

# PASCAS CARE

## Health of all our Bodies

## Soul Progression & the Human Iris



“Peace And Spirit Creating Alternative Solutions”

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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.

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***

## Interview with AJ – Soul Progression & The Human Iris 2012 August 16

[http://www.youtube.com/watch?v=k8pjK\\_mR9vY&feature=youtu.be](http://www.youtube.com/watch?v=k8pjK_mR9vY&feature=youtu.be)

Conducted in Brasilia, Brazil  
on 16th August, 2012.

Discussion between AJ Miller and Denny Johnson (who invited AJ and Mary to Brazil) about the human iris, and its link to measuring true soul progression. Denny is a specialist of the human iris, and has had many years experience with what the iris demonstrates.



[Diagrams have been added by others after the discussion.]

Hello, my name is Denny Johnson and I am here with AJ and with Mary behind the camera, and our topic today is about the iris of the eye and how that relates to natural health. And AJ, you have some feelings about how the natural health world utilises medicine, and maybe you can illuminate us about that?

AJ: Yes, I think before we discuss the iris, which is a very important discussion actually; we need to have some general commentary perhaps, in terms of your own observations and my own, about how mankind generally goes about using the medical profession.

At the moment, the profession itself is responding to the demands of people that they don't address the cause of particular problems that they face medically, but rather that they attempt to resolve the effect only. And this is why we have such a large variety of medicines, tablets and medication that is given to people all around the world, but particularly in the western world, and a lot of it is to avoid the underlying causes, or to actually avoid even the topic of having to go to the underlying cause and I feel that this is the main problem that we have even in the medical profession on the planet.

When we see how we are constructed, we are a soul connected to two bodies. And the two bodies are the spiritual body and the physical body. You could say that most in mainstream medical profession, with the exception of perhaps here in Brazil; of those medical professionals here in Brazil, around the rest of the world, most of them focus primarily on the physical body in trying to cure any of the effects that are caused by disease on the physical body. Here in Brazil, there is a bit more of a holistic approach even within the medical profession isn't there?

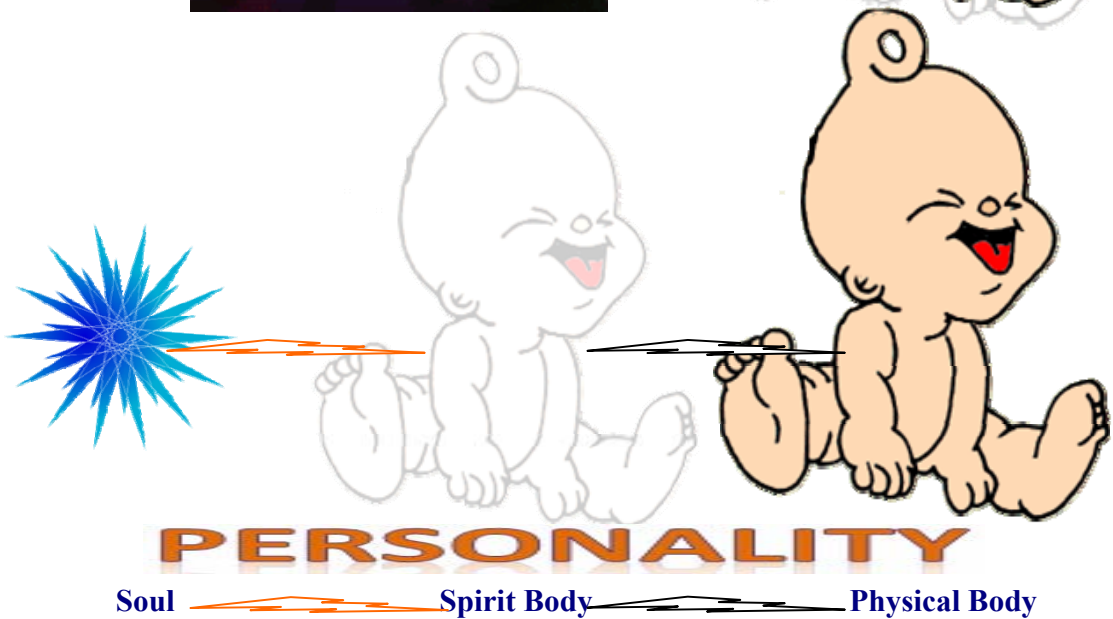
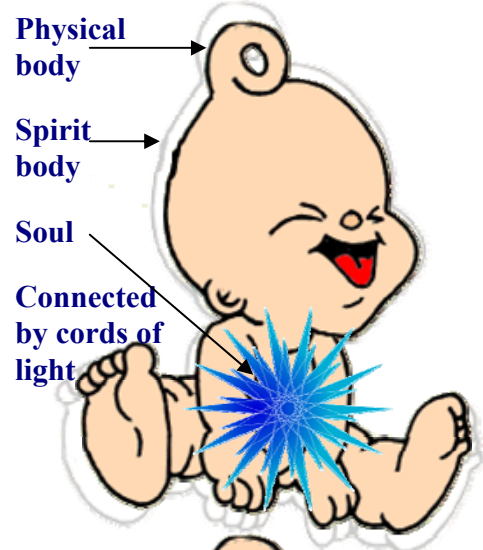
DJ: Yes, they are probably more focused on the spiritual body but they really seldom relate to the soul.

AJ: If you look at both the professions in the western world and also many of the eastern type philosophies from a medical perspective, you can see that they are either focused on the physical body or they are focused on the spirit body. They are focused on either one of those two being cured in order to create happiness and well being in the person or in the patient. This is where the soul is completely neglected, and the soul, being what I believe to be the cause of all problems in both bodies, which is thing that is completely neglected, almost, in every form of medical practice. In fact, we become addicted to trying to cure the effects, without even understanding the cause.

**At the moment of incarnation the soul takes the form which has been prepared for it by the forces that exist in the parents and retains that form during the natural life; and at the same moment there is created for it or attracted to it, the form of the spirit body, which then and ever afterwards remains with it. Both of these bodies are of the material; one of the visible material of the universe, the other of the invisible but still of the material.**

March 21, 1920 – Jesus Book of Truths

A newly individualising soul is just a tiny invisible spark.



The life force for the spirit body and the physical body is via the soul. The soul is connected to the spirit body via cords, and in turn, the spirit body is connected to the physical body by cords of light. Should the cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is like our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

### **An UNBORN BABY'S 1<sup>st</sup> HEARTBEAT OCCURS 16 DAYS after CONCEPTION:**

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. [Dr. Susan Berry](#) 12 Oct 2016

Further research confirms that the heart first starts to beat between days 16 through to 19.

What happens when a child dies. 15 March 2013  
**Speaking with Mary Magdalene and Jesus, book 1**

**From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality.** And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.



As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself as you might well imagine greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.

An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

### **The Heart commences to Beat as early as Day 16 after Conception:**

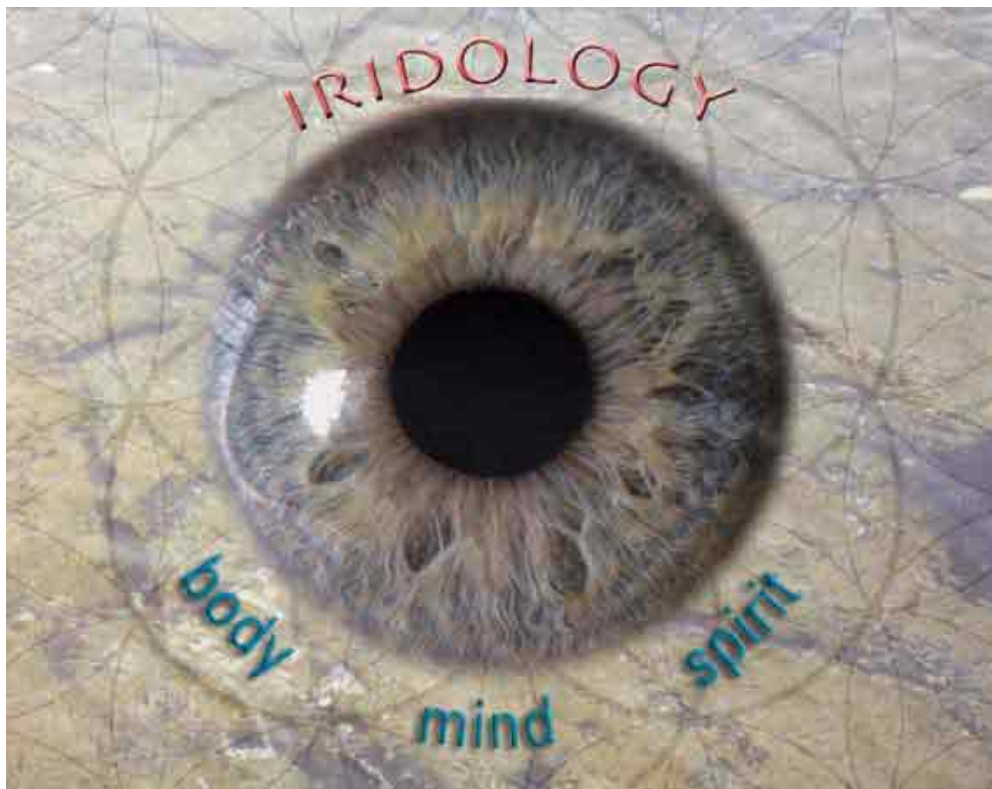
Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception**.

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcbac072c1>



When I say the cause, I am not talking about the cause that's within the physical body because what science is generally focused on is trying to find the cause of something in the physical body. Why does the physical body produce a certain disease or why does it produce a certain sickness. What is going on is the question they are constantly asking themselves without many of them even looking at the fact that we have a spirit body that could be also affecting the physical body.

But then to go one step further and to say no, there is actually a soul that affects both bodies and if you cure the soul, both bodies automatically are recovered. This something that is generally beyond the medical profession at this point in time. But it could easily be experimented with, with a bit of knowledge about the whole system that makes up a human. But also with a bit of knowledge about the iris and that's where the linkage comes in with the iris.



That is where I feel the medical profession is currently. It is not so much their own fault either. Mankind has become addicted to just getting rid of the effects of things. So when everybody speeds, we put a speed sign hoping that somehow that will cure the speeding. Of course it never does, and all that people do is drive at excess speeds until they come to the radar, they slow down with the camera, and then off they speed. So the camera and the speed sign made no difference to their behaviour really.

This is what I feel the problem is, generally. We make laws that try to cure the effect of a problem without addressing the underlying cause of the problem. And this is something that is also dominant in the medical profession.

What I like about the discussion about the iris is now we are having to consider that there perhaps is a cause that is soul based and that the bodies will reflect the particular soul based cause, if we understand

how the reflection occurs. And the eye is the perfect reflector of the soul. It is, in fact, the doorway into the soul.

DJ: Well the eye is the fascination for many people, inside the medical profession and outside. But especially in the medical profession, they like to look; there is something about looking in there that brings them inside. So, I have seen the medical profession here be very open to the instructions about what the iris might represent. For us to be able to describe what it means from the divine perspective and to be able to help them to understand that, I think might be a service.

AJ: Yes definitely. And also then we could look at how to address particular medical problems, with the aid of focusing on the cause of the problem, which is at the soul level of the individual, rather than trying to just continuously address the affects by using some kind of therapy or some kind of medical procedure.

DJ: You know one of the advantages I think we have here, rather than say North America or Europe is that the allopathic systems of North America are not as dominant here. In Brazil, there was a policy decision, decades ago, to avoid the allopathic approach, which is arriving more strongly now, and go towards homeopathy, which is more the use of the subtle vibrations and so their more interested in the spiritual body than in North America. There is also a lot of work here with spirits, like taking spirits out of the spiritual body. But they are not really relating that to the development necessary in relation the condition of love.

AJ: And also, therefore, the development of the soul.

We have observed here, during our trip, is that there is this focus on that I want that there to be some kind of therapy or procedure or therapy that I can undertake that helps me avoid the emotional process of having to deal with something.

DJ: What is that connection between the soul, the spiritual body and the physical body? Is there like a one way street? Is it just a silver cord? What is that continuous connection?

AJ: If you could think of your physical body as the devise that your soul uses to express itself and experience the physical world. So in that way, you could say that it's a sensory apparatus that is absorbing from lots of different sensory inputs, and the experiences that gather as part of your memories in your soul. Your spirit body is the same, but it interfaces with the spirit realm, so there are many multi-dimensional areas in the spirit realm, and the spirit body is perfectly adapted to experiencing and having the sensory fulfilment of the spiritual realm coming through and being remembered by the soul.

You could say, the physical body through a cord, which spirits often refer to as the silver cord, it is basically a cord that connects the complete system of the physical body to the spirit body. And therefore the spirit body automatically experiences everything that the physical body is experiencing.

On top of that, there is another cord that connects the spirit body to the soul. So, everything that the spirit body experiences is also filtered to the soul. But the soul envelopes both bodies, the bodies are contained within it. And as a result of that, whatever is happening in the soul has the greatest effect

upon the two bodies. It even has more of an effect than the external sensory things that occur to the bodies, than the effect they have upon the soul.

So the soul controls the bodies. Every physiological function in your physical body is controlled by the soul and every physiological function in your spirit body is also controlled by the soul.

The energy systems that flow through both bodies are both controlled by the soul, and its welfare, and if you can see that the soul is the centre of the human experience, then everyone will understand much better that if we have a disease (dis-ease) in the soul, then the bodies naturally are going to experience some kind of discomfort, suffering, pain or disease.

If there is a clearing of these diseases of the soul then the bodies will naturally have a clearing effect, and therefore less disease or less problems.

DJ: So, all disease originates in the soul?

AJ: Well, the underlying cause for the attraction of all diseases rests in the soul. Yes.

Many of these diseases are physical in nature, or spiritual in nature. And this includes the attraction of spirits to the body of the person which can interfere with the spirit body's energy system. They are all controlled by what occurs at the soul. So, the soul has total dominion over the two bodies that are connected to it, and if we can keep that in mind in all of our analysis of everything, including what we are going to discuss about the iris, then we will have a great head start in looking at the true cause of any disease.

DJ: Is the soul then the original point of the life force that is eternal.

AJ: Yes, the soul is the real you. If you could think of it like a container, like a glass. If you could imagine the glass as your soul, you can place things in the soul, and you can pour things out of the soul. But whether the soul is empty or full, it is still the soul itself. It is the container of you, the individual of yourself, your real self.

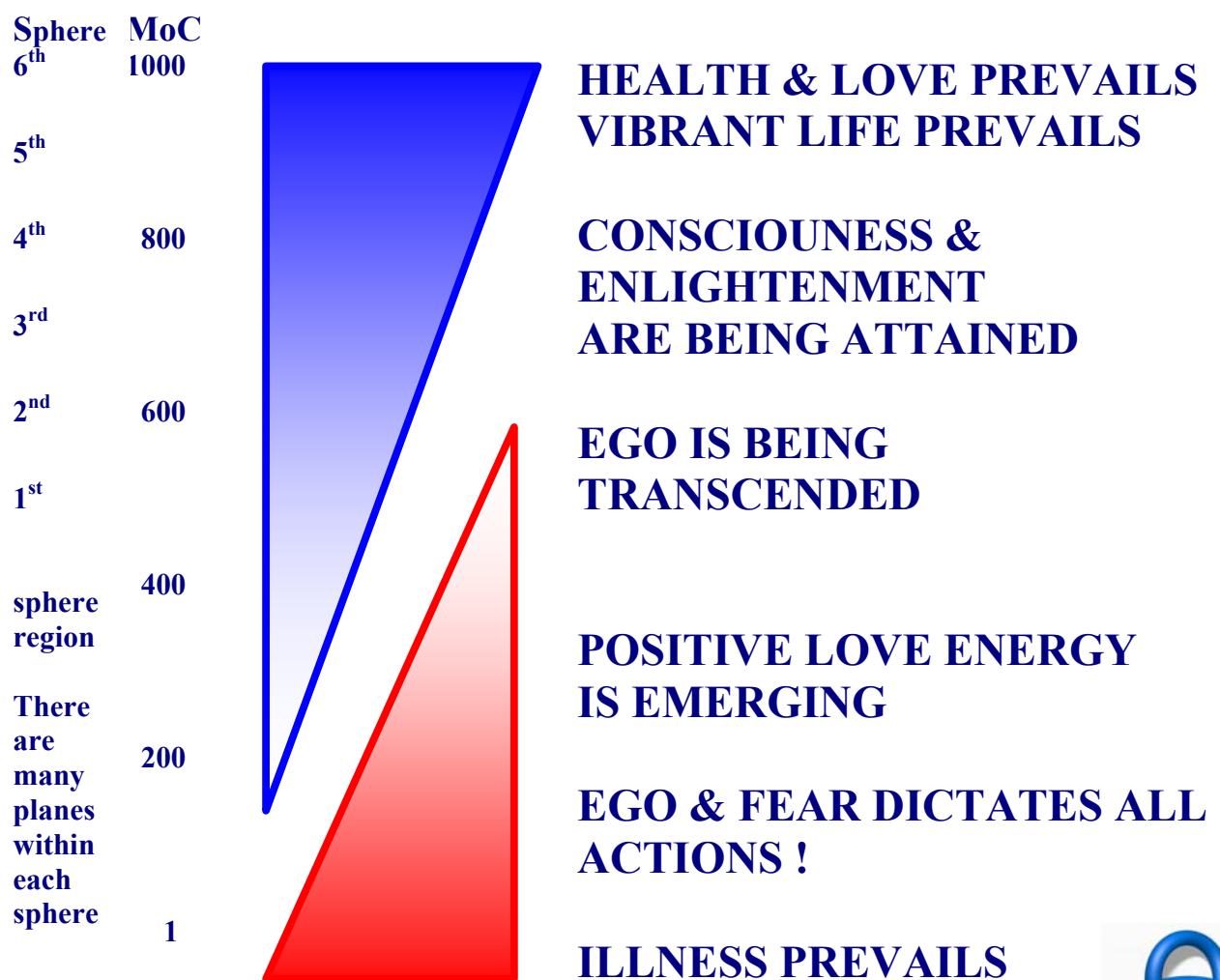
Now the bodies which are connected to the soul, the physical body and the spirit body are both connected to this soul, and these are ways through which half of the soul, cause remember that we are only one half of the soul for much of our existence. The two bodies are the sensory apparatus for the soul to experience the world in which it exists.

Every time that we are awake on the planet Earth, our physical body is the primary sensory apparatus for the soul to experience its life. When we go to sleep at night and our soul and spirit body leaves our physical form, now our spirit body becomes the primary sensory apparatus for which the soul experiences its life. The soul is experiencing life 24 hours by 7 days a week by 365 days a year and so forth. In fact, the soul can even be in a place where there is no real sensation of time because time is very much based upon space and distance that we experience here on Earth. So the soul, you could say, is the eternal you that can develop positively or can be degraded negatively depending upon what you place into it, or what comes out of it. They can both degrade the soul.



**“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”**

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



**LIVE FEELINGS FIRST**

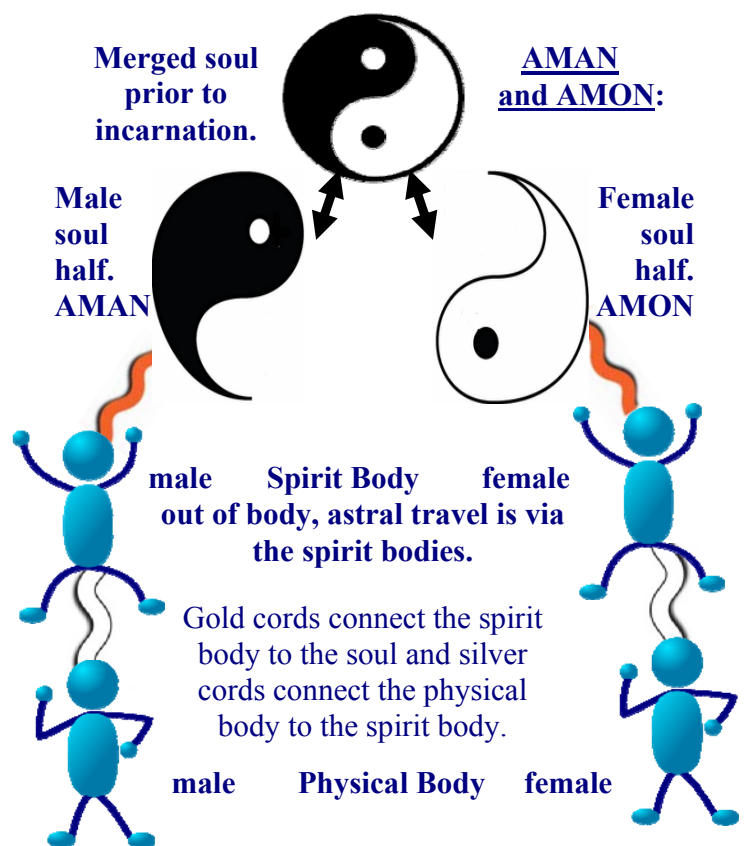
The soul itself can shrivel in its nature. In other words, it can shrink in its capacity to experience. Or the soul itself can expand. And this shrinkage will have an effect on both of the bodies, in that the energy systems of both bodies will also shrink and therefore become less powerful, less life force in them, or they can expand. Therefore the physical and spirit bodies can expand in their power and development and life force.

Unfortunately what happens with our soul is that we shrink our soul when it comes to development of love in particular on the planet, so much that eventually our physical body can no longer maintain a connection with the soul. Once this occurs, the physical body actually dies, and that is because the soul can no longer keep feeding the physical body its energy because the soul does not have enough energy to maintain this physical body anymore.

If there was no damage to the soul, the physical body would be able to be maintained of its energy for long periods of time, and potentially for ever lastingly, for ever, if we wanted it to occur that way. But unfortunately, because the soul is degrading generally in its condition, with regard to love, but also in regard to its own recuperative energy. As a result of that, it effects both of the bodies negatively so much that eventually the body that requires the greatest amount of physical energy to maintain, which is our physical body, eventually grows old and becomes decrepit and eventually dies as a result of the soul not being able to maintain its energy.

Then, of course, the person passes permanently into the spirit world, and now their primary source of sensual experience is through the spirit body. But the spirit body has also now has been depleted in its ability to experience because of the soul's degradation. And so the spirit body even has major troubles in regard to its energy systems, and for this reason it appears very dark, it has all sorts of fragments and fissures, it has all sorts of diseases present within it, even in the spirit world.

This is something that not many people are aware of. Even after you pass, you do not instantly become better, you do not instantly become the picture of health. Your spirit body tells you the health of your soul and everything is dependent upon the health of the soul



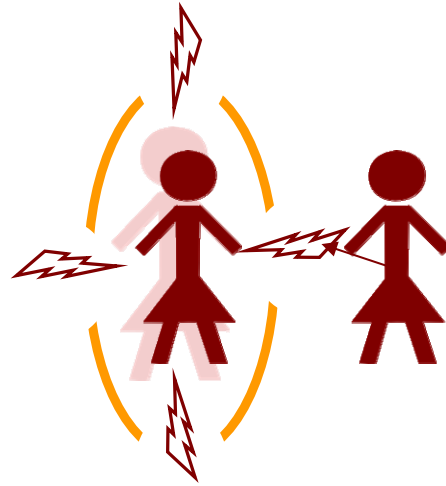
DJ: Did I hear you say once that the spirit attachment occurs on the spirit body level, it does not occur on the soul level, is that correct?

AJ: That's correct, yes.

It's impossible for another person at their spirit level to connect to your spirit body. Every connection must occur at the level that it is maintained. We can have a soul to soul connection but the way that God designed the soul, is that the soul can never be overcloaked by another person. It can absorb the energy of another person, but it cannot be manipulated or controlled by the other person without the soul being open to that control.

The spirit body though is far more open to control because of its energy systems. When the soul's energy is depleted, the spirit body starts having holes in its energy systems which can be filled by other people. This is how spirits generally connect to other people.

In fact, many spirits see the spirit body of a child as a vehicle for reincarnation. Even reincarnation, itself as a teaching, is not a true teaching. It is actually just spirits attempting to re-experience their life on Earth by connecting to the spirit body of a child that they see as a vehicle for reincarnation.



**Mother dominates daughter through an emotional hole.**

DJ: Let me ask you a basic question because in a gentle way, there are two basic approaches in natural medicine. One is something to do with the biochemical and something to do with the vibrational, if I may put it in those simple terms. Is it true that some tools like acupuncture or homeopathy, do they work on the spiritual body or on the physical body.

AJ: Both bodies are connected with each other via the silver cord, so anything that you do to the physical body will enter the spirit body, and visa versa also, in that anything that you do to the spirit body will also have some kind of effect on the physical body.

For example. If there are a number of spirits attached to the spirit body, and the spirit removes those particular spirits, those people who were attached, then of course the life force or the energy systems of the spirit body will be improved, markedly improved. And therefore the physical body will have a marked improvement in its seeming, and in many cases seemingly seems to be healed.

So there is this connection that occurs between these two bodies. It is important to understand that some modes of procedures affect both bodies, of course. Some procedures affect just the physical, but the majority of procedures, even surgical procedures affect both the spirit body and the physical body because of the connection that occurs between the two bodies.

This is very important to understand I feel for the medical profession. If you see a person just as a physical person and you feel that you are just operating on their physical form, so therefore only their physical person will be affected, this is not a true assumption, because the two forms are connected with a complete sensory apparatus, to reflect the connection. And that means that everything that happens to

the physical body will have some kind of effect on the spiritual body, and everything that happens to the spiritual body will have some kind of affect on the physical body.

DJ: I saw a diagram that you did once, diagramming the physical body in an outline with the spirit body outlined around that with the soul, as a circle or a light around that. So that is basically the structure of the soul, the spirit body, and the physical?



AJ: Yes, obviously these are three dimensional structures, very geometric in patterning, depending upon the condition of the soul, but if we think of it very simply as a physical form, enveloped slightly with a spiritual form, in other words the spirit form occupies the same space and a bit of extra space, because the spirit form is a bit larger than the physical form. But the spirit body occupies the same space in a different dimension, and the spirit body is basically overshadowing the physical. And then if you can picture the soul as the envelope or the package that these bodies exist within. In fact, all the physiological systems in both bodies are both genetic in structure, but just have different genetic structures. Both of these bodies are enveloped by the soul and both therefore are completely controlled by the soul, in terms of what happens to both of these bodies.

DJ: So if the soul is in complete control, then our primary point of therapy is the soul.

AJ: Yes. This is where any true healing must take place, at the soul level for it to be permanent.

DJ: How do we relate the soul to the iris?

AJ: This is the beautiful thing that God has done, I feel. That is, God has given us a window into the soul through the eyes.

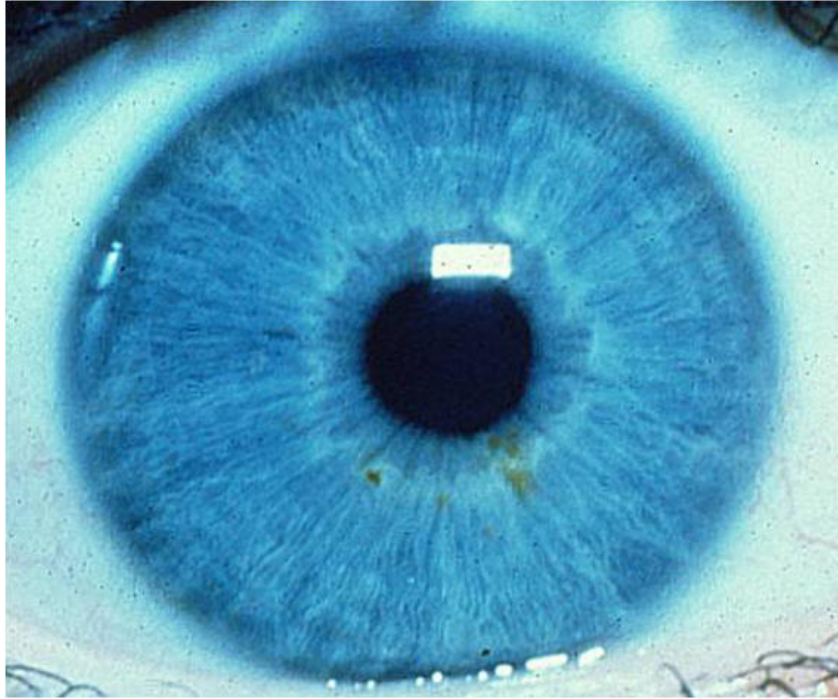
The eyes are this perfect reflection of what is going on within the soul in three layers.

The first layer is this purer layer, which is the layer if you like of what God created, and also the developmental of the pure layer. In other words, when we first begin our experience from the time of conception, we now have the two bodies and the soul all connected to each other. Our half of the soul is connected to a spirit body and a physical body that are created at the time of conception. The instance this occurs our soul begins manipulating if you like the genetic structure of both bodies, and in particular, it is our soul that everything is dependent upon in terms of how the genetic replication process even occurs.

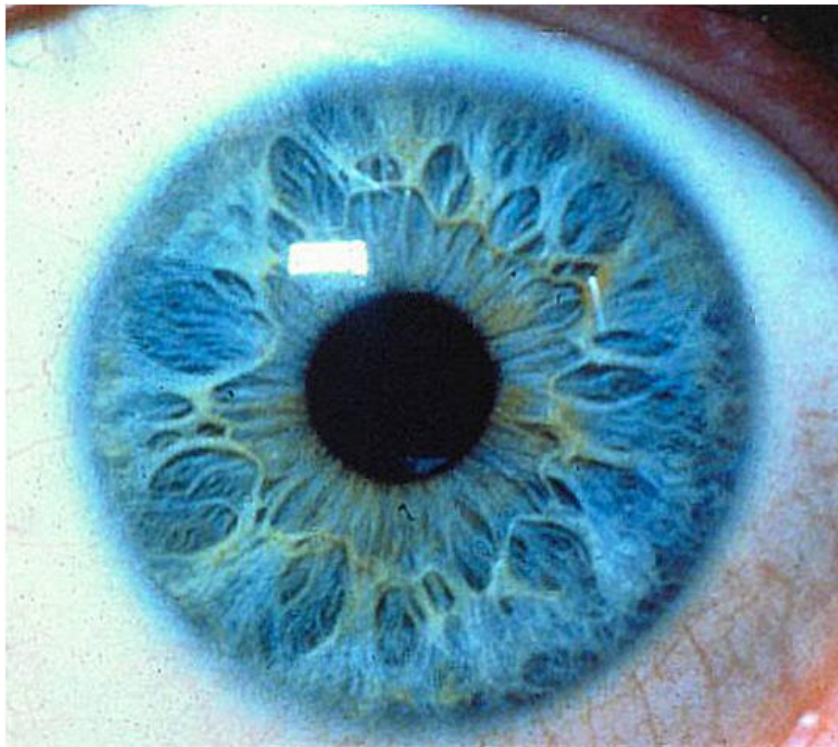
If the soul, even in the womb, is ever disconnected from any body, and it can be disconnected from the physical body, then there is an instant termination at that point of time. People would call that a miscarriage, for example, is where the soul can no longer maintain its connection with the physical body, and as of a result, the physical body dies. The life force cannot be maintained within the physical body even though the mother is alive. It makes no difference. It is the soul that is actually attached to that form that is the life source.

The iris, as we develop, becomes the window of what's happening to the form in these three layers. The first layer being the true expression of the personality of the soul that God created, and its development. Its development in any positive direction will also be recorded at one layer.

**Iridology Picture of a Strong Constitution**

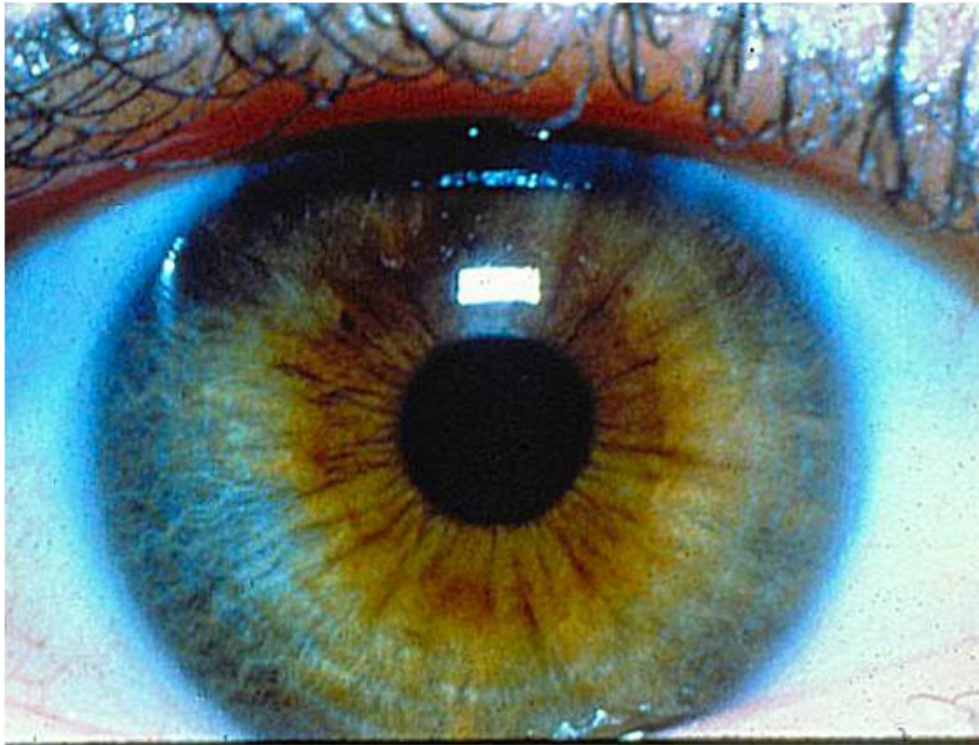


**Iridology Picture of a Weak Constitution**

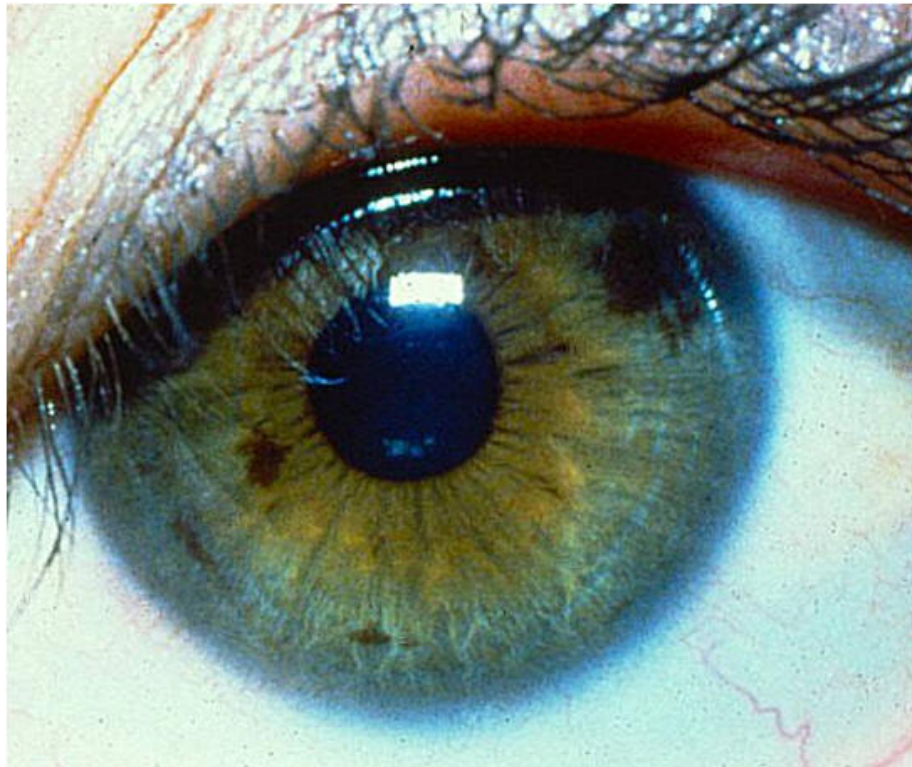




**Iridology Picture of Toxic Settlements**



**Iridology Picture of Chemical (Drug) Spots**





The second layer is the injuries that are then imposed upon the soul through the emotional experience, and in particular it is the parents that affect these particular injury states, but also the environment, the belief systems of the entire world do affect each individual child who is conceived and is born. And these systems then become a second layer that is over laid on top of the iris.

And then there is a third layer. The third layer is what happens because of trying to avoid or deny the second layer. The process of feeling the second layer would mean that we would never create a third layer. But, unfortunately, children at a very young age are shut down from their emotional experiences in all sorts of directions and as a result, a denial begins to appear at that layer, denial of the injury, denial of even the experience of it, so the denial of grief, a denial of shame, the denial of anger, and so forth. All these things are suppressed in the child at the injury layer and as of a result of that, the next layer which is the façade layer, the layer that the child creates in order to see itself. This begins to develop and that's the third layer. When you examine the iris you will see each of these layers.



**The Three Selves**

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

**I created**

**Parent creation**

**God created**

**Our Facade Self**  
**Addiction**  
**rejected**

**Shame**  
**Fear**

**Our Injured Self**  
**Causal emotions**

**Our Real Self**  
**No injury**

Fear excuses  
Nobody loves me  
They all reject me

7 May 11

- Less pain
- Victim
- Gets more love

- Demand
  - Murderous
  - Vengeance
  - Shame
- To be crying about an emotion it needs to be about a parent based emotion / causal.

The proof of one's processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?  
 If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?  
 Parent created causal emotions is the area that we need to process.  
 Our Façade self issues are pointless in processing. Shame and fear create the façade self.

Unfortunately, when we examine the iris, most of the time we see the third layer in the most detail. The reason why this is the case is that it is obviously the layer that is the upper most in terms of what is present within the soul, and it is what the soul is presenting to the world, and so, therefore, it's also what

is going to present in the iris. This is where we see the dots and blemishes that begin to appear on the iris over a period of time, and they never seem to dissipate, they never seem to disappear.



**Once you have dealt with your façade, it is very easy to feel your damaged self and release it.**

I don't know from your experience, have you found that for most people, they begin appearing from when they are about two years of age, is that correct Denny?

DJ: Yes, there's a sequence of that development, much like you are describing it, and these blemishes that you are describing that arrive after two, there are no for example, no brown dot structures in the iris of children under the age of two. Right around the age of two, where there is the coming of the will, or the action of the mind, or where the child starts assuming its own direction and goes into creating structure in the iris. Now most of that is complete by the age of seven or eight. I see very little actual structural change in people over the age of twelve. Photographically and for many years, I have not seen photographically these characteristics ever leave the iris.

That is what I am most interested in, how to reach the original causal structure of the iris and change the physical structure of the iris itself, and demonstrate how to do that.

**Investment in the façade.**

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

**Façade is a mask.**

**FEAR:**  
Scope of error.  
We cannot survive.  
Fear of powerlessness.  
Being hurt again.  
Afraid of the hurt.  
Fear of judgment and pain.  
Anger rises covering fear.

**We want to manage and control pain from feeling pain.**

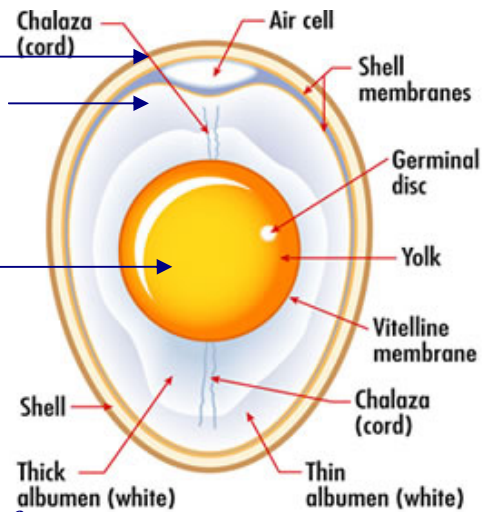
**Fear of an I going crazy? – judgment of self.**



**Truth is the shell cracker of the Façade self.**

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

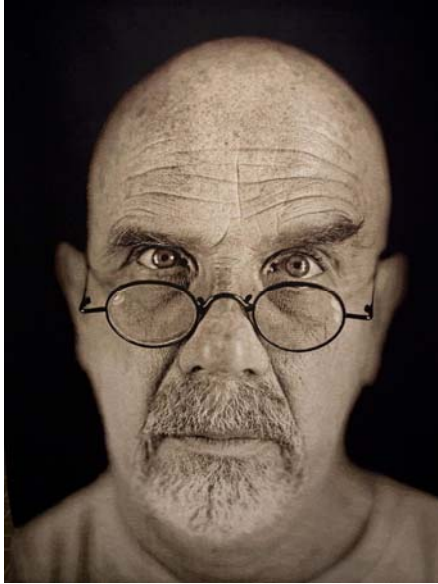
**Anger is about maintaining the façade.**



**Based on Soul Condition:  
Façade Self**



**Damaged Self**

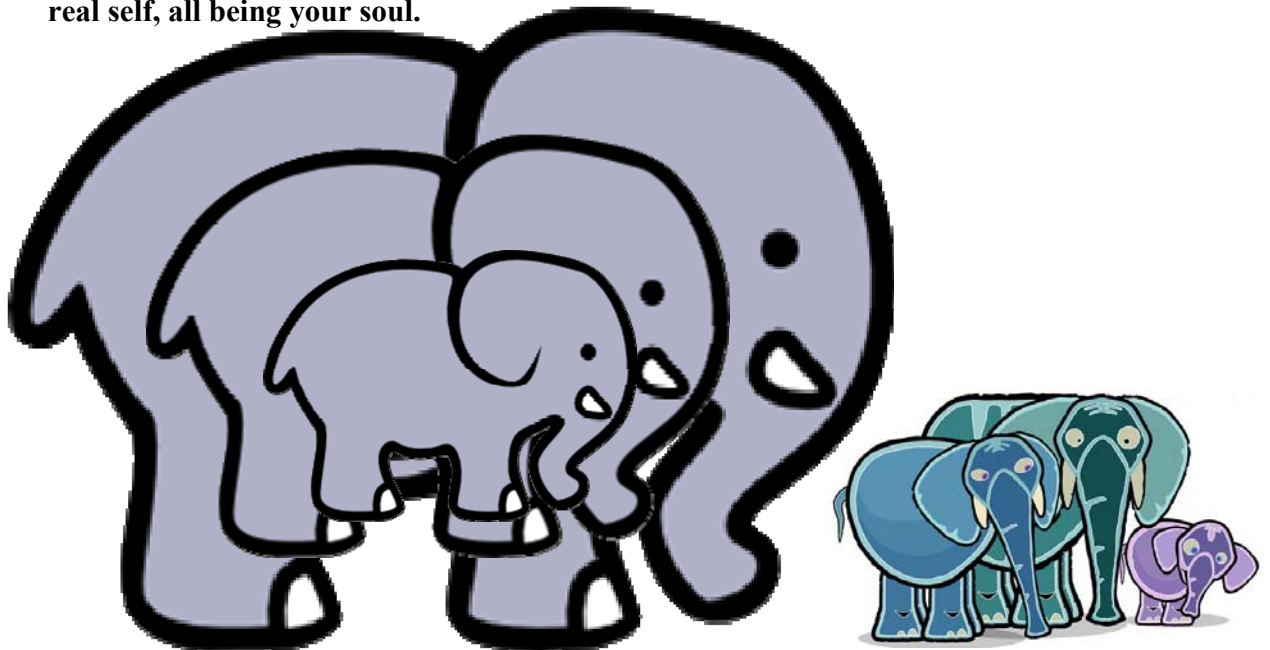


**Real Self**



AJ: You could say my focus is; if we change the soul, then of course the iris, itself, will definitely change. And that is the area of my focus, as you know. I feel that these particular things, they are intertwined with each other, as you know. Without doing some emotional work that affects the causal particular problems that cause the blemishes in the iris, then of course the iris cannot clear from these particular problems for the rest of its existence, and in fact, it may even add to them over the period of its future life.

**Your façade self, then your damaged self, and then your real self, all being your soul.**



Usually, most of the time, by the time a person is a teenager, they already have clearly defined structures that cause their denial of love, and as of a result, most of their actions after that point of time have already been completely defined by the condition of the soul, by the time they are completely engaging their own free will.

This is why you notice the problems that appear in the iris begin to appear around the age of two. There are other problems that occur a little earlier that can be observed, but it is the major dot based brown dot blemishes, that you see, beginning to form shape from that point in time. By the time of seven years of age has reached, by the time the child has a fairly well developed sense of itself, not yet completely developed, already the majority of the iris' blemishes have now appeared. And then by the time the child reaches a teenager, it is pretty much that all of these structures and fairly firmly in place, many of them are darker than they were when they were two years of age, but they are very firmly in place now. Then for the rest of the person's life, they never see any change.

DJ: Do you feel it is possible for us to chart our soul's progress in the development of love by photographing the iris over a period of months and then comparing the photographs?

AJ: Photographing the iris over a period of months is one step that needs to be taken, but without there being true change at the soul then there will be no change in the iris. The issue is that you could photograph an iris today and if the person has not engaged true change for the next ten years, you could photograph the iris in ten years and see very little difference between the two, as you have personally seen. This is why most people now believe that it is impossible to change the iris once the iris has fully developed its state.

My feelings are completely different to that. My feelings are, if you know how to change the soul at its causal emotional condition, then the iris will reflect over a period of time the changes that have been made in the soul. Therefore, the iris itself will change. This is something that I have noticed with my own eyes, I have had the opportunity to have comparisons done over periods of time and I have seen changes occur. My eyes were very bad at the time of twelve years of age, and now they are much clearer as a result of different types of emotional work that I have done.

But it has to be emotional work that is true, sincere and based around love. It cannot be emotional work that is addictive or insincere or based around just trying to change the eye.

DJ: Boy, this is the hardest part.

AJ: This is the most difficult part. In fact, if you look at the majority of emotions that a person experiences, the majority of them could be said to be the reflection of their addictions. Most people have addictions and when their addictions do not get met, the primary emotion is rage or anger or frustration or annoyance, and these are one set of emotions that most people generally experience in their life. When their addictions do get met then generally the feeling is happiness, joy, love. Many even equate to their addictions as love. And these are the second set of emotions that we need to address.

If we operate in this addictive area where we either have our addictions met and we feel happy, or we have our addictions denied and we feel sad or otherwise, then this area is not the processing of an

emotion. And in fact if a person processes those emotions only, there will be no change in the iris. None whatsoever.

DJ: So we have our task cut out, because it is so much easier to take pills and get therapies and get symptom changes, and people are very thankful that they get symptom changes, but reality is that they have done nothing.

AJ: Exactly, and as you know, their symptoms change usually only for a period of time. And many times they have the same symptoms reoccur, later on during their life. This is the indication that the underlying cause has not really been addressed. It is very rare, in fact, for a persons symptoms to change permanently, and there is usually only one time when that occurs and that is when spirits are removed from the person.

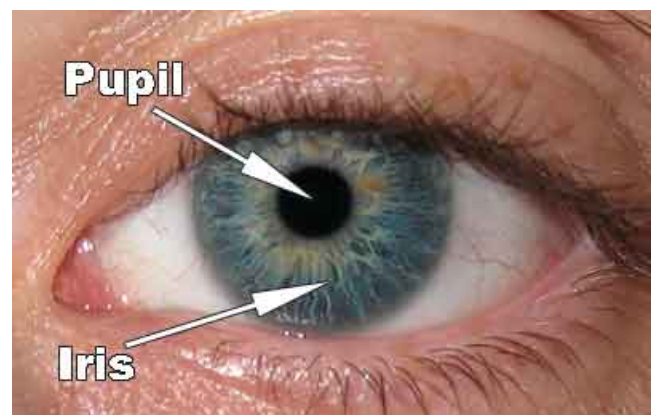
But even then, the iris does not change, which is an indication that the underlying causal reason for example, for any spirit attraction is yet to be addressed. If you think of it this way, we can start to use the iris as a measuring stick, if you like, of whether we are medically getting at the true cause of something, or whether we are just skirting around with the edges of the effects of the particular thing that we are looking at.

DJ: Assuming that we are doing it correctly, how fast would you expect to see changes?

AJ: The speed of change is very dependent upon the speed of the person being able to sincerely address causal emotional experiences. This is quite a difficult processing in comparison to what most people on Earth are currently experiencing. Most people on Earth are currently in this engagement with their addictions, where they are either having their addictions met and feeling good, or having their addictions denied and feeling bad. They express these emotions of anger, sadness, frustration, shame, or whatever else that occurs when their addictions are not met. And they experience another group of emotions when their addictions are met. But the reality is that nothing is really changing, so the iris itself will show that nothing has changed during this entire process.

To actually get out of that state and then go into this other state where we actually address the causal emotions inside of the soul that are reflected by the eye, to do that, requires a lot more sincere and very deep emotional processing.

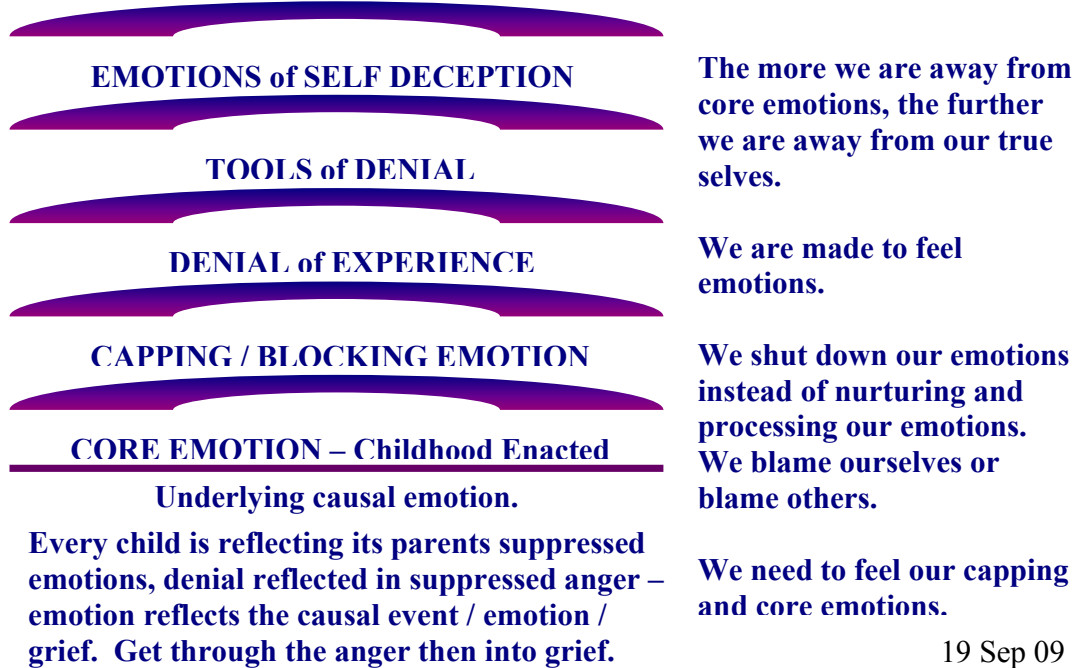
It is the kind of emotional processing that the majority of people on Earth believe is either crazy or unable to be maintained. Most people in the medical profession, actually at this point of time, believe it is unwise to even to go into those particular locations emotionally. So, in other words, we are taught from the moment that we are brought along to a medical professional that any instability emotionally is actually having a negative effect on us, while what I am suggesting is, that once we address the real causal emotion there will be this very intense overwhelming emotional experiences that the majority of people will believe that they cannot cope with, and these are the types of experiences that



have a healing effect on the iris, and therefore, a healing effect on the soul. Which will, of course, once the soul is healed; it will have a healing effect on both the spirit body and the physical body.

DJ: Well, help me here for a moment. How to simplify the ability to get to the causal emotion? You have spoken about the key of humility, as maybe the primary, beginning point, humility to God. How can we actually do that?

**WE NEED to FEEL CAPPING and CORE EMOTIONS:**



AJ: I suppose we can say that there are two ways that we can do it. I have discussed these ways many times in presentations and seminars, but if we examine the way that God refines the soul, there are basically two ways.

One way is the way that God uses to refine an unwilling soul. And the other way is the way that God uses to refine a willing soul.

So when we are unwilling, there is one method that God uses to help refine our soul, to bring us into a state of love. And this method is by using a law that God has called the Law of Compensation. The law basically states that every action that you take that is out of harmony with love there will be a painful consequence, and this is your soul's feedback mechanism.

Every action that you take that is in harmony with love, there will be usually a pleasurable consequence, and this is again, a positive feedback system.

So the soul has this constant feedback system which is operating at every single moment of every single day telling us when we are in or out of harmony with love.



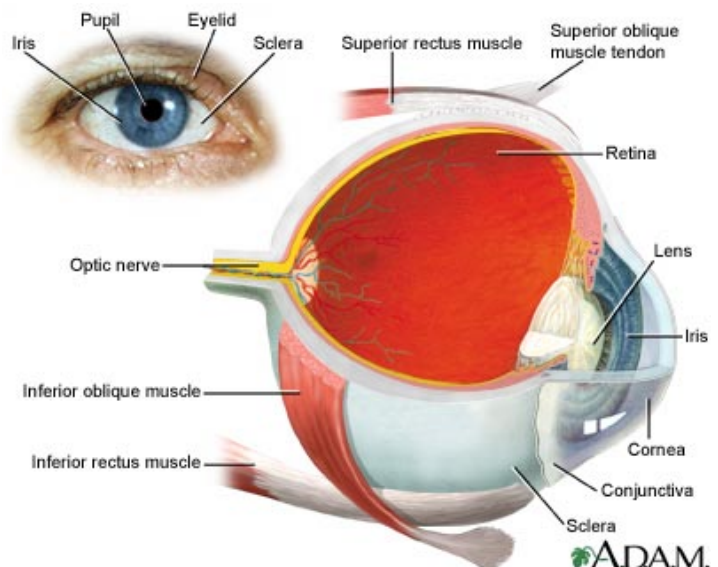
This is assuming there are no addictions within the person. This is not a valid assumption because everyone has them generally. There would be this feedback system occurring perfectly which is this law that God has. Many people in the spiritual based communities call it karma where they believe it has an effect on a future life.

What I am stating is, no, anything that the soul undertakes that is out of harmony with love, there is an instant feedback system occurring at the soul level, if you are sensitive enough to feel it. Many of us have de-sensitised ourselves or to be more accurate, our parents de-sensitised us to our souls by the time we were seven years of age. Many of us don't feel, unfortunately, the negative impact upon our soul of our unloving decisions. But it is occurring.

Our soul is accumulating these negative experiences. It also accumulates positive experiences, so any positive experiences that we have that is in harmony with love is also accumulated within the soul as a feeling of pleasure. Unfortunately, many people don't feel this pleasure either, because the Earth is not very well geared to the pleasure that is in harmony with love. Many people on Earth are not sensitive to those particular emotions either.

However the iris is. The iris is reflecting these particular experiences.

This is one way that we can engage this process. What we can do is we can start to see the actions that are taken and address these actions emotionally, and we can this by ourselves if we wanted to. We could allow ourselves to release the unhealed emotional experience that has accumulated in the soul due to the denial of the soul's emotion. We can release this in a manner, without using any external help. We can release this, but we need to be completely overwhelmed, emotionally, throughout the experience, while we are releasing the emotion.



When ever that release has occurred then there will be a reflection in the iris.

This is what I believe is a very slow of doing it, but it is a way that we can engage.

The second way of doing it would be to engage God in this process, in what I call repentance and forgiveness.

This process causes us to emotionally look at all of the things that are inside of me that are the reason why I harmed you. This is the issue of repentance. I would then examine these emotional causes inside of me. I would firstly need to see them, of course, and then I could examine them and feel them. As I feel these emotions I will repent or be sorry about the things that I have done, and I would direct this

feeling of being sorry towards yourself and towards God, because obviously there are some things that I can't fix inside of you once I have caused them. I allow that experience to occur. That is the process of repentance.

As I go through that, I am releasing causal emotions that are reflected in my iris.

Secondly, this thing of forgiveness is that anything that others have done to me, instead of retaining rage and anger and other emotions which are negative and cause me to have tendency towards violence, I am willing to go through an emotional process of forgiving the individual completely for what they have done. But it is an emotional process;

it is not something that can be done intellectually. In fact, if you try to do it intellectually, your iris will reflect this state by showing you that there is no change in the soul. You can only do it emotionally.

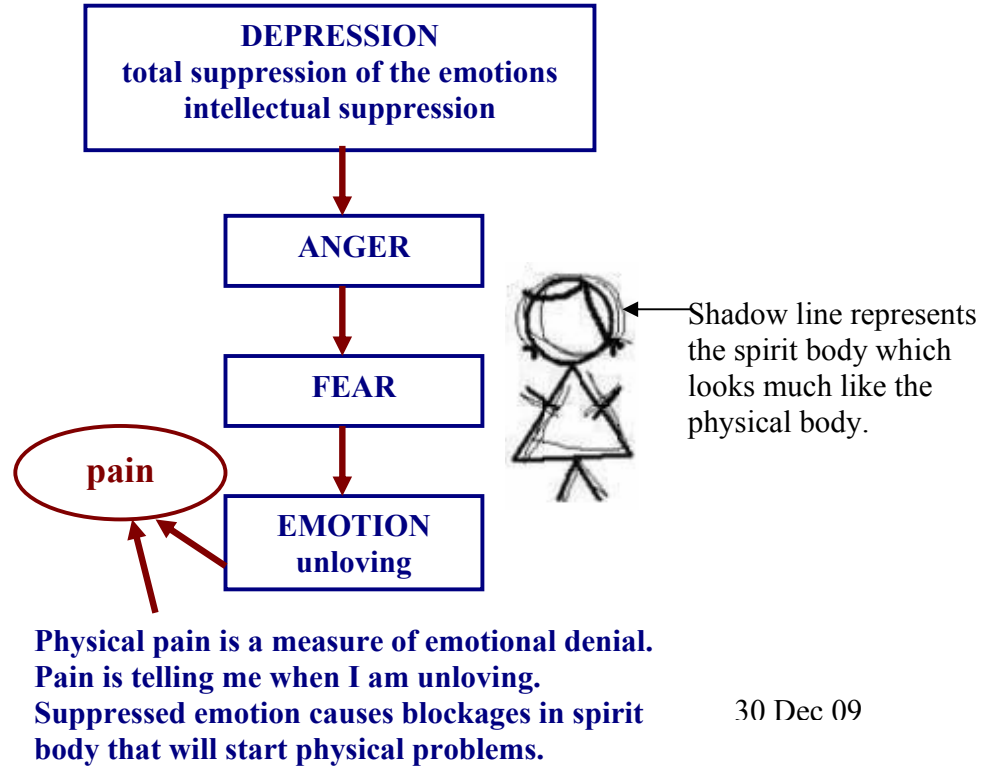
So, they are the two ways we can engage the process of healing the soul which will then have a reflection in the eye.

We need to be aware of the structure of an emotion. The structure of an emotion, generally, is that we have this underlying causal emotion, which you could say is the basis of all of the injuries that appear in the iris. Then we have the fear based emotions that suppress the underlying causal emotions, and this is the cause of the denial of the hurt that we have, and this fear which causes us to suppress the hurt means that our iris begins to reflect the fear based denial of the underlying hurt through the blemishes that appear in the iris.

Then there is the addictive phase, and the addictive phase is where most people live. Most people live by either meeting their addictions or not, feeling happy when they have met them or not.

What we are going to have to do to truly heal our soul, and therefore heal our iris is to actually do two steps first that will have no effect on the iris.

The first two steps are working our way through our addictions, coming to see them, and then the second step is coming to feel our fears and work our way through our fears. Once we do those two steps, if you



look at a person iris after they have done those two steps, there will be very little change in their iris. So, it looks at that point like nothing is happening.

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

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

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

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

**WE are CREATED as EMOTIONAL BEINGS:**

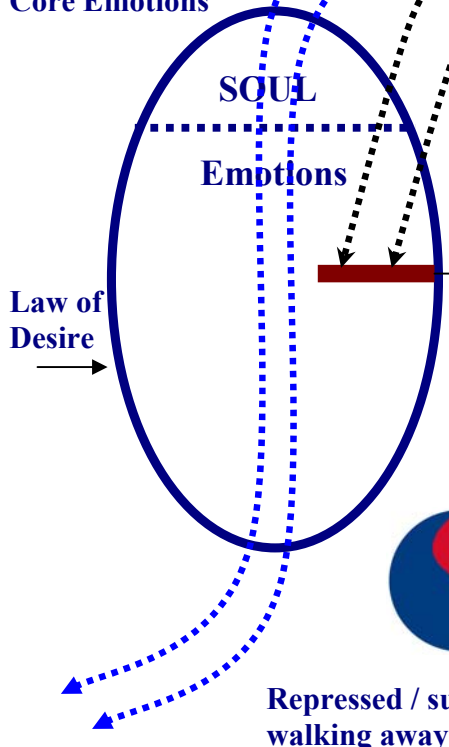
**Capping Emotions  
Causal Emotions  
Core Emotions**

**General flow of emotions through us.**

**Emotions get stuck, such as Anger, Resentment, Fear, etc.**

**Release of suppressed emotions is via the Law of Attraction.**

**With desire, this Law of Attraction enables us to release these blocked emotions. Your intention to be free of these negative, un-loving emotions is essential.**



**Longing for GOD  
Divine Love will speed up the releasing of blocked emotions.**

**Repressed / suppressed emotions result from walking away from Love.**

It is the third step which is the healing step. The healing step is feeling the underlying causal grief that is present within us, and releasing this grief in intensely overwhelming experiences. This grief is related to our definition of love, which is within us, and once we redefine love as God's way of love, rather than our own way, then you will find the blemishes of the eyes will start disappearing. One by one, depending upon how rapidly we process through that emotionally, there will be the one by one removal from the eyes.

The issue though with rapidity is the issue of how fast can we work through our addictions, how fast can we work through our grief, and get to that underlying causal emotion. For some people, they are very resistive to their addiction, and so for many, many years they do not work through any of their addictions. Other people may more rapidly engage that process. But the beauty is, by the time we get to the release of the causal emotion, we can at least measure the release of the causal emotion by seeing the change to the eye.

DJ: Can we use the right or left iris to help us become more aware of which causal feelings that we need to examine?

AJ: Yes, as you know from your study of the iris there is a huge amount of detail in both the right and left eye relating to mother and father based issues. The left pertaining a lot to the mother based issues, the right pertaining a lot to the father based issues. You can see the reflection of these particular things in the eye. There are many tools.

You are a world renowned expert, and I know you don't think of yourself that way. About the iris, you have had many, many years studying it, and you know from your own experience that there is so much detail of what you can tell about a person and their particular emotional injuries just by looking at their eye. <http://www.naturalworldhealing.com/rayidinfo.htm>

DJ: Applying the Law of Forgiveness by the examination of my right eye, my father's eye, the masculine functions, I may be able to see what I am able to forgive?

AJ: Certainly, you will be able to see two groups of things, I feel. Firstly, what you need to forgive, in other words, what others have done to you, that you have either been in denial of or suppressing, and what you need to forgive in them as a result of that. The second thing, and just as important in fact, is what you need to repent about. The things that you have chosen to do in your unloving state that have caused that damage to others that are also reflected in your eye.

This is the area, I feel, that not many iridologists have been looking at, if at all. That is, the area of the damage done by an individual to another. We sort of see it as character flaws, but we don't see it as damage in terms of unloving actions, or interactions that we have had. We sort of see it as this character trait that may be needed to be tweaked a bit, is the general attitude. A character trait that needs to be just directed in the right direction.

Whereas I would see it more as an underlying emotional injury related to how I have damaged other people, my desire to damage other people, which comes from the soul, itself. It is very important to look at the Law of Forgiveness and the Law of Repentance at both directions. We need to look at what others have done to us, and not deny that, and not deny the experience of that, but we also need to look at what we have done to others and not deny that, and not deny the experience of that.

That is the area that I believe that people have the trouble. We have a lot of ease, generally, looking at others as to what they have done to us. It is probably better to say that we are at more ease as to what others have done to us, because unfortunately we still have a fair bit of denial about that. But when it comes to us looking at what we have done to others, most of us are completely blind, and it takes a lot of work emotionally to even become aware of the damage that we have done to other people.

DJ: I hear that there are two sides to that. One is the side of forgiveness which is the damage caused to me by my parents and my environment, not just my parents.

AJ: You could have been brought up by grand parents, you went to school, there are teachers involved in your schooling, particularly up to the age of seven, that could have damaged you. You have other individuals in your life who could have damaged you. Siblings that might have caused some of this damage up until the age of seven. It is to do with your complete environment, of which your parents are your primary cause if they live with you.

DJ: If I use my iris I can examine what I need to forgive even if I have forgotten or don't feel the feeling of that.

AJ: Exactly, the beauty of the eye, as you know, you can read into a person's eye, an issue they have with a parent or any person. And you can read the issue, yourself, even if the person is completely unconscious, and is in total denial of this.



**Every tiny bit of pain you are experiencing in your life, physical or emotional, is the complete effect of a cause, and if you don't want to see the cause, those pains will continue.**

**We have whole systems on Earth totally dedicated to removing effects. The pharmaceutical system on Earth is totally dedicated to taking away effects. We have law upon law, upon law, politically to take away effects, they don't deal with causes.**

**Is it effective? No. Because we still keep getting the same effects.**

**The whole world is geared to modifying and changing effects.**

**God does not do that. All God is interest in is addressing causes.**

**There are many natural love spirits in the spirit world, 6<sup>th</sup> sphere and lower, who are totally dedicated to healing people, on Earth, who are not dealing with causes. There are literally billions of spirits in the spirit world who will assist a healing of a person that is not addressing the cause of why they got the injury in the first place. The Divine Love spirit will never respond to a healing where the cause is not dealt with.**

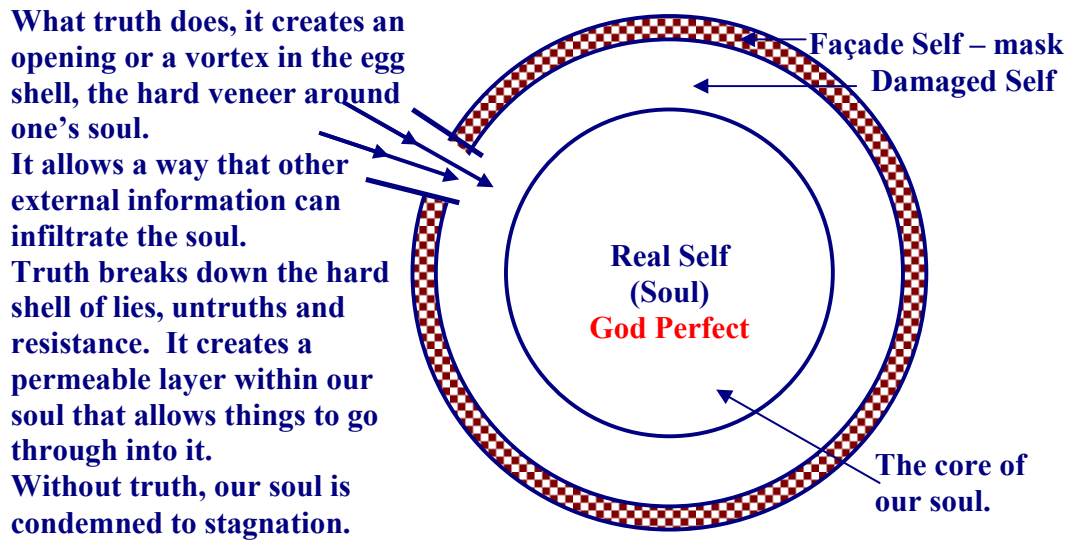
**It is totally ineffectual and a waste of energy though, because in the end, whether the person is healed or not, the emotional cause is still within them. They will either get the sickness again, or a similar sickness, or they will never address the emotional cause which is harmful to their soul anyway.**

16 May 09

DJ: So, the other half of that is because of that damage I have produced an activity of my personality that has damaged other people. And that also leads into the façade.

AJ: Exactly. And it also leads into damage to my soul which is reflected in the iris. Because I take actions out of harmony with love, these actions cause damage to my soul, this damage in my soul then gets reflected in my eye. So, my iris becomes a reflection of the damage, also, that I have done to others, not just of the damage that has been done to me.

DJ: I will use myself for an example. I have a large mark in my right eye related to my father which is a symbol of authority, and so on, not feeling loved, or protected, or nurtured. Then that would be extended into other forms of authority, male figureheads, male teachers, large male organisations – banks, military, and governments. Eventually my projection towards them is damaging.



AJ: Yes.

DJ: So that part I have to repent for.

AJ: Yes, the projection towards the others is the damaging things that you have done to others because you are positively damaging yourself. And the thing that you need to forgive is the things that your father did to you. But it is not just a matter of you intellectually deciding to say 'oh, I am going to forgive' and all is forgiven, as you know.

There needs to be an emotional process that a person goes through where they feel all the things that have been done to them. For example, when your father made you sit on the boat for fourteen hours at a time without moving, there are huge amounts of restrictions placed upon you in that moment. You were not allowed to experience anger, you weren't allowed to move, you weren't allowed to express discomfort, you weren't allowed to have any joy. There was a deep desire within you to just get away from the whole situation, and yet you weren't even allowed to do that because he forced you into this position, and there is obviously going to be quiet a lot of feelings that you feel towards your father, that you need to let yourself feel and release, and once you have released them, you will have forgiven him. But you won't forgive him intellectually until you have released the emotion that you feel.

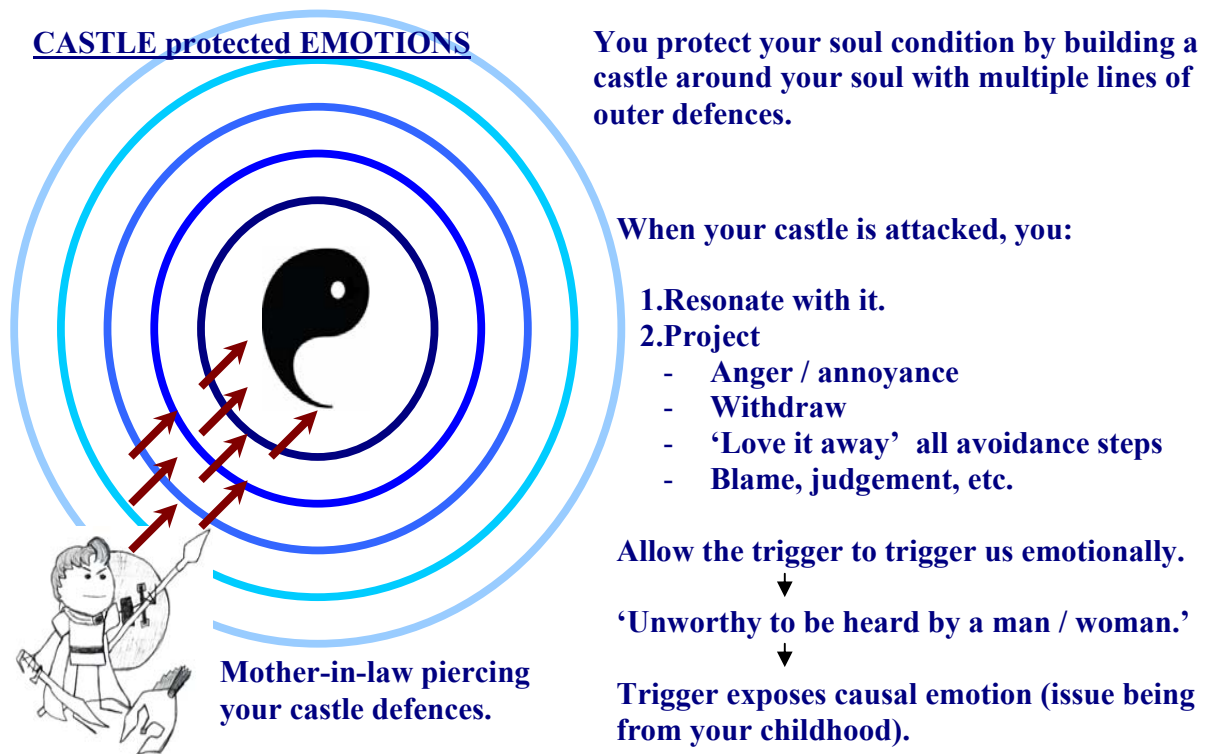
DJ: So, to really feel these two sides, the side that I need to forgive, and the side that I need to repent, is where I need a God based experience to guide me there, to show me the feelings.

AJ: Yes, the problem that we all face is that we all generally come at something by our own perspective. Unfortunately, because we are injured, our perspective is already flawed. You and I can observe exactly the same event, and you may observe that it was the woman that is unloving, and I might feel that it was the male that was unloving, depending upon each of our own unhealed emotional experiences, that has caused us to be flawed in the examination of a particular event.

God is never flawed in His examination of any event. That is the beauty of God. The beauty of God is that God sees all events as they really are without any desire to manipulate it, without any desire to



misconceive it, and without any desire to present it as a façade. Without any desire to make it seem better or worse than it was. God sees everything clearly.



Now, if you start to enter this process with God, you have a sort of guiding point, somebody who can show you what was in harmony with love and what was out of harmony with love.

For example, there are many people who believe they did something wrong when they actually did something right. And the reason why, is that when they were little they did the same thing right, their parent did not like it, and the parent punished them, and now they believe that it is wrong.

How do we find out what is right, from God's perspective? The only way is engaging this repentance and forgiveness process with God. So that the truth of what really happened from God's perspective can be shown to us. God has a lot of laws involved to help us do that. There's a Law of Attraction that causes our soul to attract events to it, and we can allow ourselves to work through emotions and if we do not work through the right emotion then we keep attracting the same thing. And that is telling us, one after the other, that I am attracting. If I attracted one thing today, and I had an emotional process, then I attract the exactly the same thing tomorrow, then that tells me that the emotional process that I went through today did not cause that problem, and it must be something different. This gives me some feedback to help me in the discovery of truth.

If I just rely on my own analysis, then my own analysis will be flawed because the reality is that I am flawed because of the injuries and because of the different facades that I may have created, I will be flawed and therefore, everything that I see will be seen through a filter of my faults.

But when I start involving God in the process and God's laws in the process, these laws are not flawed, and God is not flawed. God has a true perspective of every event, and the Law of Attraction is the perfect law to bring me the events to show me whether I have dealt with it or not.

For example, if we take an example of a woman who has married abusive men in the past and her last abusive male really harmed her, so she left him. She divorced him and she spent some time on her own, believing that she had dealt with her underlying causal emotional issues as to why, but her iris never changed, and ironically, the Law of Attraction also demonstrated, that by showing, that the next person she attracts will be either one of two different males. It will be a male that she can completely control and dominate which is the unloving expression of the injury, or it will be another male who dominates her. And the iris, during that time that she believes that she has processed that emotion will demonstrate that she has not processed the emotion, and her life is also demonstrating it also through the Law of Attraction.

DJ: With the desire, stronger desire, I can ask God to show me the truth about a specific position in my iris that I may not heal?

AJ: Yes, God is always trying to show you the truth of every situation. The issue is whether we have a pure desire to know the truth. And that can also be demonstrated in the iris as you know. When a person has a desire for truth, even that is reflected in the eye. We can even see by what is going on in the eyes to see whether a person has a desire that they say they have.

This is the beauty; the iris helps us strip away the façade. The things that we tell ourselves that we are, that the iris is plainly showing us differently.

DJ: A side note. The eye is the lamp of the body. A biblical verse. Can you explain this for us?

AJ: Yes, it was a statement that I did make in the first century because I was aware that the eye reflected all of the unhealed emotional condition of the soul, and it also reflected all the truth about the soul. It reflected both. It wasn't just about the problems; it was also about the purity in the soul as well. I was aware that the eye was this perfect reflector of everything that was going on in the soul, not just the bad things, or the unloving things, but also the good things and the loving things that were happening in the soul. The eye was the perfect reflector. And the more the soul becomes bright, the more the brightness is reflected in the eyes of the person, as you know.

The more vitality, the more life force they have, the more desire they express, the more passion they have in their life and you can see it in their eyes, and of course, you can generally see it in the rest of their being, not just their eyes.

DJ: Is the light of the body, the soul?

AJ: Yes, the soul is the light of both bodies, in fact. In particular in the first century, I was referring there to the spirit body, in particular, because the spirit body is an instant reflector of the light in the soul, whereas the physical body is a time delayed reflector of the light in the soul. And when I same time delayed, because of the genetic replications that exists in the physical body, these are much slower in time frame to the genetic replications in the spirit body. The physical body responds more slowly to

soul based changes. But the soul is the light, and the two bodies, the spirit body first reflects the light of the soul, and the physical body will also reflect the light of the soul, but in a time delayed sense because of the ways in which the physical body organism replicates its self.

DJ: The iris gives us an opportunity to have a physical reflection of our soul's progress.

AJ: Yes, it gives us another feedback mechanism. If we look at the different feedback mechanisms that God has given us, we have got the feedback mechanism of the Law of Attraction, that is a law that God has created to give us feedback about what is happening in our life. We have got the feedback mechanism of the Law of Compensation, which is this pain / pleasure type response inside of us. Unfortunately that type of feedback mechanism gets distorted through addiction. Often when we are in an addiction we get pleasure when we are things that cause us pain. We could say that the Law of Compensation is a slowly forming feedback mechanism, in that we have measure degradation over time.

A person who is an alcoholic who drinks too much, may initially experience a lot of pleasure from his alcohol, but over time his body will eventually start decaying and will cause him particular problems and his life will also become a mess and these particular things show us what is going on in his life.

So, the Law of Compensation, which is the law that guides those actions, that law is a slowly forming feedback mechanism. The Law of Compensation is instant upon the soul, but unfortunately so much of us are in denial of the soul, that it takes a long time for us to see the results of that.

Then we have the Law of Attraction, the Law of Attraction is a much more instant reflector of the soul. It is this mechanism that God has made so that every single moment of every single day we can see through our life what is happening to us. What must be out of harmony with love, and what must be in harmony with love.

Both of those two things are law based feedback mechanisms. The problem with them is that if I am unaware of the law I will probably not respond to it. And therefore, I would not respond to the feedback mechanism that God has provided.

The iris is a physical feedback mechanism, which is the beauty of it, as is our bodies. Our spirit body is a feedback mechanism, and our physical body is a physical feedback mechanism. The difference between our bodies is that our physical body takes longer to feedback because of the replication process of the body, usually occurring up to seven years, it could be up to seven years time before we get some feedback about what is happening in our soul.

With our spirit body, if we could see it, we would see instant reflection of the feedback mechanism, but for most people on Earth, they have tuned out of those abilities to see. Many people had it when they were small, when they were a child, but because of the different environmental effects, parents and others inferring that they were crazy by talking to spirit friends, and all of those kind of things, the child eventually tuned out of those particular awareness's, and therefore, can no longer see their own spiritual body. So, now we have taken away another feedback mechanism for us to see what is going on with the soul.

But it is very hard to remove the eye as a feedback mechanism.

So, the beauty is that God has given us so many feedback mechanisms, but there is this one feedback mechanism that is very physical and ever present in our life and that is our eyes. And reality is that every time we look in the mirror we have the opportunity to see it.

DJ: I would like to be able to examine my own irises, my right eye for my father traits for the things acquired through the environment of the male influence. The left for the feminine influence from the mother. And to examine these traits, blemishes, whatever they may be, to feel them, examine them, ask for Divine Truth to reveal for what I need to forgive or repent in this place. Then stay in this place for a period of weeks or months, and stay in the process. Part of the process is to maybe observe what my addictions might be, relative to that position, by the fear, feel the feeling of the fear.

AJ: Remember that it is going to be very difficult to repent or forgive without looking at those upper most layers that are not reflected in the iris as easily. These upper most layers are the layers of addiction. This layer of addiction, we need to do a lot of sincere work with, but this sincere work will not easily be reflected in the iris. We won't see huge changes in the iris when you do that work.

These are the façade, so therefore they are not the real soul. And it is only changing the real soul that changes the iris. While we can see some of the façade in the iris, it is more to do with changing the underlying emotion that caused this façade that will cause the iris to change. So we need to make sure that we do not neglect the addiction phase of dealing with these, and remember that all addictions are created because of the fears that we have. So we are afraid of feeling a certain feeling, so what we do is we create an addiction so that we give ourselves a feeling so that we do not have to feel the feeling that we are afraid of.

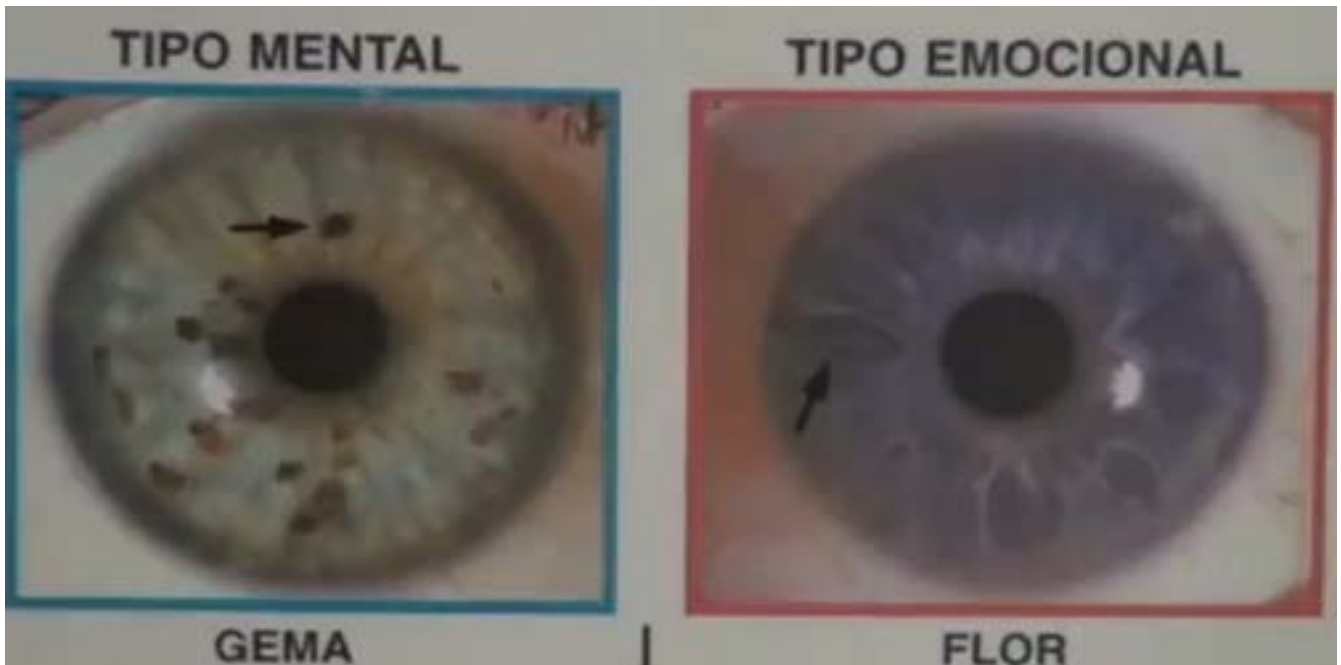
So, if we are afraid of being lonely, we create a life that is very busy and with a lot of people in it, and then we don't have to feel lonely. If we are okay feeling lonely, then we will not do that. It is only the things that we are afraid of that causes us to create our addictions. The addictions need to be felt, and they need to be released before we will get to our fears. As we are feeling our fears, our grief will very rapidly come up.

The hard work, I feel, is the work that is not reflected so much by the iris, which is the work related to the addiction process and getting rid of those addictions. The easier work, once you get into it, is the work dealing with your fears and your grief, and when you are sincerely in those emotions, your iris will reflect the change.

DJ: My fears, for me, will correspond to some of the positions, whether it is fear of abandonment, fear of control, fear of criticism. Some of the major ones. Fear of abandonment is big for many people, fear of criticism, fear of control. I look at those positions and I have them, then I need to recognise them, there are fears existing within me, even though I may not be currently feeling it.

AJ: Exactly. And this is the beauty of the iris, too. You can look into the iris and see the fears that the person has without the person being conscious that those fears exist. But their soul is telling you through their eye that those fears are in their soul.

DJ: You know what might be interesting, is that I have a picture of some eyes here. This will give the viewing audience the opportunity to see what we are talking about physically. There are many, many characteristics.



AJ: As you know, there are no two eyes alike. Even the left and right are not the same.

DJ: Even identical twins are different. They have different irises.

AJ: This is very important to understand. The reason why is that we each have a different nature in our soul, and we also have a different set of pure personality traits that got created, and of course, we all have a different set of circumstances, so even members of the same family have a different set of circumstances under which they were born. Some were born first, some were born second, some were born last, some were born males, some were born females, some were born when mother and father were going through turmoil, some were born when mother and father were going through joyful times. Every single one of these things has an effect on the iris on one or the other of the layers.

And then what the person chooses to do out of harmony with love once they start exploring their free will also have an effect on what is happening to the iris. The beauty of looking at the eye is that you see everything about the person, the beautiful personality traits of the individual, along with those flawed traits which occur through the injury process.

The other thing that we can do is see the things they are in denial of. You can look into the iris and see the thing that the person, themselves, can't even see in their own life, or you thought you have dealt with on some intellectual level. There are many people who think they have dealt with many things, but when you look in the iris, you go, 'still there'. This is an indication that they have not dealt with that particular thing.

DJ: You have set the bar pretty high, to change the iris like this, and to demonstrate these laws of compensation which are automatic, but the laws of love, repentance, and even the application of humility can actually penetrate into these levels and we can see the results.

AJ: What I like what God has done Denny, is that God has given us so many feedback mechanisms to teach us the truth about ourselves, and you know, when we deny one of them, such as the Law of Attraction, and what happens to my day to day life, we can't deny some of them, like what happens to our eye. We can't deny what is going on with it when we look in the mirror everyday, it is there. We could make out by not looking, but if we go along to some kind of iridologist who practices looking at an eye from an emotional perspective, and what is really going on in the eye as a reflection of what is going on within the nature of the individual, the information is undeniable.

DJ: Do we still engage in the natural health world of supplements and remedies, and processes, and allopathic / naturopathic tools while we are doing this or not?

AJ: I do believe that there are many, what I would call, affect based remedies that do help the soul process its emotion. For example, I have personally found massages a great way of accessing some emotion that I probably would not have been able to personally access easily. Some of these affect based processes or procedures that a person may follow certainly have their role. We just need to stop seeing them as a cure, we need to see them as a role of reducing pain, or reducing the effects of a life of living out of harmony at the soul level, we need to understand that.

Reducing pain does have a role in our lives. The question we have got to ask though is how loving it is to reduce pain or to reduce the affect of something, when someone is unwilling to address the cause. It is a bit like saying to a smoker, 'look, you need to give up smoking'. There are some countries that actually say that we will not operate on you unless you give up smoking, because if you continue smoking you are going to keep causing this same problem and then we are going to have to operate again, and operate again. At some point we have to ask ourselves how much of this is caused by you.

There are some countries, now, who will actually deny procedures to a person who is actively engaged in trying to make their life work. It is only under emergency circumstances that they would actually engage in a procedure. I feel these particular decisions are loving, because the reality is if the person continues to choose unloving behaviour, they cannot expect to have the affects of that unloving behaviour removed from them. So, this is an important thing that we need to address.

If we are focused only on removing the effects of things that are occurring in the soul without the person who is becoming to be ill, having any desire to address the underlying causes, then at some point, from a medicine perspective and from an economical perspective, and from a sincerity perspective, we have to ask the person, 'are you really sincere about fixing this problem?' Because if you are still going to continue actions that harm your soul, and therefore harm your bodies and expect somebody else to come along and fix them for you, that is not a very loving act.

DJ: Ninety nine percent of the therapeutic world and the allopathy or naturopathy world, they are all engaged in the symptoms, including psychotherapists.



AJ: I agree, but what I noticed with therapies, let us choose psychotherapy. If you go along to a psychotherapist who is willing to tell you the truth, the unblemished, the unadulterated truth, and who is unwilling to treat you unless you do something about the truth, then you will have a large degree of respect for that individual. You will also have this internal soul attraction to them, that seems to happen. Our soul is attracted to truth. Unbeknown to many of us, we are automatically attracted to truth.

The reality for most of us is that when we are lied to, we feel very hurt. This is an indication of how our soul is built to want the truth eventually, even if it is unpleasant. I believe very strongly that any people in the medical profession that are brave enough to address issues from a truthful soul based cause will always find their practice successful. Even if they gave away their service for free, they would find that they would live a very good life because there would be very many thankful people who would want to come to them.

The issue is, breaking the mould away from the effect based medicine and into causal based medicine. Medicine that addresses the actual issues, rather than just solving the effect.

There are industries that would suffer from this kind of medicine. For example, the pharmaceutical industry would definitely suffer from this kind of medicine. In the sense that many pharmaceuticals are produced primarily to reduce effects, and have very little effect on the cause. But if you look at the behaviour of the pharmaceutical profession, particularly the organisations themselves, you can see that they are currently making many unethical choices anyway. They are already doing things that are damaging their own iris, and damaging their own souls through their processes.

I feel if there were a group of people in the world who were willing to change their medicine into addressing causes of the problems rather than the effects, you would find that there would be a great honouring of these people, honouring their time, and honour their effort eventually through out the planet. In fact, after awhile it would become such the norm on the planet that pharmaceuticals would become the not normal. It just needs to have courage of a few of these men and women who have the deep and strong desire to help people to deal with their pain and deal with their suffering. If even just a few of them can engage this process in a proactive manner, you will find great results.

The other thing that we need to remember is that all of God's laws support the most loving and the most truthful action, and so, all of God's laws are going to support any person who chooses to focus on the soul as the method of curing the bodies, rather then focusing on the effect based, body based medicinal and therapeutic actions.

I am not saying though, that these actions do not have a role, I do believe that at some point they do have a role. In particular they have a role to introduce the person to the soul based cause. A person may initially come along to a medical practitioner, saying look I have got this problem with my heart, can you give me a pill? And if that medical practitioner decided to instead go, well did you realise that every problem with your heart is actually related to some emotion in your soul relating to grief? Have you given that any consideration? And what I would like to do is work with you, beside giving you a pill to help you with your heart, I would like to instead, also work with you on this other issue, and in fact, to be frank with you, I don't want to give you another prescription for other pills after you have finished this lot unless you are willing to go and deal with the actual cause. Then there would be a lot more positive responses, I feel from the general population.

DJ: If I noticed a particular position in my iris that relates to my liver, and I am willing to process the feelings that correspond to that related to my family and to environment, and I also want to clean or stimulate that with medicinal herbs, for example, is that acceptable?

AJ: Definitely. In fact, I think, preferable. The reason why is because the reason why the liver is having the malfunction on its own is because the soul has a certain bottling up of certain types of emotions, as you know, a lot of them are related to anger, frustration, and this kind of emotions. And as a result of that, it concentrates in the area where the liver is. So as you work through the soul based causes, the liver will obviously heal itself through the process. However, if you can aid the speed of the healing of the physical organ, obviously your pain will lessen quite dramatically during the process. So of course you want to help your body go through this process of cleansing itself as a result of the underlying cause.

When the soul, itself, has the problem that is blocked emotionally, it affects the body in the same location, and the body itself, gathers toxins, gathers toxicity, and as a result, both bodies, the spiritual and the physical, gather toxicity in that location.

If you can do therapeutic things to aid the release of toxicity in those locations, then that is certainly going to have a positive effect. But if you do that without addressing the emotion in the soul, you won't have any long term benefit. Or you will be doing that physical thing for the rest of your existence, you will be taking a certain herb with a certain medicinal property to heal your liver for the rest of your life, and you still won't heal the liver because you will probably die from something related to the liver, but you may have extended your life quite significantly.

Better though to have dealt with the actual cause which exists in the soul of the individual, the emotion that is present. If you deal with that you will not need to take these medicinal herbs or other things therapeutically for a long period of time. You will just need to take it for a short period of time aiding your body in the process of its recovery, and after that you will feel that you don't need that any more and you will be dispensed with all of that.

DJ: Would you say that one of the primary medicines is water?

AJ: Certainly.

DJ: It is probably the best medicine on Earth is water?

AJ: Certainly, particularly if it is nice pure water, not water that has been added to or polluted by some chemicals or put through some chemical process.

Water is an amazing thing for the body because it is the vehicle by which all toxicity in the physical body can be released if you release the soul based cause of the toxicity.

I can drink a lot of water and it will release, initially, quite a lot of toxins from my body, but if I do not address the underlying soul based cause of this build up of toxins in my physical form, then what will happen is that my body will start accumulating more toxins that I will have to release again. And the

build up will start again. This is why people go on regular detoxes because the reality is there is the underlying soul based cause for the toxification of the body and that is not being addressed, the body absorbs toxins through out its experience and then we might go through a detoxifying process which clears away the toxins, but in the end two years later, or five years later, we have to do the same thing again because we have not addressed the underlying physical cause which is based on the soul based cause that is affecting both bodies.

But the beauty of water, too, is that it can help us become a lot more conscious of what is going on. The beauty of water is that it is one of the ways in which all forms of beings communicate with each other, through water, and spirit beings are able to communicate with us more easily if we drink more water, and this allows us to become more conscious of different things that we would not be conscious of normally.

In addition, water is a beautiful way of replenishing the body and keeping the body in a healthy state, so I feel water is a very essential part. To me, water is the main medicine, if you like, of a person who is in a soul based recovery. Any soul based work that a person does needs to be accompanied by the drinking of a lot of water.

DJ: Soul based recovery! We have to recover our souls, yes?

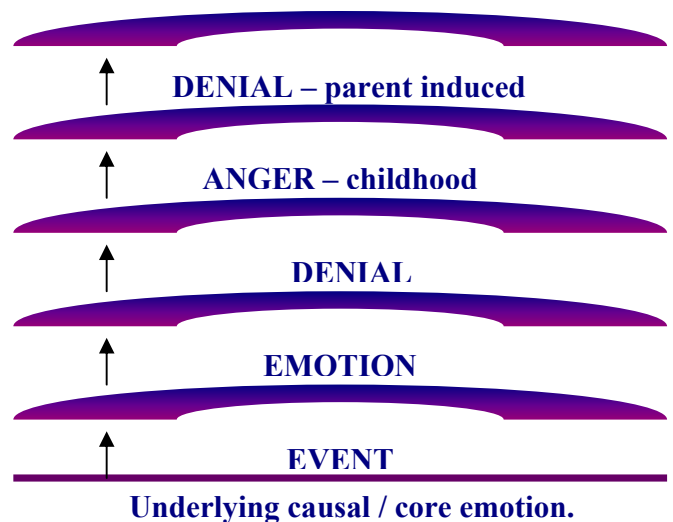
AJ: If you think of it, what's happened is that we have this beautiful pristine pure soul that God created that had no awareness of itself at the time. Once it incarnated onto the planet and it began an experience, it began this experience of gaining self awareness, but unfortunately because of the suppression of the environment, and also façade based suppressions that have occurred through our own choice, and our own unloving behaviour, we have caused a toxification in our soul, as it were. These are emotions that are present within our soul, and the reality is that we need to allow ourselves to work our way through these particular things if we are ever going to feel any benefit to our bodies permanently.

DJ: All of the causal feelings that are causing the marks of the iris, are they all ultimately related to my relationship to God?

AJ: They will be related primarily to your relationship to a number of things, not just to God. Obviously, God will be the primary thing that they will be related to. Particularly they are related to the aspect of love. The reality is that we can heal a lot in our body, even if we are not

**RELEASE of FROZEN EMOTION PATH:**

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



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

connecting with God, or we have no desire to connect to God. We can heal a lot in our body just by connecting to our causal emotion experiences.

There are two other essential parts, I believe, and that is with the injuries in connection to yourself are generally related to the same gender injury that you have with your same gender parent. And also the injuries that you have related to the other half of yourself, your soulmate. These three basic things, God first, then yourself, including your half of yourself and your other half of yourself, these three primary things cause much of the damage to our soul. The next layer is the things that we have done to others of God's children. So if we added together the primary damage that we have within our soul, we will find that it is to do with God, first, ourselves or our mate, second, and then what we have done with other people, third, and then what we have done with the environment, fourth. The reality is that there are things that we have done to the environment that also caused damage to our soul, and therefore had a reflection in our iris. And these things are all possible to be cured within us at the soul level.

It is not just the relationship with God that needs to be cured or repaired but rather relationship with all things around us that needs to be repaired.

DJ: Well AJ, what else do you have left for me in the iris; I have just about run out of my bank of questions?

AJ: I think the next discussion we have needs to focus on a bit more technicalities, perhaps. You have noticed different emotional things from within the iris.

Mary has prompted a few questions.

AJ: Denny, what has been your background been with the iris itself, and what have you noticed in the iris and why you have been attracted to the teachings of Divine Truth, as of a result of what you have observed? Perhaps that we start first with iris itself and what you have observed generally.

DJ: My passion for the iris began some 35 years ago as a result of some experiences I had where I began to recognise that the eye was the light, the light within me. Then I started examining the iris as it related to the soul. So, for me the iris was always the soul. So any time I would look at a person, I thought I was looking at the cathedral of the soul.

As a result of that, some people said to me, you must be an iridologist. I went 'what is that?' They said well go down to the health food store and there is a large research book and it will tell you about the iris and its many defects. I went and got that book, and I put it down, because what I saw is that it reflects on the negative conditions of the body, but no reference to the existence of the structure of the soul. Because for me, the real value of the iris is how to see one's soul. And how to be able to occupy more of one's soul.

AJ: Did you also see when you looked at the iris positive things about a person's soul, not just negatives.

DJ: Yes, I primarily focused upon what where their natural abilities that they had and felt, whether it was words, art or music or movement. You can see these natural abilities of their soul.

Slowly what came was a series of experiences about how to help somebody occupy more of their soul. To do that, it was necessary to examine the relationship to the father in the right eye and the mother in the left eye, as it related to men and women, and authority and so on and so on. And that was my progress for many years.

I examined tens of thousands of people and I made laboriously detailed charts of all of the positions. And I constantly asked God to show me, show me the meaning of this position, and according to the Law of Attraction they would start arriving with exactly that position in the iris.

AJ: So you would have a group of people start turning up with exactly same problem, in the same position.

DJ: Yes, and they would start instructing me about what it was in their life. Then I would take that information and compare it to other people, and gradually began over years, developing the positions and the understandings.

That was really my passion, was to connect to the soul. Because to me, every iris was a fingerprint. So this was connecting to one divine soul which was to me like a reflection of God. If I could love this soul the way they are then I would have a little closer relationship to know God. So that was the way I began to do this work.

Then I started building the maps of the iris' relating to brothers and sisters, mother and father, trying to track one position where it progressed through the family as a pattern of how it was continued in their genetic code or their environment, how mothers and fathers transferred this.

AJ: So in this phase you were starting to see the linkage between grandparents, great grandparents, right the way down through the lineage to a person both on the mother's and father's side?

DJ: Yes, and then I really began to wonder, when does all of this happen? So then I started photographing a series of children, and got all the way down to several times going into the operating room when a child is being born. A friend of my ended up having a Caesarean, I actually filmed the Caesarean and took it over to the baby to film the structure of the iris, to see what is there at birth.

So then we got very good cameras and photographed babies, gradually photographed all the way up to 15 to 20 years of iris formations.

AJ: Did you trace many of these people over their life.

DJ: Yes we had a number of them over about 30 years and that was about my limit because I started to drop it after a while.

I was most interested in the formation of the iris by the layers. So that there were no brown spots, or general colourations in very young babies. Their eyes would change colour over periods of weeks or months. You could actually see eyes that were blue gradually become brown. And I began to watch this form according to the development of the child, when they began to develop the will and the mind,

and you could see that the brown dots would gradually fill in til about the age of 7 or 8. Very few of them actually formed after 8.

We have photographic evidence of some of them forming. Only one very large brown dot was I able to see form in somebody's eye after the age 30. I have not been able to photograph any of these characteristics leave the iris.

AJ: Once they formed, they seem to become a permanent part of the iris?

DJ: Yes. When I was first invited to go back to the first international congress of iridologists in the world, it used to be taught that the iris changed if you did the right supplements, and all these lines would fill in. I could not confirm any of that. So I stood up and said that I do not see the iris change at all. Boy or boy, did I receive some angry addictive reactions on that one. Now it is not taught any more. It is pretty well confirmed from a lot of studies the iris does not change.

There is also some very well documented scientific studies in Sweden, which now have scientifically confirmed that you can see mental attributes and personality in the iris for the first time. So that part has been confirmed and also is it genetic in the iris. Now it is confirmed that the iris is a genetic reflection. They yet do not want to deal with the existence of the soul.

AJ: The emotional reflections that come down through the genetic structure.

DJ: So for me it was, over a period of years, gradually doing that. Then came the sequence of children and how that related to reported processes, came. Then I started to want to know how to access the deepest qualities of the soul, and what came as part of the work was I used to begin to do the humility, I used to call it clarity and free will. And then I got a video with you on it, you are describing humility in such an illumined expanded way, clarity that was truth, free will was desire, it was a natural sequence, exactly what I was doing.

AJ: And you don't even know who gave you that video?

DJ: No, some body from Australia sent me a video, or maybe my Guide said 'watch this video' – right. I turned it on, it took me an hour, and then I knew you were speaking the truth. Now the application of that truth, to be able to help myself and others to access and occupy our soul recovery. To really occupy and embody the souls experience as God originally intended it.

AJ: And designed it to do.

DJ: Yes, so now the science of this and to be able to apply it to the iris to aid our brothers and sisters to be able to encourage them to continue the progression. Some times for me it is not easy to be always be in the feeling of something invisible, God, with my mind, which is invisible, my soul is invisible, my intentions and desires are invisible, except for the reflection.

AJ: And accept for the fact that you feel them.

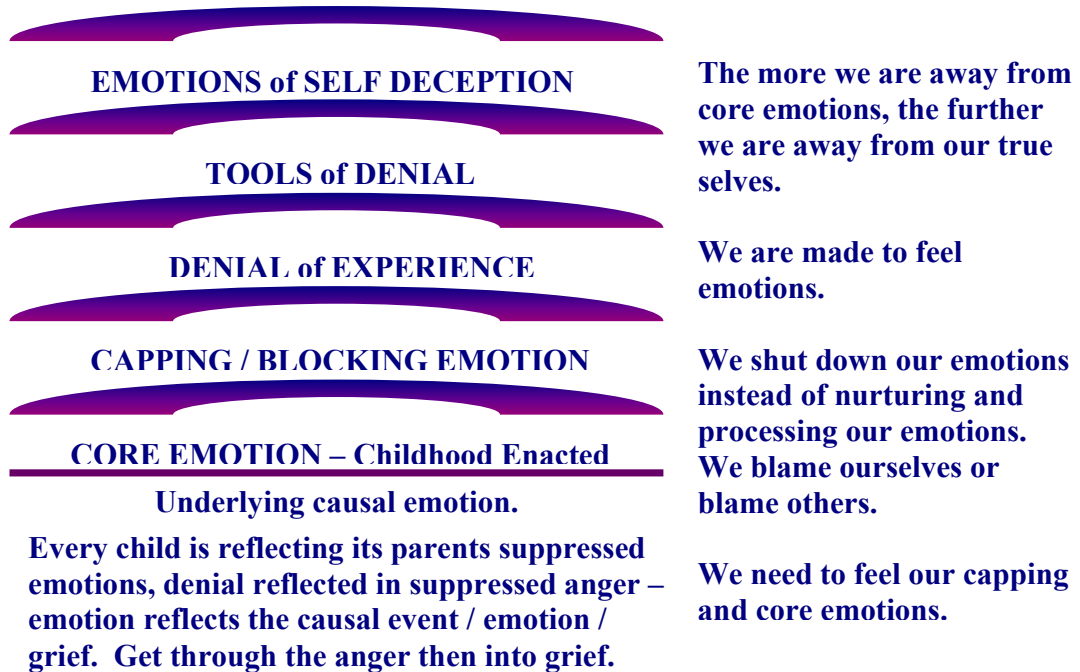


DJ: Yes, we feel them. The iris actually can become a measuring instrument for being able to show the progression. That can be very motivating for myself and others to say, ah, we are finally getting it where we wanted it to be in the beginning. We want to occupy the soul and here is how. It is the science of how to get there.

AJ: And also to heal the effects of a soul that has been harmed, that I feel is of great appeal as well.

DJ: I think there is also a really valuable lesson for parents to see the structure of the condition of a child's iris' forming where they have the responsibility to be aware of what their causal feelings are, that are being projected onto the child. Look, your child is being affected by your actions. I think we have to say the truth that they have responsibility. This will change the relationship to their children for many of the parents.

**WE NEED to FEEL CAPPING and CORE EMOTIONS:**



AJ: Yes, I was often thinking through that experience of yours of how God is always trying to bring us into more scientific truth as well as to personal truth. I do not know if you have found that, but I can see that with the private discussion we have had with you, how God is trying to help you understand more scientific truth, more actual physical evidence that supports a certain theory you started out with, that you now are quite certain about as a fact rather than a theory. I feel this is a beautiful process that God takes us through of wanting us to understand the truth in all aspects, in all ways of life.

Generally the difference between religion and science, I classify myself as a scientist, and not a religionist. The reason why is a scientist should be open to all presentation of truth in any manner. I don't believe that there are many scientists on the planet that are actually open to all presentation of truth in any manner. I feel they have often a very firm idea of where the truth should come from, and that is

what they follow. I feel that if you had of taken that coarse of action then you would have been more like a religionist than a scientist, in the sense that you would have gone into a belief system, believing this is how I want it to be, and I will acknowledge all of the things that seem to prove that is how it is, and I will push aside all of the things that seem to prove that is not how it is and I will only accept the things I believe I can accept with a few modifications.

In some ways I feel that you are a more purist scientist in the sense that you are willing to start with a blank page, as if it were, and then build upon it through an experience through measuring and then eventually come up with some form of understanding about those particular things, that you would normally not have come up with if you had started with a very clear concept.

DJ: I really don't know what iridology is, but I am a mathematician. I like the math of the iris; I like the precision of where things are. Even in the structure of the iris, itself, there are a series of very specific regions, like rings, and these rings are highly mathematical to me.

Ring number 3 is related to truth. When I got the first explanation from you about the worlds, and the lesson there being level 3 is about the truth. So ring number 3 is about the truth. Level number 4, the same lessons that you have on world number 4, it is interesting in that the structure of the iris is almost like the structure of the universe. It is a microcosm of everything.

AJ: This is also something that God has done very regularly and that is shown us little things, basically stating to us that we can see from these little things that there are much bigger things that we could examine using the same technique.

**3<sup>rd</sup> Sphere – Truth is told at all times.**

**2<sup>nd</sup> Sphere – One follows his/her desires.**

**1<sup>st</sup> Sphere – Actions dominated by fear.**

DJ: Exactly, for me the iris is reflected in the face, it is reflected in the hands and the feet and the body and the structure of the universe. So by being able to more fully occupy our own soul, we more fully occupy the divine universe. So that is why I am here.

AJ: Very fascinating.

DJ: I am only here because you are right. It is just simply the truth, who could deny the truth when it is the truth.

AJ: Well there is a lot that do that too...I feel the important thing is that for people to understand, that for lot of the times is that we need to really have this strong desire for the truth that is so strong that we are willing to give up preconceived notions of what we believe the truth to be. I feel that a lot of people have very, very strong resistance to that concept. The concept of giving up my own ideas in favour of a more truthful idea. I feel that is something that you seem to reflect as an individual.

DJ: One of the most interesting things that happened to me. For a long time I was examining my own eyes and I used to have an apartment where I had four of the old projectors, those ones that burnt out the little lamps, I had them on all of the walls and I would walk around and touch them and look at them.

They were on for weeks and months. Then I had this law of attraction, I attracted this feeling for a woman who I fell in love with, and then I go wait. I had her eyes photographed. I had to see the reality.

So I got my eyes projected and put my eyes up next to hers and I found that the causal things that she had would fit like nut and bolt into mine. So the irises of people who were attracted to would just exactly fit into and trigger my causal feelings and call this love.

AJ: And also call this love. It is almost that addiction or co-dependency being perfectly reflected in each other.

DJ: So then I began to photograph many thousands of couples, and look at the types of couples who came together to act out their attractions. You could see that the ones who had damage with the mothers attracted someone who had damage with the father in exactly the right spot to tickle each others fancy.

We call this love.

AJ: This is the beauty of studying the iris in a lot more detail with a lot of background information about couple's, family traits, children and parents, and the beauty of seeing all of these things accurately, is that it can tell you so much about the soul.

DJ: Get photographs of our young children's eyes, and lay them out and get those responsible adults to look at what they have and help them guide through it, and help them understand it.

AJ: Have them ask; I see something that is brown and developing in their eye, let me have a look at my eye, does it happen to be in the same place. Because it happens to be in the same place, you have to start questioning where it came from.

DJ: This is why I enjoy the iris in this way and I use it as a divine instrument.

Mary: So from what you guys are saying about the iris is at the age of 2 we start to see the appearance of dark spots, and then beyond that they keep appearing until the age of say 7 or 8, then that is what you have observed?.

DJ: Mostly.

AJ: There has been further appearances even up to 30 years of age, but it is rare for that to occur.

Mary: What are we seeing? Are we seeing the appearance of causal emotion? We know that there is causal emotion, then we create our own soul damage based on our avoidance of that causal emotion. I feel that long into my adulthood, I feel I have been creating more soul damage by avoiding my causal emotion.

AJ: The issue is that you are seeing the denial of causal emotion being created in the iris. If the causal emotion was created through an experience, and the person allowed themselves to fully experience the experience then the emotion would not have been created, and the spot would not have been created.

The spot only gets created because of an event that has occurred that the person did not allow themselves to fully experience.

Mary: That is why we see it as a spot and from then on, as we continue to avoid that we generate more soul damage. That is not necessarily reflected in the eye, but that denial is always showing, and when we visit that place and release it that should clear.

DJ: Exactly.

AJ: This is why I believe why events have occurred in a person's life. There are some events that are traumatic events that occur in a person's life after their teenage life, if you like, that obviously would have a causal effect in the eye, itself. Most of the time these events would be related to some prior event.

DJ: Yes.

AJ: This is why you don't see a major change in many person's life. But there are times when you see a major change in the eye, this is when a causal emotion has been introduced into the soul without the soul been allowed to fully experience the emotion. Now we have the denial of that emotion, which creates the particular blemish.

Mary: For the man who had the blemish appear in his eye at the age around 30, it would be fascinating to look at his history.

AJ: It would be fascinating to ask him about his life as to what happened at that age or just prior to that age that caused that particular blemish. I believe what you would find is that there is some unloving event, through his choice, and the problem with many people is that they don't want to admit to their unloving events, or sometimes, they don't even know them, so they might not know or understand the event.

However, the location of the blemish will tell you what the event was related to. You can actually assist them by discussing with them the location of the blemish, and then assist them to find what must be the event that must be related to that kind of blemish as they grow older.

Obviously it is harder to do that when they are a child, because a child is not readily cognizant of those particular developments.

DJ: You have certainly opened the door to use this tool. Now, for me, I have to live it, which is to show how the sciences of this works and do these photographs and come back a number of times and show you the difference.

AJ: It is going to be very interesting because in a lot of ways, remember there is the layers of addictions and the layers of fears that need to be addressed, particularly the addictions in people before they will start getting to some of these causes. That is what is going to be the frustrating thing for a person studying the process, because unless the person sincerely addresses the addictions and gets into the actual cause, there will be little reflection in the iris. It may appear like people are actually doing work

on their soul, but unless the iris is reflective of a change then it means that there was no work done and those people are also going to be quite frustrated because of the fact that they have dealt with what they believe to be many emotions, and yet there is no reflection in their iris.

DJ: We have work to do.

AJ: It is going to be interesting experimenting with those particular avenues of experiments and seeing what the outcome is.

I also liked your reflections that the eye is a reflection of everything in the soul, not just the injuries in the soul. This is where we can help people see the beauty of their underlying personality. I feel a lot of people have had deep levels of suppression of their underlying personality, and this suppression can be beneficially aided by looking into the eye, and talking to the person, and saying that you have this ability, and you have this ability, these are abilities that you are not recognising within yourself that you can actually begin to embrace.

DJ: The process can help them to locate their personal passion. It gives them the vitality that moves all the energy.

AJ: Exactly, there are a lot of positive things that you can take from the iris as well, and help the person with their desires, as you know from what I have been teaching people. It is not only just important to address the underlying emotional injuries that are out of harmony with love, but it is very important to start looking at the desires that a person has that are in harmony with love, and are a part of the nature that God created in them.

I feel an iridologist, if we could call them that, could have a very positive effect on a person's life in both of those areas, not just in the area of examining the injury, if they are well trained.

Thank you very much Denny.

[Diagrams have been added by others after the discussion.]

Iridology series:

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

Pascas Care – Health of all Our Bodies

Soul Progression and the Human Iris

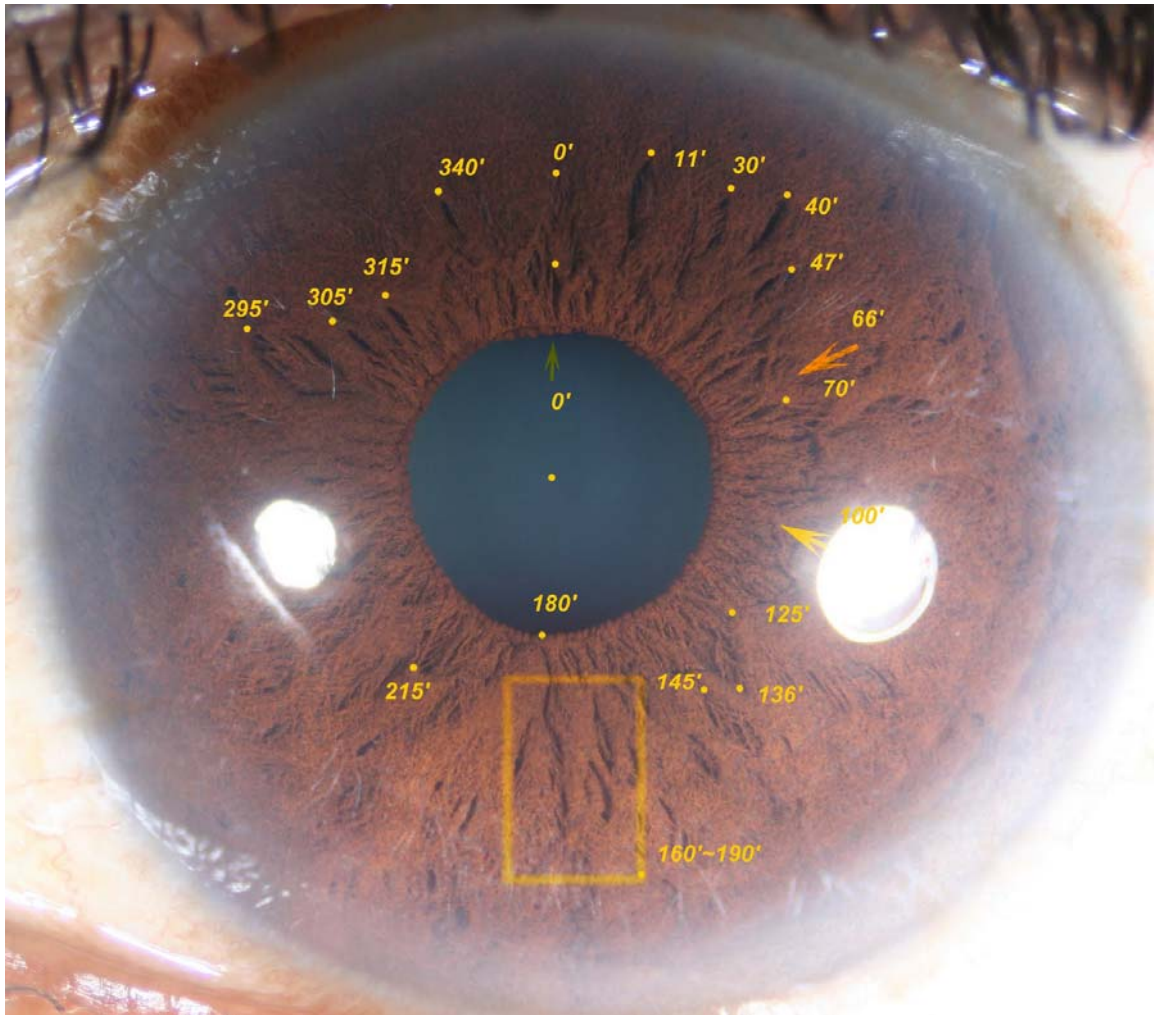
Pascas Care – Truth about Spirit Influence

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



**PASCAS  
PERS**

<http://sivasanta.blogspot.com.au/2011/05/modern-iridology-vs-embryological.html>



Judas of Kerioth

July 18<sup>th</sup>, 2002

What determines the attitude of people, either mortals or spirits? Definitely, it is the development of their souls. If people really want to improve, they have to improve the condition of their souls, "to grow spiritually," so as to say. There are several roads leading to this goal, as you know: through the development of natural love, or Jesus' way, "seeking the Kingdom of God," that is, to **seek the Love of God**, because this way "all these things will come to you as a matter of course."

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

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**MODERN MEDICINE IGNORES OUR SUBTLE BODIES:**

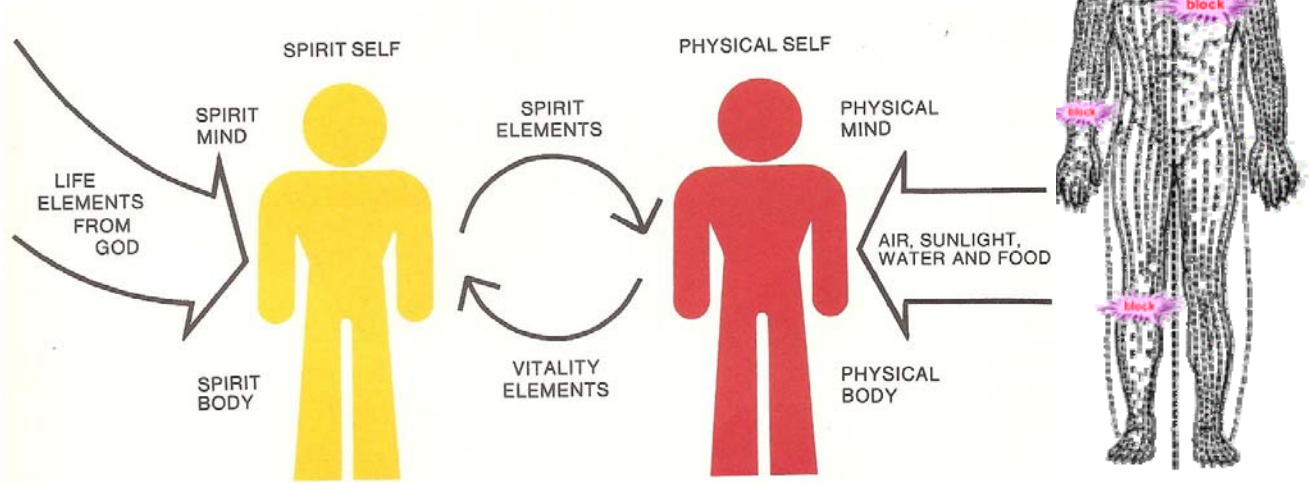
It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:  
on the physical level  
on the emotional level  
on the mental level  
on the psychic level  
on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

## MEDICAL PROCEDURES and RESEARCH



### Sometimes You Can Find a Needle in a Hay Stack!

While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your soul and spirit body is the home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.

**GREATEST THING in all the UNIVERSE:****Judas of Keriath****May 16<sup>th</sup>, 2002**

God is Love and is willing to share this Love with all His children, that is to say, with all humanity.

God does not impose upon us anything by force, but rather always requires our invitation to be able to impart what He wants to impart us. Lastly, mortal and spirit life develops within a framework of laws on the material and spiritual level.

The Heavenly Father's Love is not a simple feeling, but rather it is His Substance, or the Essence of Divinity, that distinguishes itself by attributes, as any substance does, and what we call "unconditional love" is but one of these attributes.

The question, then, is: What did Jesus teach?

First, he preached the existence of a personal God, whom he called "Father," something very revolutionary at that time. Then, he taught that the Father was unconditional Love, and that He was desirous of sharing that Love with His beloved children. In a typical example, Jesus said: "Some of you are fathers, and if your son asks you for some fish, would you give him a snake instead, or if he asks you for an egg, would you make him a present of a scorpion? So, if you, for all your evil, know how to give good things to your children, how much more likely is it that your Heavenly Father will give the Holy Spirit to those who ask him!"

However, Jesus' teaching went beyond this. He explained to his listeners that in order to be able to receive the Father's Love, it was necessary to ask for it. Because the Father always respects the free will of His children, waiting for their invitation to grant His blessings and benefits. And the way to communicate with the Father, for simply being in communion with Him, or for asking His advice and help, is prayer. Jesus even delivered a prayer, a clear indication that this was a central part of his "educational campaign." In addition, there are several quotations in the Bible, where one may readily see that Jesus highlighted the immense importance of prayer, that is to say, the quest for God.

“Set your heart first on His kingdom and His goodness, and all these things will come to you as a matter of course.” (Matthew 6:33)

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.” (Matthew 7:7)

And these, my dear brothers, are the fundamental principles, how mortals and spirits may find their way to God.

I am aware that there are many beliefs in the churches that do not correspond to the truth. But of course, it is not the correct procedure, neither is it an effective course of action, to attack what people so much appreciate and hold in esteem as central points of their religious life. Jesus did not do this, why do you want to do it?

A long time ago, Jesus explained the following in a message: [A message from Jesus, was received by K.S. on March 5<sup>th</sup>, 2000. <https://new-birth.net/contemporary-messages/messages-sorted-year/messages-1984-2000/jesus-walking-on-the-water-ks-5-mar-2000/>]

*“As you are aware, there will be many people who will continue to believe that I walked upon the water because I was a “divine man”, because I was able to perform other feats which defied reason, and I would suggest that you do not put too much time or energy into trying to convince them otherwise, but instead emphasize the Divine Love, as you see that we do; for It is what will save their souls. If they believe I walked upon the water or that I am God, this is an error in judgment or a misunderstanding about the facts of what is the truth, but will not interfere with the reception of the saving Love, when It is prayed for with sincerity and humility. There are many erroneous conceptions which are in the minds of millions of people throughout the world. Some of these are more detrimental to the acceptance of truth than others, but God's Love and Mercy in a person's soul will eventually allow the person to erase all erroneous concepts, and they will not even be aware of when these “ideas” (which they had held so dear and held onto so tenaciously) had left them, leaving only clear understanding of truth to guide them on and upward in their spiritual development.*

*But here I would like to add that, without a sincere and prolonged desire for truth from a humble soul, the mind can stay in ascendancy, and erroneous beliefs will cling to the mind into the 6th sphere, and will never leave as long as the person wants to believe in them. So, without the power of God's Love in a soul, and the power of truth residing there, the mind can remain in ascendancy, and the truth will be overridden by free will.”*

Do you see what he wrote here?

If you really have faith in Divine Love, the very Substance of God, to take possession of that soul which goes to the Father by means of its longings, and that with the reception of this Love also faith, knowledge and thirst for more always come to it, then the central point of your activity should focus on the knowledge that God wants to share His Love with all people, and on prayer. You have to teach them how to pray, because there it is, where the greatest problem lies: people in general believe that praying is synonymous with reciting pre-fabricated words. People have to understand that this is not so, rather that prayer is conversation with God, from soul to Soul, prayer is the burning desire of the soul to be with God and to receive His answer, as many people only experience it in situations of extreme despair. But it is a desire that one may cultivate, an internal pressure of love, and a spiritual necessity.

When you have managed that people understand this, then God's Love will take care of all the rest. Remember, “set your heart first on His kingdom and His goodness, and all these things will come to you as a matter of course.” All will come as a consequence of this wonderful Love in our soul, also knowledge.

Does it really matter if somebody believes in the trinity? Does it really matter if somebody believes in Jesus' virgin birth? Does it really matter if somebody believes that Jesus had brothers or did not have siblings? Does it really matter even if somebody believes that Jesus is God?

All, despite their beliefs, will have the opportunity of receiving the Love of God, and with It, wisdom and knowledge. It is not so difficult to advance ever more in the development of our souls, **what is truly difficult is to get this process started**, you know this, and in this you have to offer a helping hand. This is your task. All the other discussions are useless and counterproductive.

At times, there are sentences such as "truth and untruth cannot compromise," which motivate these undesirable conflicts. The sentence is correct, because at long last, truth will prevail, and untruth will disappear. But on Earth as well as in the spiritual spheres of the spirit world, truth and falsehood live side by side in an apparent compromise. I say apparent, because this coexistence is not definitive and will be resolved, as all that which engenders tensions will be resolved. God's world does not admit of tensions, and freedom from tensions is one of the definitions of happiness.

God respects our free will and its manifestations, such as wrong opinions. He respects them and waits patiently, until man becomes aware and rectifies. God offers His Love and His help, and with supreme patience accepts rejection, saying: "I honor your will of not listening to me. I only tell you that I will always wait for you. When you need me, call me, and I will be there." God knows no pride, He only knows Love.

So, dear brothers, let us learn to respect as God respects. Let us learn to love in spite of rejection, let us learn to always be ready to help and never feel hurt. But in the first place, let us learn that we cannot indoctrinate. We can only show the way, we can only teach how to pray. However, to walk and to pray, this is what all have to do for themselves, because it is a manifestation of their free will, the principle consecrated by God.

I hope that it may help you as guidance in your actions and to constrain the fervent desire of some for attacking with guns and cannons anything they consider false beliefs. This is not the way. Jesus' message is Love, and Jesus' method is Love. If the Master is your ideal, then go and do the same. I have more to tell you on the subject, but this we will postpone until our next meeting.

God bless you all.

Your brother and guide in the Love of God, Judas

**Judas of Kerieth**

**May 17<sup>th</sup>, 2002**

The central theme is prayer. Prayer is the key that opens up, for each individual, the door to greater knowledge of the soul and, of course, in the first place to the Father's Love.

The Truth is that God is Love, and that He offers to share this Love with all of us, when we express through our longings the deep desire of receiving It, for this way to come to at-onement with our Creator. This Truth is enough to save everybody. Let us leave it so.

What is false, will eventually die, only Truth will remain: Our Father in the Heavens, the God of Love, wishes that we communicate with Him, so that we may enjoy the privilege of living with Him in the mansions of His Eternal Kingdom.

**“What is truly difficult is to get this process started.”**

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

**Judas of Kerioth**

**June 25<sup>th</sup>, 2002**

The experience of receiving the Father's Love for many people is an unforgettable event, a force that enters the chest, that "burns" there and that produces an ecstatic effect beyond the moment of inflowing, a happiness that lasts hours and hours after the happening. Those are hours when the soul reaches the peak of spirituality that the development of its potential allows. But just as after having drunk too much alcohol, a "hang-over" may present itself, so also after the reception of God's Love, the moment may come when the connection with Divinity diminishes. People return to the so-called reality of life, and when the increase of their souls' sensitivity lets them see much more clearly the "cold," or the lack of harmony, in the surroundings where they are living, frustration takes over.

This "spiritual hang-over" is like the cold wave which you now find unbearable, but which some time ago constituted a part of your normality, without drawing your attention to it. It is as if the Love in the soul had stopped to burn and to provide warmth, and the soul, feeling abandoned, finds itself amidst a cold and hostile setting. Deception and frustration contribute to lower its spirituality, and it is very difficult to get out of the whirlpool that threatens to drag the soul down to the level where it stood before, and the soul defends itself, bringing about conflicts and bitterness.

It is exactly this frustration, the result of the "opening up of the soul's eye" of the soul that clouds "our sky" and prevents the warmth of God continuing to come to us. But don't forget that you yourself can clear your soul from the clouds, so that the warm beams of the Father's sun may enter again.

I write again what I have already written you many months ago: "When you manage to convert to this attitude, the one of going to the Father, into a part of your life, your spirituality will no longer be like a rollercoaster, with ups and downs. Do you remember what you read yesterday in Mary Magdalene's message through Amada Reza?"

'It is a fortune that you are possessed of the knowledge that your spiritual nature is your true nature; your physical world, always subject to change, will not affect you as much as the one who places his or her confidence in its so-called realities.'

If you seek stability, lean on things that are stable."

The road towards the Father is a smooth highway, provided you know how to ask for His help. It is not a rubble strewn path, where you fall from pothole into pothole. The potholes are the products of your mind.

It is exactly this dissatisfaction that you are feeling, which constitutes the fuel for progress in the spirit world. Here, on Earth, perhaps you get the impression that you are moving in circles, without getting off the spot, but remember: Already now, in this very moment, you are undertaking a parallel voyage in the great world of spirits.

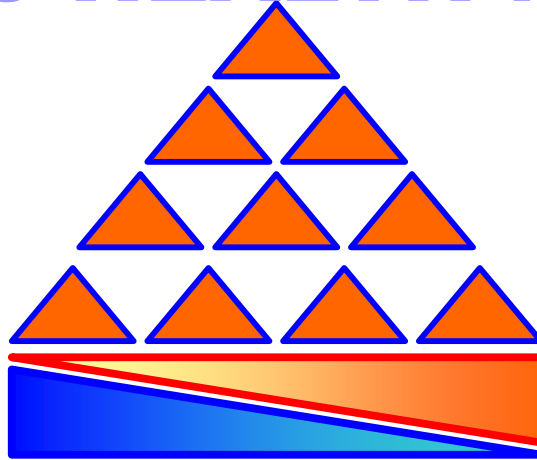
It is fantastic to receive the Father's Love, but this is only part of the work. It is not enough to be a "consumer," but you have to activate this Love within you, because only in this way you may keep up your spirituality on a constant level, and your "eyes of frustration" will become "eyes of Love."

May your day be full of blessings.

Your Celestial brother, Judas



# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

**PROFESSIONAL MEDICAL TEAMS**

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

**COMPLEMENTARY THERAPY FIELDS**

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI  
Pathology  
Streamer – Case Manager**

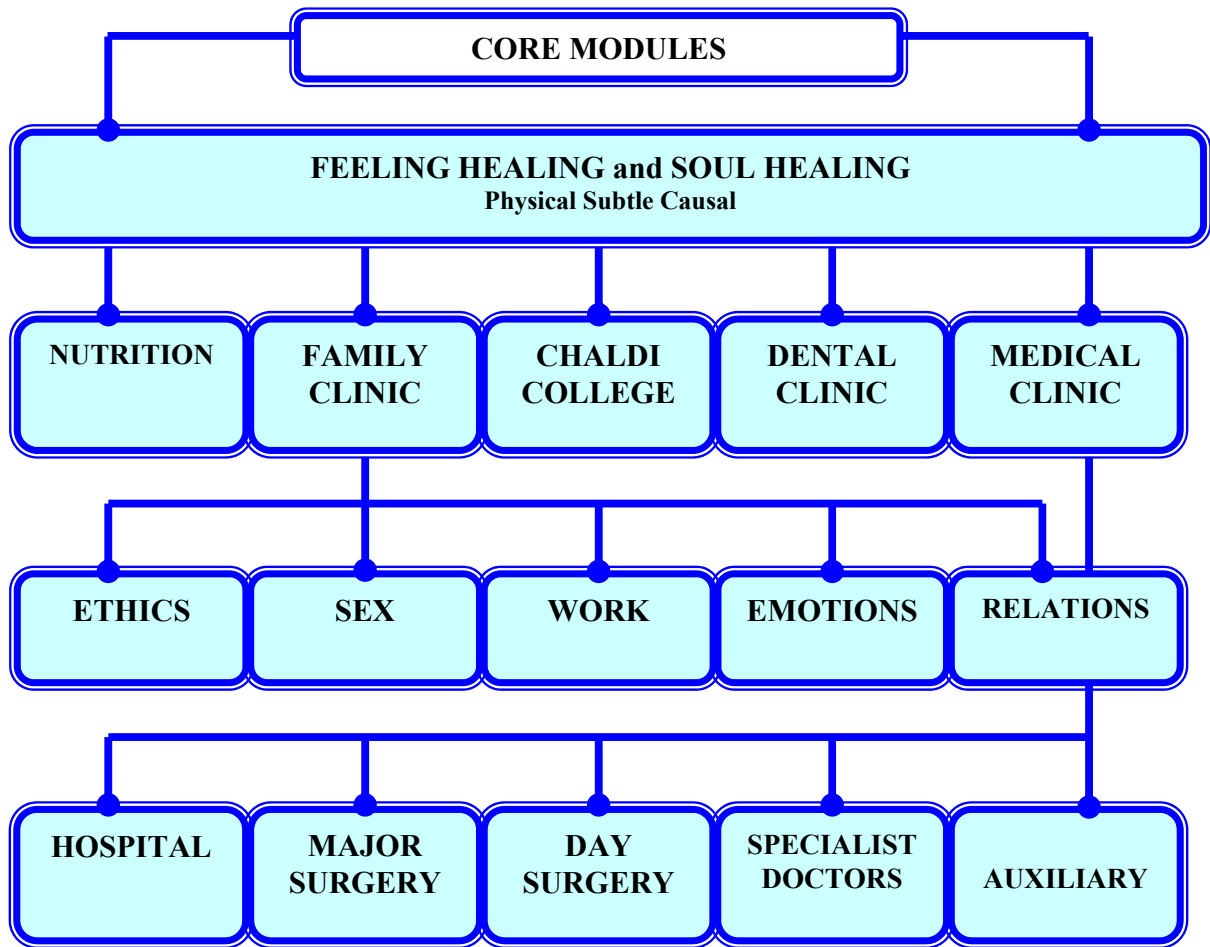


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First



# LIVE FEELINGS FIRST



**EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

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

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

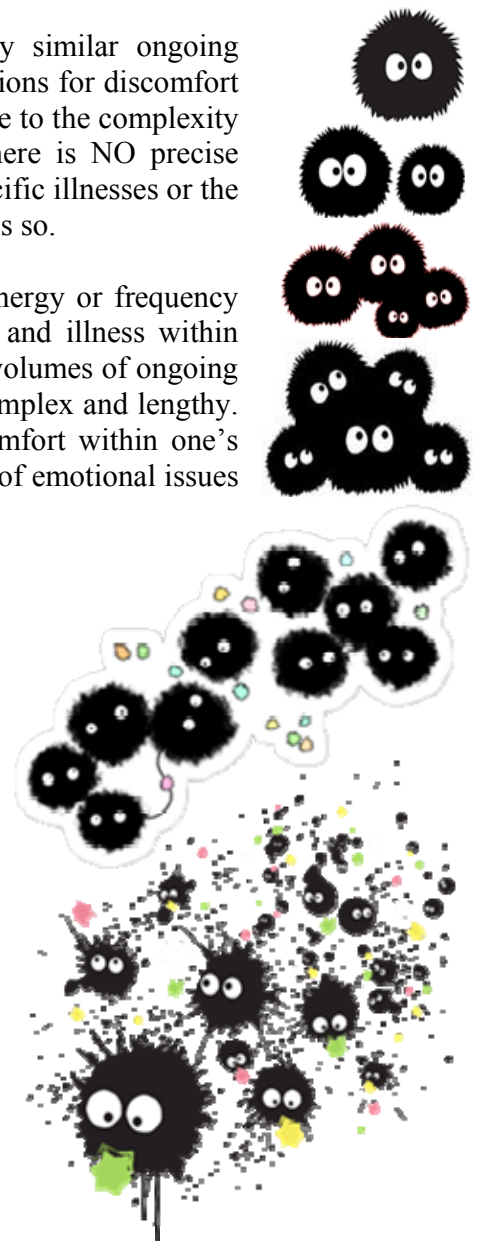
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



## OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

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

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



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

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

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

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



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

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



**BODILY PAIN is OUR FRIEND:**

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

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

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



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

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

James Moncrief 9 May 2018



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





# What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



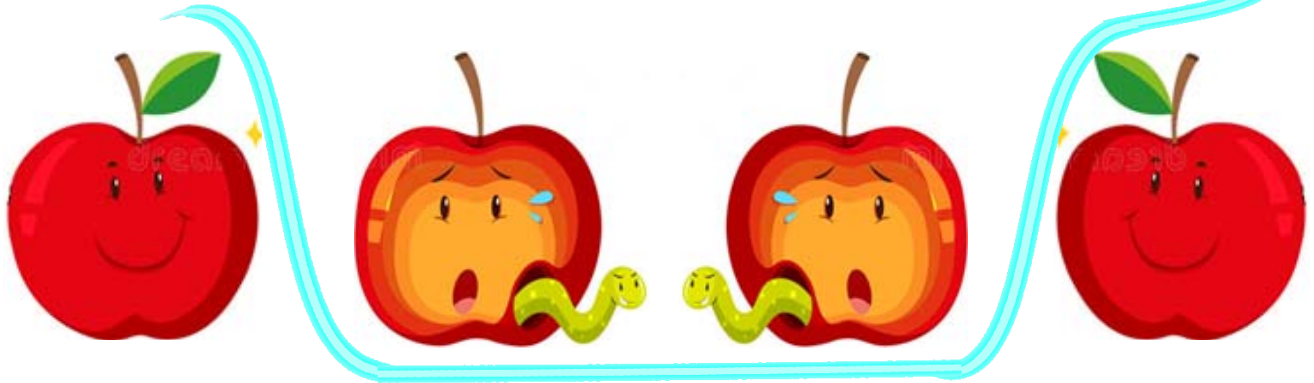
Hitting and humiliating a child

**CHILDHOOD  
TRAUMA**





# Pole Shift



**Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.**

**At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into ‘bad apples’. We proceed through our life experience, after our parents’ well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.**

**Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.**

**We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.**

**This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.**

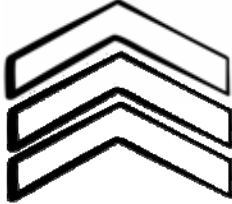


## The CHOICE is OURS to MAKE:

### 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.

## 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

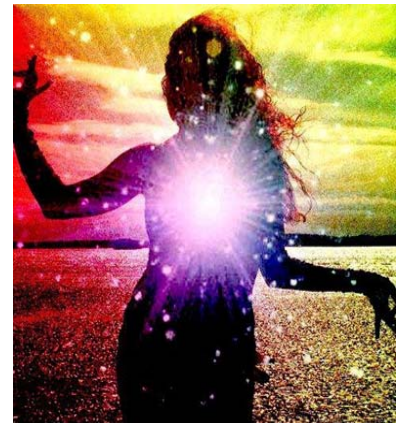
## Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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 total true.” James – Introduction Course to Divine Love Spirituality

# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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



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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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

## 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.

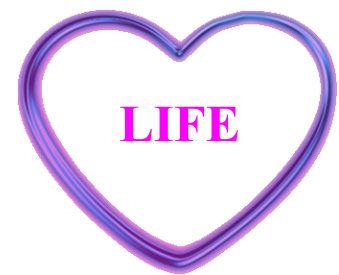
It completely unifies the world.

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**

# REVELATIONS



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

## REVELATION

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

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

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

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

## REVELATION

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

# 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  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018





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.

**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](http://www.pascashealth.com)**

**Kindly visit the library download pages at [www.pascashealth.com](http://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>

**Cause No Harm** < to OTHERS  
to MYSELF

Strive to love others as I am to love myself

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

Divine Love  
is the key!



**God's Divine Love:**

**Pray for it, ask for it, and receive it.**

Feeling Healing with  
Divine Love is the key



to enter the  
Celestial Heavens:

