

PASCAS CARE

Our Parents Unknowingly Suppress Us



‘Chi ung’ Brett Whiteley – Darwin Museum

“Peace And Spirit Creating Alternative Solutions”

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

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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



OUR PARENTS UNKNOWINGLY SUPPRESS US:

We are to freely express our personality through our feelings. We are to follow our feelings, and our minds are to assist, our mind is to be subservient to our feelings, not dominant. Our parents have, for some 200,000 years, been adhering to mind domination, and compounding this by embracing the erroneous belief that the female should be subservient to the male. This has to end. We are to fly by embracing our feelings. It is the female who are to be our spiritual leaders.

What does our childhood suppression bring about during one's adult life? Let us hear what psychiatrist Alice Miller has published in 'For Your Own Good':

"Learning is a result of listening, which in turn leads to even better listening and attentiveness to the other person. In other words, to learn from the child, we must have empathy, and empathy grows as we learn.

Take an opposite route with your pupil; always let him or her think he or she is the master, but always be it yourself. There is no more perfect form of subjection than the one that preserves the appearance of freedom; thus does the will itself become captive. The poor child, who knows nothing, can do nothing, and has no experience; is he not at your mercy? Are you not in control of everything in his environment that relates to him? Can you not control his impressions as you please? His tasks, his games, his pleasures, his troubles--is all this not in your hands without his knowing it? Doubtlessly, he may do as he wishes, but he may wish only what you want him to; he may not take a single step that you have not anticipated, he may not open his mouth without your knowing what he is going to say.

I (Alice Miller) am convinced of the harmful effects of training for the following reason: all advice that pertains to raising children betrays more or less clearly the numerous, variously clothed needs of the adult. Fulfilment of these needs not only discourages the child's development but actually prevents it. This also holds true when the adult is honestly convinced of acting in the child's best interests. Among the adult's true motives we find:

- The unconscious need to pass on to others the humiliation one has undergone oneself.
- The need to find an outlet for repressed affect.
- The need to possess and have at one's disposal a vital object to manipulate.
- Self-defence: i.e., the need to idealize one's childhood and one's parents by dogmatically applying the parents' pedagogical (teaching) principles to one's own children.
- Fear of freedom.
- Fear of the reappearance of what one has repressed, which one reencounters in one's child and must try to stamp out, having killed it in oneself earlier.

Revenge for the pain one has suffered since at least one of the points enumerated here is present in everyone's upbringing, the child-rearing process is at best suitable for making "good" pedagogues (teachers, especially strict, dull or pedantic ones) out of its objects. However, it will never be able to help its charges to remain vital. When children are trained, they learn how to train others in turn. Children who are lectured to, learn how to lecture; if they are admonished, they learn how to admonish; if scolded, they learn how to scold; if ridiculed, they learn how to ridicule; if humiliated, they learn how to humiliate; if their psyche is killed, they will learn how to kill--the only question is who will be killed: oneself, others, or both.

All this does not mean that children should be raised without any restraints. Crucial for healthy development is the respect of their care givers, tolerance for their feelings, awareness of their needs and grievances, and authenticity on the part of their parents, whose own freedom--and not pedagogical considerations--sets natural limits for children.

It is this last point that causes great difficulty for parents and pedagogues (teachers), for the following reasons:

If parents have had to learn very early in life to ignore their feelings, not to take them seriously, to scorn or ridicule them, then they will lack the sensitivity required to deal successfully with their children. As a result, they will try to substitute pedagogical principles as prostheses. Thus, under certain circumstances they may be reluctant to show tenderness for fear of spoiling the child, or, in other cases, they will hide their hurt feelings behind the Fourth Commandment. (Honour thy father and thy mother.)

Parents who never learned as children to be aware of their own needs or to defend their own interests because this right was never granted them will be uncertain in this regard for the rest of their life and consequently will become dependent on firm pedagogical rules. This uncertainty, regardless of whether it appears in sadistic or masochistic guise, leads to great insecurity in the child in spite of these rules. An example of this: a father who was trained to be obedient at a very early age may on occasion take cruel and violent measures to force his child to be obedient in order to satisfy his own need to be respected for the first time in his life. But this behaviour does not exclude intervening periods of masochistic behaviour when the same father will put up with anything the child does, because he never learned to define the limits of his tolerance. Thus, his guilt feelings over the preceding unjust punishment will suddenly lead him to be unusually permissive, thereby awakening anxiety in the child, who cannot tolerate uncertainty about the father's true face. The child's increasingly aggressive behaviour will finally provoke the father into losing his temper. In the end, the child then takes on the role of the sadistic opponent in place of the grandparents, but with the difference that the father can now gain the upper hand. Such situations, in which the child "goes too far," prove to the pedagogue (teacher or father) that disciplining and punishment are necessary.

Since a child is often used as a substitute for one's own parents, he or she can become the object of an endless number of contradictory wishes and expectations that cannot possibly be fulfilled. In extreme cases, psychosis, drug addiction, or suicide may be the only solution. But often the child's feeling of helplessness leads to increasingly aggressive behaviour, which in turn convinces parents and educators of the need for strict countermeasures.

A similar situation arises when it is drilled into children, as it was in the anti-authoritarian upbringing of the sixties, to adopt certain ways of behaviour that their parents wished had once been allowed them and that they therefore consider to be universally desirable. In the process, the child's real needs can be totally overlooked. In one case I know, for example, a child who was feeling sad was encouraged to shatter a glass when what she most wanted to do was to climb up onto her mother's lap. If children go on feeling misunderstood and manipulated like this they will become genuinely confused and justifiably aggressive.

In contrast to generally accepted beliefs and to the horror of pedagogues (teachers, especially strict, dull or pedantic ones), I cannot attribute any positive significance to the word pedagogy. I see it as self-defence on the part of adults, a manipulation deriving from their own lack of freedom and their insecurity, which I can certainly understand: although I cannot overlook the inherent dangers. I can also understand why criminals are sent to prison, but I cannot see that deprivation of freedom and prison life, which is geared wholly to conformity, subordination, and submissiveness, can really contribute to the betterment, i.e., the development of the prisoner. There is in the word pedagogy the suggestion of certain goals that the charge is meant to achieve--and this limits his or her possibilities for development from the start. But an honest rejection of all forms of manipulation and of the idea of setting goals does not mean that one simply leaves children to their own devices. For children need a

large measure of emotional and physical support from the adult. This support must include the following elements if they are to develop their full potential:

- Respect for the child.
- Respect for his/her rights.
- Tolerance for his/her feelings.
- Willingness to learn from his/her behaviour.
- About the nature of the individual child.
- About the child in the parents themselves.
- About the nature of emotional life, which can be observed much more clearly in the child than in the adult because the child can experience his/her feelings much more intensely and, optimally, more undisguisedly than an adult.

There is evidence among the younger generation that this kind of willingness is possible even for people who were themselves victims of child-rearing.

But liberation from centuries of constraint can scarcely be expected to take place in a single generation. The idea that we as parents can learn more about the laws of life from a newborn child than we can from our parents will strike many older people as absurd and ridiculous. Younger people may also be suspicious of this idea, because many of them have been made insecure by a mixture of psychological literature and internalized "poisonous pedagogy." (Pedagogy being teaching style – the method and practice of teaching, especially as an academic subject or theoretical concept.) A very intelligent and sensitive father, for example, asked me if I didn't think it was taking advantage of children to try to learn from them. This question, coming from someone born in 1942 who had been able to rise above the taboos of his generation to an extraordinary degree, showed me that we must be mindful of the misunderstanding and new insecurity that can result from reading books on psychology.

Can an honest attempt to learn be considered an abuse? If we are not open to what the other person is telling us, genuine rapport is hardly possible. We need to hear what the child has to say in order to give our understanding, support, and love. The child, on the other hand, needs free space if he or she is to find adequate self-expression. There is no discrepancy here between means and ends, but rather a dialectical process involving dialogue. Learning is a result of listening, which in turn leads to even better listening and attentiveness to the other person. In other words, to learn from the child, we must have empathy, and empathy grows as we learn. It is a different matter for parents or educators who would like the child to be a certain way or think they must expect him to be that way. To reach their sacred ends, they try to mould the child in their image, suppressing self-expression in the child and at the same time missing out on an opportunity to learn something. Certainly abuse of this sort is often unintentional it is not only directed against children but--if we look more closely--pervades most human relationships, because the partners frequently were abused children and are now showing unconsciously what happened to them in childhood.

Morality and performance of duty are artificial measures that become necessary when something essential is lacking. The more successfully a person was denied access to his or her feelings in childhood, the larger the arsenal of intellectual weapons and the supply of moral prostheses has to be, because morality and a sense of duty are not sources of strength or fruitful soil for genuine affection. Blood does not flow in artificial limbs; they are

for sale and can serve many masters. What was considered good yesterday can--depending on the decree of government or party--be considered evil and corrupt today, and vice versa. But those who have spontaneous feelings can only be themselves. They have no other choice if they want to remain true to themselves. Rejection, ostracism, loss of love, and name calling will not fail to affect them; they will suffer as a result and will dread them, but once they have found their authentic self they will not want to lose it. And when they sense that something is being demanded of them to which their whole being says no, they cannot do it. They simply cannot.

This is the case with people who had the good fortune of being sure of their parents' love even if they had to disappoint certain parental expectations. Or with people who, although they did not have this good fortune to begin with, learned later--for example, in analysis--to risk the loss of love in order to regain their lost self. They will not be willing to relinquish it again for any price in the world.

Since authoritarian parents are always right, there is no need for their children to rack their brains in each case to determine whether what is demanded of them is right or not. And how is this to be judged? Where are the standards supposed to come from if someone has always been told what was right and what was wrong and if he never had an opportunity to become familiar with his own feelings and if, beyond that, attempts at criticism were unacceptable to the parents and thus were too threatening for the child? If an adult has not developed a mind of his own, then he will find himself at the mercy of the authorities for better or worse. Just as an infant finds itself at the mercy of its parents. Saying no to those more powerful will always seem too threatening.

We are still barely conscious of how harmful it is to treat children in a degrading manner. Treating them with respect and recognizing the consequences of their being humiliated are by no means intellectual matters; otherwise, their importance would long since have been generally recognized. To empathize with what a child is feeling when he or she is defenceless, hurt, or humiliated is like suddenly seeing in a mirror the suffering of one's own childhood, something many people must ward off out of fear while others can accept it with mourning. People who have mourned in this way understand more about the dynamics of the psyche than they could ever have learned from books.

But liberation from centuries of constraint can scarcely be expected to take place in a single generation.

An upbringing that succeeds in sparing the parents at the expense of the child's vitality sometimes leads to suicide or extreme drug addiction, which is a form of suicide. If drugs succeed in covering up the emptiness caused by repressed feelings and self-alienation, then the process of withdrawal brings this void back into view. When withdrawal is not accompanied by restoration of vitality, then the cure is sure to be temporary.

Drug addiction begins with an attempt to escape parental control and to refuse to perform, but the repetition compulsion ultimately leads the addict to a constant concern with having to come up with large sums of money to provide the necessary "stuff"; in other words, to a quite "bourgeois" form of enslavement.

The drug addict punishes himself for seeking his true self--certainly a justifiable and essential goal--by destroying his own spontaneous feelings, repeating the punishment that was inflicted on him in early childhood when he showed the first signs of vitality. Almost every heroin addict describes having initially experienced feelings of hitherto unknown intensity, with the result that he becomes even more conscious of the vapidity and emptiness of his usual emotional life.

When terrorists take innocent women and children hostage in the service of a grand and idealistic cause, are they really doing anything different from what was once done to them? When they were little children full of vitality, their parents had offered them up as sacrifices to a grand pedagogic purpose, to lofty religious values, with the feeling of performing a great and good deed. Since these young people never were allowed to trust their

own feelings, they continue to suppress them for ideological reasons. These intelligent and often very sensitive people, who had once been sacrificed to a "higher" morality, sacrifice themselves as adults to another--often opposite--ideology, in whose service they allow their inmost selves to be completely dominated, as had been the case in their childhood.

With these dynamics in mind, we will not be surprised to learn from the statistics that 60% of German terrorists in recent years have been the children of Protestant ministers. The tragedy of this situation lies in the fact that the parents undoubtedly had the best of intentions; from the very beginning, they wanted their children to be good, responsive, well-behaved, agreeable, undemanding, considerate, unselfish, self-controlled grateful, neither wilful nor headstrong nor defiant, and above all meek. They wanted to inculcate these values in their children by whatever means, and if there was no other way, they were even ready to use force to obtain these admirable pedagogical ends. If the children then showed signs of violent behaviour in adolescence, they were expressing both the un-lived side of their own childhood as well as the un-lived, suppressed, and hidden side of their parents' psyche, perceived only by the children themselves.

Among all the leading figures of the Third Reich, I have not been able to find a single one who did not have a strict and rigid upbringing. Shouldn't that give us a great deal of food for thought? (Is this situation now being mirrored in North Korea, yet again.)

In the following pages I shall apply the term "poisonous pedagogy" to this very complex endeavour. It will be clear from the context in question which of its many facets I am emphasizing at the moment. The specific facets can be derived directly from the preceding quotations from child-rearing manuals. These passages teach us that:

- Adults are the masters (not the servants!) of the dependent child.
- They determine in godlike fashion what is right and what is wrong.
- The child is held responsible for their anger.
- The parents must always be shielded.
- The child's life affirming feelings pose a threat to the autocratic adult.
- The child's will must be "broken" as soon as possible.
- All this must happen at a very early age, so the child "won't notice" and will therefore not be able to expose the adults.

The methods that can be used to suppress vital spontaneity in the child are: laying traps, lying, duplicity, subterfuge, manipulation, "scare" tactics, withdrawal of love, isolation, distrust, humiliating and disgracing the child, scorn, ridicule, and coercion even to the point of torture.

It is also a part of "poisonous pedagogy" to impart to the child from the beginning false information and beliefs that have been passed on from generation to generation and dutifully accepted by the young even though they are not only unproven but are demonstrably false. Examples of such beliefs are:

- A feeling of duty produces love.
- Hatred can be done away with by forbidding it.

- Parents deserve respect simply because they are parents.
- Children are undeserving of respect simply because they are children.
- Obedience makes a child strong.
- A high degree of self-esteem is harmful.
- A low degree of self-esteem makes a person altruistic.
- Tenderness (doting) is harmful.
- Responding to a child's needs is wrong.
- Severity and coldness are a good preparation for life.
- A pretence of gratitude is better than honest ingratitude.
- The way you behave is more important than the way you really are.
- Neither parents nor God would survive being offended.
- The body is something dirty and disgusting.
- Strong feelings are harmful.
- Parents are creatures free of drives and guilt.
- Parents are always right.

The need to commit murder is the outcome of a tragic childhood and that imprisonment is the tragic sequel to this fate.

Such humiliation, combined with prohibiting a child's verbal expression, is a constant and universally encountered factor in child-rearing, the influence of this factor in the child's later development is easily overlooked. The claim that child beating (including spanking) is common to say nothing of the conviction that it is necessary in order to spur the child on to learn, completely ignores the dimensions of childhood tragedy. Because the relationship of child beating to subsequent criminality is not perceived, the world reacts with horror to the crimes it sees committed and overlooks the conditions giving rise to them, as if murderers fell out of a clear blue sky.

I have used Hitler as an example to show that:

Even the worst criminal of all time was not born a criminal.

Empathizing with a child's unhappy beginnings does not imply exoneration of the cruel acts he later commits. (This is as true for Alois Hitler as it is for Adolf. Alois was the father of Adolf.)

Those who persecute others are warding off knowledge of their own fate as victims.

Consciously experiencing one's own victimization instead of trying to ward it off provides a protection against sadism; i.e., the compulsion to torment and humiliate others.

The admonition to spare one's parents inherent in the Fourth Commandment (Honour thy father and thy mother) and in "poisonous pedagogy" encourages us to overlook crucial factors in a person's early childhood and later development.

We as adults don't get anywhere with accusations, indignation, or guilt feelings, but only by understanding the situations in question.

True emotional understanding has nothing to do with cheap sentimental pity.

The fact that a situation is ubiquitous does not absolve us from examining it. On the contrary, we must examine it for the very reason that it is or can be the fate of each and every one of us.

Living out hatred is the opposite of experiencing it. To experience something is an intrapsychic reality; to live it out, on the other hand, is an action that can cost other people their lives. If the path to experiencing one's feelings is blocked by the prohibitions of "poisonous pedagogy" or by the needs of the parents, then these feelings will have to be lived out. This can occur either in a destructive form, as in Hitler's case, or in a self-destructive one, as in Christiane F.'s, or, as in the case of most criminals who end up in prison, this living out can lead to the destruction both of the self and of others."

Pedagogy is the style and method of teaching – the method and practice of teaching, especially as an academic subject or theoretical concept.

Living Feelings First

John Doel

Pascas Foundation (Aust) Limited

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.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

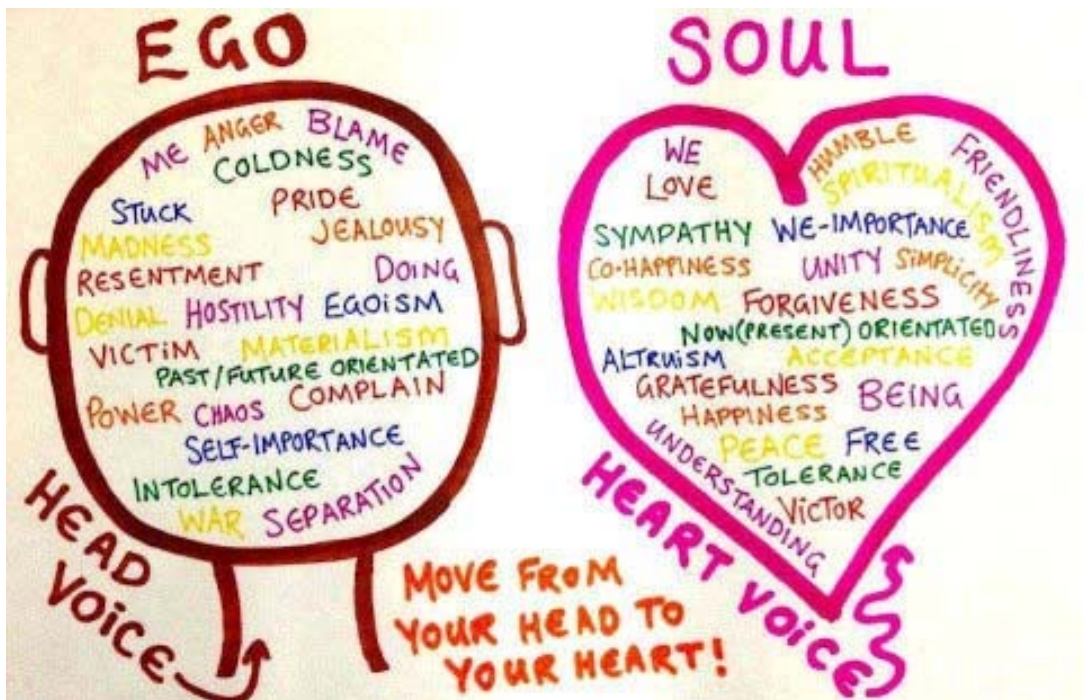
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

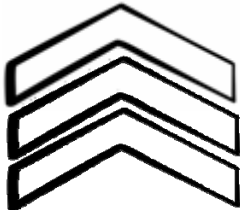
5 years to over 10 years to at-onement



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.

REVELATIONS



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



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



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

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

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



Immortality with the Love.

DESCENT into HELL:

[Monday, 14 August 2017](#) James: Helen?

Helen, 3rd Celestial Heaven: I'm here James.

You were looking through Dante's *Divine Comedy* James, and it's nothing, nothing compared to when you yourself are in your little pain-cell feeling so bad, so, so, so bad, bad beyond description with all the memories flooding back to you of all the bad things you've done, of how you've hurt other people, and feeling how much pain and suffering you caused them, and then feeling it all yourself. Nothing on Earth has ever been written or painted that can capture the true pain, the full force of agony that such tormented souls will feel. And yet that is their path, they've created it for themselves, and this is a very necessary stage for them to understand first hand that they weren't as smart as they thought they were, they thought they'd pulled it off, got away with the greatest crime, with their death releasing them from all responsibility, they being free to start over.

Which couldn't be further from the truth, which is right, because they are so heavily denying truth. So once they've settled into their new spirit lives, on comes the pain, and it's relentless, it bears down on you, you were feeling your misery bearing down on you today James, well, imagine those bad feelings a hundred fold, then a thousand, to where you are so wracked with pain you are begging and begging every second for forgiveness and mercy. It is unimaginable pain, and it's so real, all controlled by your angels according to the needs of your soul; and all you feel is the pain, your whole mind is crushed by the pain, your mind is pain, as it's all done on the mental level. And wave after wave of it occurs, with you wishing sleep would come, unconsciousness, but no, nothing, you can't escape, and you fight it, they all fight it, until one day it dawns on them that having suffered so much pain they are still alive, they are still a spirit, and so what does that actually mean, why haven't they ceased to be, why haven't they been annihilated, why, why, why, what's going on, what's it all really about?

And then they start to go with it, working with the pain, understanding that it's right that they feel it because they are arseholes, that they deserved it, as they see why, they can see how they hurt people, and what those people suffered. And so they start to accept that it's right that they suffer, it's the correct punishment, it's not bad luck or something strange happening to them, some evil spirit trying to have its way with them, it's not even God taking His revenge. It's just the Law: you hurt someone, you hurt yourself. Because as they – we – all come to understand through our real Healing, the Healing of our soul, the Healing of our wrongness and evilness in the true Healing worlds, we only seek to hurt another because we're doing to them what we're already doing to ourselves, and that is what was done to us. However first things first for Lord Billington, he has to pay for his crimes as an adult, he has to settle the Law of Compensation so as to gain entry into regular mind spirit life in the first Mansion World. So he's in the hell planes of the first Earth plane, the lowest least spiritual plane you can be in, and in his own self-created little cell of it. And there he will be left, undisturbed whilst he suffers, attended to as required by higher spirits who look after such hell-interned spirits, there to go through what he needs to until he finally comes to realise what a controlling unfeeling shit he was, and that he deserves what's happening to him; which will in the end make him feel good because he will feel he has paid his dues, he has been punished, and that God is happy with him – which means he can get on and start living his spirit life.

And when that happens, I have a feeling he won't be wanting to rush into trying to restart his controlling ways, I think he'll be a bit more circumspect and cautious as to what effect he's having on others. And he might even be open to understanding that his real Healing still awaits him, and what that will involve. And you might find it surprising, yet a lot of spirits who've suffered greatly in the hell-planes, do want to get on with their Healing. You might have thought they'd had enough pain for the time being, and perhaps would enjoy a few years recovering in Sex World, just having fun and with no responsibilities, might be the way to go; but no, they understand that there is more to them than something as superficial

as indulging in nothing but mental sexual thrills and fantasy, that they have touched on deeper parts of themselves, and feel good about that, even wanting to know more; such as, well, all right, I have seen I was bad and have suffered for it, the books have been balanced, however, why was I bad to begin with, what was wrong with me making me enjoy it all, why did I go that way in life...? All the bigger, deeper questions that will be answered by the truth coming to light for them through their Healing with their feelings.

James: Oh wow Helen, I see it, all you've said about Billington being in his dark hole of self-inflicted pain, that's what we're all in in our different ways. He specifically has to settle the Law of Compensation to resume normal life in the mind worlds in spirit, but he's still got his Soul-Healing with the Divine Love, to do before he is free of his wrongness and is like you and Nanna Beth.

And all I've been working on with Marion, we're both coming to see and accept, that being in our wrongness, being in our unloving states, until we're fully Healed, we can't be loved, so no one is going to come and love us, we can't love each other fully how we want and need to be loved, we feel alone, and even though Billington is alone down his hole, we're still alone too in our holes. And although we live together as a married couple, we're still desperately alone, because we can't be anything else other than feeling alone in our unloved negative evil states, because that's how we felt as young children. And we're all of it, in it, we can all relate to Billington when we're doing our Healing, seeing that he is in the lowest of the hells having to deal with all that pain, but being in the high seventh Healing Mansion World, just before your Healing ends, is being in the highest hell, because it's still hell not feeling loved, feeling so alone, feeling all the shit feelings you feel, seeing how bad you are, not being able to change yourself into being good and loving, just having to fully accept your whole negative rebellious state.

So I see it, which I've written before, but now I've got the picture, **the seven Mansion Worlds including the two Earth planes and the physical itself on Earth, we're all in hell, we're all evil, anti truth, anti love, feeling unloved and in the pain of feeling-denial.** We're all living untrue, and even though we might love each other and enjoy being together and not feel lonely for a moment, even our whole lives if we're lucky enough to have got that parenting and start in life, still because we're incarnated into a rebellious world, at some point in our Healing we all have to arrive at the same point of fully accepting that we don't feel loved, and we feel unloved, uncared about, unwanted – all our bad feelings. And we've got you lot in the Celestials to compare ourselves against. Nowhere have I read that you move into this or that Mansion World then you meet you soulmate and link up with your soulgroup, twenty-four people who you get on so well with that you don't want to ever leave them, and you just feel better and better with yourself, your soulmate and soulgroup, all the way to Paradise. That, from all my writings with spirits, ONLY happens in the Celestial spheres; and that is, ONLY AFTER you've completed your Healing. So we go from feeling totally despairingly unloved, into the full-on feeling loved situation once we cross over into the Celestials spheres out of the penitentiary Mansion Worlds.

And the Mansion Worlds currently are prison worlds, we're on a gigantic prison isolated from one another even though some people feel love for one another, for their pets, their children and spouse, and yet that love is all of the mind, all false, all based around our beliefs for each other built up from our early lives and then how they manifest for us in our adult lives, and I can go to the Bush Bank and enjoy being with the people I like there, and I can live with Marion and enjoy and even love her to some degree, and we can have our little pet cat that we had, and love her too when she wasn't annoying the shit out of me, and so on, and yet still I FEEL ALONE, SCARED, UNWANTED AND DREADFULLY UNLOVED. And that is the truth of myself: unloving evilness, my wrongness, my rebellion. I don't know how to love, I'm not loving, I can enjoy mucking around with John on the phone and doing all this with you spirits, yet still it doesn't change the truth I feel that originates from how I felt when I was

young.

And my Healing is currently moving me to understand this, to accept it, to no longer think that once I've seen my problems I can stop them, because I now know, I can't. I don't have that power over myself. I used to think that I did, but I was full of shit because my mind thought it could do anything. And now I see, all I can do is understand through my feelings and so accept the truth that I am unloved and unloving – end of story. And I can't even say I am truth-less anymore because I'm growing in truth everyday, like seeing this all now, putting it together even more, feeling it more, understanding it more, and yet it doesn't make me feel loved. So here's another truth: Truth does not beget love. You need truth as the platform from which love comes, but of itself it is not love. Love is Love, something separate; and feeling devoid of it, feeling that it is something I want, is all new for me, and I'm having to accept that right through to the core of myself.

And it's taken a long time to get to this place of self-acceptance within myself. And lately thanks to John, Nanna Beth and yourself, I feel I'm accepting it even more, even as I am typing. And this is huge for me. The little dog, a new dog up the road, cries every morning and on and off through the day, because he's left alone. And Marion and I feel so sorry for him. And everywhere we live, sure enough at some point, for shorter or longer times, there are crying dogs, crying because they feel so alone, and when you feel how bad that feels, your people, the ones you love and which your whole survival depends on, your pack, abandons you, leaves you, and you don't know that they will ever come back, your heart feels broken that they could be so unloving, so unkind, smashing you to pieces, and you wish you could die, you don't want to keep feeling so unwanted, unloved, you want the pain to go away, and you cry and cry but that doesn't do anything.

And that's how we felt as young children, and it's how we still feel, it's what our Healing is helping us understand – the truth of ourselves, the truth of our unloving state. And that like that little unloved, left alone little dog, we can't do anything about it. And it's not enough that his owner does love him, because that's all bullshit, because if his owner really loved him, then he'd never leave him alone feeling unloved and crying. So all that false love or so-called love doesn't rub any longer, when you feel so unloved and alone you sure don't feel all right about it, because you know your parent does actually love you, even though they don't want you with them, even though they have left you alone, even though, they are the ones making you feel so unloved.

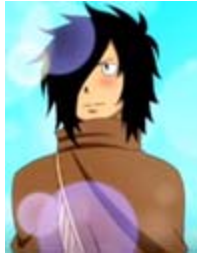
So I get it now, the whole picture and understanding about the Mansion Worlds. About the hells, and all poor Billington will have to go through; then to come out and be told he still has to go through his real Healing. Fuck me, what a horror show we all live, so much suffering, so much pain, so much denial of feelings we all go on with, so as to not accept it.

So Helen, I am right, aren't I, right how I'm seeing it, that is how it is for us all, and for you Celestials. No Celestial changes soulgroup once their established in their group do they? No one wakes up one morning, looks at their soulmate and suddenly feels, I don't love you anymore, and then wants to end the relationship and go meet someone else?

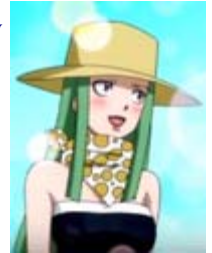
Helen: It is as you say James. You are spot on, that's the truth. And it is as you say for us Celestials, the thought doesn't even come into our minds that we're unhappy, because all our unhappiness we Healed out of ourselves doing our Healing. We couldn't be more happy with ourselves, our soulmate, and soulgroup. And so much so, that we can't even keep up with the ever-growing happy feelings, feeling so much love, feeling loved and feeling so much love for everyone. And all our experiences make us feel more love and more loving, it is the complete opposite to how it is for you and how it was for us when we too were of the Rebellion.

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

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



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



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



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

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

And as you say, the most difficult part of the Healing is breaking down and coming to understand that what you thought was love, even those very strong feelings of love, were not true love; and they aren't, nothing like what we feel here in the Celestials, because you are still full of untruth, whereas we aren't, we're true. So being untrue, you can't feel truly what love feels like because you're in an anti-love state, your state of untruth is love-denying, so it is as you say, the love you feel in your wrongness is love in your wrongness, and when you end your wrongness, when you Heal your wrongness, so that love will go as part of the Healing. And then you are left with the truth of your unloving state, and you don't feel loving, don't feel loved, feel alone and all the terrible feelings that you and Marion are feeling.

James: I have that wonderful feeling of getting it, and of finishing it off. For me I've had to uncover the picture of it for myself all the way along and for each part of it all. And once I've seen the picture, then I know it's real and true, and then I feel happy with it, and another part of me finds a little peace, even in my yuk.

So as there's a lot of light flying around in my chest, it hurting again, I will ease off, have a rest and read through what I've written tonight.

So thank you again Helen, thank you and Nanna Beth and everyone else up there who are helping us all, thank you on behalf of us all down here. It sure is all amazing.

I'll speak to you soon.

Helen: Bye James.

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

Whilst we are receiving our Heavenly Parents' 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 God's way of loving us into love and then we live what we are, love.

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.



The NEW WAY of LIFE:

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

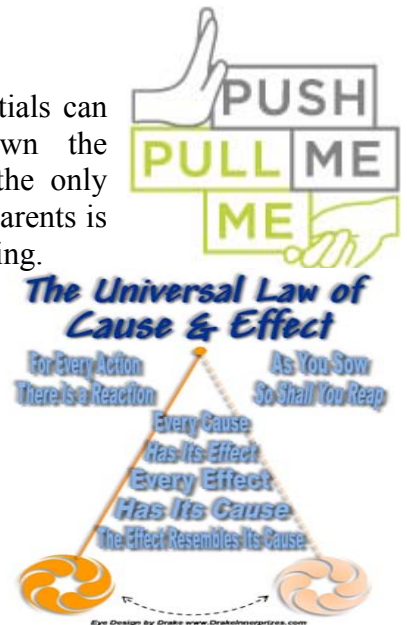
Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means, we can confront and have more of a say in people's and spirit's lives, something that was forbidden the Celestials of the 'old guard'. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



**Law of Compensation
quickenning 22 May 2017**



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.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

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



Tuesday, 15 August 2017

James: Nanna Beth, Marion and I were talking about the male / female approach, with my needing the picture with my mind upon which to base my feeling expression, truth and understanding, whereas Marion only needs her feelings, she herself is, if anything, the picture just by being herself – all she feels, and her being is the base from which she expresses all her feelings. She doesn't need the mental pictures as much as I do.

So an example of our difference is, I ask you about life in the Celestial spheres wanting to know what it's like over there, what it looks like, where you live, the set up with your soulgroups, and so on; whereas Marion would want to know, how you communicate with each other, what you feel with each other, how your relationships are different to how they were in the Healing worlds. Marion is intently focused on the people together, the interaction, all the feelings involved, not where they are and what they are doing, those things being only the props for people to express themselves to each other.

So I want to ask you, how it is between you and your soulmate on the relating and connecting to each side of things, compared to how it was in your relationships in your wrongness?

Nanna Beth: It is as Marion was saying. **We are true and perfect in our self-expression upon entering the Celestial spheres, we are granted that, we have to be in that condition to live here, and it will be same for you on Earth when your Healing ends.** So our whole focus is on expressing ourselves, and it's easy to do, we are like how a young child is, you constantly want to express your feelings, you can't not do it. You can't help yourself. It just happens naturally because that is the light in your soul, it's all that you are, it's how you live, and with everyone around you in the same state, so you express all you feel all the time to each other.

And you do it without thought, just like a child does. You have to make a great effort, because to express yourself, you James are still living against yourself, against expressing all you feel, you are no longer a true child, you're a rebellious adult, living against the natural flow of your soul, against your own true love. So your relationships are built around the limitations of your self-expression.

We feel a feeling and want to convey it to the other person (spirit), our heart opens to them, we feel our will activated at wanting to connect with them, and when we see they are ready, willing and open to receive us, we speak, we will our feelings and thoughts to them, and they readily receive them; and if they feel to, will respond in kind, that being what they think and feel.

Just look at little children how effortlessly they communicate with each other if they are free to do so. And we are just as free only we are adults too, so we're fully aware of what we are feeling and mostly why we are, and what we are doing in wanting to be with and fully connect with the other person – or spirit, in our case; and knowing, because we feel it, how the other person should respond to us. And if they don't, then why, what is wrong, we feel bad, they feel bad, and we work to immediately sort it out; and we do, the truth coming to light very quickly. But such miscommunications are rare, and rarer still the higher you go. In the early times of our life here in the Celestial spheres we are still bringing into being a lot of what was denied us, so all our retarded and repressed attributes and self-expression.

So we have a few rough patches we need to bring up to scratch, and that happens all very quickly because everything, our whole way of life and how we express ourselves, the light of the sphere we live in, is supportive of that. Everything naturally resonates to perfection over here, unlike in the Mansion Worlds and on Earth where everything is resonating to imperfection because of the Rebellion and Default. So all you are finding very hard in your own self-expression James, and all those parts of

yourself you are coming to accept are wrong and you can't do anything about them other than keep expressing what you feel, are sorted out and healed and your whole being works for you instead of with your mind against you as you currently are.

And our whole interaction, as I said the other day, is loving. We feel such love. You don't feel any love, so you can't begin to understand what feeling so much love would feel like. And you're not to know until you are fully Healed, that too you are coming to understand and accept currently. You can't feel loved in your unloving, love-rejecting states, it's impossible, other than the corrupted mind-influenced love you all know. But true pure unadulterated love, the real true love from your very own soul, you, the love that you are, that your Heavenly Parents made you of, that is what we express all the time; and so being so loving, you are always lovingly reaching out to your soulmate, to the others in your soulgroup, to everyone you have anything to do with. And naturally they respond to you with their love, and so love compounds, and at the end of the day we have to rest simply to integrate all the love and good feelings we're feeling, unlike you and Marion having to crash at the end of the day feeling so bad as a result of how unloved and alone you've felt all day.

James: The main point for me at the moment is what you said in not thinking I should be any other way than what I am. I am unloving, so I am, and it's for me to be it. I did think my Healing, as I progressed, should make me come out of myself, make me loving, more expressive, more feeling, more wanting to reach out and connect with Marion and everyone else, and it has to a little degree, yet I can see, that is only to help me see more truly how I'm not all those things, and how I'm closed off, hateful, unloving and rejecting of myself, Marion and everyone else – completely negative. And so instead of fighting that, accepting it, yet only accepting it as I naturally feel to, I can't make myself accept how I am when I hate being as I am, I can only express my bad feelings and grow in truth of how fucked I am to the point of feeling naturally self-accepting of my unlovingness, and that is what I feel is happening to me now.

Nanna Beth: It is James, that is what happens as you move toward the end of your Healing, for your bad feelings have given rise to the truth of your unloving self-denying state and now you are accepting that truth. And as you say, it's not about you trying to change yourself, that is all lower stuff, what you were wanting your mind to do because that was how it was trained to be. You believed – wrongly – that you could change yourself using your mind, however as you now understand, you can't, and no one actually can. You can delude yourself that you can, yet once your childhood is finished, you can't work your mind like that. And all you are doing is only outworking your childhood.

So all you can do as an adult is work to accept all that is the truth of your childhood. And when that's seen, so then you will end your rebellious ways, your soul unites with your Indwelling Spirit, and becomes divine from all the Divine Love you have longed for and received, and you become a different being, (morontial, as The Urantia Book says) you are immortal, you will always exist, your survival has been assured, and as a consequence you do change into the first level or stage of perfection, which is that of the first Celestial sphere.

And then you can express yourself free of the Rebellion and Default, and that is all-loving, and so that's what happens. And it takes a little while getting used to it, it's a huge change in us, which is why Kevin is not wanting to come rushing to make contact with John, because having just come over here into the first Celestial sphere, he is still getting used to the new light within himself.

NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

After the HAND OVER!

Divine Love progress is to infinity

Peak of 7th sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation

utilising Dr David Hawkins’

‘Map of Consciousness’ table:

Natural Love peak is 1,000 on MoC

Natural Love
6th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 840 – 1,000

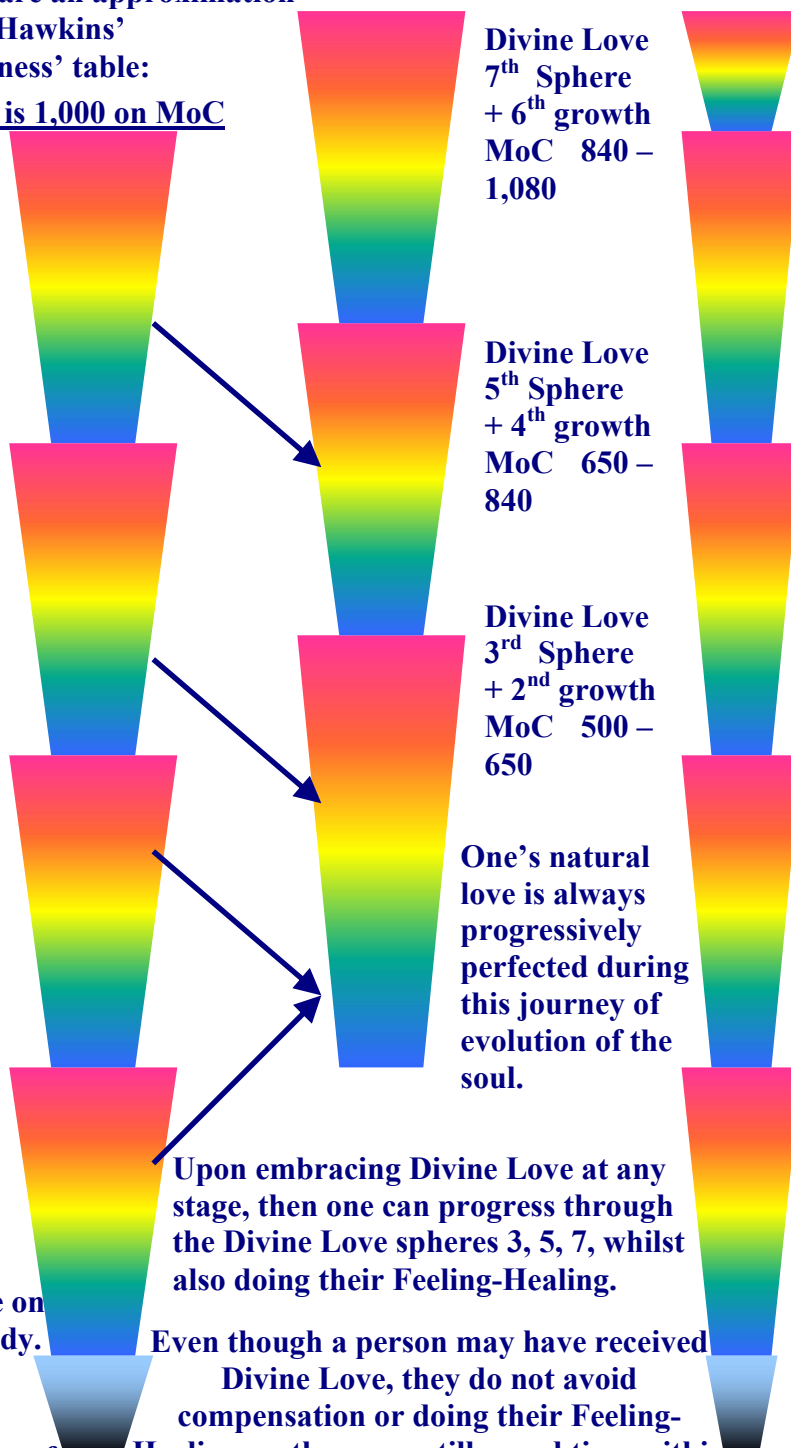
Natural Love
4th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 650 – 840

Natural Love
2nd Sphere
Mansion / Minds
Worlds with
Feeling Healing
MoC 500 – 650

Natural Love
1st Sphere
MoC 200 – 500

We all enter the 1st
natural love sphere on
the death of our body.

HELL planes:
MoC 1 – 200
Hells being a sub-set of
2 Spheres of Disharmony.



Divine Love
7th Sphere
+ 6th growth
MoC 840 –
1,080

Divine Love
5th Sphere
+ 4th growth
MoC 650 –
840

Divine Love
3rd Sphere
+ 2nd growth
MoC 500 –
650

One’s natural
love is always
progressively
perfected during
this journey of
evolution of the
soul.

Upon embracing Divine Love at any
stage, then one can progress through
the Divine Love spheres 3, 5, 7, whilst
also doing their Feeling-Healing.

Even though a person may have received
Divine Love, they do not avoid
compensation or doing their Feeling-
Healing, so they may still spend time within
the spheres of disharmony.

Natural Love
sectors for those
doing their
Feeling-Healing,
without the Love,
are within the
Natural Love
Mansion Worlds:

Progressing
through the
natural love
worlds, within
Feeling-Healing
sectors, while
doing one’s
feeling healing,
upon reaching the
6th Sphere having
completed
Feeling-Healing,
one can then
embrace the
Divine Love and
proceed directly
to the 7th Divine
Love Sphere.

Then they may
prepare to enter
the Celestial
Heaven Spheres
from there.

This pathway is
when the Divine
Love is
unavailable
before perfecting
one’s soul.

And in a way it feels as if you've been ill for a very long time, which in fact you have, the whole of your rebellious anti-love life, and suddenly you are fully healed – a miracle of sorts, and you are a bit wobbly on your new spirit feet as you get used to all the good feelings, all the love you feel from everyone, and even the love you feel for them! When you've never really felt true love, and suddenly you start to, it takes you by surprise at first, and you think, wow, this is love, this is really what it feels like, oh my God, it feels so nice, what lovely feelings, I love these feelings, I want more of them, they make me feel good and I don't even have to do anything to make myself feel them, I am just feeling them. Which is again the very opposite of how it's been for you James, and really for everyone if they were able to be true to their unloving states.

I know it's very difficult, but the big mistake people make in their Healing is thinking they should be loving, and the more they progress, believing love should come, they should feel it because isn't that what Healing yourself of being unloving is all about?

However, although that is true, it doesn't work like that. So you'd be much better not expecting yourself to feel love, express all your bad feelings about not feeling it, of course, and everything else you feel: wanting it, how much you want it, being angry that you can't have it, demanding to have it, and so on; whatever you feel, yet knowing that you are working to fully embrace and accept your state of no-love, the state of the Rebellion against love, and so in that state, there IS NO LOVE.

So by the end of your Healing, you should be actually feeling fully unloving, the whole truth of your unlovingness, and not fully of love. You should be true to how it was for you through your early life, and the real truth, on a feelings and soul level, and not that of your mind which might have believed it felt love from and for your parents and siblings. And to further understand that real true love won't actually come until your Healing has finished, then when you are of a Celestial truth, then you'll feel love and be all-loving.

And I know it's been a long time in coming for us to reveal such truth to you, but you've had to get there yourself James, you've had to work your way into this state or level of truth before we've been able to discuss it with you.

James: Yes Nanna Beth, I understand that, I can see how you've matched me each step of the way. And now I get it, for here I am feeling it, so I'm glad you can tell me about it.

Nanna Beth: As are we James. However that is all we can do, as we can't help you become loving, no one can, not even the angels will cross that line, because that's all between you and your Mother and Father.

James: I understand that Nanna Beth. And I am feeling closer to Them, not more loving as I can't feel love, and rarely does any Divine Love come into my soul these days, however that too I am not fussed about, feeling I probably have all I need from the days when it did freely flow into me, so I am just focusing on being true to what I feel and nothing else. For I do understand They will change me when the time is right, and I'm even feeling good, I even got a bit teary eyed about it earlier today, about all I've been through and how fucked I am. I'm glad I'm so fucked, because I do feel I am getting to know quite thoroughly my version of feeling unloved. So I see this as all part of my self-acceptance, no longer rejecting my yuk bad parts as they come to light, even just going along with biting my nails, overeating, just doing what I feel, and if I feel bad, expressing those feelings. And I'm longing for the truth all the time in one way or another; meaning, when I feel bad, or just any time when I feel stable or even good, but again not forcing it with my mind making myself remember to long, just doing it all

when I feel I want to do it. And if I don't want to do, hey, that's fine, I don't feel bad not longing more than I am. And it feels good finally giving up so much of my controlling mind.

Nanna Beth: And it feels absolutely wonderful giving it all up, you have no idea James, to actually feel free of the controlling tentacles of your mind. And to be able to reflect back and understand just how much mind you were, how little feelings you lived and expressed in life, even though you felt all the way through it. But feelings without truth are meaningless, letting of steam as you have written, and all just mind generated. So **to feel completely your feelings, you are feelings, and then your mind is there to totally support them and not get in the way, no longer stepping in and taking over, and you are no longer living unconsciously expressing your beliefs without any understanding or feeling that you are, oh it's just so, so good James, and so worth it all, so worth going through such hardship when finally you do feel so, so, good.**

James: I just realised as you were saying that Nanna Beth, **our fusion with our Indwelling Spirit that takes us into the Celestial level, the fusion really signifies making right all that's wrong within us. Our Indwelling Spirit is perfect, and so to fuse with it in our soul, means all that we are has to be of that perfection too.** So that is why it's so significant, it being a state in our growth for people and spirits subjected to rebellion, like we all are, with fusion meaning it's the end of it, we can be purified once and for all of it, left untainted by it, FREE! Almost like a spiritual fire that purges us of all impurity, all rebellion, that being, once we've seen the truth of how rebellious we are. Yes, so that makes even more sense, we are to uncover the whole truth of our wrongness, feeling it, knowing it inside and out, and then when we have attained that level, then fusion takes place, a real full-on super-spiritual experience that shifts us from the imperfect to the perfect. And then we can have perfect and true relationships with everyone, with ourselves, nature, each other, and with our Mother and Father, which we can't have before because we're unloving and imperfect. And I'm sorry to keep going over and over these points, but I'm working it into all the different ways I see it, it all coming together, slowly painting the picture I need.

And I guess a lot of people understanding the theory of this will try and jump the gun by using their mind and believing they are true and perfect and all-loving and are fused with their Indwelling Spirit?

Nanna Beth: Which is what the high mind spirits are trying to fabricate for themselves using their mind claiming to be Enlightened. And yet they have no idea what they are talking about.

And yes, it is possible James, as you know you did it yourself early on in your Healing, you have a big spiritual experience as part of your awakening in your Healing, and you quickly bring in your mind making yourself believe your Healing is finished, you've done it, you've even fused with your Indwelling Spirit, you've made it, you are true and pure and all-loving and at-one with God. But if you are still longing sincerely for the truth, then you'll soon move past that mental aberration, feeling yet more bad feelings coming up swamping your vainglorious mind, and you'll have to admit that you're not as progressed as you believed you were, that you jumped the gun, got a bit ahead of yourself, made it all up, are not yet Healed, and seek the truth of why you did that, through your feelings.

James: Yes, I can laugh now Nanna Beth at myself, for I think I finished my Healing about three times, with Marion saying I was full of shit, that I hadn't even started it properly, she being proved right of course.

Nanna Beth: I think we all do it James. We all want it to end quickly, and no one really appreciates just how much truth is involved, and so how long it's going to take to work yourself steadily along releasing your repressed feelings into uncovering the whole extent of your unlovingness. It's not something you

can apply a few simple steps to, say a few mantras, have a few meditations about, pray and long a bit, it's a long drawn out process of coming to terms with yourself, or coming to understand in just how bad a state you are in. **It's seven Mansion Worlds worth of untruth that you have to ascend and bring to light within yourself, and that involves an enormous amount of bad feelings.** And then to realise that all that enormous amount of bad feelings were what you felt through your early life – well, it's amazing you didn't just perish with the pain of it all.

James: Yes, it is. I'm going to leave it there Nanna Beth. Thank you again for talking with me, that's helped me understand myself and our Healing even more. I think I might have got it, I think it might have sunk in now... however I know the danger in making such a claim, so I'll probably want to talk more about it with you sometime soon.

Nanna Beth: It's my pleasure James, speak to again soon – good bye now, love Nanna Beth.

There is no such thing as



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

LIVE FEELINGS FIRST

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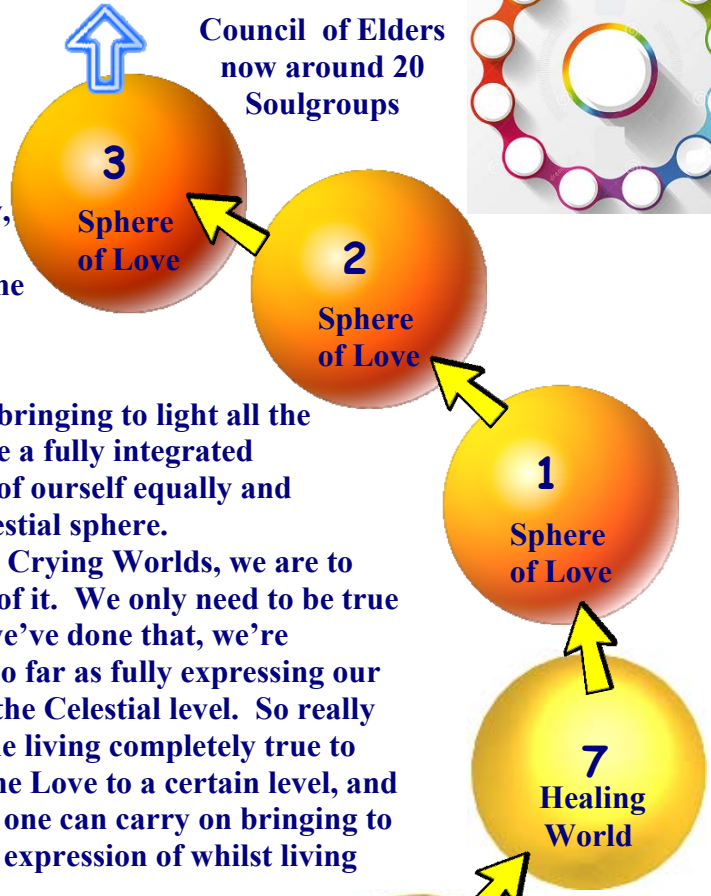
CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



Celestial Heavens are the Spheres of Love. One has to be a fully integrated personality, as in expressing all the aspects of one's self equally and lovingly, before one can leave the 3rd Celestial sphere – Sphere of Love, after having embraced the Way of Feelings.

When in the Celestial Heavens we work on bringing to light all the attributes of one's personality. We are to be a fully integrated personality, as in expressing all the aspects of ourself equally and lovingly, before you can leave the third Celestial sphere.

While we progress through the Divine Love Crying Worlds, we are to live true to our untruth, by living the truth of it. We only need to be true and perfect to our untrue state, and when we've done that, we're Healed. Even though we're still imperfect so far as fully expressing our personality, all of which we then perfect at the Celestial level. So really to qualify for the Celestials, that is about one living completely true to one's wrongness, and partaking of the Divine Love to a certain level, and then once that's done and being a Celestial, one can carry on bringing to light all those parts that one was denied the expression of whilst living untruth to oneself.

We are to uncover the truth of our untruth through the Healing mansion crying worlds 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).

Earth has been subjected to the Rebellion and Default until now! As a soulmate pair progress with their Feeling Healing, the Rebellion and Default conditions are being cancelled.

We all arrive into the 1st Mind Natural Love Mansion World. Most continue their way of living without any awareness of the Feeling Healing process and the availability of Divine Love.

The 1st and 2nd Mind natural love Mansion Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



Wednesday, 16 August 2017

James: Hi Nanna Beth, as I touched on speaking about the Hells with Helen the other day concerning Lord Billington's stay in them, I thought she might be able to tell me more about them. I've written over the years about them, mostly in my unpublished books, and in lately understanding more about the end of our Healing and moving into the Celestials, and having browsed Dante's Divine Comedy some more, I was wondering if Helen could please outline for me how they are set up and the sorts of things spirits do, or go through, in them.

Nanna Beth: It's easier if I talk with you about such things James; easier on you, as my light matches yours so well; and easier on John, as he will work a lot of the material we write together into his Pascas Papers; and Helen is busy with other things to do with Crystal and the Germans, and all else that entails, which is basically what's going on with the whole world. Helen and her soulgroup are overseeing the workings of the world, whereas my soulgroup and I are working specifically with you and John and all he wants to do – together with helping coordinate the emerging Celestials at the demise of the mind spirits. So of the spiritual nature, that which you are mostly about James, I will speak with you, and if need be we can enlist Helen's help, should she need to convey something directly to Crystal. Is that all right with you?

James: Yes, I understand, it makes sense and I am more than happy to stick with you Nanna Beth.

Nanna Beth: Good, so I will tell you what you want to know about the Hells.

As you understand, there are two main areas of what are collectively and loosely called: The Hells. There are the lower planes and sectors therein of the first Mansion World (1st natural love mind sphere); and there are lower planes and sectors therein of the two Earth planes, these two areas usually being grouped together and referred to as one of two main hell areas. The Mansion World hells are not as bad as the Earth-plane hells. The Mansion World hells are for spirits that basically have within their heart the desire to be good and loving, yet just can't help themselves doing bad things to other people, spirits, creatures – including all nature, and themselves. And when I say spirits, they can't actually hurt or kill them like they did people and creatures on Earth, yet still they can't help themselves being unloving with the intention of hurting them. With such unconscious compulsions of course coming from early childhood.

So someone who simply lashes out uncontrollably killing someone else, and does that more than just by accidental rage, so they obviously have a very deep-seated problem they can't control; someone who might under the influence of alcohol or drugs do bad things, such as rape or hit, harm, kill another in some way, yet when they are sober are full of remorse, hating themselves for being as they are and wishing they weren't, yet with no way of being able to control or stop themselves. So they are not maliciously inclined, they have not stepped over the line wanting to hurt, and enjoying hurting and causing misery and suffering in another. They don't gain pleasure from their abusive behaviour, so they are basically fit for Mansion World life, yet can't help themselves when their buttons are pushed, feeling very regretful and full of guilt about what they've done, and desperately wanting help to heal themselves, to get rid of the 'devil' or 'evil spirit' or 'bad steak', whatever they see it is within them, being unable to do anything to help themselves. So, the man who comes home and beats his wife under the influence of alcohol and then when sober wants to kill and beat himself with shame, begging her for forgiveness, swearing he will never do it again, only for his pattern to keep repeating right the way through his life. Someone you'd probably hate, and yet at the same time feel deeply sorry for, because they know they are bad, they are doing bad and wrong things hurting someone else, yet are powerless to stop themselves.

So these people, and you'd be surprised just how many of them there are, come into the first Mansion World like all do upon death, and then are taken to the lower recovery planes – the 'little hells', where they have to settle the Law of Compensation for all the pain they have caused.

Mostly how their 'payback' time goes, is they begin with a period of isolation which can vary in length, from months to years, in which they live in a part of the plane that's congenial to their state of mind, and like a low security gaol. They can set up their surroundings to suit their requirements, in contrast with the likes of Billington in the 'Big Hells', who doesn't get a say in anything, is put in his 'cell' of which he's not really even aware, because very soon his pain will intensify to such a degree that he'll all but be consumed by it, so his solitary confinement is all within himself; whereas in the little hells you are freer to be alone in more liveable surroundings, and can even interact with other spirits on similar levels or with higher ones who will come giving counsel and support.

So these little hell spirits go through waves of pain, just how it was for them during their lives, they'll feel relatively normal, and then when they were hurting the other person or creature, in their hell when the cycle comes around, that pain is inflicted on them by their own soul, with their unseen angels organising it for them by adjusting their aura so as to make the level of pain required to settle each of their transgressions. So they have to work back through each wrong they did.

And over time many small changes happen to them in their psyche and psychologically, and they slowly come to understand that they can't escape from the wrong they have done, and they begin to want to suffer the pain they have caused; it's penance, they are paying for their crime, they come to agree it's a fair punishment, and they start to willingly accept and embrace and even want it. And it gets to the point by the end of it all where they are so accepting of it, having changed themselves psychologically and on all levels, which we call psychically, that they no longer feel the pain because there is no longer any pain to feel. The end of their pain coincides with their complete self-acceptance as to what an evil, sinful, unloving person they've been, seeing through their feelings all the hurt they caused.

Often such people, even though they are regretful of the pain they inflict whilst doing it or afterwards, don't really understand the full extent of pain and suffering they are causing. They might see the results of their anger, a broken arm, black eyes and bruises on their children and spouse, and feel very bad for what they have uncontrollably done, saying they are sorry and trying to make amends, yet remain completely ignorant of the broader pain and suffering they are causing. Such as, how their partner changes over time because of being unable to leave them, trapped within their madness, what psychological effects they undergo and endure; and then the children, the pets, the neighbours, anyone and everyone who is negatively affected. And all of that, all the ramifications of their wrongness, all the levels of pain and suffering, they have to see and feel for themselves. And you have to feel it fully because that is the only way you can really see the truth of it, as you know James now from your own Healing.

The average 'good' person, which are the majority of spirits arriving in spirit, someone who doesn't do anything really bad, doesn't harm others intentionally or even in such an unwitting unconscious state when they are not of their right mind being under the influence of some mind-altering substance, or even if because of psychosis of their mind, don't have to undergo anything more than what is commonly called a Life Review, in which they endure a time of seeing their misdemeanours, how they were a shit in that situation, how they inadvertently hurt that person or creature, feeling bad for a relatively short time, but nothing like being in what could be termed a state of hell. And then once they've seen these bad parts of their lives and themselves, move on into the general Mansion World population moving to whatever level they achieved whilst on Earth.

But if you're worse than just being in a general or normal sort of loving / unloving state, of wanting to be good and do good, not wanting to hurt another person or creature, even though you kick the dog and squash the spider, farm your livestock, yell occasionally at your neighbour, wife and kids, punch the other guy in the pub fight, ripped that person off because why not – the opportunity presented itself and you took it, yet generally you don't set out to rip everyone off; if you are worse than this general run of the mill level, then you move into the little or Big Hells.

So we all have to settle the Law of Compensation on some level when we first arrive in the Mansion Worlds. With some people having very little to nothing to settle because they've not hurt anyone or any creature, nor themselves, they have done good and tried their best and been what is generally called loving – with a loving heart and honourable intentions. And over the years the parameters as to what qualifies for how much payback one has to do, has changed as humanity has evolved, it all in keeping with the tenets of the Rebellion. So all the stuff Dante imagined he saw constituting the Hells in his day, was more along those lines of vast numbers of spirits in places of hardship in the underworld having to pay for their various sins. But all that old fire and brimstone stuff, the extremes of heat and cold, suffering the ravages of starvation, obesity, eternal disease, having to deal with wild animals and half-man half-animal creatures, having to pay for your crimes of sin to be allowed into Paradise, the higher levels of the Church where they believe God is located, doesn't exist anymore. And even when it did, it was all just the imaginings of those who believed they should live in such places being subjected to such unspeakable deprivations and horrors; and it's still the same today, it's your beliefs that determine your state and so affect your surroundings, but people's beliefs and expectations have changed, the world is more civilised today, and so too are how you undergo your time in the Hells and live in the Mansion Worlds.

For the people, now spirits, who have enjoyed inflicting pain, have maliciously wanted to hurt others, who calculate how to go about it deriving great pleasure from the power they gain; and from personally physically hurting by torturing another person or creature, to doing it impersonally, as Billington did by wielding great monetary power, torturing people he never saw through economic deprivation, including the whole world being subjected to debt-slavery controlled by the hidden power people, and the politicians who are in it all for their own gain without any feeling of care about the actual people they are supposed to serve; all that sort of attitude, because you hate everyone with a passion, and you want revenge, you feel hard done by and you are going to get what you can from whomever and you don't care how much pain and suffering you inflict, all the worst of the worst, go into living in the Big Hells.

And the Big Hells are in both the Earth planes; so with people – now spirits – who have no spiritual inclination whatsoever, who are completely materially and physically based, live in the lowest Earth-plane hells; whilst those with a tiny bit of a spiritual inkling, like a belief in God, a religious zeal and underpinning driving motivation, live in the slightly higher Earth-plane hells.

And within both Earth planes, the hell-planes are graded into seven sub-planes, each of which contain numerous sectors providing for the needs of what these spirits are to be subjected to settling the Law of Compensation as it works upon them. And the worst of the worst, most heinous, depraved and despicable of humanity on these debouched levels, are contained within the lowest sub-planes of these two Earth-plane hell zones.

I will add, the hells in the Earth planes and first Mansion World are completely separated from the rest of the Earth plane and first Mansion World. Only with special permission can you gain entry into them. They are treated by the Higher Ups with upmost respect. These are the most depraved, defiled and the most twisted of rebellious humanity; they are the most fucked who live in the hells, and they are completely rejected. However, they are not treated at all as if they are garbage to be used and abused as

part of their punishment, to be thrown to the wolves, now they have been depowered. No, not at all, they are loved because we all understand they didn't choose to be as they were, it was forced upon them, as it is for all of us. They just got the very rotten end of the stick in the way of hurting others. So they are respected for being the horrors they are, and yet they too are not the worst of us being evil, for they are just one extreme of our wrongness.

And when you compare them to the evil inflicted by the well-meaning Enlightened Ones, spirits who know the rules and play by them, so are 'all-loving', using their minds to avoid the Law of Compensation, whilst being anti-truth and anti-true love, are more evil in a way than those in the hell planes. So you can see, it's not just a matter of: those hell spirits are evil and the rest of us are not; they are the baddies and we're the goodies, like so many people on Earth see it; no, for whilst anyone is in and of the Rebellion and Default, they are bad, there are different faces of bad, different levels of the Rebellion, all being reflected in the differing levels of the seven Mansion Worlds and two Earth planes.

And really, the worst of the worst, are not the debauched or depraved, but those poor people and spirits who feel completely depowered, have no self-love, self-respect or self-esteem, feel completely beaten and downtrodden, having hardly any will to survive, and yet are forced to keep going by their physical body not dying or the society of spirits they live in, these are the real poor 'devils' of humanity, the poor ones who don't hurt anyone else or any other creature because they can't hurt anyone other themselves. And they can't even do that very well, they are too miserable, too depressed, too fucked, these people show the real face of the worst of humanity's wrongness; the worst of feeling unloved, being the most expressively true to it by not trying to avoid it using their mind to empower themselves. People and spirits who live in the hells had some say in their lives, they mostly thought very well of themselves, had inflated egos and had a lot of power during their Earth lives; they could hit, hurt, maim and kill, they could self-mutilate with relish, which is not the same as feeling so miserable and beaten down that you can hardly get out of bed or the institution you've been consigned to because of feeling so depressed about yourself and your rotten life.

And when these 'very poor ones' come to spirit, they often need a lot of nurturing, time alone, gentle bringing back to life, and nothing like the full-on intense wilful pain those in the hells suffer.

So life in hell is not a dead time by any means. As I said, it's screaming and writhing with agony, it is full-on, very intense, and has to be so as to affect the desired changes in the deepest parts of the psyche of these spirits. For they have to be brought to account, and to see that how they relished hurting others, dishing out their savage torture, making others suffer, was wrong, and they have to feel and know the truth that it was wrong to the very core of their being, so they know they never want to be that way again; and so like a child, are forced to change the deepest aspects of their being, which is still really those deepest beliefs within their mind, with their feeling systems also changing accordingly. They are not fully Healing these terrible aspects of themselves, the very bad beliefs and behaviours, the patterns of mind and will that drive them, are only adjusting and changing so as to enable them to live like more normal spirits, more or less in harmony with the Law of Compensation, so able to one day resume regular rebellious life in the first Mansion World.

You know how intense it was for you as a child being forced to go against yourself and to become the fucked-up distorted person you turned out to be James, well it is the same for these Hell people and spirits, only their parenting allowed them to take out their pain and powerlessness on others, so they grew up believing that it was the right way to be, it was good, it was fun, it was what you had to do, so they did it, it becoming their unloving pattern. So those extreme patterns have to be changed, and there's only one way to change yourself to that degree, and that is through extensive pain. So the angels work the desired pain following the commands of the spirit's soul. And in the end it all works back to

them becoming someone who is then a normal functional member of first Mansion World rebellious society. As I said, they are not completely Healed, for they don't work on healing their childhood patterns as you do through your Healing, yet these patterns are modified allowing them to no longer be the monsters they are, and being able to live a reasonable 'loving' life like the rest of the Mansion World spirits.

So all the pain from the Life Review through the various Hell levels, is all concerning what you've done as an adult in your negative unloving pattern to yourself, others, adults and children, and creatures. However it doesn't include parenting. Parenting is kept separate and is solely dealt with through your Healing. Sexual abuse, for example, of your own child, is also kept for your Healing, however if you sexually abused someone else's child, then time will be spent in compensation for that pain inflicted, in the Hells.

All the pain inflicted in parenting is reserved for your Healing. You might touch on parts of it as you do some lower level healing of yourself, which really amounts to adjustments to your unloving, negative pattern, but nothing like what you'll undergo through your Healing when you have to see and feel the damage you inflicted on your children from conception right the way through their childhood. However because this is so intense and so much, and because it's intimately tied up with how you were parented, so it's reserved, as I said, as being part of your Healing. And then also through your Healing so too will you revisit all the pain you might have inflicted on other people, spirits, creatures, that which you experienced in the Hells, yet only enough for you to work consciously with those bad feelings, bringing them up again so you can now finally uncover the whole truth of them, so understand how it came about, how it all fits into all you are, all you went through, all you did and why you did it, all from the causes formed during your early life. So our Healing involves ONLY the necessary pain for us to uncover the truth of our unlovingness, the truth of our rebelliousness state, and how it has been for us as part of the Default. We don't have to suffer every ounce of pain endlessly paying for our sins and errors, we only need that amount of pain to make us see the necessary truths, and once the truths are seen, and you feel them and know they are real and true, so that pain is no longer required, so goes, and this is where it's said the Law of Forgiveness comes in over the top of the Law of Compensation. So **true forgiveness can only be sought through your feelings looking for the truth of them.** And this can happen at any time, yet mostly for us spirits, and it will be same for people on Earth, it's only if you want to do your Feeling Healing or Soul Healing with the Divine Love, that you'll completely be able to free yourself – be forgiven for being rebellious.

And even though the Rebellion and Default were forced on us, so you might ask: why do we have to be forgiven for something we had no say in; the fact is, once we were conceived into it, we took it on, we became it, we willed ourselves into being it, even if we didn't know we were and it was against our will; still, our will engaged, and so because of that is why we then have to ask for forgiveness, choosing to no longer be how we are, wanting to be loving and good and right and with God, not living bad, wrong and against God. So if you do sincerely want to live God's Will, which means, be true and perfect, then the only way to achieve that is by doing your Healing. And that is your whole Soul Healing, so including the Divine Love. You can do your Feeling Healing, perfecting your Natural love, and that is still much better than living in rebellion against it, yet still it won't allow you entry into the higher Celestial spheres and to continue your ascent of truth to Paradise.

And as Helen touched on the other day James, and to conclude this about the Hells, for those spirits subjected to the Big Hells, they usually are more open to moving on into doing their Healing once their time in the Hell finishes, because of being stripped back to feeling they are nothing and no one, and so seeing the absurdity of the mind Mansion World life when they are reintroduced to it. Then those in the little hells are a little less inclined to move on into their Healing, as their hellish time wasn't as bad or

intense. And then people in regular Mansion World life with their Life Reviews, once they've had their hand smacked for being a bit naughty, are usually more than happy to get on crafting their new mind-controlled Mansion World existence. So on a percentage level, they are the least inclined to move on into their Healing and the most abundant of mind spirits, and mostly will need to live a long time, and sometimes, even a very long time, thoroughly exploring their new mind life, loving all the pleasures of their spirit mind, with many moving eventually to the upper sixth world indulging in their mind-created nirvana and blissed out state of mind-contrived love, believing they are Enlightened and at-one with the Mind of God.

James: Marion was saying that when we are in spirit, it is the state we are that we live, in that, we can't disguise it with the physical. So we are to be true to it, so Lord Billington is really in that state warranted by his now being in the Hells, because he's in hell within himself, it being closer to his true state, that which he'll uncover through his Healing.

Nanna Beth: Exactly James. It's the first step in taking you closer to the truth of yourself, however it's still within or under the control of the Rebellion and Default, so you can still use your mind to outwardly change yourself, that being how the mind spirits live. But for the spirits in the various hells, they are for that time at least, closer to the truth of their true state, which is as you say, what they come to understand through their Healing.

James: So the mind spirits are really working to avoid the Law of Compensation, doing all they can to avoid it by using their mind to ensure they are 'loving' and not hurting other spirits, even though they are still actually hurting themselves because of their unloving states. And so really I guess it's the Law of Compensation acting on them by default that is making them, and so controlling, the mind worlds.

Nanna Beth: Yes, they are still hurting themselves, and even others by default, but not enough as adults to warrant activation of the Law of Compensation, even though the Law is actually working all the time. So yes, the Law determines how we are, only in the mind state you have to use your mind to keep it from inflicting pain on you, by not inflicting pain on others, thereby inadvertently advancing your wrongness; whereas in the Healing worlds, it works for you helping you bring up your repressed feelings, and all the hidden pain within you.

James: And what about Dante's Capital sins: Pride, Envy, Wrath, Sloth, Covetousness, Gluttony and Lust – and all the Catholic levels of having to compensate for each of them?

Nanna Beth: It's just imaginary James, their fantasy in keeping with the beliefs they've constructed over the years. For as you know, your Healing takes care of all those things. Certainly they are all part of our wrongness, and need to be brought to light if they are part of your pattern, and they will come out with all the feelings involved; however, like all you go through, if through them you've hurt others inflicting your will over them – against their will, then you'll have to compensate for that by feeling that amount of pain you've caused the other. But it's all pain, it doesn't so matter where your pain is centred in the end, although of course you have to see all the parts of yourself; however, you can live in your home in your appropriate Healing Mansion World, doing your Soul-Healing and growing in truth, without the need to go anywhere else. You don't have to spend long times in the abyss and eternal darkness of hell, traversing the Inferno and Purgatory on your way to Paradise.

James: I read a channelled message from a spirit years ago which talked about how at the entry stage into their new life in spirit, many of the Catholic spirits have to climb this huge stairway, I guess like in Dante's Purgatory, so as to repent and pay penance for their sins. With the length, duration and arduousness of the climb being reflective of the amount of their sin. Does that sort of thing still exist?

Nanna Beth: No, not any longer, things have moved on. Spirits from the various religions come over into their arrival wards in the sectors of their religion, where they wake up and are attended to by those of their kind – of like belief. Then if they are to endure the Pains of Hell, they will be taken to the lower worlds to do their time; and if not, they mostly carry on fitting into the society of their religious sector. However very quickly, a lot of those spirits of the various religions that are not real adherents, only partial or part time participants, yet still over-all believers, drift or move away from the cloyingness of the intense religious sectors and all their piousness, into a more secular life. And then there are all the usual struggles of trying to bring back into the fold those who drift away, which is now where all the mind spirits are more focused as they have such time to spare to devote to such purposes owing to our thwarting their control over their adherents on Earth.

James: Are you seeing any real change on Earth because of you Celestials stopping the heavy mind spirit control?

Nanna Beth: We are, certain cracks are beginning to show. Certain main controlling figures are beginning to wonder why they are not feeling as inspired as they used to feel. Some are thinking they are getting too old for it and are retiring, others are making up more stuff using their own mind to fill the gaps, so overall there is a slow decay, which will steadily gather pace.

In a few years from now, a lot of people will be brought to question their faith, and because they won't receive the unseen support of the mind spirits, will be disappointed and find it wanting, and will be open to new things. Their religion will no longer 'do it for them' and so their 'faith' will wane.

And that is to continue, for there is as I've told you, not going to be resumed input from the mind spirits anytime soon, not at least for a 1,000 years. So within ten years there will come serious change, a real shifting within humanity of religious loyalties. Much more questioning, much more madness and nonsense as people make up stuff trying to make themselves feel more secure, yet also more real true seekers, people who do generally want answers, and ones that resonate with their feelings and not their mind.

James: With these people being the one's John will want to reach out to?

Nanna Beth: Yes; to alert people to other possibilities, to show there is another way, and one that would be better for you, one that is much more about doing your own spiritual thing with God and so without the need for a mainstream religion. People feel secure in their religion when it's all they've known, but what do they do when their beloved religion no longer makes them feel secure, and even goes the other way making them feel scared? And the pressure to change will build, it will be relentless and coming from all sides, including from the unseen and mostly unknown Celestial spheres.

James: Thank you again Nanna Beth, that was great all you said about the Hells, that puts them more into context, understanding that it does, as we know, all exist for us to see the truth, and the pain we're all suffering is only because we're stopping ourselves going with our feelings to reveal it.

Nanna Beth: I'll leave you to rest and read through what you wrote. I'll be here if you need me at any time. I'll also be here helping you edit and proof read.

Feelings first

WE EDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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



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



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

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

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



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



DEVOLUTION

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

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

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

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

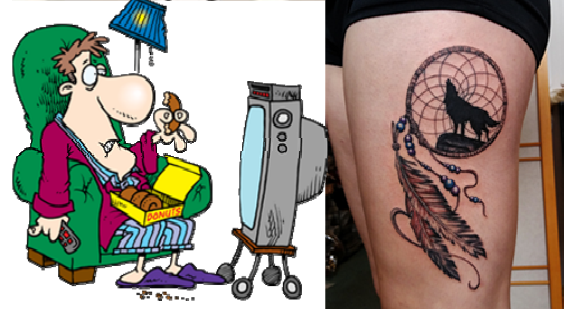
Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

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

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

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

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



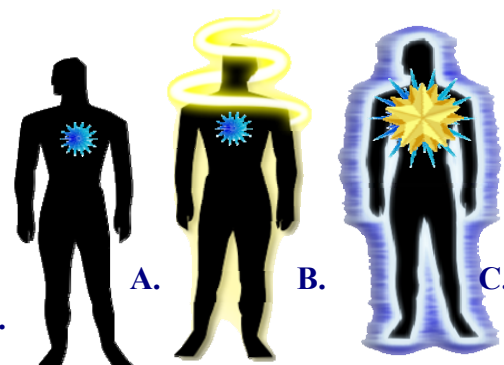
EVOLUTION

STEP 1: Longing for and receiving Divine Love:

A. Soul within spirit body prior to receiving Divine Love.

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

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



STEP 2: FEELING HEALING + SOUL HEALING

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

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

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



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



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

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



We are to Find the Truth of our Childhood.

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

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

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

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

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

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

untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

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

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

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

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

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



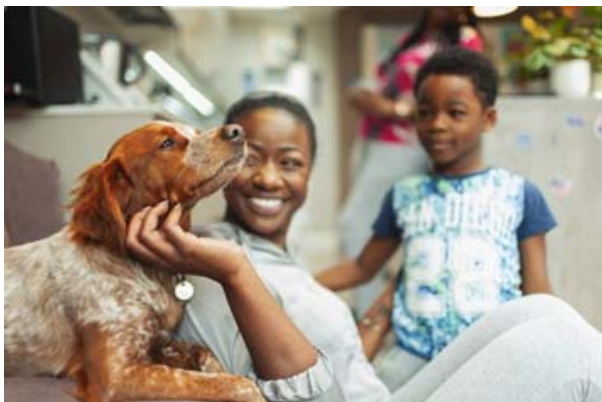
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

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



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

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



♥ You love your pet more than your child?

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

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

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

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

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

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

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

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

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

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

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

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



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

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

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

**LIVE FEELINGS FIRST**

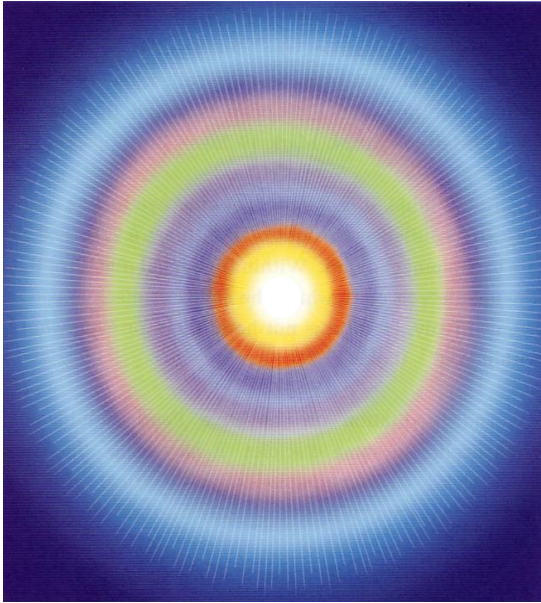
**FEELINGS FIRST For Kids**



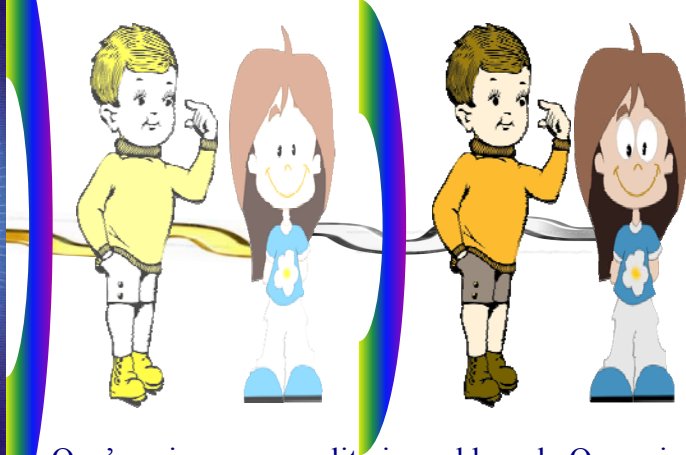
## DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

**PARENTING:**

Tuesday, 16 October 2018

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

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

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

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



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness. And the idea that we can learn how to parent, learn how to be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

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

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

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing, then you will be totally free of your parents. Until then, even through they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them,

even if that was only for a moment. With those patterns all being ‘broken’ and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

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

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

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

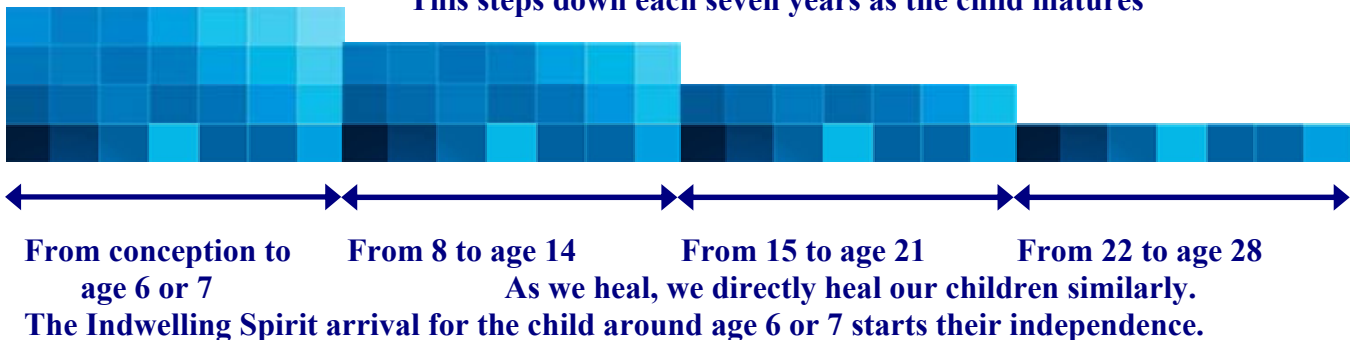
And if your child is retarded, a genius, or just ‘normal’ and ‘ordinary’, that’s exactly what God wants, it’s how God made its soul to express itself, so it’s perfect. You are the child of God that you are, even in all your wrongness. And even though you might hate how you are, you don’t have to stay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

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

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

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

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



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

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

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children

might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

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

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

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

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

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

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven mansion worlds, to complete it. The

Rebellion and Default has evolved to include all seven mansion worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.



Humanity has devolved to a stupor incapable of recovering through the mansion worlds without help.



Humanity is now to embrace the Great U-Turn and retrace through all the seven sets of sub-planes that contain the seven sub-sub-planes and so on, to progress up through each to the seven mansion worlds through Feeling Healing, and then with Divine Love, fuse their soul with their indwelling spirit, and in so doing, as one soul manifests two personalities, we arrive into the first Celestial Heaven condition to join our soulmate and then soulgroup.



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

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

FEELING BAD IS GOOD!  
 Very good!!!

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

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

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

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

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

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

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

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

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

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

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

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

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



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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

# 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**

**WOMEN are OUR SPIRITUAL LEADERS!**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home

We men generally CAN'T do our Healing by ourselves, we need the help of a woman and / or women.

Women ARE the true spiritual leaders, they ARE able to live true to their feelings, and need to be recognised as such, appreciated for being so amazing in that capacity, and so supported and put first, something the man finds hard to do because of all his rebellious programming about being the superior dominant one.

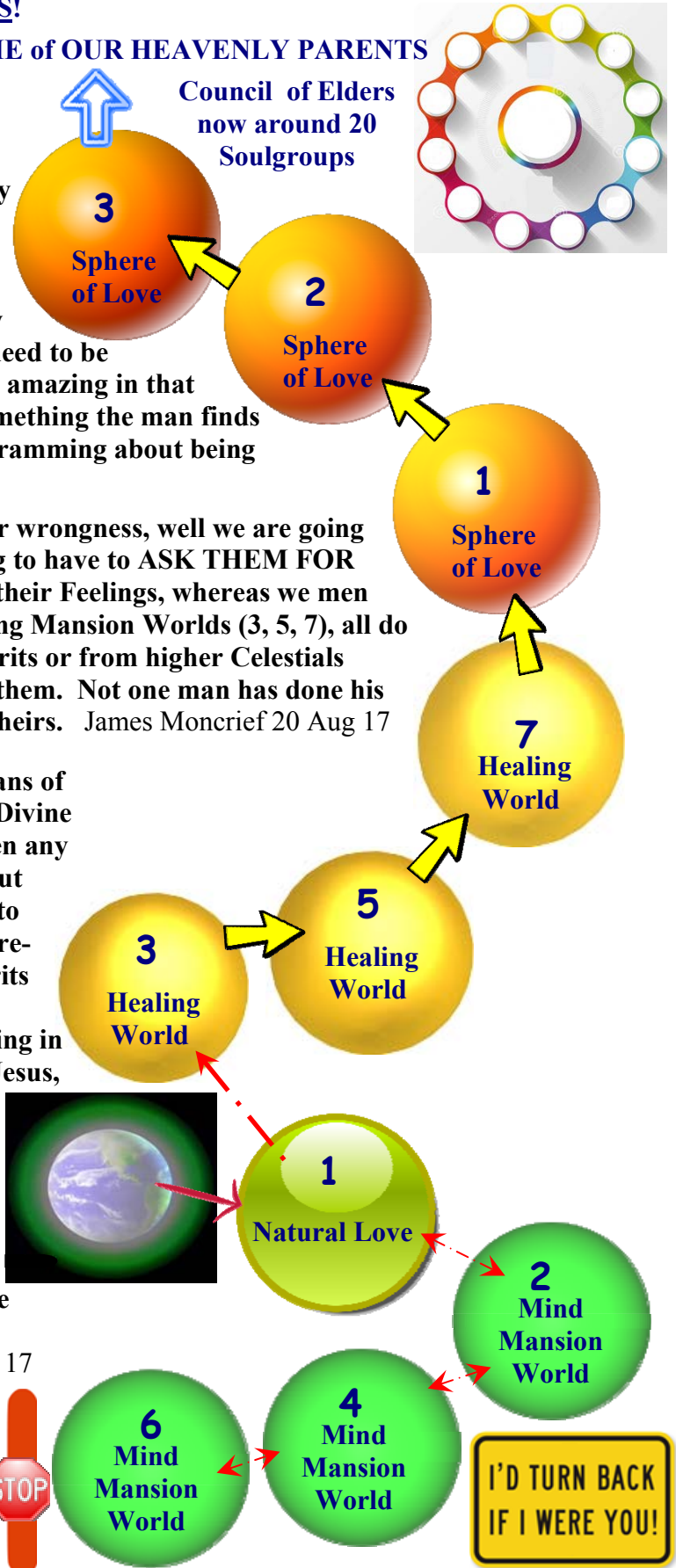
If we men want to ever Heal ourselves of our wrongness, well we are going to have to fully honour women, we are going to have to ASK THEM FOR HELP. Women innately know the Way of their Feelings, whereas we men don't. Men spirits in the Divine Love Healing Mansion Worlds (3, 5, 7), all do receive help from fellow Healing women spirits or from higher Celestials (Sphere of Love 1, 2, 3). They all do, all of them. Not one man has done his Healing as Marion or Samantha are doing theirs. James Moncrief 20 Aug 17

The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary Magdalene might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings, and then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause.

And then throw in their contrived Islam, and you have more male domination and the subjugation of feelings – of the woman.

Helen 20 Aug 17

The 1<sup>st</sup> and 2<sup>nd</sup> Mind Mansion natural love Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4<sup>th</sup> and 6<sup>th</sup> Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!





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

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



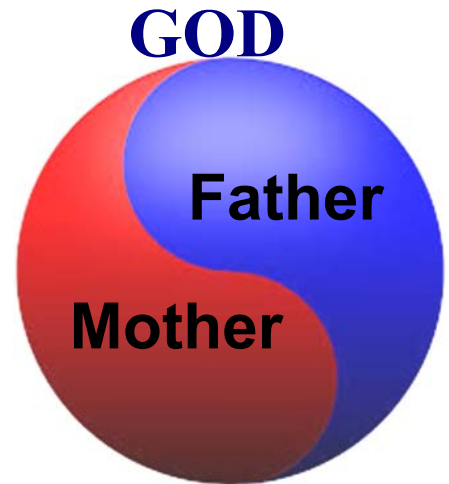
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

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

**WE ARE Children of God**



## U-TURN for HUMANITY:

### Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.

### What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

**We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.**

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

### Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul 'subdivides' into two, one half



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



always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can't tell us, as they are also spirit personalities.

### **I was taught that Jesus was God? And what is this about Mary?**

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary's teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.



Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

### **What is the purpose of an Avonal pair, and are they here on Earth?**

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

### **How is all this becoming known? Has Jesus and Mary communicated directly to Earth?**

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

### **You say this is the Second Coming? You say I am living during the time of the Second Coming?**

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

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

**How does this all fit into our future way of living?**

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

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

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“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. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. 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 of the 1<sup>st</sup> Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



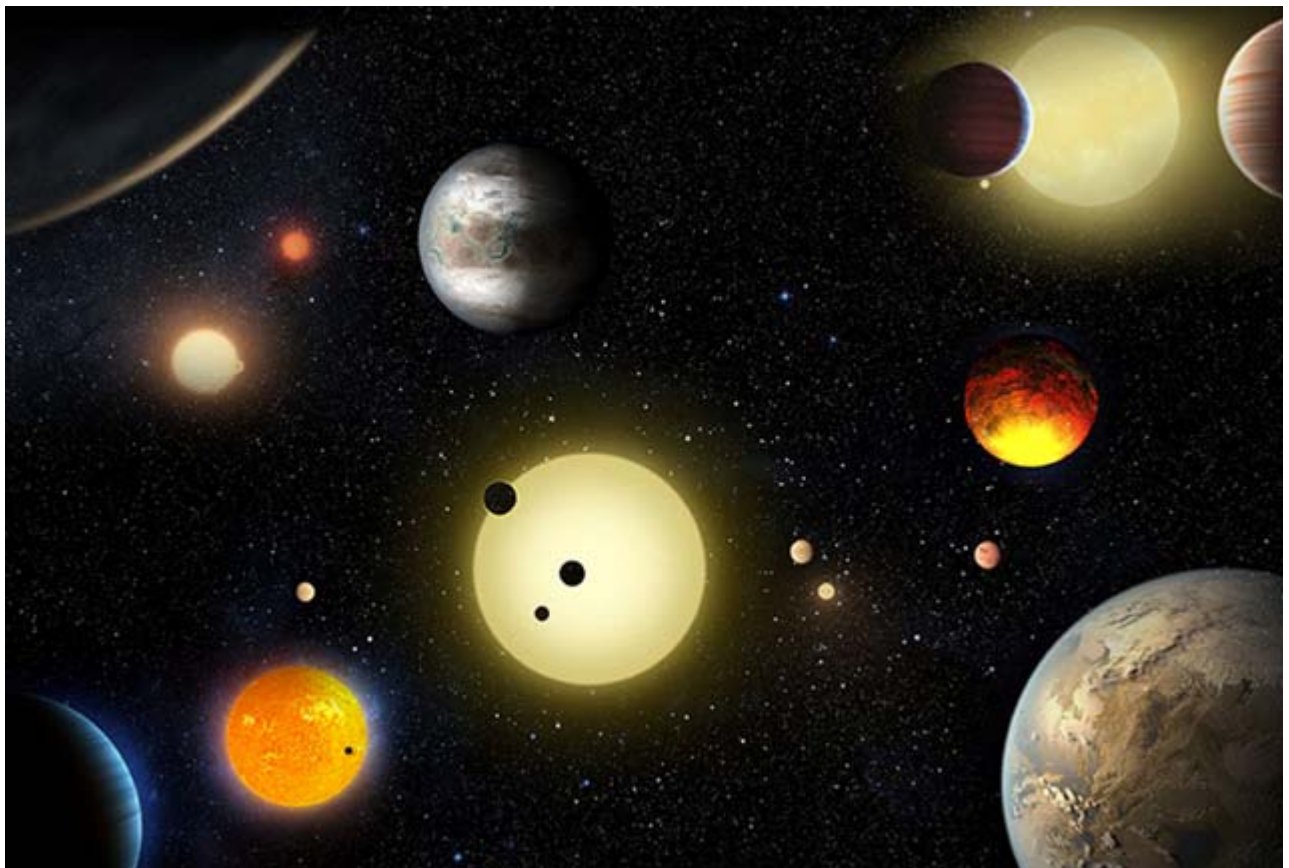
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

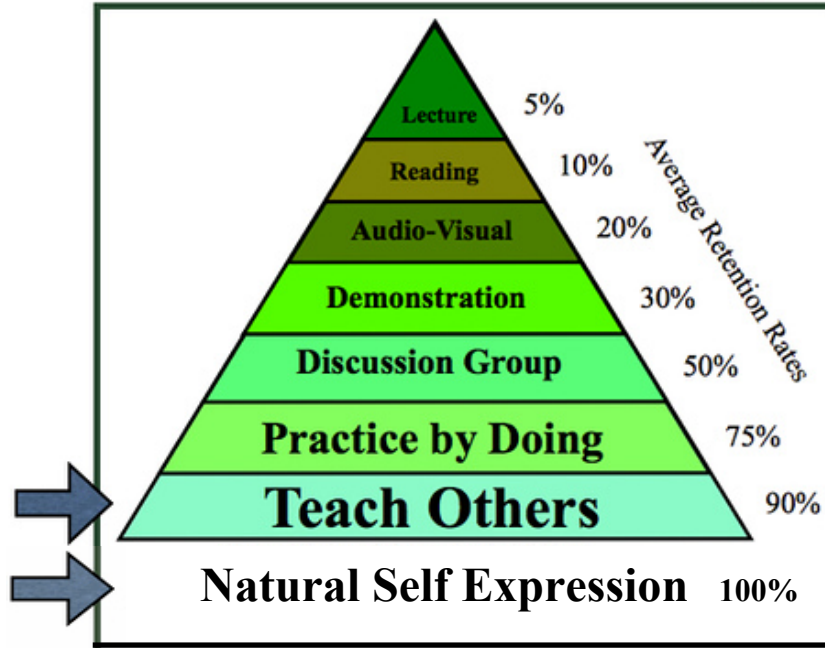
We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is choice and within our free will.

**This is the greatest event in the history of humanity.**

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



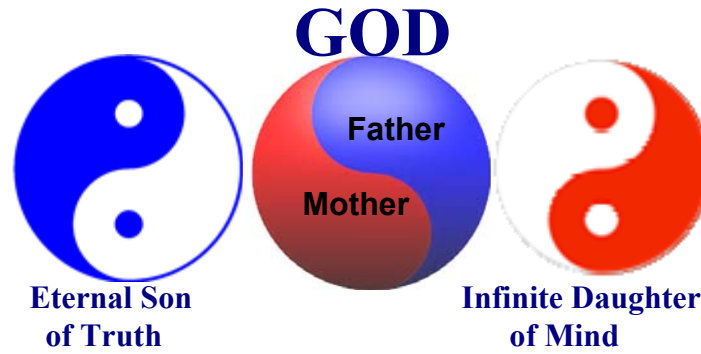
### The Learning Pyramid



**Feelings** first

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



**PARADISE TRINITY:**

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

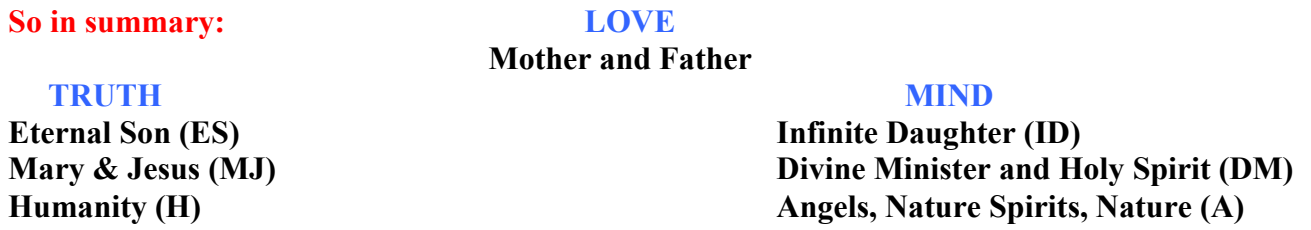
**The LOCAL UNIVERSE TRINITY:**

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

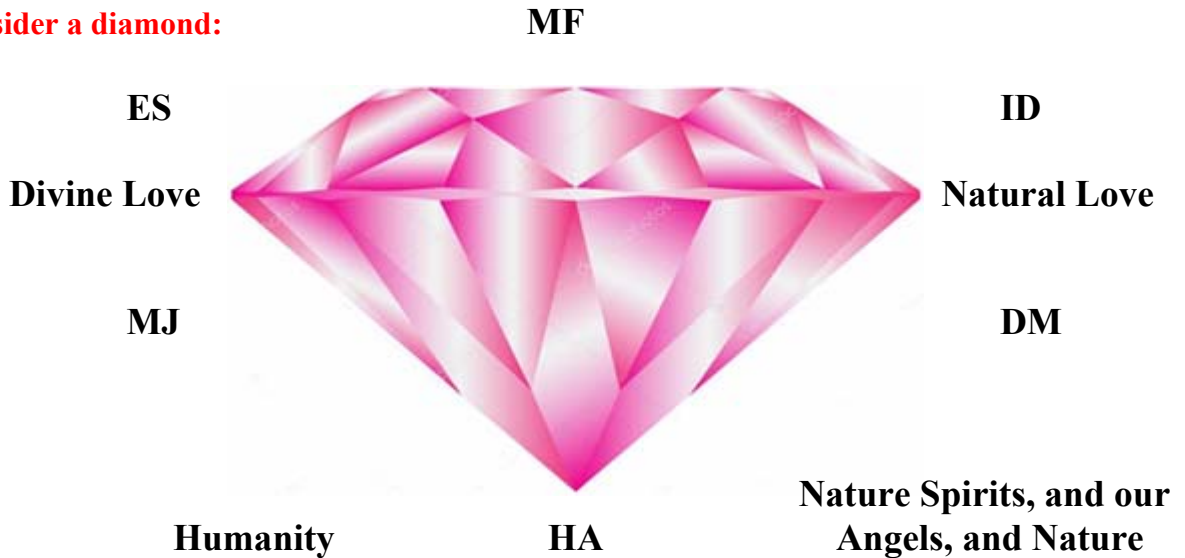
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

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

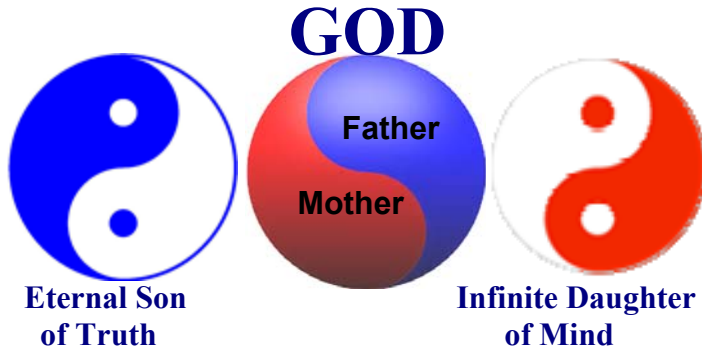
As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

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

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







**CREATION of SOUL and SPIRIT:**

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

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

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

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

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

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair



Angel



Spirit Person



Nature Spirit



## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

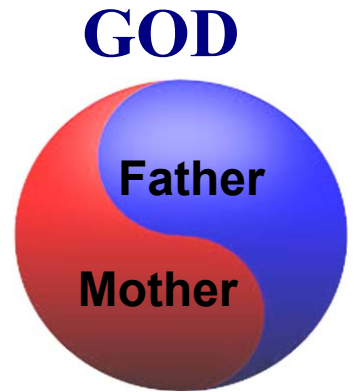
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**M&F**



**J&M**



**AVO**

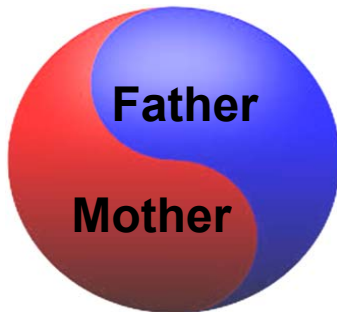


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

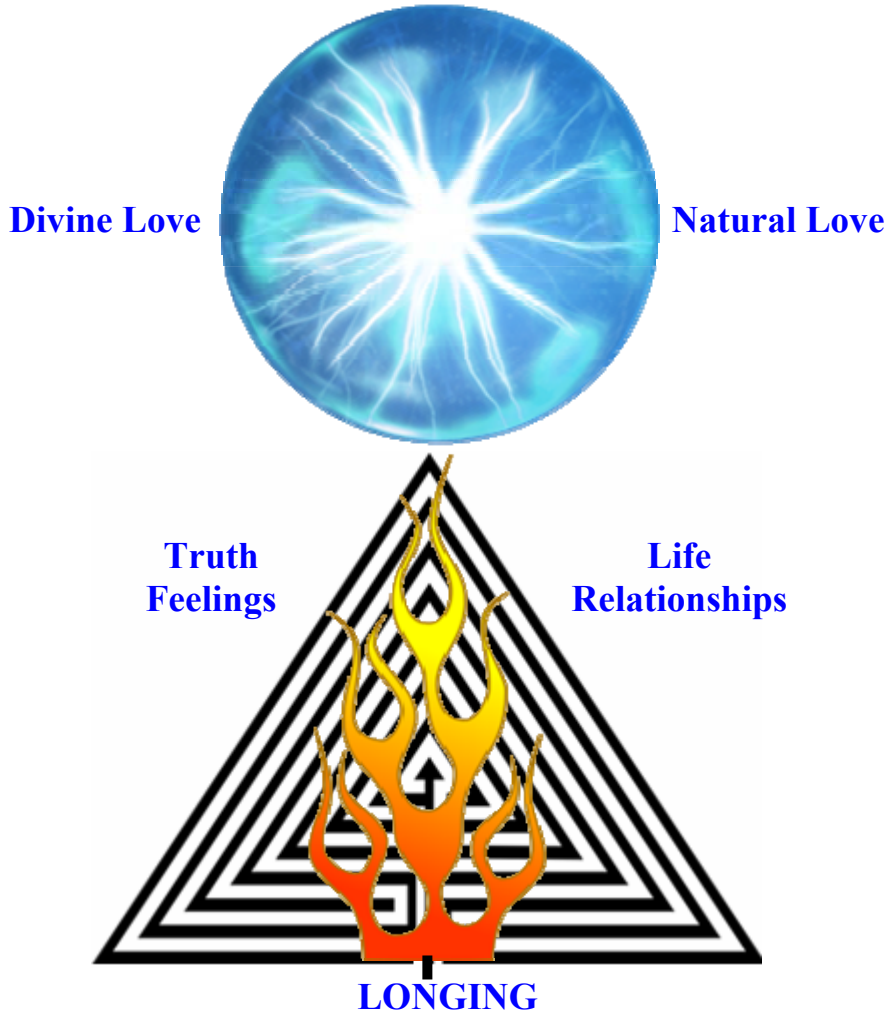
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

HOW TO GET TO PARADISE:

**The Key**

- Long for the Divine Love
- Long for the Truth
- Long for the truth of your feelings
- Don't deny any feelings: accept, express and want to know the truth of them
- Know your feelings are the key; your feelings are the Way
- Want to end your falseness and being untrue
- Want to understand the truth of your early life
- Use your surface feelings to move deeper into yourself, bringing up your repressed feelings
- Want and long to know the whole truth of yourself
- Want to do it all with God, your Heavenly Mother and Father – long to Them for help.



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

|                                                                    |                                  |                               |
|--------------------------------------------------------------------|----------------------------------|-------------------------------|
| <b>Primary recommended reading:</b>                                | <b>consider commencing with:</b> | <b>Paul – City of Light</b>   |
| <b>The Book of Truths</b>                                          | <b>1914 – 1923</b>               | <b>xxx – Joseph Babinsky</b>  |
| <b>containing the Padgett Messages or</b>                          |                                  |                               |
| <b>Little Book of Truths</b>                                       |                                  | <b>– Joseph Babinsky</b>      |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>       | <b>xxx</b>                       | <b>– Geoff Cutler</b>         |
| <b>The Rejected Ones</b>                                           | <b>2002 – 2003</b>               | <b>xxx – James Moncrief</b>   |
| <b>Messages from Mary &amp; Jesus</b>                              | <b>2003</b>                      | <b>xxx – James Moncrief</b>   |
| <b>Paul – City of Light</b>                                        | <b>2005</b>                      | <b>xxx – James Moncrief</b>   |
| <b>Mary Magdalene and Jesus'</b>                                   |                                  |                               |
| <b>comments on the Padgett Messages</b>                            | <b>2007 – 2010</b>               | <b>xxx – James Moncrief</b>   |
| <b>Speaking with Mary Magdalene &amp; Jesus</b>                    | <b>2013 – 2014</b>               | <b>xxx – James Moncrief</b>   |
| <b>Sage and the Healing Angels of Light</b>                        | <b>2017</b>                      | <b>xxx – James Moncrief</b>   |
| <b>Road map of Universe and history of Universe:</b>               |                                  |                               |
| <b>The Urantia Book</b>                                            | <b>1925 – 1935</b>               | <b>xxx as primary reading</b> |
| <b>Divine Love supporting reading:</b>                             |                                  |                               |
| <b>Revelations</b>                                                 | <b>1954 – 1963</b>               | <b>– Dr Daniel Samuels</b>    |
| <b>Judas of Kerioth</b>                                            | <b>2001 – 2003</b>               | <b>– Geoff Cutler</b>         |
| <b>The Golden Leaf</b>                                             | <b>2008</b>                      | <b>– Zara &amp; Nicholas</b>  |
| <b>The Richard Messages</b>                                        | <b>2012 – 2013</b>               | <b>– James Reid</b>           |
| <b>The Divine Universe</b>                                         | <b>2012 – 2013</b>               | <b>– Zara &amp; Nicholas</b>  |
| <b>Family Reunion Afterlife Contact</b>                            | <b>2014 – 2015</b>               | <b>– Joseph Babinsky</b>      |
| <b>Traveller, An Immortal Journey</b>                              | <b>2014 – 2015</b>               | <b>– Zara &amp; Nicholas</b>  |
| <b>Destiny, Eternal Messages of Divine Love</b>                    | <b>2015 – 2016</b>               | <b>– Zara &amp; Nicholas</b>  |
| <b>Feeling Healing</b>                                             | <b>2017</b>                      | <b>– James Moncrief</b>       |
| <b>Religion of Feelings</b>                                        | <b>2017</b>                      | <b>– James Moncrief</b>       |
| <b>The Way of Divine Love</b>                                      |                                  | <b>– Joseph Babinsky</b>      |
| <b>Divine Love – The Greatest Truth in the World</b>               |                                  | <b>– Joseph Babinsky</b>      |
| <b>The Human Soul</b>                                              |                                  | <b>– Joseph Babinsky</b>      |
| <b>Divine Love Flowing</b>                                         |                                  | <b>– Joseph Babinsky</b>      |
| <b>The Truth</b>                                                   |                                  | <b>– Werner Voets</b>         |
| <b>Through the Mists, The Life Elysian, The Gate of Heaven</b>     |                                  | <b>– Robert James Lees</b>    |
| <b>Life in the World Unseen</b>                                    |                                  | <b>– Anthony Borgia</b>       |
| <b>Gone West</b>                                                   |                                  | <b>– J M S Ward</b>           |
| <b>Post Mortem Journal</b>                                         |                                  | <b>– Jane Sherwood</b>        |
| <b>After Death / Letters from Julia</b>                            |                                  | <b>– William T Stead</b>      |
| <b>Thirty Years Among the Dead</b>                                 |                                  | <b>– Carl A Wickland</b>      |
| <b>A Wanderer in the Spirit Land</b>                               |                                  | <b>– Franchezzo</b>           |
| <b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b> |                                  | <b>– Geoff Cutler</b>         |
| <b>The Holy Bible from the Ancient Eastern Text</b>                |                                  | <b>– Dr George M Lamsa</b>    |

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

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

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

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncreif Books:**

|                                                                     | MoC                    |                           |       |
|---------------------------------------------------------------------|------------------------|---------------------------|-------|
| The Rejected Ones – the Feminine Aspect of God                      | 1,490                  | Nov 2002 – Jan 2003       | 228   |
| Messages from Mary and Jesus book 1                                 | 1,485                  | Feb – Apr 2003            | 189   |
| Messages from Mary and Jesus book 2                                 | 1,485                  | Apr – Oct 2003            | 170   |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 |                        | Aug 2007                  | 164   |
| Messages from 31 May 1914 – 12 January 1915                         | 1,495                  |                           |       |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 |                        | Sep 2010                  | 177   |
| Messages from 13 January 1915 – 29 August 1915                      | 1,494                  |                           |       |
| Speaking with Mary Magdalene and Jesus blog – book 1                | 1,490                  | Jan – Apr 2013            | 206   |
| Speaking with Mary Magdalene and Jesus blog – book 2                | 1,489                  | Apr – May 2013            | 229   |
| Speaking with Mary Magdalene and Jesus blog – book 3                | 1,490                  | Oct – Jan 2014            | 187   |
| Speaking with Mary Magdalene and Jesus blog – book 4                | 1,491                  | Jan – May 2014            | 191   |
| Mary Magdalene comments on Revelation from the Bible KJV            | 1,485                  | Dec 2013 – Jan 2014       | 84    |
|                                                                     |                        | This group being pages of | 1,825 |
| Paul – City of Light                                                | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                       |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                                 | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!                 | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                           | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider.    |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.               |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                     |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                             |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                      |                        | 2010                      | 179   |
| With Verna – a nature spirit                                        |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                   |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                    |                        |                           | 362   |
| Sage – and the Healing Angels of Light                              |                        | 2017                      | 260   |
| Divine Love Spirituality                                            | 1,500                  | 2017                      | 201   |
| Feeling Healing – you can heal yourself through your feelings       |                        | 2017                      | 153   |
| Religion of Feelings                                                | 1,500                  | 2017                      | 44    |
|                                                                     |                        | This group being pages of | 3,043 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

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

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

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

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

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

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

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

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

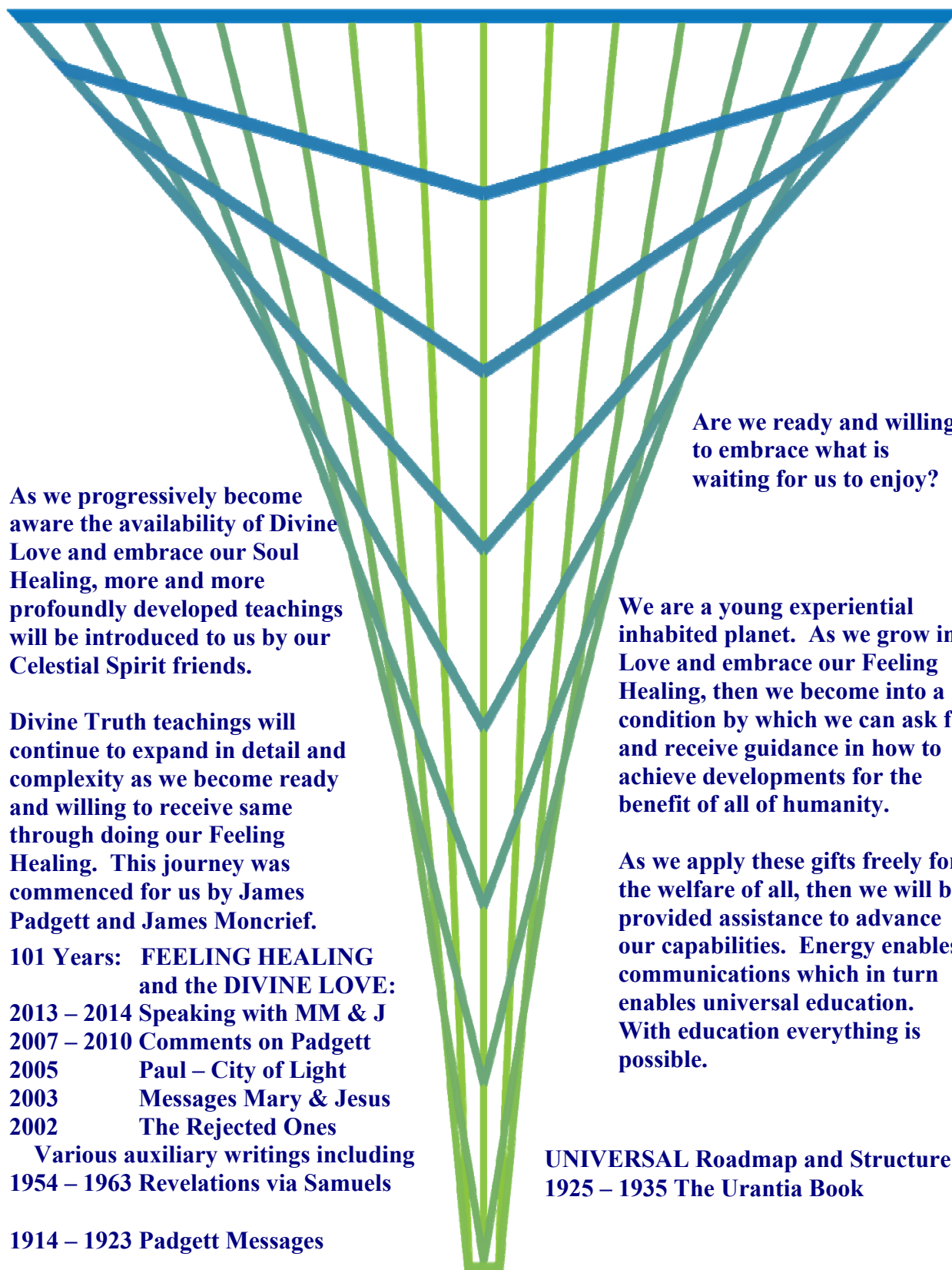
**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**



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



# **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 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

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:

