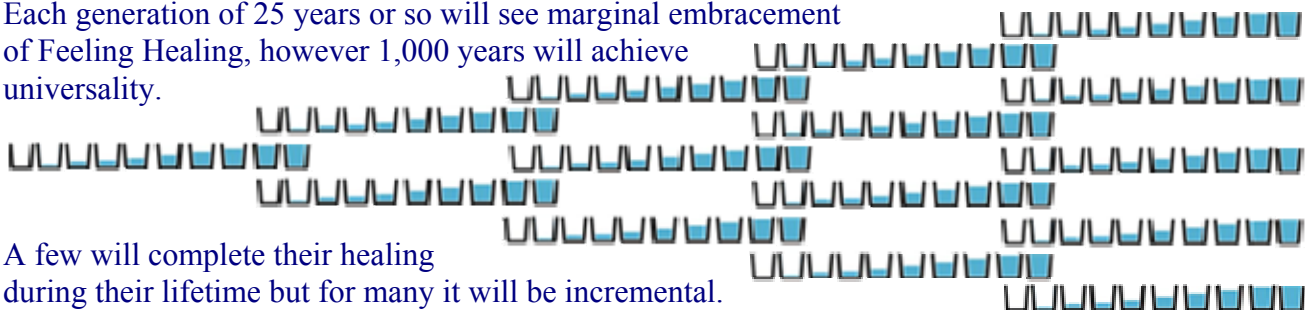
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal **AGE 1,000** YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

Avonal Revelation

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

31 May 1914 and ongoing

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.

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.

Our salvation IS by embracing Feeling Healing with the Divine Love.

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

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

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

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added. Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light	2013 – 2014	xxx	– James Moncrief
Road map of Universe and history of Universe:	2017	xxx	– James Moncrief
The Urantia Book	1925 – 1935		xxx as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm			

BIBLIOGRAPHY NOTE:

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

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

Pascas Primary publications being:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

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

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

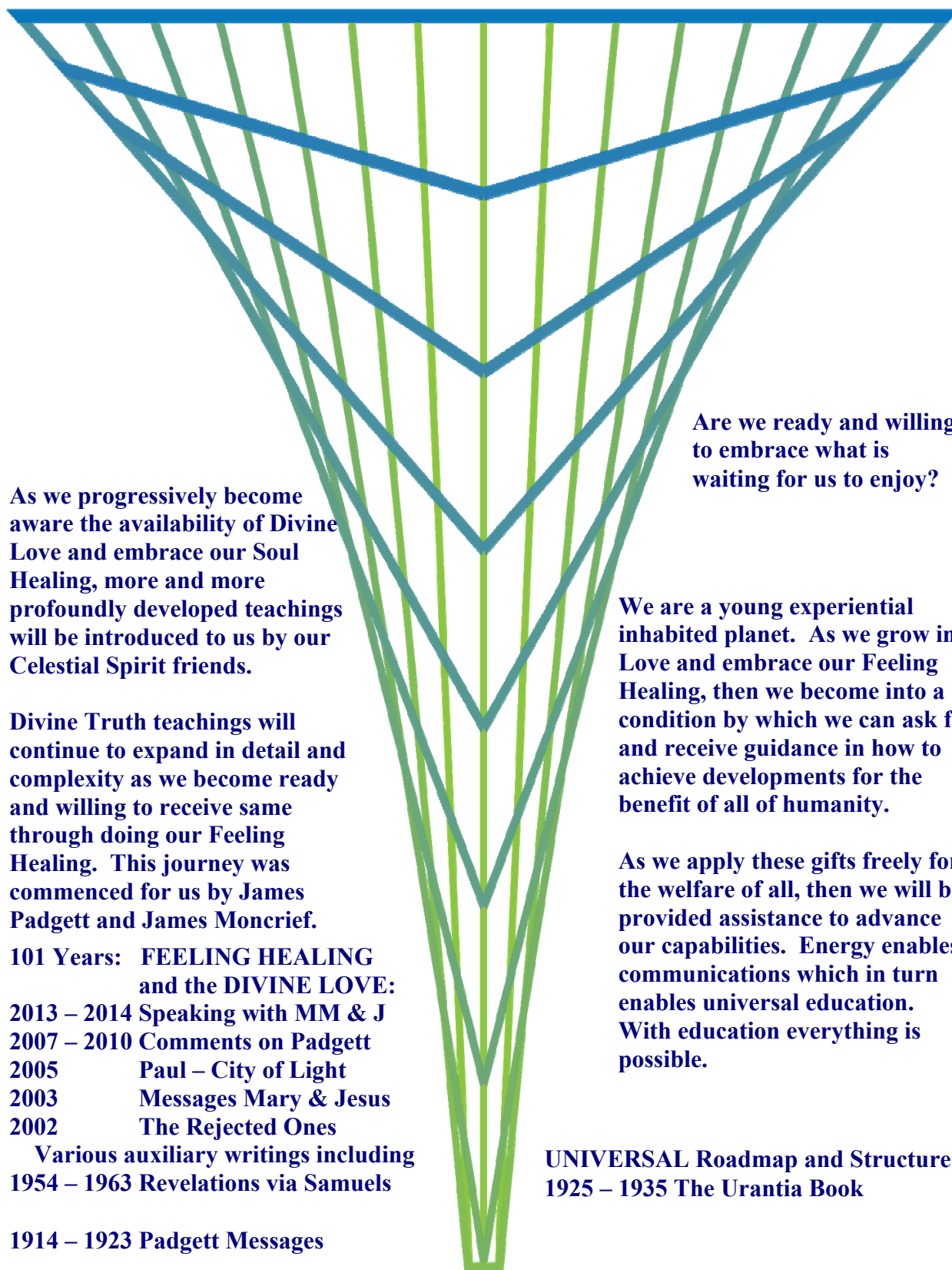
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



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 1,475