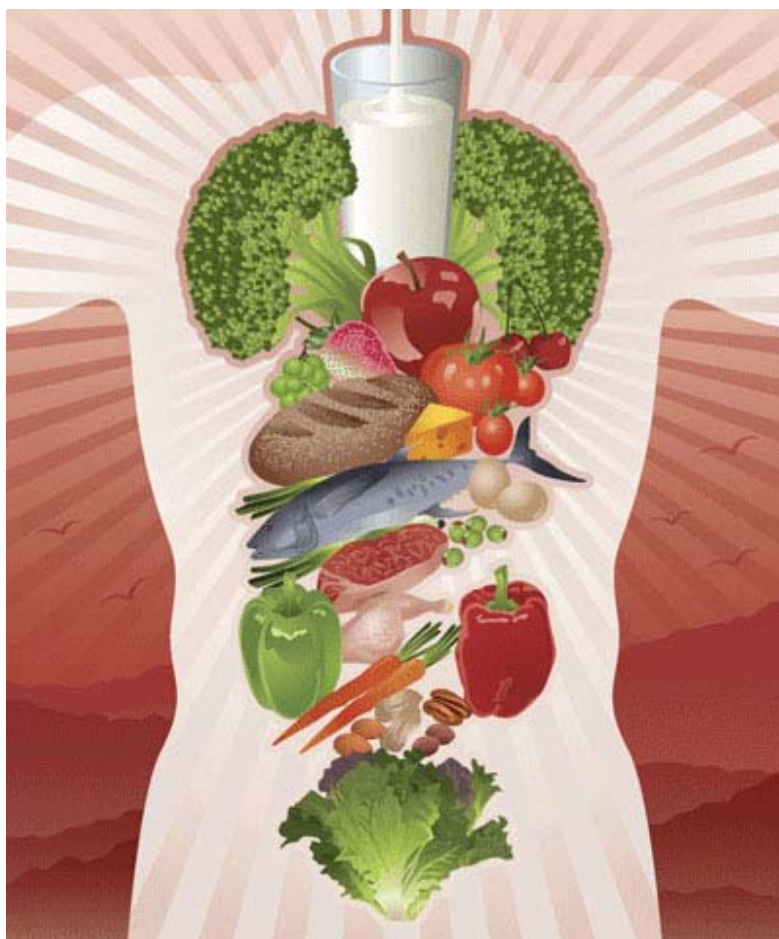


PASCAS CARE

Emotions and Health

- the relationship



“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

Living Feelings First, *John.*

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



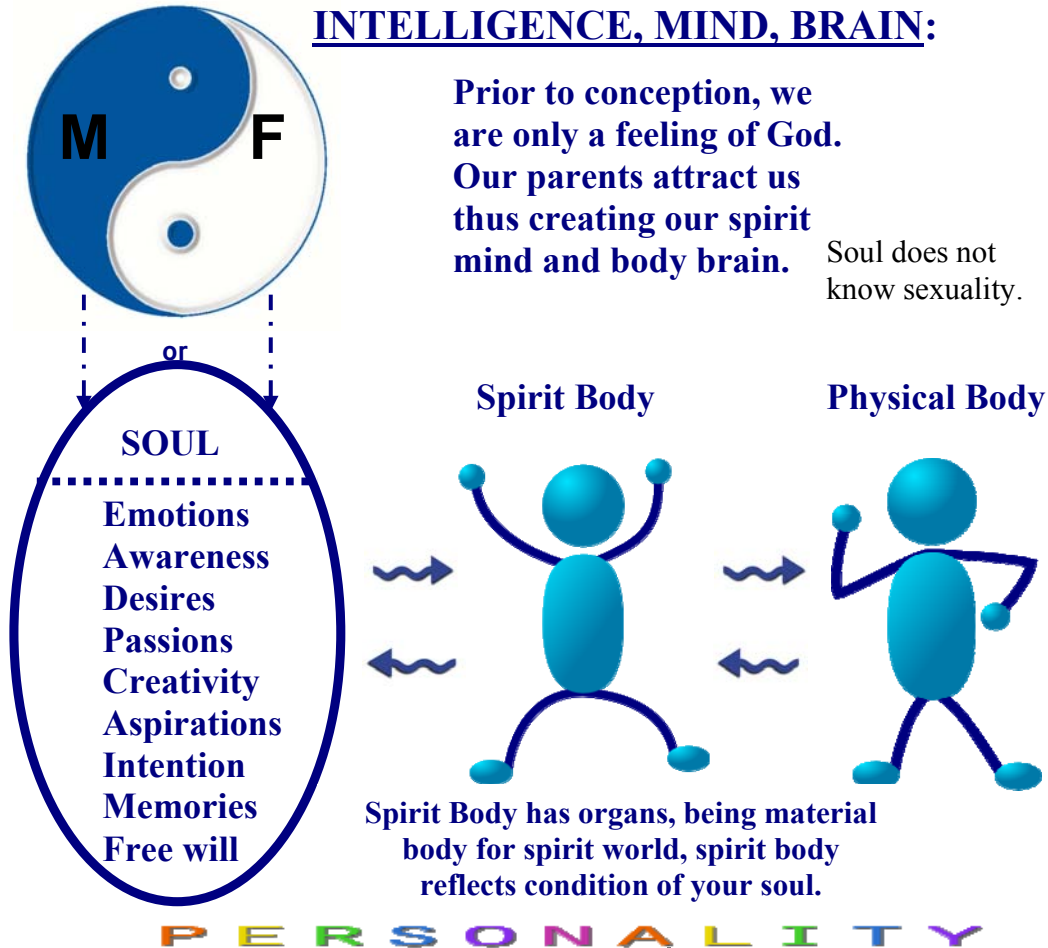


The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.



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

EMOTIONS and ILLNESS

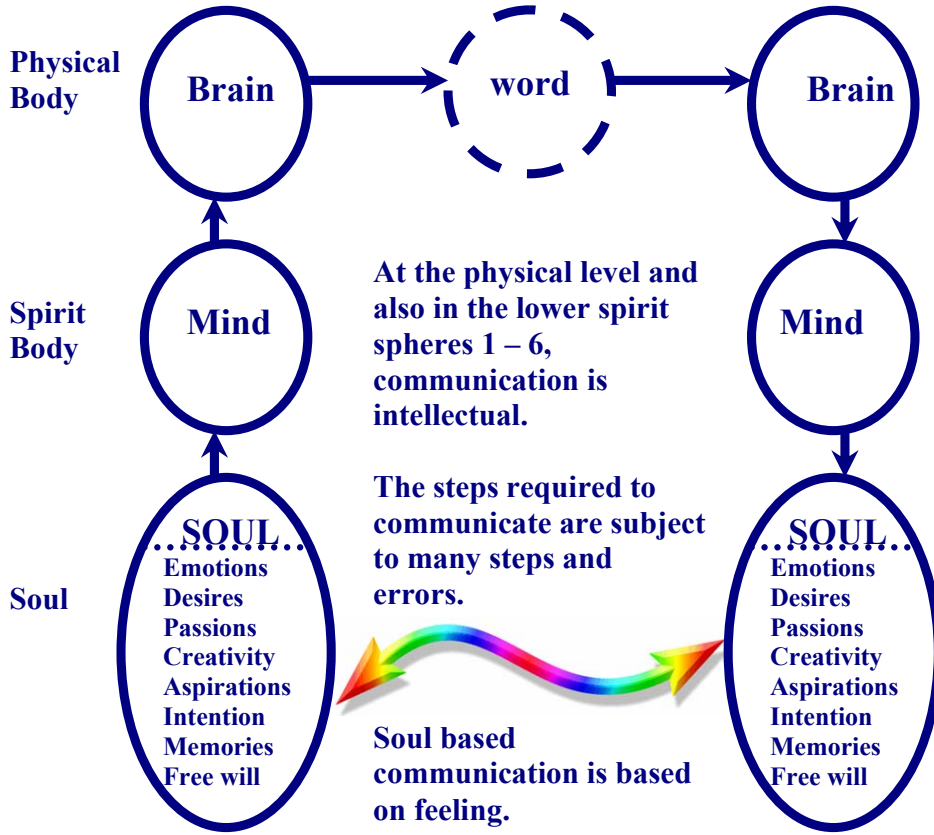


Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.

Soul does not know sexuality.

Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.

COMMUNICATION at the PHYSICAL LEVEL



COMMUNICATION at the CELESTIAL LEVEL

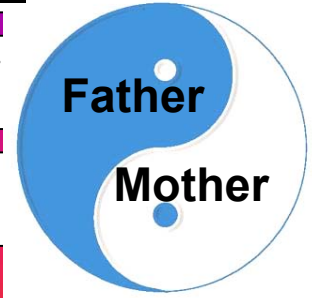


Golden Rule: that one must always honour another's will as one honours one's own.

SPHERES in the SPIRITUAL REALMS.

Spheres – Celestial Heaven, Eternal Spheres, then Spheres of Paradise:
The realm of the Angels is the Celestial Heavens spheres 8 to infinity.

Spheres to infinity: Soulmate bonding can be achieved in most of the spheres. (Celestial Spheres are not numbered per se.).



Eighth Sphere: All emotional baggage of your entire history has been dealt with – born again. This is the point of new birth, being born again. Celestial Heavens 8 to infinity true immortality.

Seventh Sphere: The gateway cycle, perception of sacramental nature of all things. Disappearance of the material mind and the absolute ascendancy of the soul's mind has been achieved. Divine

Six Sphere: Cycle of light / love, love / light or unity. A purely intellectual area, increasing one's knowledge, while living a life in absolute harmony with God's laws of spirituality. Natural path peak.

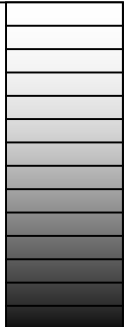
Fifth Sphere: Cycle of light or wisdom. All their earthly bonds are gone. We are in one of those soul spheres, which offer great opportunities for obtaining the Love of God – Divine Love sphere.

Fourth Sphere: Work of 'atonement' as guides and spiritual healers now excel. As humanity's helpers, their work is a means for self-realization. Natural love sphere mainly.

Third Sphere: An area where spirits progress in their awareness, truth prevails. As with all spheres, there are many planes. Changing pathways requires dropping back to a lower path, then proceed.

Second Sphere: The sphere of decision which is much more spiritual but which was hidden and outside the range of their perceptions. Spirits can now choose the path they wish to follow – desires.

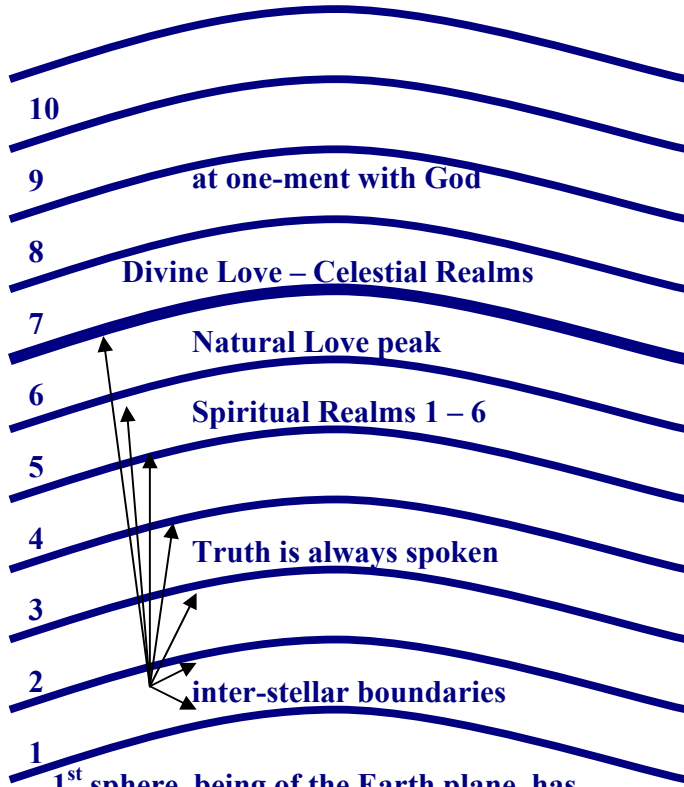
First Sphere: Cycle of awareness. There are vibrational love barriers between each of the spheres. Highest level of the Earth planes is the point of transition from materiality to the spiritual 2nd sphere. Summerland is the highest part of the Earth planes, but it is still a very material region. Children live in Summerland in great numbers, having died prematurely. Twilight zone, the most populated area in the spirit world, and starting point for most. Various hells descending progressively into greater degrees of darkness. All souls can be assisted out of these hells no matter what level they fall. At the deepest levels, the soul finds it extremely difficult to hold itself together. The hells are not fiery physical places. Actions are fear based.



The 2nd, 4th, 6th spirit spheres provide principally for mental and moral advancement, whereas, the 3rd, 5th, 7th soul spheres provide for one's Feeling Healing with Divine Love.

OUR DESTINATION, on PASSING OVER, is TYPICALLY the MID RANGE PLANES of the 1ST SPHERE

Celestial Realm progresses beyond the 8th sphere to infinity.



The top of 1st sphere is a very pleasant Earth environment in the spirit realms.



Summerland and other locations are child nurseries.



The hells, 2 Planes of Disharmony, are unimaginable places of darkness.

“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”
 Jesus 11 May 2016



A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.

EMOTIONS and ILLNESS

All disease, every disease, every illness is of a result of emotions.

We are addicted to dealing with effects, not the causes.

Coffee is anti-depressant – we use coffee to avoid our emotions.

Emotional injuries are very specific.

Autism – parents clear emotions – autism is cleared for the child.

Parents barrage emotions upon child, child is very sensitive.

Autistic children are of the result of denied emotions of the parents.

If a child has illness and personality issues, you need to look at your own issues.

Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.

We are a product of all that has come before us.

To assist baby, as well as yourself, work to clear your blocked emotions.

Our children are conceived within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent's emotional injuries and their soul condition typically

reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

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

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.

Mental illness and distress may have spirit interaction and influence. Until the person considers that it is spirit, or multiple spirit, influence, little can be done. These spirits can be assisted also.

Help the spirits that are around the person. This does not deal with the cause of the attraction. It is a two pronged assistance. Assist the person to process the emotion behind the attraction to enable the connection to be removed.

Every single illness within our body is about an emotional denial. It is the denial that creates sickness.

You are completely responsible for everything created – accidents, illness, etc.

If I have an illness that appears to be incurable, I may be denying my Law of Attraction, and I am also denying my physical pain, and I am also most likely denying my emotional pain, so I am in a lot of denial of what has created that particular thing.

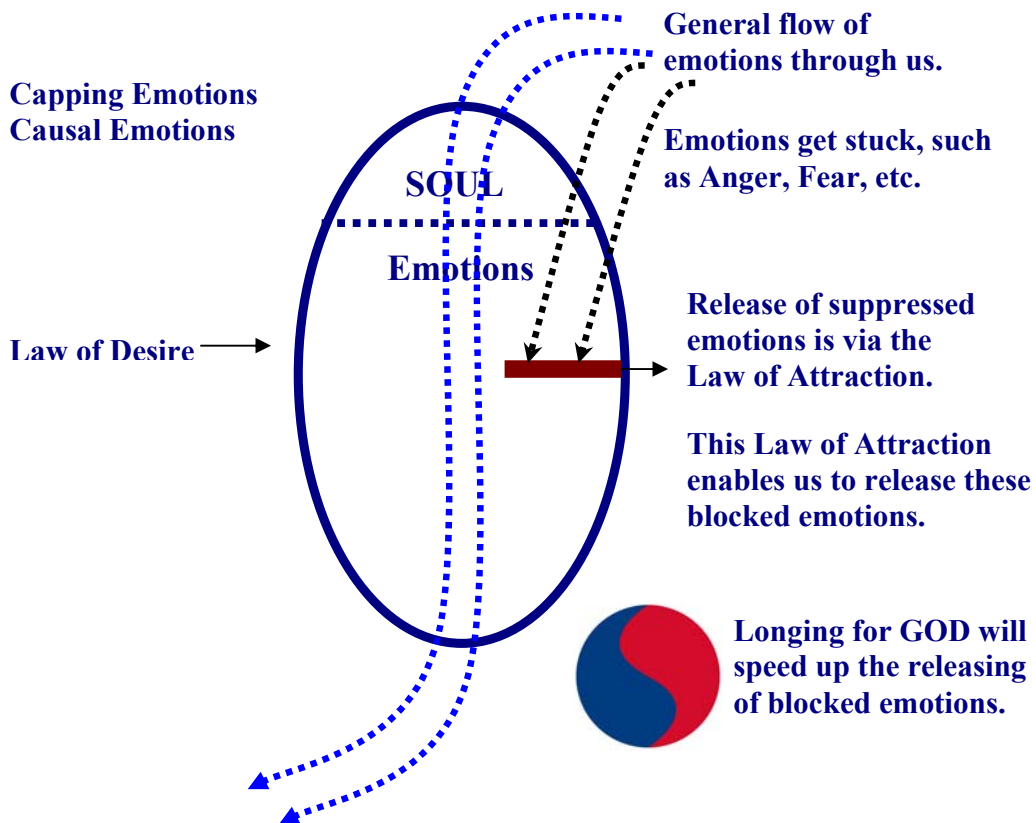
Denial of grief manifests as asthma. When a parent denies his/her grief, they are denying their children the experience of their own sadness and when they do that, they get into an asthmatic state straight away.

Every denial of grief by children, during their life, which is the subsequent denial by the parents of their own grief that caused them to shut down their own grief during their life so that now their asthma is of a result of their own grief as well.

No matter how old the child is, if you, as parent, have shut down your own emotion when they were little, how much of their emotion is really yours? A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them for good until they release it.

You will find that you, as a parent, even at 80 when your child is 60, she/he will have an emotional experience as a result of you releasing the emotion. The child can release it themselves, but there is a really positive effect when the parent chooses to release their emotion on the child.

WE are CREATED as EMOTIONAL BEINGS:



Repressed / suppressed emotions result from walking away from Love. Aman and Amon (not Adam and Eve) – first parents – walked away from God, detuned from God’s love. We misused free will by acting in disharmony with God.

Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to ‘our Mother and Father’. Further, when considering soul healing, then reference to Divine Love could be referred to as ‘Feeling Healing with Divine Love’.

CAUSES



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

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

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

The whole world is geared to modifying and changing effects.

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

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

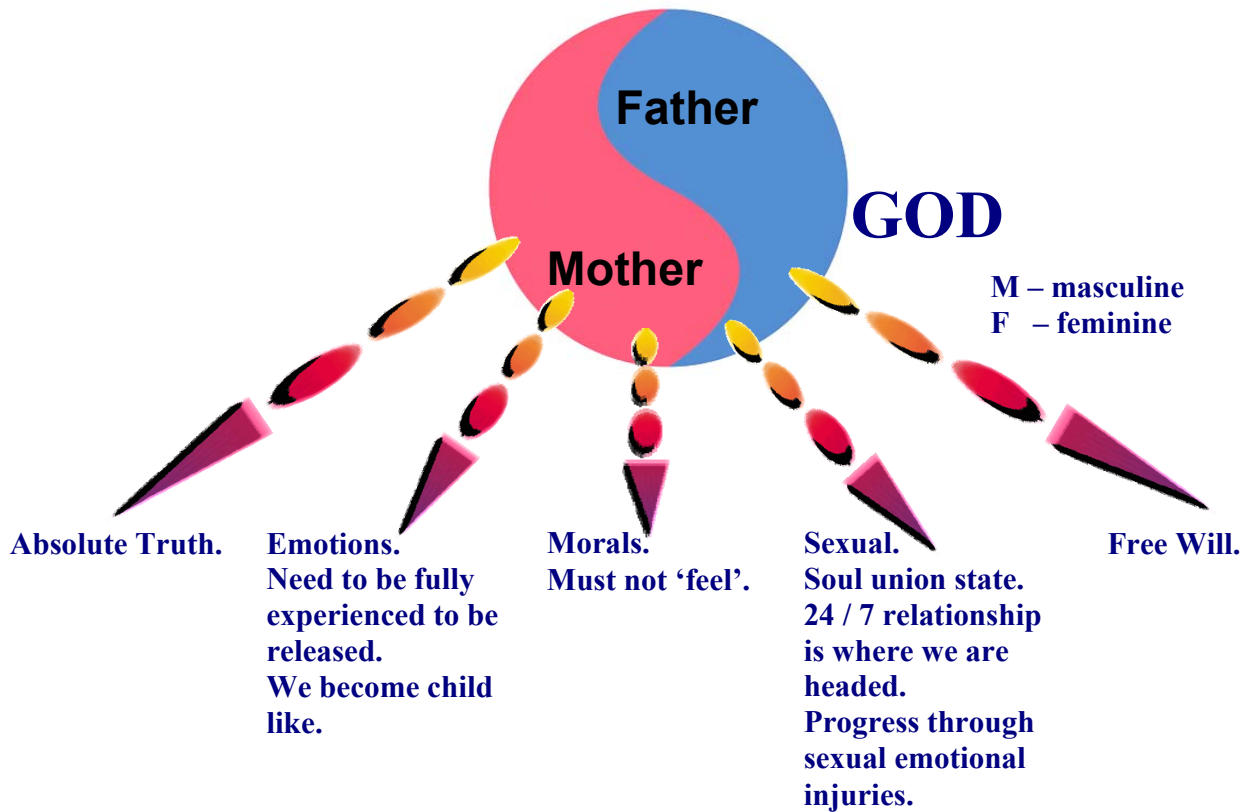
It is totally ineffectual and a waste of energy though, because in the end, whether the person is healed or not, the emotional cause is still within them. They will either get the sickness again, or a similar sickness, or they will never address the emotional cause which is harmful to their soul anyway.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

GOING THROUGH EMOTIONS – RELEASES AILMENTS:



Divine Love Path (DLP) incorporates elements of natural love.

We need to take personal responsibility, e.g. what we eat.

Spirit interaction impacts on our emotions and health.

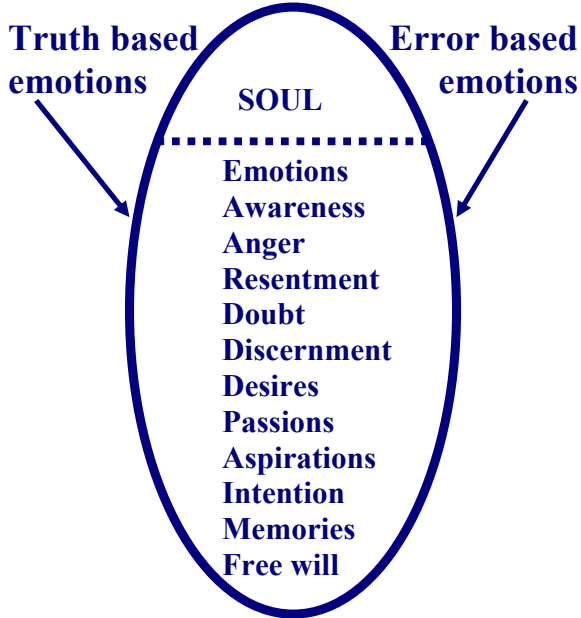
Animals and plant life reflect back to you your expressed and denied emotions – they have a spirit form, not a soul.

Going through emotions – releases ailments.

Upon reaching At-one-ment with God, which is 8th sphere, at that time the number of major chakras that you have possibly increases from 7 to 13.

EMOTIONAL PROCESSING:

Your soul is a great big attractor.



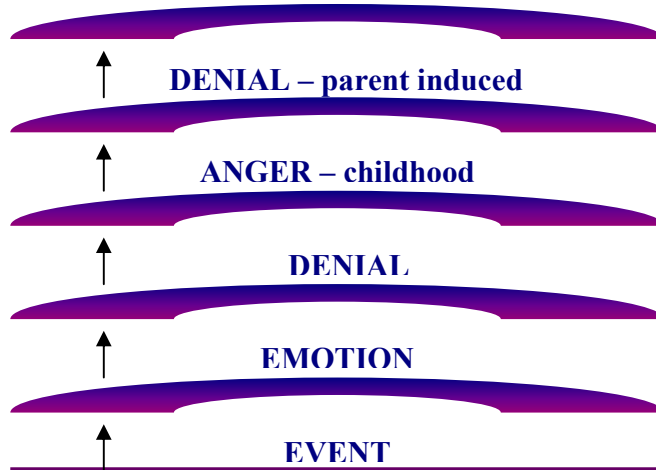
If you want to connect to your soul, you must connect to these emotions. To do so, consider:

1. Changing your environment so you can process your emotions – make available facilities to express your anger, e.g., baseball bat, and towels to manage crying, this sets your intention.
2. Change your diet. To hydrate and allow your body to release the emotions and toxins with them, you need to consume five (5) litres (1.3 gallons) of water daily – use mineral salts. (Body smells better.) Water is processed completely differently to any other fluid – it can be absorbed directly without any further filtration.
3. Eat vegan (raw).

Love of self / love of others / love of environment.
Love of self is hydrating the body with water.

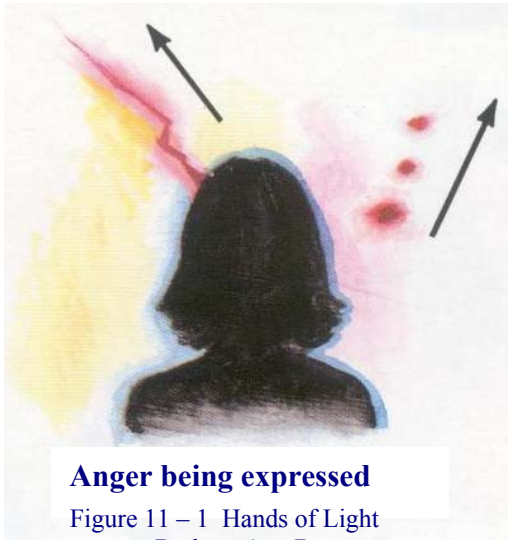
RELEASE of FROZEN EMOTION PATH:

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



Underlying causal / core emotion.

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



Anger being expressed

Figure 11 – 1 Hands of Light
Barbara Ann Brennan



Woman defending herself

Figure 11 – 5 Hands of Light
Barbara Ann Brennan

EMOTIONAL PROCESSING:

DAILY:

1. Pray a passionate longing / feeling your emotions / towards God.
2. Drink water – 5 litres.
3. Eat Vegan.
4. Examine Feelings List.
5. Wake up naturally out of the alpha state without an alarm clock and feel your emotions.

WEEKLY (Journal):

1. Anger List – anger is the choice which is to avoid making a fear list – avoid fear.
2. Fear List – based on anger list.
3. Desire List
4. Truth v Error List.

<u>TRUTH</u>	vs	<u>ERROR</u>
<p>God mad me able to experience everything God is the most trustworthy being in the universe. You can experience the causal / core emotion behind the pain because God made you able to.</p>		<p>I cannot cope with this emotion. I can't trust God. I cannot cope with pain.</p>

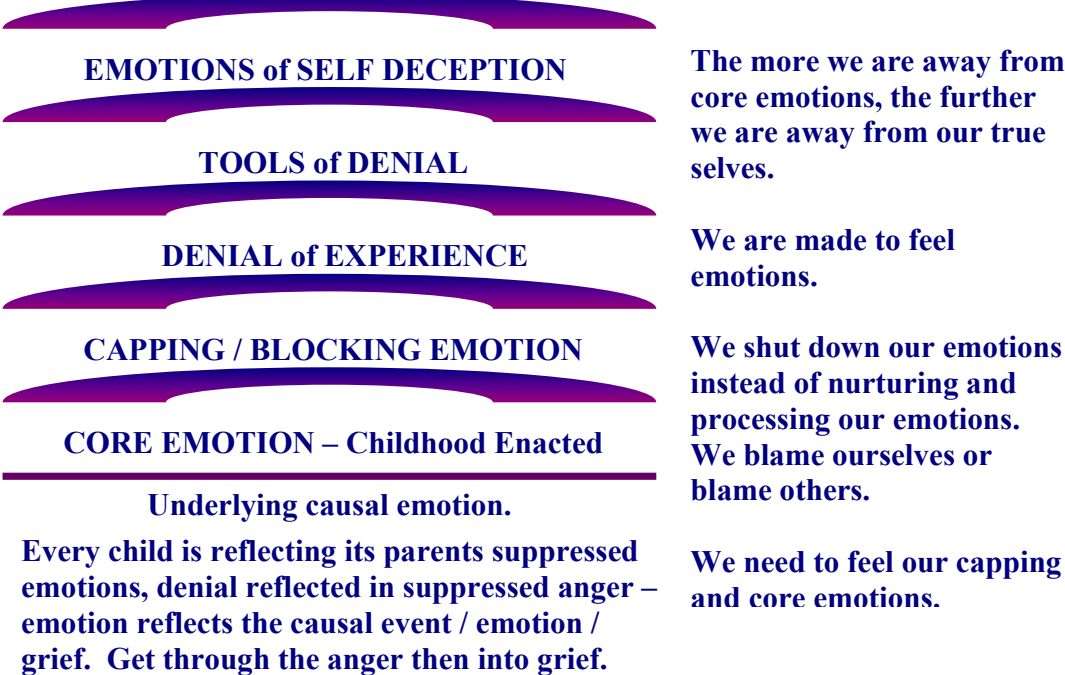
MONTHLY:

Plan something once a month that you really love and make sure you do it.

CORE EMOTION – CAUSAL EMOTION:

- Core emotions is your soul’s condition.**
- Core emotions creates your Law of Attraction.**
- As you deal and process core emotions, you will change your Law of Attraction.**
- Your Law of Attraction is your measuring stick.**
- Your Law of Attraction will bring up your fears.**
- Your Law of Attraction will cause events to occur.**
- Your Law of Attraction is to show you what you are avoiding.**
- By accessing your core emotions is the only way to get closer and closer to God.**
- Fear – ‘I will go crazy if I feel my emotions – False!**
- God created us to be able to experience our emotions.**
- We are not alone when experiencing our emotions.**

WE NEED to FEEL CAPPING and CORE EMOTIONS:

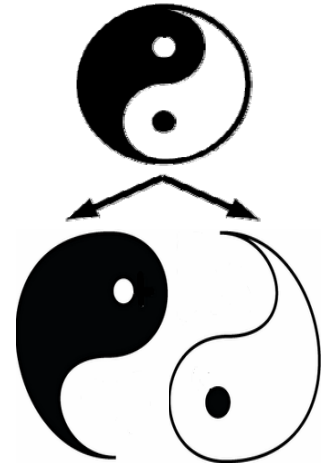


The SOUL CONDITION of BABY at CONCEPTION is PRISTINE:

A feeling of God creates our soul personality, the soul then splits into male and female elements. At the time of creation of the soul, the state of the soul is that of natural love as of the 6th sphere. The location of the soul at that time is not of the 6th sphere. The soul halves are then attracted to different parents.



Baby at 8 weeks



The two soul halves may be incarnated up to 20 years apart, male and female halves are never in the same family.

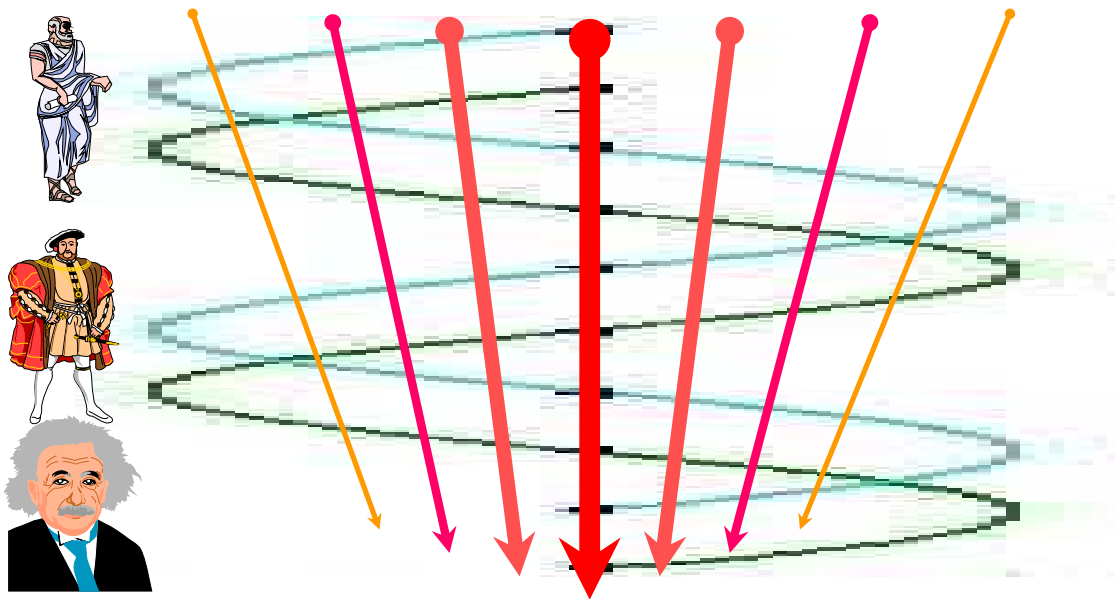


Emotions flowing to unborn baby, then born baby, from those around the baby.

During gestation and early years after birth, the soul condition of the baby drops from the 6th sphere state to the level reflecting that of the parents and of those in frequent contact with the baby. Kinesiology testing repeatedly shows that the consciousness level, soul condition, of the child reflects that of one or the other parents all the way through their childhood until such times as to when they leave home and commence their independent life and establish their own environment.

generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.

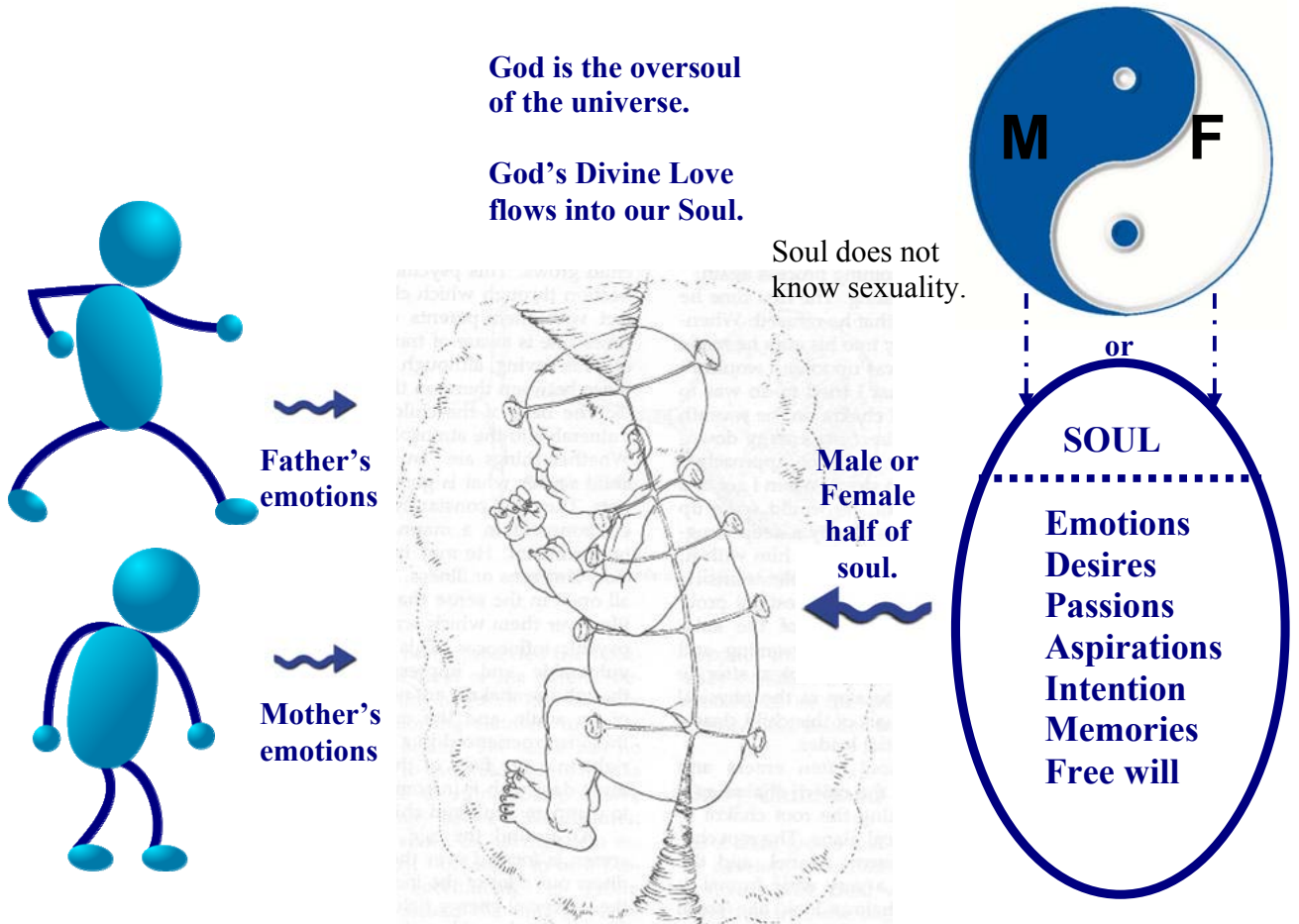


To assist baby, as well as yourself, work and pray to clear your blocked emotions.

Clearing your negative emotions improves your soul condition as well as that of your children.

Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

OUR EMOTIONS REFLECT THOSE of OUR PARENTS and OUR ENVIRONMENT:



Emotions flowing to unborn baby, then born baby, from those around the baby.



Our Personality is a feeling of God, thus creating our unaware Soul.

At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation / conception starts the road of self discovery, children reflect parent's emotions, their ancestors, and also, of those around them. Parents attract us to incarnate.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

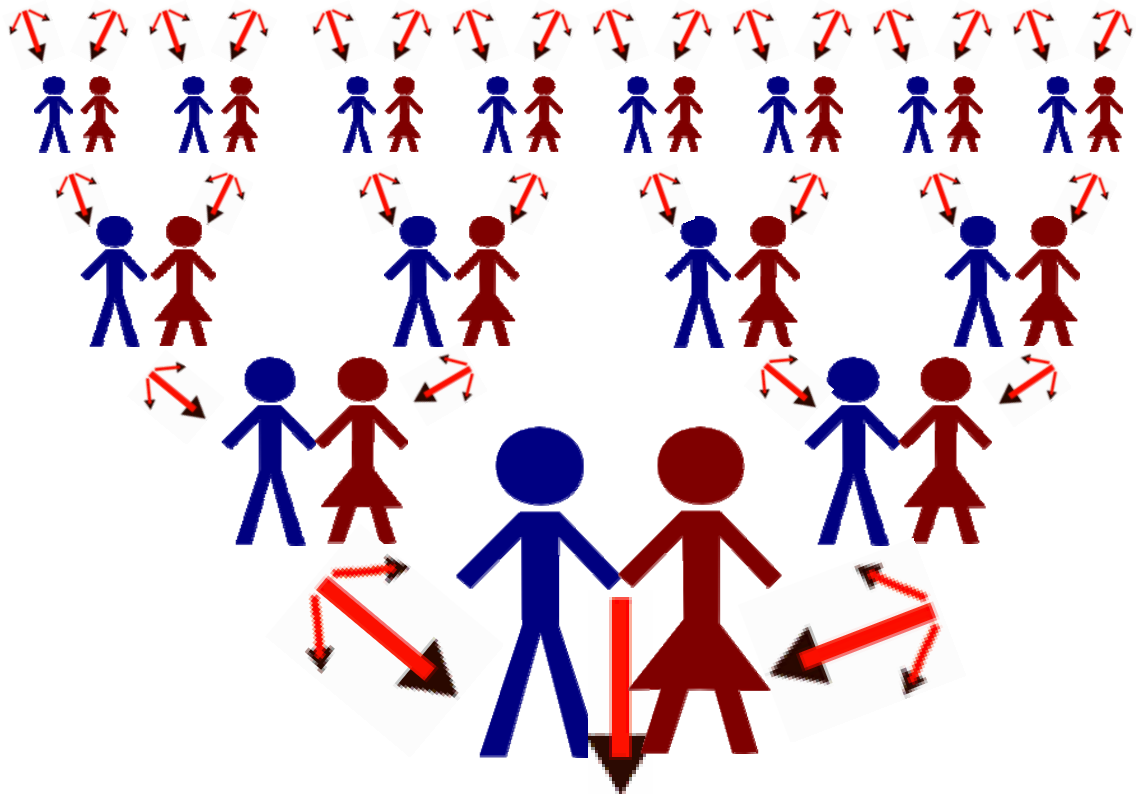
Our children are conceived within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent's emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

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

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.



GENERATIONAL DISHARMONIES

April 9, 1916

Book of Truths

I am here, Luke

As the physical body is affected by the results of these sins being carried into operation, so much more so is the spiritual part of man affected by the fact that these sins had their creation in that spiritual part of man.

It may be asked: In what way can the effect of sin upon a man, which is upon his soul and spirit, have any injurious effect upon the spirit and soul of his child, so that the child may suffer from the sin of the parent? Well, when a child is conceived and gestates and is born, he not only partakes of the physical nature of his parents, but also of the qualities and condition of the spirit and soul of the parents.

This may seem improbable, but it is a fact that the spirit and soul that enters into the child when it is conceived comes from the great universe of soul and spirit, wholly independent of the parents and is not in its nature or qualities a part of the parents as is the flesh and blood which build up and produce the physical body of the child. But while this is true, it is also true that this spirit and soul of the child is susceptible to and in a way absorbs the influence of the spirit and soul of the parents, not only at the time of conception but also during the period of gestation, and even for years afterwards, and to such an extent that this influence continues beyond the mere earthly existence of the parents and into the life of the progeny to the third and fourth generation, as the text says.

The spirit part of the child is more susceptible to the influence and evil effects of these sins than is really its physical body, for as I have said, the spirit part is the originator and breeder of the sins, if I may so express it, while the body is merely the recipient of the exercise of the sins and the objects of their manifestation.

The influence of spirit upon spirit is more extensive and certain than mortals can possibly conceive of. And the results of that influence are not so apparent or known to the consciousness of the succeeding children, or to the respective parents, as men suppose, and as a fact they do not understand or become conscious of the fact that such influence is operating upon the spiritual parts of their children. They see and realize that the effects of such sins become manifested in the physical body, and as their ordinary natural senses cannot perceive the condition of the spirit, they conclude that the text can only mean, that these sins are visited upon the material bodies of their children.

But I must tell them that, while great and deplorable injury is inflicted on these material bodies, yet greater and more lasting and more grievous injury is inflicted upon the spiritual nature of the children – not only because this nature continues to live, but because men, not realizing that this nature has been injured, make no attempt to find and apply a remedy as they so often do in the case where these sins manifest themselves in the physical body. And besides, there are many sins that do not affect the mere material body, but which do great injury to the spiritual nature, and which, to the senses of men, are never perceptible.

A man is not only the parent of a child's material body but in a secondary way is also the parent of its spiritual nature. The condition of the parent's spiritual nature influences and determines to a large extent the qualities and tendencies of the child's nature, for good or evil, not only while it is a mortal, but frequently after it has ceased to inhabit the veil of flesh.

So let parents know that they do not live to themselves alone, as mortals, but that their evil thoughts and deeds have a greater or lesser influence upon the spiritual natures of their children, especially at the time of conception and during gestation. Then how important that parents during these times particularly, and at all times, should have their spiritual natures in that condition of purity and freedom from sin that their children may be conceived and born in a condition of soul purity, which will not reflect any evil that they can charge their parents with being the creators of.

If men would only realize these facts and live their lives in accordance with the truths which I here declare, how much sooner would the human race be brought into harmony with God's laws, and the souls of men be freed from sin and evil.

I know it is often said that it is unjust, and not in accordance with the justice of an impartial God that the sins and penalties arising from the disobedience of our first parents should be visited upon mankind who were and are their progeny, as such mankind had no part in that disobedience. But when it is remembered, and it is a fact, that God did not create sin or evil, or impose such upon the first parents for their disobedience, but that they themselves created sin and evil, and men have been creating these inharmonies ever since, it will be seen that an impartial God (who is our only God) is not responsible for either sin or evil, or for the consequent penalties which they impose. And as has been written you before, the abolishing of sin and evil and their penalties is within the power of man and his will.

As these first parents created these evils, as I have explained and in the manner that I have pointed out to you, their sins, by the influence which they had upon the spiritual nature at the time of conception and gestation, became, as it were, a visitation (and that is the spiritual desires and tendencies and inclinations toward that which is evil); and this influence continued with the child for years after its birth, according as the child and parents are closely associated together in their Earth lives. And as each succeeding generation caused the visitation of its sinful influence and tendencies upon the succeeding generation, you can readily see how all mankind became subject to the sins and evils and penalties which were brought into the world by the first parents.

Instead of God being the creator of these things, or visiting them upon the children of man, He declares that their existence is contrary to the harmony of His creation, and must be eradicated before man can come into that harmony, and into an at-onement with Him. And as He gave to man the great power of free will, without any restriction upon its exercise, except as a man's understanding of the harmony of the operations of God's laws might influence him to exercise this great power; and as man, in the wrong exercise of that power, brought into existence these things of evil and sin, so man, as he perceives this plan of God's harmony, must exercise that will in such a way as to free himself from these things which are not part of God's creation, and which are out of harmony with His plans for the creation and preservation of a perfect universe, of which man is its highest creation.

God never changes. His laws never change. Only man has changed from the perfection of His creation; and man must change again before that perfection will again be his.

Now from all this it must not be inferred that man is left to his own efforts to bring about this great restoration, for that is not true. God's instrumentalities are continuously at work, influencing man to turn again to his first estate and become the perfect man, as he ultimately will become. (I am not here referring to the workings of the great Divine Love, which, when a man possesses in a sufficient degree, makes him more than the perfect man.)

So, "the sins of the parents are visited upon the children to the third and fourth generation" means the tendencies and inclinations toward that which is evil – and created, not by God, but by man himself, solely and exclusively.

And oh man, could you see the results of these sins upon the spiritual natures of your children, as you often see them upon their material bodies, you would hesitate in your sinning and think, and thinking, would see the way by which the great blot upon the happiness and salvation of humanity could be removed, and its progress to the "perfect man" be hastened and assured.

I desire to say that when I spoke of the sins of the parents being visited upon the children at the time of conception and birth, I meant that these sins, by the influence which they have upon the spiritual nature of the child, became, as it were, a visitation. I did not mean that any part of the real sin of the parents became a part of the spiritual nature of the child, but only that the influence of the parent's sins upon the child is sufficient to give the spiritual desires and tendencies of the child an inclination towards that which is evil; and this influence is continuous with the child for years after its birth, according as the child and parents are closely associated together in their Earth lives.

P.348 Book of Truths through James Padgett / Luke

FEAR is the single largest matter / issue that we have to deal with here on planet Earth.

F false
E expectations / emotions
A appearing
R real



FEAR:

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

**Denial of Denial Emotions
intellect**

**Anger is the method you use
to suppress your fear.**

**Denial Emotions
anger**

**Suppressing of blocking and
causal emotions.**

**Blocking Emotions
fear**

**Fear cause all your
problems with your body.**

Causal Emotions

**Generational passing down
of emotions.**

grief, shame, sadness – childhood created

**Law of Attraction is based
on causal emotion.**

All depression is our desire to suppress our anger.

Denial Emotions

Anger

**Everything is a reflection of
our soul based emotion or
the denial of the emotion.**

Blocking Emotions

Fear

The body tells us constantly

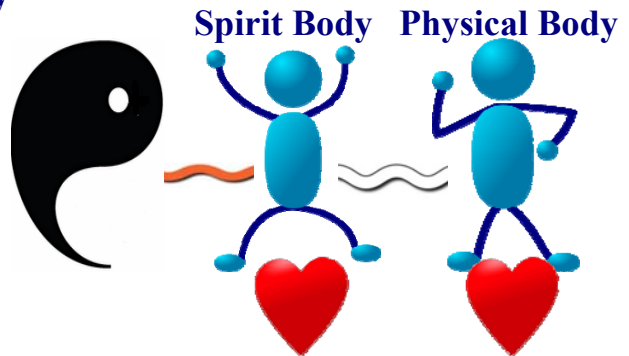
Causal Emotions

Grief

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

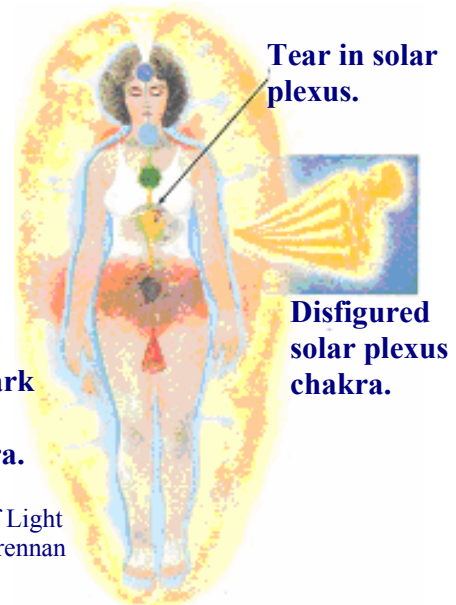
PURPOSE of ORGANS within OUR BODIES:

How the organs with the physical body as well as the spiritual body is dependent upon the soul. The organs all work to keep the soul connected to the body. This is to enable the soul to experience life through the body.



The rate at which the heart beats within the spirit body is much faster than within the physical body.

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



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

Figure 22 – 4 Hands of Light
Barbara Ann Brennan

Pneumonia is a desire to die through sadness.

Cancer is a choice to avoid an emotion.

Emotions of sadness create heart disease.

Depression is suppression of emotions.



ADDICTIONS:

One of the best way to avoid an emotion is to get someone else to fix it for you.

- Unloved**
- the only time daddy loved me was when he gave me a gift.
 - need man that gives gifts.
 - we set up addictions with other people.

If you are getting angry it is because you have an addiction that is not being met.

Emotional Addictions:

- Touch** - expectation and need to be touched, not touching then feeling unloved.
Praise - points out faults – not loved anymore.
Hear me - not noticed – unloved.
Attention - most of us, during our childhood, we went un-noticed.
Need to be right -
Appreciated - do everything – not thanked.

Physical Addictions:

- Workaholism** - don't have to stop and feel.
Reading -
Exercise -

Do you get angry if it is taken away from you? If so – it is an addiction.

Addictions are powerful ways to avoid causal emotions.



Look at addictions, it is a powerful way to look at a core / causal emotion.

TRUTH is a wonderful addiction, i.e., God's Truth.

Every piece of pain is a result of a choice to act out of harmony in the past. Pain is attracted to cause you to deal with the emotion.

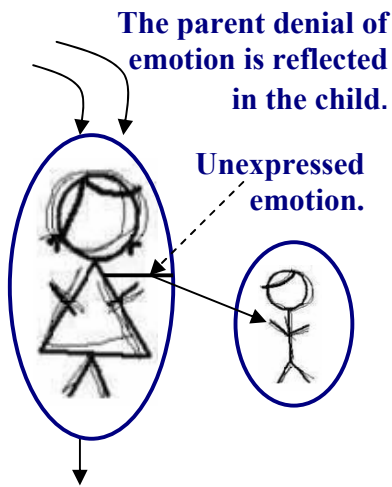


MENTAL ILLNESS:

Mental illness and distress may be involve spirit interaction and influence. Until the person considers that it is spirit, or multiple spirit, influence, little can be done. Spirits can cause you no harm no influence your free will.

Help the spirits that are around the person. This does not deal with the cause of the attraction. It is a two pronged assistance. Assist the person to process the emotion behind the attraction to enable the connection to be removed.

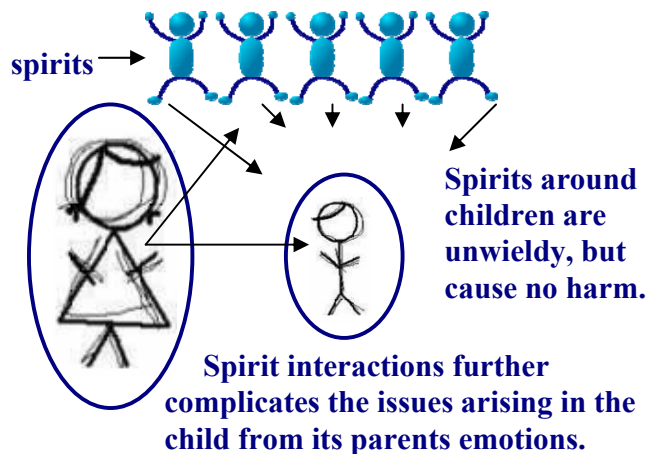
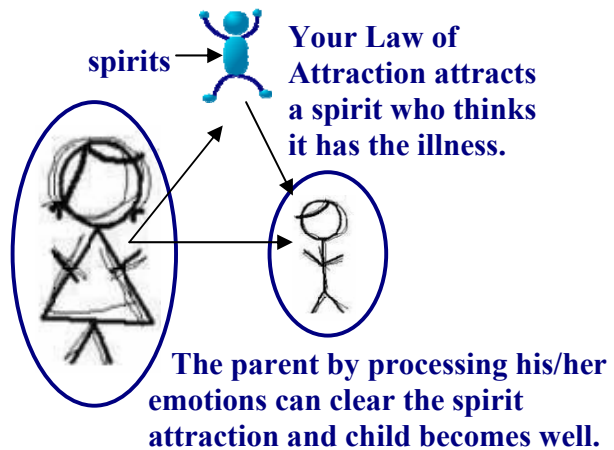
CHILD EMOTIONS and ILLNESSES

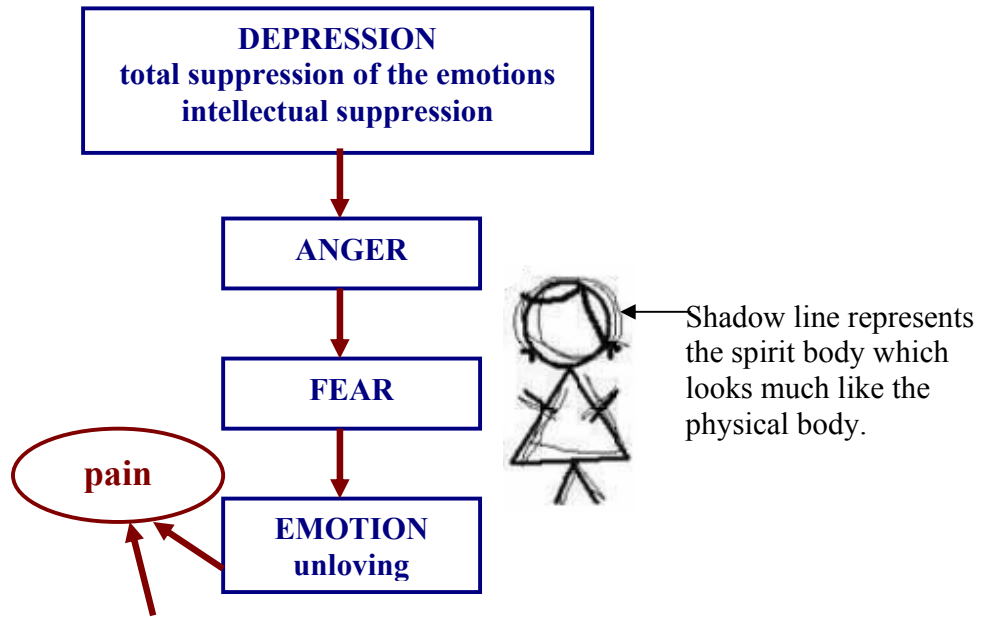


Emotions flow through you mostly.

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

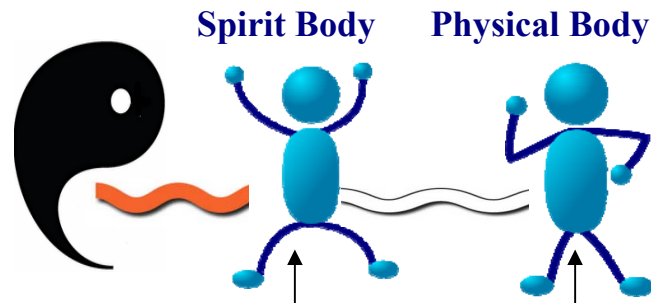
We need to examine our emotional demands on our children.





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

SOUL CONDITION



Therapy applied to the spirit body is energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes. If you focus on the soul, that is the most powerful tool to improve yourself.

SPIRITUAL HEALING

There are two types of healing. One is through a spirit, a spirit healing the person and usually a 4th or 6th sphere spirit will do that or a spirit on the natural love path under the 6th sphere who might be connected to the person healing them. That is how most healing is happening that way, like John of God who's healing is through this method.

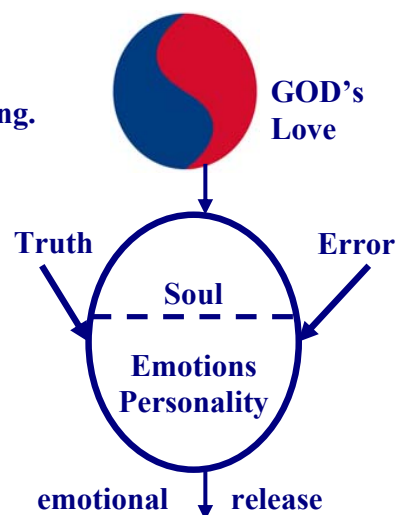
There is no spiritual healing occurring via the method that Jesus used in the first century at this point (2008). That spiritual healing is when you become at one with God. Basically because of that connection with God, God can direct Her energy or love through you to heal anyone you choose as long as that person is open to dealing with their emotion that created that injury. The willingness to experience the emotion has to come first. If you are connecting with God whilst on the Divine Love pathway, God does not expect you to go through the Law of Compensation anymore. God's grace is now passing through you.

You need to be open to experience the emotion of it.

It is the faith connection that matters in healing more than anything.

The emotional release occurs during the process.

As the soul grows, it can experience more and more emotions.



PAIN



SUFFERING
Long term

Every single body pain, every single accident, every single suffering, illness, disease, is telling you that you have broken a law of love, and all of these experiences are of a result of your Law of Attraction.

Every positive, uplifting, loving, joyous experience is also because of your Law of Attraction.

John of God (real name is Joao Teixeira De Faria), though he has received some Divine Love, does not understand the principals of Divine Love, and many times his healing with natural love spirits help. But he also has a Divine Love spirit helping him heal, and the Divine Love spirit which is one of the softest and gentlest spirits around him, will only heal when the person being healed wants to deal with the causal emotion. And John of God does not understand why this most sensitive spirit around him actually comes to him under certain circumstances. The circumstances are that that spirit can connect through John of God to heal that person who is wanting to deal with their causes.



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

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

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 difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'

Quote from Celestial Spirit Richard 22 Dec 2012

ASTHMA

Denial of grief manifests as asthma. When a parent denies his/her grief, they are denying their children the experience of their own sadness and when they do that, they get into an asthmatic state straight away.

Every denial of grief by children, during their life, which is the subsequent denial by the parents of their own grief that caused them to shut down their own grief during their life so that now their asthma is of a result of their own grief as well.

No matter how old the child is, if you, as parent, have shut down your own emotion when they were little, how much of their emotion is really yours? A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them for good until they release it.



You will find that you, as a parent, even at 80 when your child is 60, she/he will have an emotional experience as a result of you releasing the emotion. The child can release it themselves, but there is a really positive effect when the parent chooses to release their emotion for the child.

Autistic children are of the result of denied emotions of the parents.



DENIAL of the SOUL TOOLS		
EXTERNAL TOOLS		INTERNAL TOOLS
Shopping	Alcohol	Minimize
Computer	Chocolate	Justify
TV	Food	Intellectualise
Videos	Work	Shift the blame



All suffering is in having broken Laws of Love.

ANIMALS

Animals do not have a soul.

What drives an animal is your soul.

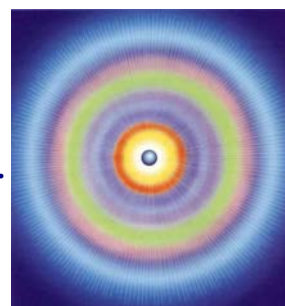
They are completely reflecting the condition of the closest owners, or in the case of wild animals, the wider collective condition of humanity.

Your animal is always responding to your soul.

In the future, your animals will live as long as you do.



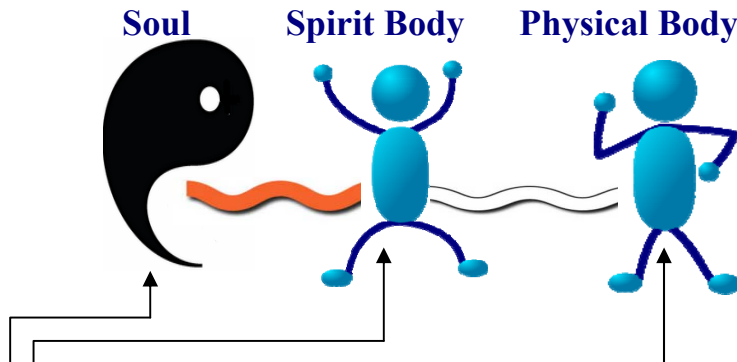
**Your soul is the power behind your spirit
body and your physical body and condition.**



HOW TO GET OUT OF DENIAL

Breathing.
Set your intention.
Pray – be honest with God.
Spirit guides to assist you.
Be open hearted.
Observe your behaviour.
Truth about fear.
Start noticing your Law of Attraction.
Face the Divine Truth.
Follow your passions.
Follow desires that are harmonious with love.
Take action.

HIERARCHY of HEALING SYSTEMS



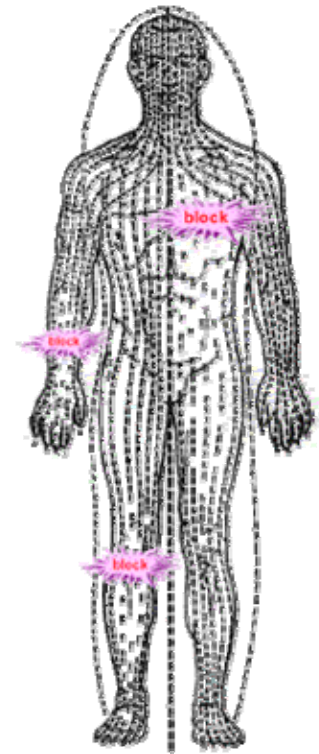
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself.



“The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

“But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father’s Grace.”

P.6 Judas of Kerioth

Judas – August 19th, 2001

Consider that we are very complex water pipes, however, what is flowing through us are emotions. When an emotion gets stuck within in our soul (pipe), this issue or error firstly emerges within our spirit body and then manifests as a physical ailment or illness within our physical body.

As we learn to feel and express our emotions, then these energy blockages will be released, and the ailments will passively be removed.

We have all been brought up to suppress our emotions from early childhood. Now we understand that suppression of emotions is not beneficial, in fact it is detrimental until we release the emotion either during our physical life or later on into our spiritual life.

If you begin to feel an emotion, allow the experience, go into and express it.

From the above notes you will have gathered the understanding that the underlying causes of illness, your causal emotions, essentially all developed during your childhood and now you are needing to deal with them.

The following pages introduce the possible emotion related to specific health issues. This may assist with bringing to your awareness the underlying cause of that ailment and help you to focus upon the emotions necessary for the release of that ailment.

The Prayer for Divine Love (towards the end of this document) is the greatest gift you can give yourself. And:

The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

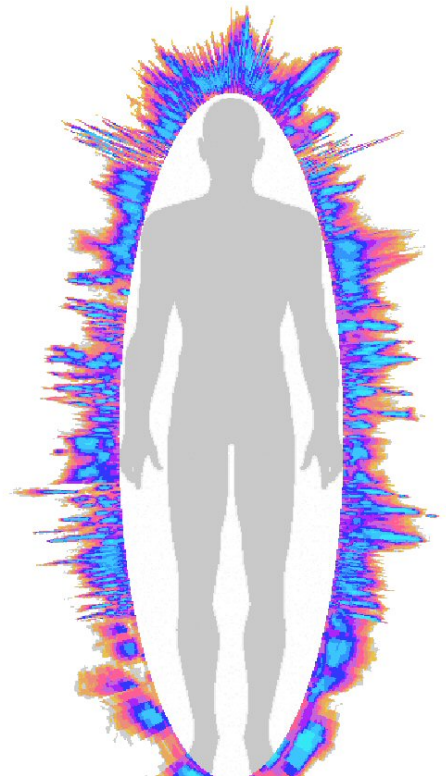
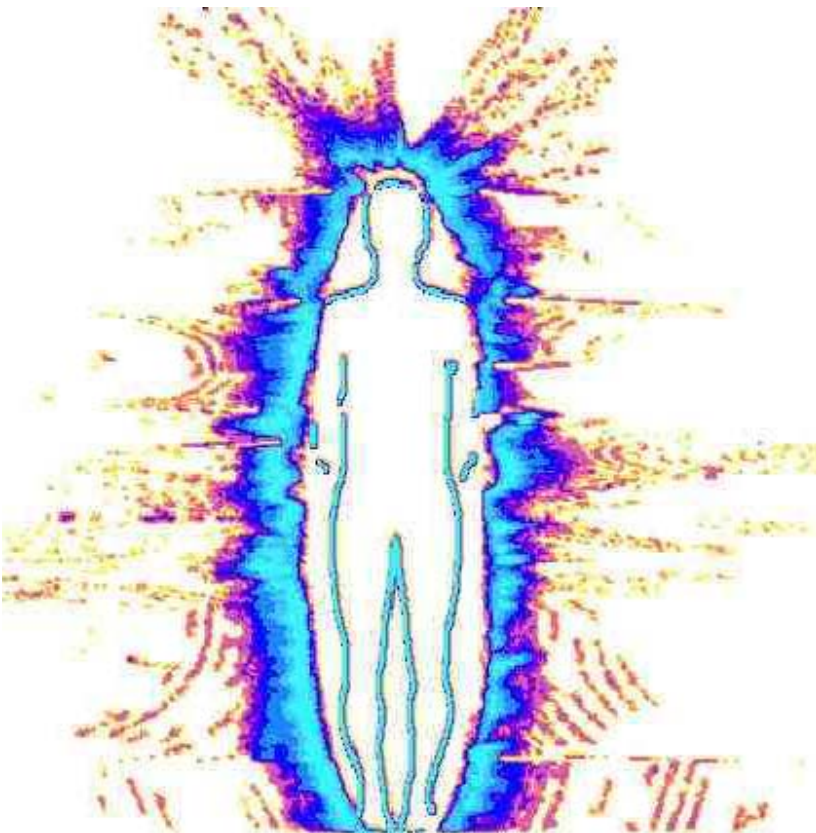
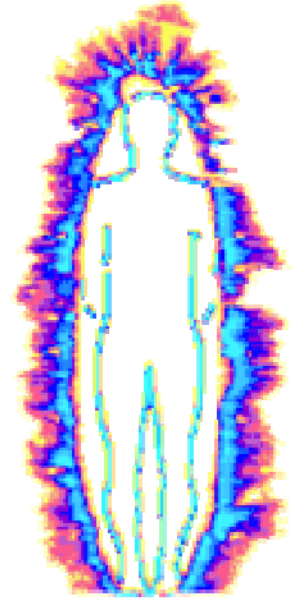
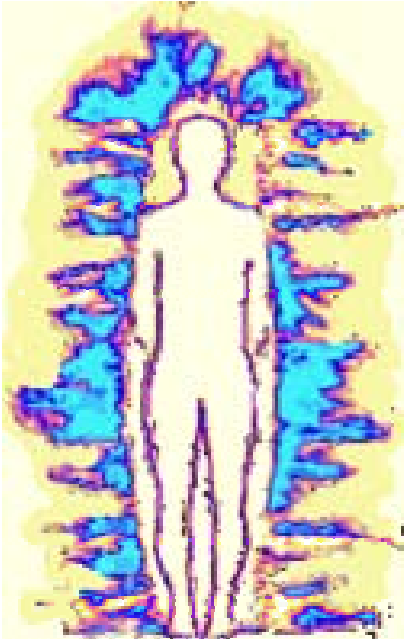
Yes, a child who is free of fear is free of illness.

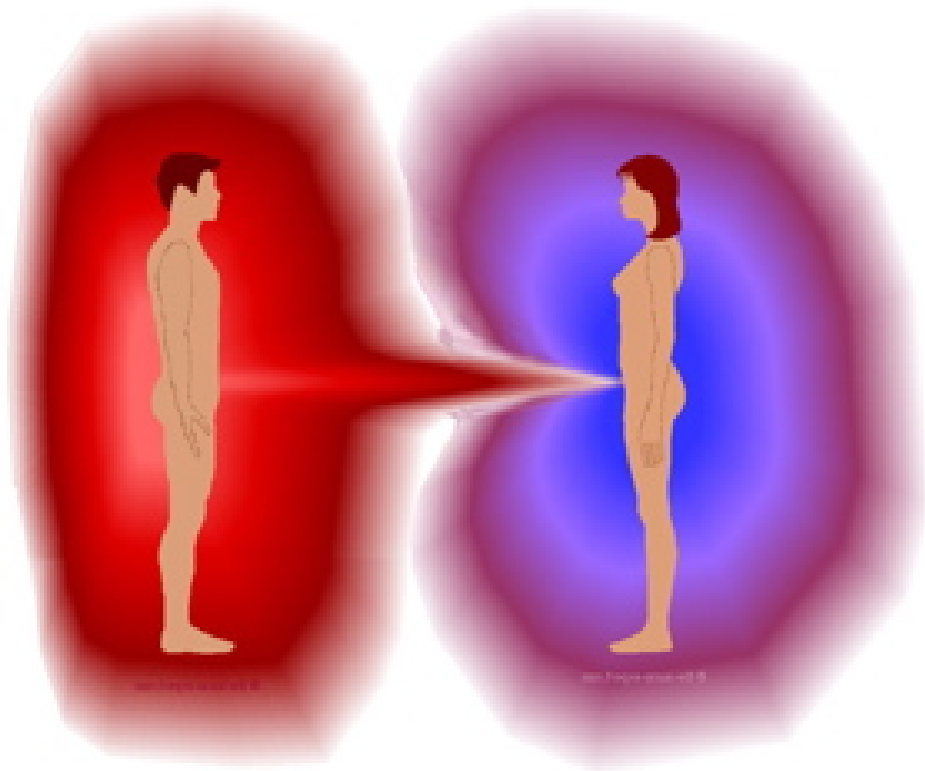
<p>“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”</p> <p style="text-align: right;">Jesus 11 May 2016</p>



















[Inner & Outer Auras of a Loving Couple]

Emotional or disturbed auras on the left, auras in harmony on the right:

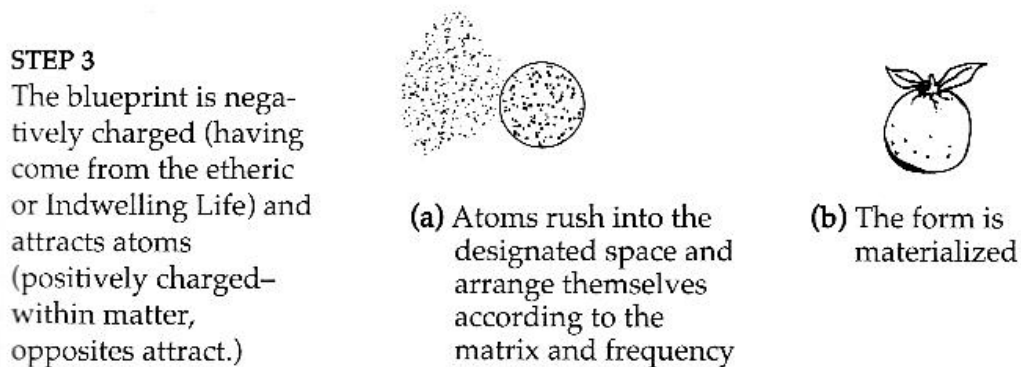
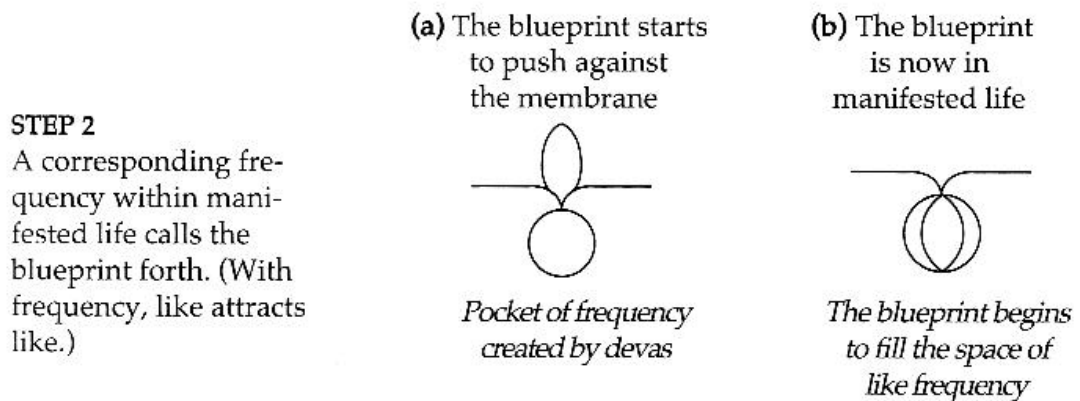
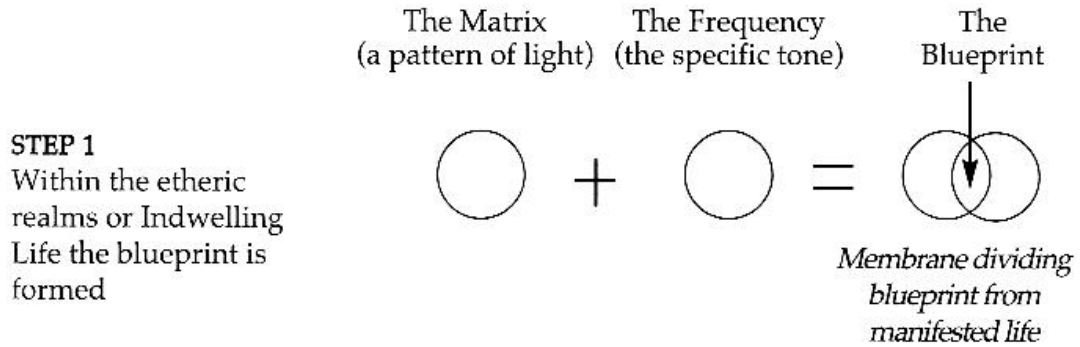




pH4		pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline	
 White Bread	 Meat/Fish	 Fruits	 Asparagus	
 Alcohol	 Legumes	 Vegetables	 Cayenne Pepper	
 Colas/Sodas	 Nuts	 Avocados	 Melons	
 Sugar	 Dairy	 Almonds	 Kelp	

How Matter is Formed

(Note: this is not a totally accurate representation of the



PHYSICIAN, HEAL THYSELF:

The basic principles that facilitate the process of self-healing:

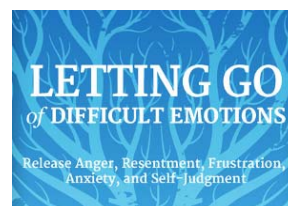
- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. **We cannot feel a disease.** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
 - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
 - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
 - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
 - Am I interested in hearing about the diseases of famous people?
 - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
 - Do I believe that certain diseases “run in our family”?
 - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
 - Do I like hospital TV programs?
 - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
 - Am I a guilt-ridden person?
 - Am I holding a lot of anger?
 - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
 - Do I hold resentments and grudges?
 - Do I feel trapped and hopeless?
 - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
 - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
 - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

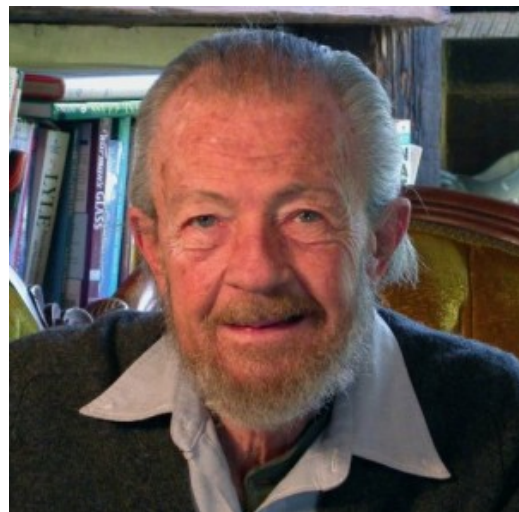
**Feeling Healing
with Divine Love is
the key!**

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



Dr DAVID R HAWKINS:

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



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

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

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

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

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

Everything is interconnected.

MUSINGS by JOHN:

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work

and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support

in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

CONCLUSION:

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

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

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

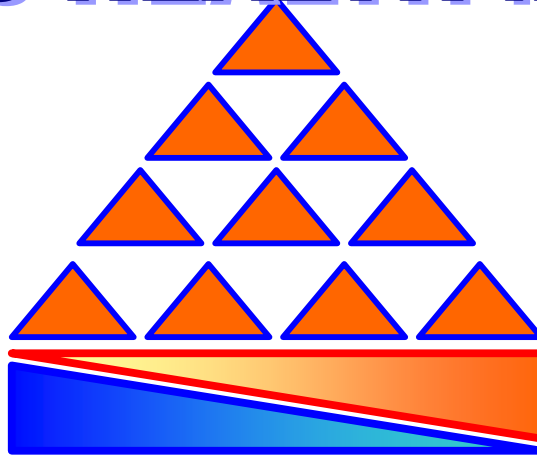
in conjunction with

Longing for the Truth when also longing for Divine

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



PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

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

PROFESSIONAL MEDICAL TEAMS

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

COMPLEMENTARY THERAPY FIELDS

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

Imaging – X-ray – Ultrasound – CAT scan – MRI

Pathology

Streamer – Case Manager

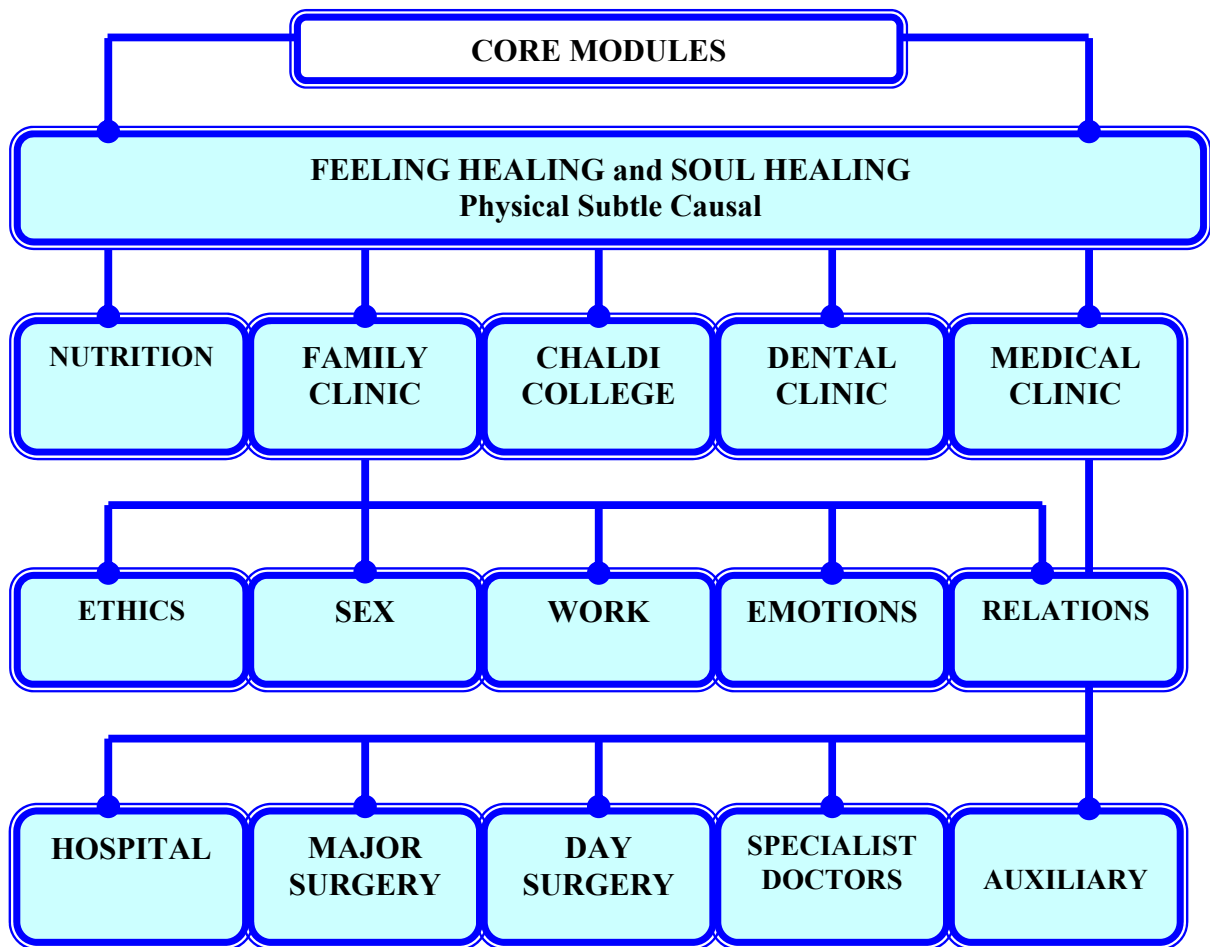


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



Feelings first

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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

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

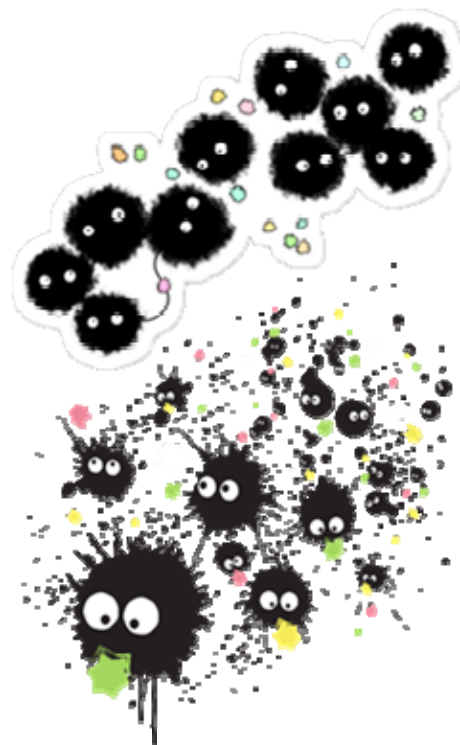
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

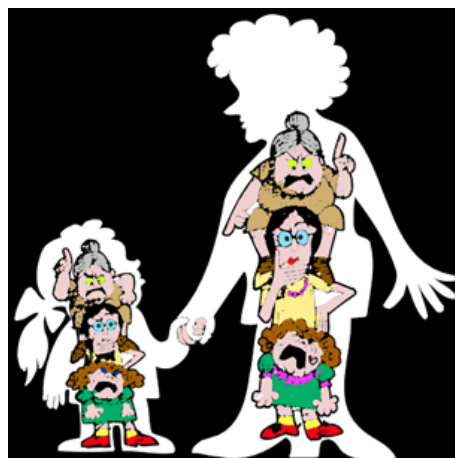
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including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



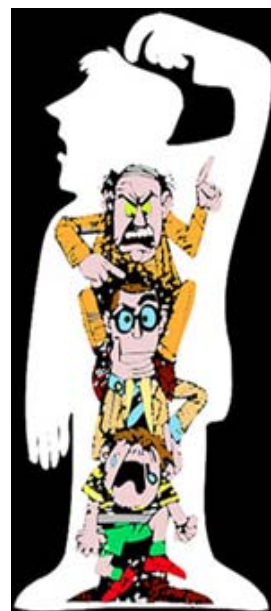
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs

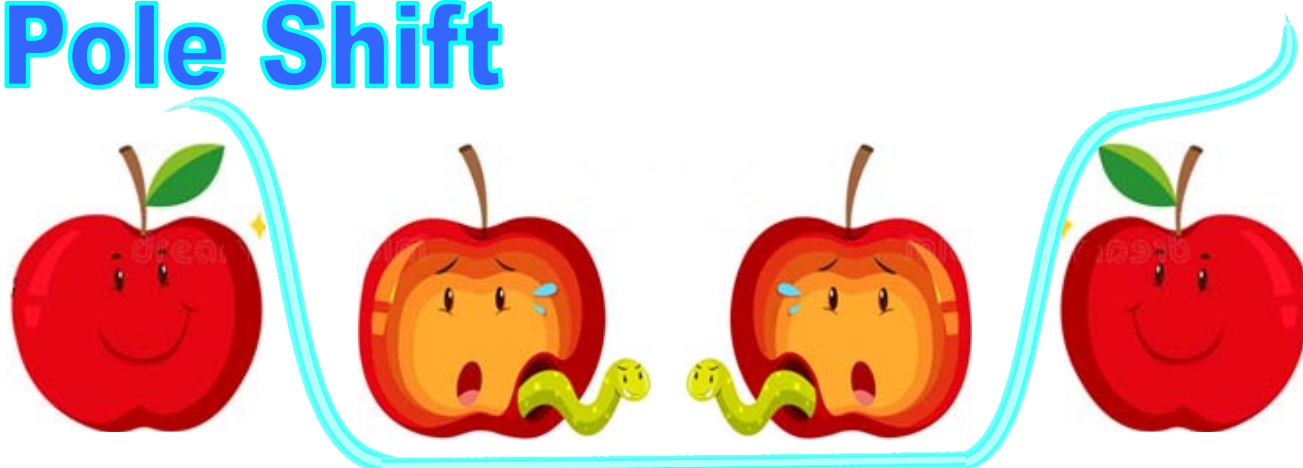


Neglecting a child's educational needs



Leaving a child without supervision

Pole Shift



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

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

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

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

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

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.**

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.

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

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

REVELATIONS



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



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



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

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

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

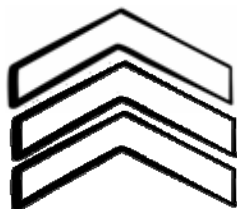


Immortality with the Love.

The CHOICE is OURS to MAKE:

Celestial Truth:

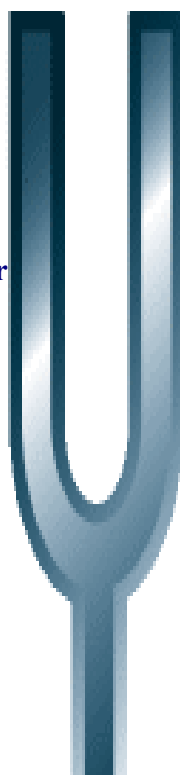
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

WE are to 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.



FEEDING YOUR EMOTIONS:

P.52, Vol 1, Farmacist Desk Reference by Don Tolman.

EMOTIONS

Healing Problematic Circumstances and Physical Dis-ease in General:

Circumstances in life that bring about mental or emotional pain or physical illness or injury to oneself or others may be related to the following conditions: Not understand the true meaning and purpose of life; lack of personal honesty and integrity; inability or lack of willingness to express love and forgiveness; withholding the expression of love and acceptance from oneself and others (low self-esteem); unfulfilled need for attention; unexpressed or repressed emotions such as anger, guilt, fear, hostility; persistent worry and anxiety; moving too fast; being too stressed-out, and not taking time to slow down; an internal struggle between one's negative ego (wrong belief system) and one's consciousness, which is deeper understanding of caring, truth and honesty.

Actors are artists of emotional expression. They minimize, exaggerate and substitute emotions all of the time, that's what captures us. Emotions are highly contagious. We catch feelings from one another like they are some sort of social disease. Our brains release electro-chemical molecules of postural, facial, aromatic, and intuition in every encounter. At home, at play, at work, in traffic, on the beach, even during sleep in dreams. Positive emotional health is intelligent and brilliant. When people are popular, happy, charming, and it is their genuine state, not a substituted or exaggerated, "put on", we love to be in their presence. They soothe us. They make us feel good. They can nurture and heal us in times of greatest emotional need. These people are said to be worth their weight in gold. In the subterranean landscape of our land of inheritance, we are all a part of one another's inner, "physicians black bag" for healing or disease.

We give each other encounters that are toxic or nourishing. For better or for worse. This is where whole foods come in. Food and drink is the measure of social exchange. **Whole foods** literally determine at a subatomic, atomic, electric, and molecular level our impulses that lead to health or disease. Amplified good positive energy and release of negative encounters that make us feel ignored, resented, embarrassed, frustrated, and angry is the goal. Whole foods can lift us, calm us, recharge us, amplify us and expand our creative imaginative inventive potentials, especially financial health and wellbeing.



Daniel Goleman in his fascinating book, 'Emotional Intelligence', shows in a brilliant and convincing manner the factors at work when someone of high I.Q. flounders financially and in business and people of



moderate to low I.Q. do surprisingly well. Emotional intelligence consists of self-awareness, impulse control, persistence, zeal, enthusiastic self-motivation, empathy and social deftness. These qualities mark those people who excel in life. These are the ones whose intimate relationships flourish; these are stars, at work and in business ownership, they shine. These have character, self-discipline, compassion and altruism, the basic capacities of quality that our society needs to thrive.

Temperament is not fixed at birth. The brain's emotional circuitry can be nurtured and strengthened by imagination used in daydreams and nightscapes when supported through the emotional encounters of the photo-electro-chemical matrix of whole foods.

The Oxford English Dictionary defines emotions as “any agitation or disturbance of mind, feeling, passion; any vehement or excited mental state”. An emotion refers to a feeling and its distinctive thoughts, psychological and biological states, and range of propensities to act. There are hundreds of emotions, along with their blends, variations, mutations, and nuances. Indeed, there are many more subtleties of emotions than we have words for. In fact, a single spinach leaf has over 12,000 chemicals that can potentially induce hundreds of impulses that can lead to the biological foundation for dozens of emotions.

Primary Emotions and their Aspects:

- **Anger:** fury, outrage, resentment, wrath, exasperation, indignation, vexation, acrimony, animosity, annoyance, irritability, hostility, and perhaps at the extreme, pathological hatred and violence. In short, absence of love.
- **Sadness:** grief, sorrow, cheerlessness, gloom, melancholy, self-pity, loneliness, dejection, despair, and, when pathological, severe depression.
- **Fear:** anxiety, apprehension, nervousness, concern, consternation, misgiving, wariness, qualm, edginess, dread, fright, terror; as a psychopathology, phobia and panic.
- **Enjoyment:** happiness, joy, relief, contentment, bliss, delight, amusement, pride, sensual pleasure, thrill rapture, gratification, satisfaction, euphoria, whimsy, ecstasy, and at the far edge, mania.
- **Love:** acceptance, friendliness, trust, kindness, affinity, devotion, adoration, infatuation, agape.
- **Surprise:** shock, astonishment, amazement, wonder.
- **Disgust:** contempt, disdain, scorn, abhorrence, aversion, distaste, revulsion.
- **Shame:** guilt, embarrassment, chagrin, remorse, humiliation, regret, mortification, and contrition.

The list does not resolve every question about how to categorize emotion. For example, what about blends such as jealousy, a variant of anger that also melds sadness and fear? And what of the virtues, such as hope and faith, courage and forgiveness, certainty and equanimity? Or some of the classic vices, feelings such as doubt, complacency, sloth, and torpor – or boredom? There are no clear answers; the scientific debate on how to classify emotions continues, and will probably never end. It's a very emotional subject.

The argument for there being a handful of core emotions hinges to some extent on the discovery by Paul Ekman, at the University of California at San Francisco, that specific facial expressions for four of them (fear, anger, sadness, enjoyment) are recognised by people in cultures around the world, including preliterate people presumably untainted by exposure to cinema or television – suggesting their universality. Ekman showed facial photos portraying expressions with technical precision to people in

cultures as remote as the Fore of New Guinea, an isolated stone age tribe in the remote highlands, and found people everywhere recognised the same basic emotions. This universality of facial expressions for emotions was probably first noted by Darwin, who saw it as evidence the forces of evolution had stamped these signals in our central nervous system.

In seeking basic principles, Don Tolman followed Ekman and others in thinking of emotions in terms of families or dimensions, taking the main families – anger, sadness, fear, enjoyment, love, shame, and so on – as cases in point for the endless nuances of our emotional life. Each of these families has a basic emotional nucleus at its core, with its relative or aspects rippling out from there in countless mutations. In the outer ripples are moods, which, technically speaking, are more muted and last far longer than an emotion (while it's relatively rare to be in the full heat of anger all day, for example, it is not that rare to be in a grumpy, irritable mood, in which shorter bouts of anger are easily triggered). Beyond moods are temperaments, the readiness to evoke a given emotion or mood that makes people melancholy, timid, or cheery. And still beyond such emotional dispositions are the outright disorders of emotion such as clinical depression or unremitting anxiety, in which someone feels perpetually trapped in a toxic state.

The important thing to re-discover is that whole foods are at the foundation of impulse and its regulation, again, impulse leads to emotion and emotion is sent at the speed of light throughout our entire central nervous system. The nerves attach to our entire body architecture. The nerve message lead to cellular nourishment if the emotion is a healthy positive virtue, or to cellular chaos if the emotional signal is a negative toxic, potentially deadly one. And whole foods carry the bio-chemicals to release negative molecular residues, and strengthen positive construction.

“Life itself teaches dramatically and powerfully enough through such ‘dark’ events centred around crisis, loss and death. When such events are not embraced – the dark, toxic and destructive molecular chemistries are not integrated for purging and in this process of suppressed accumulation – the conscious mind partitions itself and creates a reality, which reflects only that which is acceptable to one’s conscious awareness. The troublesome aspects appear to simply ‘go away’ but the result is that the right hand (consciousness) does not know what the left hand (the unconscious) is doing.”

Physical body symptoms then appear as signals to this inner chaos and try to respond with actions of release and removal. If **whole foods, enough water, sunshine and walking** are not there as support tools, in time serious conditions and behaviours can manifest.

Look around you. Just in the last 10 years emotional abuse, drive-by-shooting, posttraumatic stress and more have entered the common Lexicon of our English language. We’ve shifted from the cheerful “have a nice day” to the challenging testiness of “bring it bitch!”

There appears to be a surging rage and despair spreading across our cities, whether in the form of quiet loneliness shown on the faces of kids left with a TV or computer screen for a babysitter, or kids abandoned, or abused, or neglected, or witness to the ugly intimacy of marital or live together violence. A spreading emotional malaise is seen in numbers that have soared in the records of chronic depression cases around the world. This has coincided with a rising tidal wave of aggression – teens with guns in school, road rage where minor incidence’s end in stabbings and shootings, disgruntled ex-employee’s murder former co-workers, from gang rapes of 8 year old girls to raping 90 year old women.

Research shows that foodless, lifeless junk, eaten as food, and washed down with additive drug-laced formulas of synthetic drinks add to the chaos. Throw on top of that the products of Pharmaceutical Drug Lords mixed with ‘natural’ supplement, pill and capsule remedies, and you have gigantic crucible destined to create a senseless, mindless, plague of human misery and destruction, a real financial tsunami for stock holders and CEO’, but disease, financial strain and death for the weak willed or the ignorant.

Emotional Health

Healing ourselves requires that we remove the external donations taken internally that cause our dis-ease. In this process, we find that the causative factors of illness are not strictly dietary problems. They can relate directly to the mental and emotional life we live as well. **Our thoughts and feelings are powerful, dynamic forces that influences every aspect of our lives and are a major causative factor in either the health or dis-ease of our body and mind.** How we feel and think about ourselves is what we become. Whether we realise it or not, our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues and organs of our physical bodies, as well as the conditions we experience in the world around us.

When we change the way we think, we change our life experience. When we change our attitudes towards others, their attitudes towards us change. The condition of our bodies, as well as the quality of our life experiences, will always be an invaluable aid to mirroring our physical, emotional, mental and ecstatic state of health. If we are not happy with how life seems to be treating us, we simply need to change the way we treat life.

Positive and healthy attitudes or emotions allow the vital life force to circulate freely through the body / mind system. This generates high vitality, enhances regenerative processes, and creates a more positive life experience. Negative attitudes or emotions create toxic chemical molecules that impede the flow of the life force, which lowers one’s immunity and vitality and makes the body more susceptible to pain, injury or dis-ease.

Pain, injury or illness is an indication or warning that we are out of harmony with life and have an existing attitudinal issue in need of recognition and attention. The area or parts of the body affected can serve as an indicator as the nature of the particular issue. Unresolved anger, irritations, resentment, fear, guilt and lack of forgiveness are the sources of most illnesses, and must be released. These conditions are highly poisonous to the human system.

The first and most important step in healing any problem is to become aware of and acknowledge that there is an existing problem. Once we recognise and learn to release the attitudes that inhibit our expression of being conscious, we then remove the root causes of our dis-ease. In this way, symptoms will fade away and we will establish permanent healing.

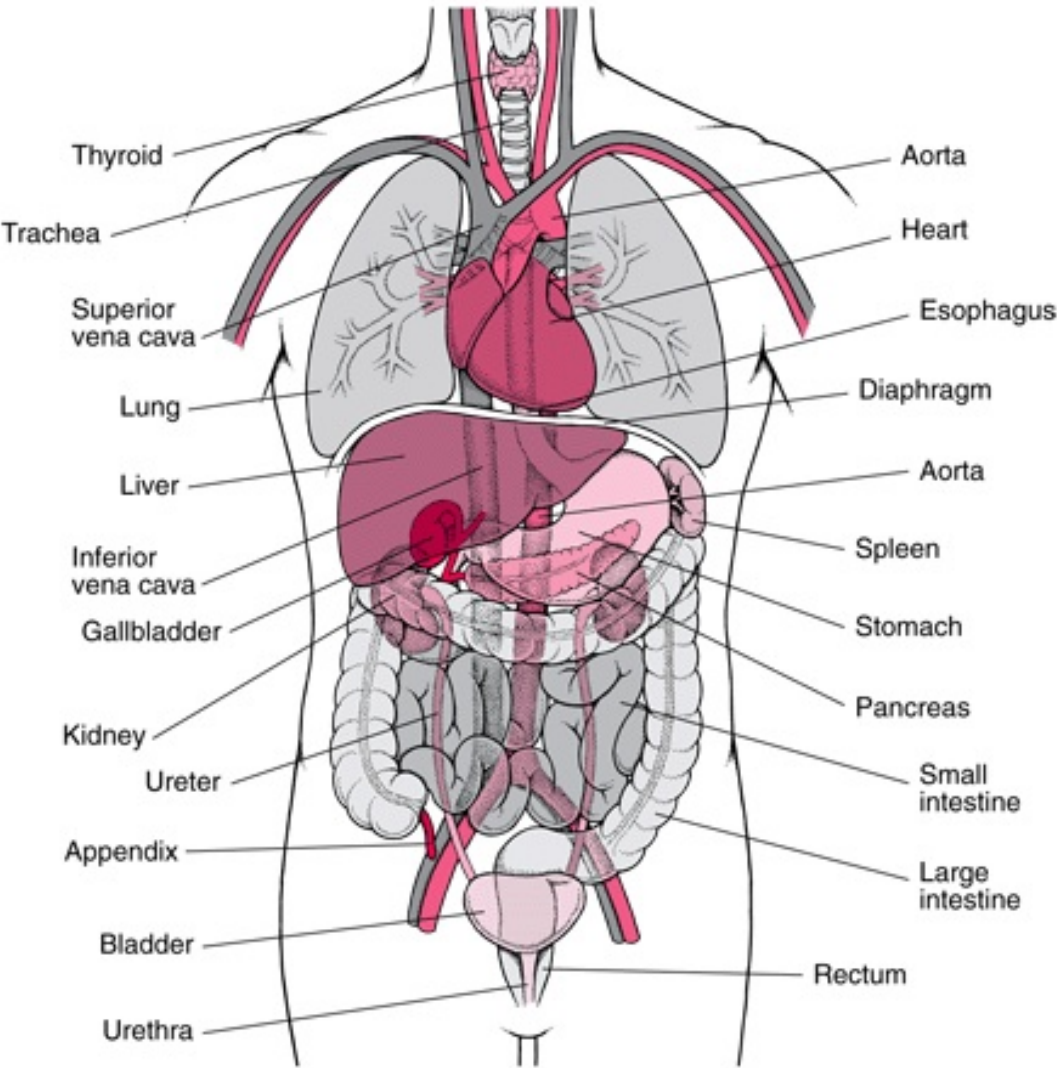
There is not a medicine, supplement, ointment or potion that can compare to the power of changed thoughts, whole foods, loving touch or fasting for healing the body, emotions and mind. Touching and fasting must be present before true, lasting healing can typically occur. By consciously choosing touch and fasting, we can free ourselves of the blockages commonly referred to as pain and dis-ease. Dietary and bodily hygiene opens the door for love to enter and negative emotions to resolve and be released. When you let go of guilt, for example, you are then free to love yourself and life more fully. When you

find it in your heart to let go of resentment and anger, you are then free to love other people more fully, and will experience greater harmony in all of your relationships. This is the basic formula necessary for healing ourselves on an individual level and for healing our world on a global level. Whole foods not only assist this process, whole foods are the very foundation of our emotional fabric.

Whole food dietary hygiene is the key that opens the door to life. Internal physical cleanliness is the force that fully activates the bio-circuitry in our mind / body system. Love in a pure clean, flowing body is the source of healing. Wrong diet and lack of physical hygiene can create the negative and destructive energies in and between people in their social encounters, when emotions are developed and exchanged. Love, accept and nurture yourself and other.

Anatomica Metabolic Nutricon of Emotions

The following information shows how emotions can affect the location where certain dysfunctions of the body may occur. Read and find the emotions or their synonyms in the rainbow of emotions chart. Then, target the anatomic site metabolically using colour healing through whole food nutrition.



ANATOMIC SIGNATURE of FEELINGS:**Right side of the body: Masculine energy**

Giving, assertive, extroverted, bringing ideas into action. An inherited perception of the male image reflects relationships with one's own masculine side and or relationships with men (father, husband, boyfriend, friends). Problems in this area may indicate unresolved relationships, resentment or anger with a particular male; inability to give to oneself or others; holding aback on some level; inability to express or over expression of masculine energy; overexertion in work or activities.

Left side of the body: Feminine energy

Receiving, passive, introverted, intuitive, creative, inherited perceptions of the female image. Reflects relationship with one's own feminine side and/or relationships with women (mother, wife, girlfriend, friends). Problems in this area may indicate unresolved relationships with a particular female; inability to receive (feeling unworthy); inability to express or over-expression of feminine energy; inhibited creative expression; not responding to one's intuition.

Top half of the body (from waist up):

Communication, self-expression, the senses, emotions, touching. Outgoing, assertive, active, sociable, interpersonal relationships. Problems in this area may indicate repressed emotional or creative expression. Also refer to other parts of the upper body.

Bottom half of the body (from waist down):

Represent our contact with the Earth. Stability, strength, balance, grounding, self-support, independence, introspection. Problems in this area may indicate lack of emotional stability, balance and self-support. Also refer to other parts of the lower body.

[within the Language of the Body, references are added from the
Farmacist Desk Reference, vol 1, by Don Tolman – they are referenced as (FDR)]

**PASCAS
HEALTH**



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

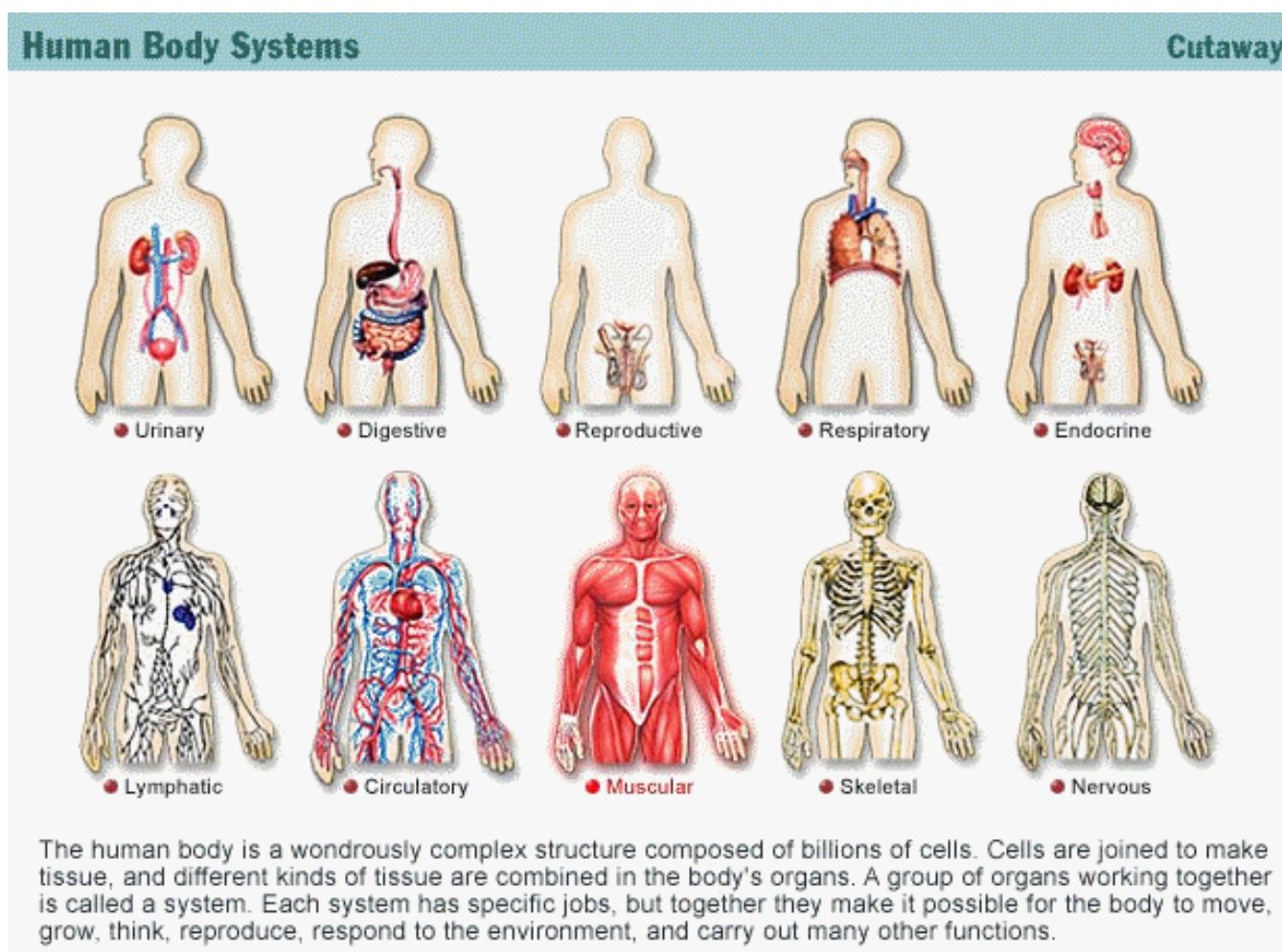


LANGUAGE of the BODY:

P.29 by Helen Belot

Body Parts, their Relationship to Life Situations, Some Common Diseases and Terms.

In Sekhem, we use the energy systems, the nerves and meridians of the body to carry the energy, and so we start at the feet as they represent balance and direction. However, in the interests of quick reference the areas are categorised in alphabetical order:



Abdomen: Assimilation of ideas, concepts and nourishment. All relationship problems, past and present are held in the abdomen.

Accidents: Attracting your attention to the area of your life that is in need of attention. Anger is usually involved and sometimes stress. Look also at the area injured and any rebellion against authority, injustice and restrictions.

Aches: The need for love, acceptance and nurturing.

- Acne: Lack of trust in the self and the image of the self that the individual wishes to portray. Low self-confidence and confusion regarding your image and interaction with others.
- Addictions: All types of addictions have a common theme which is the inability or refusal to accept the self and the talents that you have been given or worked for mixed with fear, anxiety and anger. Self rejection. Constantly putting down or negating the personal abilities. An abdication of responsibility of the self and placing that responsibility on those around them or their environment. They are opting out. This is usually coupled with a lack of strength to continue any commitment given. However, they do vary, for alcoholics are drowning their anger, drug addicts looking for a different reality, food addicts expressing a loathing of the self and their life situations and compensating by creating a different image.
- Adenoids: Inability to express anger to family friction. Fear.
- Adhesions: Fear of releasing relationships and situations. Holding on when it is past the time to move on.
- Adrenals: These glands produce adrenalins in response to danger, defeat, despair and fear. Effects are on many areas of the body such as the blood pressure, muscles, digestion, etc., and collectively are often referred to as the ‘flight fight syndrome’. Often stress and other emotional and physical problems so producing a vicious circle of more defeat, despair and more stress exacerbate the problems.
- AIDS: non- Inability to accept your gender and sexuality. Anger, guilt and acceptance of the self.
- Alcoholism: Anger and an inability to cope with life. Usually unrecognised or denied anger. Trying to drown the sorrow of their inadequacy, their anger and rejection of the self.
- Alimentary Tract: From mouth to anus has to do with the taking in, digestion, assimilation discrimination and elimination or rejection of ideas, concepts and nourishment.
- Allergies: Who are you allergic to? Look at what was happening in your life just prior to the beginning of the allergy. It is always **who** – not **what** you are allergic to. It is so much easier to blame a “what” than a “who”.
- Alzheimer’s: Anger at the world and a refusal to see reality and to take responsibility for the self and what they have created. Passing the total responsibility of themselves to another or others.
- Ankles: Moving forward with grace and ease. Very difficult to do if your ankle is bandaged or in plaster. Also one of the areas of the body representing sensuality and the capacity for pleasure and enjoyment.
[FDR – Farmacist Desk Reference, vol 1 by Don Tolman]
(FDR p56) The capacity to support oneself. Stability, balance, our connection to the Earth (being grounded). Flexibility, movement, progress. The ability to deal with and adapt to the motions and movement of life’s changing experiences. Problems in this area may indicate resistance to progress and change; inflexible attitudes (unwilling to ‘bend’); a lack

of self-support; ungrounded or unstable; uncertainty about one's direction in life. Refer also to Knees (which are closely related to the ankles).

- Anus: The release point of unwanted ideas and experiences. Letting go with ease.
- Anxiety: And anxiety attacks: These are caused by a combination of intense anger and fear. Often confused with heart attacks and are possibly the chief cause of heart attacks.
- Appendicitis: The giving up on life. Inability to cope. It is just too difficult.
- Arms: The strength and ability to reach out to life and to hold on to life to the fullest. Upper arms are to do with strength and endurance.
- Arteries: Carry the joy around the body.
- Arthritis: Lack of self-love. As there is no love for the self it cannot be accepted from others. To acknowledge and accept love from others and to let it into their being is in conflict with the self image so producing conflict within the body and ultimately within relationships.
- Asthma: Fear – so failing to take in life to the fullest. In small children and babies it is fear generated by adults fighting above them. However it does not take a child long to realise if they stop breathing they get instant attention so there is always an element of manipulation and control present after a time. In adults it is fear as well as the manipulation and control aspect.
- Back Injuries: A shut down of the spiritual energy at the 1st and 2nd chakras. A turning off of the flow of energy. See also bones and spine.
- Bad Breath: Self loathing of some aspect of the self. Cannot let go of the desire for revenge and it fouls the system.
- Birth defect: You chose to experience this restriction in this life. You choose your parents and your children. It is an agreement between you. Karma, in that it may be unfinished business from a previous lifetime (but not likely).
- Bladder: Anxiety and emotional holding.

(FDR p57) Related to the water element, which signifies emotions and desires. Associated with issues of control. Problems in this area may indicate trying to control or hold back emotions or desires that need to be expressed holding onto old ideas that need to be eliminated; a need to let go and flow with life; feeling out of control emotionally, 'pissed off' at someone or something; a need for approval; lack of confidence; feeling weary or tired; shyness; feeling ineffective.
- Bleeding: Losing the Life Force Energy. Letting it all seep away. Giving up on some aspect of life.

Blood: The joy of living. The life giving force within us.

(FDR p57) ‘In the blood is the life.’ The blood represents the joy and nourishment of life itself coursing through our bodies, bringing vitality to cells, tissues, and organs. Problems with the blood may indicate a lack of joy and enthusiasm with life (discouraged); scepticism; selfishness; unresolved issues with a member or members of one’s fail (blood relations).

Toxicity in the blood can result from negative or destructive thinking. To purify the blood it is best to eat pure, whole foods and to refrain from food that has been obtained at the cost of pain and suffering to animals. It is very important to lift one’s thoughts and emotions, which greatly influence the blood.

Blood clotting: Congealed and rigid thinking. Unable to flow with changes and so giving up on life.

Blood Pressure: The Pressure of life with little joy.

High: Anxiety and long standing emotional problems that have not been recognised, dealt with or resolved.

Low: An inability to resolve the issues that are recognised. Draining of the life force from the body by continually trying in the same ways.

Blood Problems: Closing down on life. There is no longer any joy in what you do. The inability to create joy.

Bones: Represent the support structure of the body. The very structure of your life and ‘environment’. From the feet to the top of the head, the bones represent the framework and structure that supports the rest of the body, mind, emotions and spirit. Anger whether recognised or not, that has to do with support or the lack of support is held in the bones. Broken bones are always to do with anger as well as the area of life corresponding to the break.

Too much independence can be harmful in some circumstances, or you may fail to recognise the support that is given or even reject it. So often the support is there but not recognised, acknowledged, or it may be rejected – then the individual complains that they were not supported.

(FDR p57) The framework, foundation and support of our physical, emotional and mental structure. The ability to support ourselves. Strength, power and integrity. Associated with our earthly lessons. Problems with the bones may indicate a need to become more solid, stable and grounded in relation ourselves and life; lack of internal support or strength; rebellion; lack of personal integrity; building one’s beliefs upon falsehood rather than upon the ‘solid foundation’ of honesty truth and love.

Beware: Some people are ‘Brutally Honest’ and get more joy out of the ‘Brutality’ than the ‘Honesty’. Don’t create ‘Victims of your honesty’.

Bowel Small: The assimilation of ideas and concepts as well as fluids and nutrients.

Large: The discrimination and decisions of what to keep and what to release, of food, ideas and concepts.

Brain: The communication centre and control tower of the body.

Brain Abscess: Anger at the self and a refusal to take any of the responsibility.

Brain Cancer: An abdication of responsibility for and to the self.

Breast: Nurturing and being nurtured. Remembering it is both of the self and others, and too little or too much.

(FDR p57) (Female): Nurturing, giving, love and mothering. Strongly connected to a women's self-image, feelings about her own femininity and issues related to motherhood. Problems in this area may indicate over-mothering; unwilling to provide nourishment or nurturing physically or emotionally; frustrated desires related to child-bearing; overly forceful attitudes; feelings of inadequacy as a woman, feeling misjudged and/or misunderstood (not respected).

Breathing Problems: All types of breathing problems are the failure to take in life to the fullest.

Bunion: Rigidity and stubbornness in movement and how you wish to be supported. No joy or self love in the path you have chosen but refusing to change.

Burns: Anger and burning resentment and a need to look deeper into the issues that are hiding under the burn. Look also at the area the burn represents.

Buttocks: Sitting on past issues. The holding on of old emotional pain.

Calves: The interaction of day to day affairs are held in the calves of the legs and the fears associated with these things. Fear also when the daily aspects of life no longer fit with the hopes, dreams and wishes.

All cramps are to do with fear and in this area always to do with support issues.

Cancer: Is the disease of unfinished business. All the things you have not wanted to look at, that were too painful, or you thought you could not alter and so there was no point in trying to deal with. And all the anger, hatred, jealousy you denied, suppressed or repressed. If you will not process the emotions then the body has to. There is always an element of corrosiveness and bitterness to the emotions causing cancer for these are very strong emotions. To deny these very powerful emotions only drives them to boil and seethe deep below the level of the conscious mind and ultimately causes damage to the body.

- Carpal-tunnel Syndrome: Anger and frustration at personal injustice in this life.
- Cheeks: Gives depth and resonance to the voice and the personality.
- Chest: The taking in and living of life to the fullest capacity. Protection of the deepest secrets and emotions.
- Chin: Determination and aggression.
- Chronic Disease: A refusal to change or to view things differently even when it is to your detriment.
- Colon: Integration and/or rejection of ideas. Holding on to past problems and hurts. The need to let go with ease.
- (FDR p58) Elimination of that which is no longer necessary. Issues related to control and materiality. Problems in this area may indicate holding on too tightly to people, material things or the past; guilt, bitterness, doubt; cynicism; envy; over-controlled attitudes; feeling cut-off, lonely, or left out; unwillingness to let go; repressed rage; fear of rejection; long-standing repressed emotions. Financial worries and feelings of scarcity can restrict the movement of the bowels.
- Constipation: The fear of releasing something important. The inability to let go.
- Cramps: Fear. Paralyzing fear. See also the area the cramps occur.
- Crohn's Disease: Refusal to acknowledge the hurts and difficulties of childhood. Fear of not being good enough for a parent or parents.
- Croup: The inability to speak and to release the anger due to family upheavals.
- Depression: Anger that is unrecognised as anger because of childhood conditioning; or that has been repressed or suppressed because of fear of reprisals, abuse or retaliation in some form. Verbal and psychological abuse is often more corrosive and lasting than physical abuse in many circumstances. In severe cases a rejection of reality and responsibility.
- Diabetes: The shut down on the sweetness of life and a longing for what might have been. There is also a very controlling and manipulative aspect to diabetes and there is always an emotional trigger or upset prior to the onset of the disease.
- Diarrhoea: The elimination of what is harmful or unnecessary to the body. Repeated and continual diarrhoea represents the inability to discriminate on what is right for you and should be retained, and what should be eliminated from your life. Usually to do with relationship and or anger.

- Ears: The capacity to hear. Problems are what you do not want to hear.
- (FDR p58) The capacity to hear and to listen. Willingness to perceive the true messages of life. Being open and willing to hear and consider other's opinions. Problems in this area may indicate a persistent refusal to hear truth; avoidance of issues considered unpleasant; refusal to hear other points of view; lack of enthusiasm; guilt; irresponsibility; emotional repression; un-supportiveness; vindictiveness.
- Elbows: Inflexibility in looking at and reaching out to life.
- Epilepsy: A struggle for life and feeling persecuted so opting out at times.
- Eyes: Are the windows of the soul. Also your capacity to see the past, present and future clearly.
- (FDR p60) The capacity to see life and its issues clearly. Willingness to be open and make contact with people and the world around us. When we are open, our eyes become a clear channel through which our heart and intelligence find expression.
- Excellent sight is the physical counterpart of clear emotional perception. Problems in this area may indicate a persistent refusal to see truth; emotional repression; low self-esteem; feeling abandoned, unsuccessful or overwhelmed; lack of motivation; fear of intimacy; fear of what's 'out there' and/or what's inside oneself.
- Eye problems: What do you not want to see?
- Far-sighted: (FDR p60) Too extroverted; avoidance of one's own self-development; procrastination; fear of being close with others; living in the future and neglecting the present; not wanting to look or take responsibility for what one has created.
- Face: The mask we present to the world. The person or persona we would like others to believe we are.
- (FDR p58) Reflects attitudes about one's self and life, self-image, ego, self-expression, and emotional history. The ability to face ourselves and the issues of life with honesty and integrity. Facial expressions can be an open book that reveals much about our inner feelings. When we are trying to be something other than our true selves, or hide our true feelings, there is conflict within, and the face becomes a mask of tensions rather than an expression of our soul's beauty and joy.
- Fainting: The inability to cope so you just black out and leave it to others.
- Feet: Feet support the whole of your being. They are what you stand on, so are the foundation of your own support system and how you walk through your world. Do you tiptoe through the tulips, clomp along, ride rough shod over everyone else, crash in where Angels fear to tread or walk lightly over the rice paper leaving no trail? Walk towards a mirror and analyse how you walk. Does it fit with the internal image you have of yourself and how

you walk through life? Or is this the mask you wish to portray to the world? Look closely at your feet and take note of your first impressions and how you react to them, their looks and image for they will tell you much about yourself. Look at the type of shoes you wear in the same manner. Feet, and particularly the soles of the feet, represent understanding both our yourself and all you have created and how that relates to those around you. The interaction of your faith with your reality.

Feet also control direction and will point to the direction of your interest.

The feet, legs, and spine are all to do with support of others but particularly of yourselves.

See also toes.

(FDR p58) Understanding, balance, self-support, stability, motivation. Being grounded and connected to the Earth. The foundation of one's body. Stepping into new experiences. Taking the necessary steps forward emotionally, mentally or physically. The ability to stand on one's own feet. The courage to be one's true self. Problems with the feet may indicate fear of stepping into new and different experiences in life; not being grounded; out of contact with reality; lack of motivation; unsure of one's role in life, or lack of identity; fear of being one's true self; being too tired emotionally or mentally, to move forward. Leading others along paths of dishonesty or wrong-doing may also result in problems with the feet.

Fever: Fever and high temperatures are to do with anger. Look also at the area of the body involved.

Fingers: The day to day incidentals of living.

(FDR p58) Like the hands, fingers represent the capacity to do, to grasp, and handle life's experiences. They are an extension or expression of the love of the heart and creativity of the mind. Fingers represent taking responsibility, giving and receiving, the ability to 'feel'. For problems with fingers see Hands or Arms.

- Index: Ego, judgment and authority.

(FDR p59) The ego, pride, judgment, power, authority, ambition, leadership.

- Middle: Anger and sexuality.

(FDR p59) Balance, introspection, awareness, philosophy, service, responsibility.

- Ring: Union and grief of all types.

(FDR p59) Relationships, emotions, heart, creativity, sociability, adaptability.

- Little: Family and your connection to the family. Illusions and self deception.

(FDR p59) Mental or physical communication and expression, the subconscious.

- Thumb: Will and intellect. Fear and anxiety.

(FDR p59) Will power, strength, issues of control, steadiness of purpose, the conscious mind.

Frozen

- Shoulder: Gripped by fear and unable to reach out to life. Often to do with mid life crisis and so associated with other things such as finance, loss of status, loss of attracting the opposite sex, loss of possibilities, opportunities and such-like fears.
- Fungal Infections: Self doubt and stagnation. Old ideas and concepts going mouldy. Update your beliefs, wants and needs then throw the rest out and start believing in yourself and your own abilities.
- Gall Stones: Solid lumps of anger.
- Genitals: (FDR p59) One's relationship to sexuality and interpersonal sexual relationships. Courage, will-power, achievement. Issues of power and assertiveness. The seat of sensation and the life force (the Kundalini or serpent force). The ability to let go, to surrender to life; spontaneity. The ability to give and receive pleasure. Problems in this area may indicate misuse or excessive focus on sex; indulging in pleasure and sensation at the expense of one's true feelings; unwillingness to channel energy into outlets of creative expression other than sex; selfishness, greed; deception; lack of affection; feeling unproductive; repressed emotions stored in the pelvic region; inhibitions and/or feelings of guilt associated with sex; anger towards or attempting to punish one's partner; fear of letting go; lack of spontaneity in life; inability to fully surrender to the joy of passions and pleasure.
- Glands: (FDR p59) The ability to integrate and balance the totality of one's experience. Vitality, energy, enthusiasm. Our glands produce hormones that keep the mind / body system balanced and healthy. These hormones reflect our attitudes and responses toward ourselves and life. One's attitudes and responses are secreted directly into the bloodstream. Problems with the glands or endocrine system may indicate unbalanced attitudes (overly restricted and/or excessive); too much focus on certain aspects of life while neglecting other issues that need attention (lack of wholeness and integration).
- Glandular Fever: Anger at not receiving the love, attention and recognition you deserve, particularly from a parent. This anger is not always recognised and is turned in on the self. Giving up. Ceasing to care for the self.
- Guilt: Knowing you should not have – but being unable to forgive yourself. However 80% of guilt is anger that you feel you have no right to.
- Haemorrhoids: Worry over releasing that which is no longer wanted. Have you made the right decision?
- Hair: Insulation and feelings of self worth and adequacy.
- Hands: The holding and nurturing of life. We caress with our hands and our eyes. The opposite is grasping. Holding on to everything. I will not let anything go.
- Hands or Arms: (FDR p59) The capacity to embrace and grasp life and its experiences. The hands and arms are an extension and expression of the love of the heart. Communication, creativity, the ability to feel. Reaching for goals, taking hold of one's life or taking responsibility.

The ability to give and receive. Problems in these areas may indicate withholding the expression of love, unwillingness to feel; feeling incompetent or insecure; avoiding one's responsibilities and transferring them onto other; lack of initiative; feeling over-whelmed or unable to hold on; failure to give and/or receive what one is capable of giving and receiving.

Head: The sum total of who and what you are and all your experiences. The totality of your being.

(FDR p59) Represents the way we think about ourselves. The head has the position of authority over the body. It is the directing force which ideally synthesizes information from the various levels of our perception and integrated that information into a unified and balance life plan.

Decisions, wisdom, faith, will and intellect. Issues related to one's conscious thinking. Problems in the head area may indicate conscious thoughts not in alignment with love and wisdom; an unbalanced condition whereby one uses intellect to escape from feeling; lack of faith and trust in divine intelligence; overly attached to personal objectives; being too wilful and/or obstinate; being overly critical toward oneself or others; feeling pressured. What you consciously think and speak affects organs in the head area, throat and jaw. The source of true wisdom is found in the heart. Intellect without illumination of life is not wisdom.

Headaches: The negating of the self, or putting yourself down. Each time you get a headache, check on your thoughts or speech just prior to the headache starting. The head holds the sum total of all your experiences.

Some headaches can be caused by others sending powerful negative thoughts in your direction and you accepting them as being correct.

Heart: The centre of our emotional security and ability to love. Enjoyment of life. The pumping of joy around the body.

(FDR p60) The seat of our true inner self. The doorway of ecstatic illumination. The centre through which we express our capacity for deep feeling, nurturing, affection, forgiveness, compassion and sensitivity for oneself, others and life. Closely associated with our desires. Problems in this area may indicate fear of being hurt; insecurity; feeling unloved; broken-hearted and/or defeated; putting up barriers in an attempt to protect oneself; shutting out the life giving power of love; arrogance, insensitivity, intolerance; misplaced affections and or desires; long-held hurt, bitterness, anger, hostility or rage; too much stress or anxiety, feeling burdened with responsibility. Emotions such as hate, fear and resentment can block the flow of vitality in the heart area. Love is the fulfilling of the law of life.

Heart Problems: Are the restrictions and limitations you impose on your capacity for enjoyment of life. The shutting down and squeezing out of joy and spirituality in your life.

- Heart Burn: Fear and anxiety.
- Heels: Your vulnerability. The Achilles heel of your hidden weakness and hidden vulnerability.
- Hepatitis: Anger and rage. The inability to change. The attitude that says – the rest of the world must change, not me.
- Hernia: Repressed or denied anger erupting.
- Hiatus: Anger at your own indecision and then you worry about it.
 - Inguinal: Anger at ruptured relationships and at the restrictions of your life. You are caught in a pattern of your own making and do not know how to get out of it.
 - Umbilical: Anger at not getting the nurturing you need and feel you have a right to, and not knowing what to do about it.
- Hips: Moving forward in life. Looking, planning, moving towards your hopes, wishes dreams and goals, but also unfortunately your fears. What you put your attention into is what you get. So if fear is part of the future you envisage, or you are afraid of or for the future, that is what you will create in your life. What is it that you are looking forward to?
- Hormones: The interaction of mind, body and spirit and how they relate within the physical body.
- For hormone problems look at the fears that inhibit the harmony of all three. Acknowledge and release the fear and then renegotiate a better relationship between body, mind and spirit. Any conflict between the spirit and the mental and physical will cause an hormonal imbalance.
- Hypothalamus: The interaction of our thinking and beliefs with the physical body corresponds to control of the autonomic nervous system. For our thinking, self talk and beliefs can over ride the correct workings of the body. For optimum health and well being it works always in conjunction with the pineal and pituitary glands. Restriction of freedom upsets this function.
- Immune System: (FDR p60) Represents strength, vitality and enthusiasm on the physical, emotional and mental levels. Issues related to vulnerability. A strong immune system indicates a healthy level of self-esteem and enthusiasm for life. Suppression of the immune system may indicate a resistance to being open and vulnerable; lack of enthusiasm for life; feeling that life is not exciting or worth living; feeling down on oneself; being too critical of self or others originating from lack of self-esteem; negative or destructive thinking, anxiety and stress due to one's inability to create positive and peaceful experience; feelings of being attached, beaten down, defenceless and defeated (low self-esteem). It takes tremendous energy to maintain psychological defences to avoid feeling vulnerable. This can create stress in the body and mind and lower one's immunity and vitality. Total honesty and

vulnerability is the only true strength. All other defences are simply attempts to conceal one's fears.

Incontinence: Emotional overflow. The results of stifling emotions for a long period of time.

Indigestion: Inability to accept an idea, concept or nutrient. Overloading the system.

Infections: Boils, infections of all kinds have to do with anger. Look also at the area of infection.

Inflammation: A term usually attached to an organ of the body that is inflamed as in appendicitis. It always means inflammation of an organ or an area so indication that anger is or was present in the initial stages of the condition.

Joints: All joints have to do with movement. Add this to the specific joint involved.

Kidneys: Fear, criticism and disappointment. Kidney stones are just solid lumps of fear. Fear to do with relationships are the predominating ones but fear of all events.

(FDR p60) The ability to flow with life and allow life to flow through us. Issues related to elimination; filtering out and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension / anxiety in impaired functioning. Problems in this area may indicate indecisiveness; being too forceful; repressed anger; feeling of shame; intolerance and/or hostility; emotional stress from relationships; emotional pain; fear of being alone; obsessive thinking.

Knees: Ego, inflexibility and patterning are held in the knees. The patterns of your reactions and thinking in this life and also from those close to you (living and past) are held here. For spirit buddy patterns, there is always a trigger in this lifetime so it is easier to start with this lifetime. Resentments are stuffed behind your knees. All those small and not so small resentments that we thought were too small or not worth getting angry about are stuffed behind the knees. Hatred is hidden under the knee cap. Pride and ego affect this area also and so enhance and keep in place the inflexibility and rigid thinking. The "why should I change?" attitude.

(FDR p61) The ability to bend and be flexible in one's attitudes. Progress, grounding, self-support, stability, humility. The ability to flow with and adapt to the motions and movements of life's changing experiences. Problems in this area may indicate a need to be more humble or flexible in one's attitudes; false pride; resistance to change or progress.

Legs: Feet, legs and spine are all to do with support of ourselves and others. And as always, both given and received.

Legs & Thighs: (FDR p61) Moving forward in life. Progress, strength, power, balance, confidence. Our grounding contact with the Earth. The ability to support ourselves. Our legs and thighs carry us on into new experiences and help us carry the weight of life's pressures. Problems

in these areas may indicate feeling unable to move or carry on; a lack of strength and/or of initiative; feeling unsupported, not being grounded; fear of progress and/or change.

Ligaments: Control of the body and of ourselves.

Lips: Sensuality and pleasure. There are more nerve endings in the lips than any other part of the body and this is what makes kissing so pleasurable.

Liver: Is anger and rage and our most primitive emotions. We stuff anger in our liver. All anger not to do with support goes into the liver and then will spill over into other areas and organs of the body. Anger always inhibits joy and pleasure.

(FDR p61) The liver is the hardest working organ in the body. It is related to our desires and emotions and is affected by inharmonious emotional conditions. Problems with the liver may indicate suppressed anger; prolonged bitterness; envy; hostility; unhealthy desires; selfish motives; feelings of despair and distress; feeling helpless, hopeless, or incapable.

Liver Problems: Always have to do with anger and rage but also prejudice, intolerance, blame and an unbalanced view or perception.

Lungs: The taking in of life to the fullest. Humans cannot survive without oxygen but so often breath with only part of the lungs in a shallow or incomplete way so reducing and limiting the amount of oxygen in their bodies. This and all lung problems are a result of failing to take in life to the fullest so reducing the capacity for living.

Unresolved and unacknowledged grief can be a limiting factor in the taking in of life to the fullest.

(FDR p61) The lungs are closely associated with the heart, and reflect taking in the vital breath of life, which is love. Openness, spontaneity, inspiration. Problems in this area may indicate a lack of self-esteem emotional repression; resistance to accepting love; stress associated with relationships; feeling unappreciated; selfishness; resentment; anger; grief for other or self; stifled expression one's potential or capacity; lack of inspiration and/or spontaneity; too much stress or anxiety.

Lymph Glands: The cleaning system of the body. Don't let it clog up, keep your priorities right. The source of many problems are clogged systems. Do the internal cleaning on a regular basis.

Lymphatic System: (FDR p61) Related to the water element and signifies the ability to flow with life. Allowing life to flow through us, releasing that which is unnecessary, and bringing nourishment to cells, tissues and organs. Restriction of emotional energy will produce a corresponding restriction of lymphatic flow. Problems in this area may indicate being uptight; feeling burdened or confused; inability to flow with life's changes; feeling hindered or restricted; impacted or unresolved emotional issues blocking the flow of life force in a particular area.

- Mastoiditis:** Fear, anger and frustration of what is happening around you. A common complaint in children and may often have a Karmic aspect from someone who has past.
- Meniere Disease:** A loss of balance in the life but also a loss of boundaries and reference points of what is right and wrong for you. Sound is directly linked with creation and the Divine so there is a need to look to these areas of your life.
- Menopause Problems:** Cultural attitudes and learned responses added to a fear of no longer being attractive or wanted. Self criticism, not feeling good enough and confusion at the loss or changes of the physical, mental and emotional aspects of yourself.
- Mental Problems:** Refusal to deal with reality and a retreat into unreality. A refusal to take any responsibility for the self and an abdication of the former self.
- Migraine:** Lack of self esteem and dislike of being driven and manipulated by life and particularly in the sexual area. Sexual fears and frustration. Often can be relieved by masturbation.
- Miscarriage:** Fear of the future. Wrong timing or loss of what nature thought was not perfect.
- Mouth:** The taking in of nourishment for the body, new ideas to nourish the mind and emotions to nourish the soul. The formation of and assistance with communications.
- Mouth, Jaw & Tongue:** (FDR p62) The verbal channel or pathway for our mental, emotional and ecstatic expression. Issues related to nourishing and supporting ourselves and to acquiring possessions. Taking in and assimilating new ideas (food).
- The creative power of the spoken word, which can glorify or condemn, heal or hurt. Problems in this area may indicate indulgence in malicious gossip. Lying, constant complaining and/or negativity in the one's speech; stored tension from unexpressed feelings; fear of expressing and speaking up for oneself; feeling of loss or poverty; defiance; stubbornness. Swallowed feelings such as held-back anger and rage, are often stored in the jaw. Refer also to Neck and Throat.
- Multiple Sclerosis:** Inner rigidity, inflexibility and mental hardness. Fear and an iron determination that does not always show on the surface but is deeply held inflexible attitude.
- Muscles:** The ability to move express. The primary avenue for the physical expression of our desires. Will, power, strength. Problems with the muscles may indicate attitudes that are overbearing, controlling, dominating; lack of will to move, change, express or progress. For further indications, see individual headings for specific parts of the body where affected muscles are located.
- Nail Biting:** Insecurity. Particularly about being loved and wanted.

- Neck: Support of yourself, your ideas and creations. Your flexibility of outlook.
- (FDR p62) A pathway through which our feelings move into expression as thoughts and words. The ability to be flexible in one's attitudes. The capacity to view things from various perspectives. Creative expression. Problems in this area may indicate unwillingness to acknowledge one's feelings; unexpressed creative forces; lack of communication; failure to see different sides of a situation; feeling overwhelmed; taking on too much responsibility. A stiff neck can reflect rigidity in one's outlook on life.
- Nerves: Communication system within the body.
- Nervous Breakdown: Communication blockage and/or overload. The breakdown of communications. Concentration on the self, directing and jamming the flow always inwards.
- Nose: Self acceptance. Do you accept who and what you really are?
- Ovaries: Creativity and fertility.
- Overweight: A need for protection or a buffer between you and life or you and another person. Fear of a relationship in some form. See also addictions.
- Pain: A warning sign that the area corresponding to the pain needs attention.
- Pancreas: Digestion of ideas and the sweetness of life.
- (FDR p62) The capacity to take in, assimilate and balance the sweetness of life. The balance of giving and receiving love. Uncertainty, worry, mental confusion, anger, hostility, bitterness, and resentment can take the sweetness out of one's life and blood, resulting in imbalances in this area. Problems in this area may indicate issues of rejection and abandonment; feeling unaccepted; self-pity and/or sorrow; feeling deprived of the sweet things in life; inability to handle or assimilate the sweetness or beauty in life; loneliness; trying to hold onto life too tightly.
- Paralysis: Escape from a situation, person or life itself. Having tried everything and it didn't work you are now resorting to fear and terror for or of the future.
- Parasites: Giving power to external things.
- Parkinson's: The desire to control because of fear. Often the fear is from the past and from childhood.
- Pineal Gland: Controls the amount and type of light we allow to enter our bodies. Light of all kinds. This gland stores and reads the cosmic and stellar light that comes to us from the sun, moon, stars, planets, and other heavenly bodies. This vibrational light is the source of galactic intelligence that is interpreted in the pineal gland.

- Pituitary:** The master gland of the body that controls the other hormones. Must work in harmony with the pineal, hypothalamus and thalamus.
- Prostate:** Masculinity. Prostate problems are a belief in getting old and past your prime of masculinity. Guilt over sexual pressure of the past and shutting down on sexual activity of the future.
- Pneumonia:** Closing down on life due to anger, frustration and disappointments. Pain and grief as the lungs are not supported by the heart.
- Rashes:** Lack of self love and irritation over small things. Attention getting. See also the area of the body affected and skin.
- RSI Syndrome:** Anxiety and frustration over personal injustice coupled with fear for the future.
- Runny Nose:** Crying. The body releasing the emotions you are denying.
- Sciatica:** Lack of support. Fear of the financial future and a hypocritical attitude to money.
- Senility:** Rejection of the responsibility of yourself and what you have created. Returning to the safety of childhood and someone else having to look after you.
- Sexual Organs:** Both male and female have to do with spirituality, conception and creation. This is not just in the biological sense but also in the conception, creativity and nurturing of ideas, concepts and projects. Also your personal acceptance of your gender. How you relate to being female or male colours your whole thinking, for your sexuality is an integral part of your personality and will influence everything you do whether you are aware of it or not. How do you relate to being male or female? Do you understand the restrictions and/or characteristics and stereotype role models and images society presents and sometimes enforces? Or do you get angry, frustrated and hurt by such thinking and behaviour often from your own sex? Have you really accepted your sexuality and how to express it honestly? Competitiveness is also related to this area. Competitiveness between the sexes, and between the same sex. It relates to the mid life crises. Those fears that arise from not getting that promotion, the top job, of being passed over for a younger man or woman, or allowing a sense of failure to eat into the dreams. That feeling of growing old without achieving the hopes and dreams of the idealistic person you were at twenty. The loss of the physical perfection or image that was relied on to attract praise, admiration, other people to you (of both sexes) and situations. These are the problems of this area.

The sexual organs are also viewed as the arsenal, or the weaponry area of the body. You have only to look at the comments made during the gun law debate in Australia and America to understand the connection. Comments such as “You may as well cut off my penis as take my gun away from me”, were common from men in the community.

Both men and women can use sex as a weapon against themselves, their partner or the opposite sex in general. It is then not surprising that problems, illness and injury to the sex organs have to do with anger and/or resentment at a partner as well as the other things already stated.

Shins: Represent our standards. Shin problems and injuries are the breaking down or disregard for these standards.

Shoulders: Reaching out to life and reaching forward to catch and hold life. Carrying the burdens of life and supporting the totality of the self as well as others. Who is sitting on your shoulders?

(FDR p62) Responsibility ('shouldering' responsibility). Self-esteem. Like the arms and heart, the shoulders are also related to the expression of love. Problems with the shoulders may indicate feeling that one's responsibilities are a burden; shouldering a false sense of responsibility; carrying the weight of someone else's expectations or demands; withholding the expression of love; tensions or stress; fear of expressing oneself; insecurity or lack of self-esteem.

Shoulder

Joints: Fear of moving and reaching out to life or fear of moving in the wrong direction.

Sinus: Gives depth and resonance to the voice and to the personality. A limiting of the personality by giving away your power or giving in always.

Sinusitis: Who are you allergic to? It is always 'who' and not 'what'.

Skin: Is image. The image you have of yourself. What you think about yourself and how well you accept yourself as you are.

(FDR p63) Related to one's self-image. Individuality, sensitivity and feeling. Issues related to elimination (letting things go). Problems in this area may indicate anger (against one-self or another); fear; anxiety or restlessness; lack of fulfilment; boils can represent anger boiling up from inside, unexpressed emotions surfacing, and/or anxiety regarding one's relationship to oneself and the world.

Skin

Problems: The inability to love and accept yourself as you are. A discrepancy in what you think you are and would like to be. Look also at the type of rash. Hot and with pustules has to do with anger. Itchy is irritating anger but of a less violent degree. Flaky is the intense desire to be something or somebody different. Oozing and weeping rashes are lack of joy and wanting to give up. The loss of the life force fluids. Look also at the area and type of skin problem to help define it.

Small

Intestine: The assimilation and integration of ideas with the whole person. Relationship problems are held in the abdomen, so feature in both the large and small bowel.

- Snoring: Stubbornness, the refusal to let go of old patterns that no longer serve you.
- Spine: (FDR p56) Strength, stability, uprightness, and determination in body, mind and spirit. Support, self-esteem, responsibility. The ability to support ideas and projects. Problems in this area may indicate feeling a lack of emotional support and/or personal strength; carrying too much responsibility; depending too much on others for support; carrying the heavy burden of one's own negative and materialistic thoughts. Repressed feelings and fears can manifest as pain, tensions or discomfort in the back and spine (holding back). Lower back pain may indicate repressed sexuality, anger and/or financial worries.
- Spinal Problems: We stuff anger over support issues in our spine and all spinal problems reflect this. A lack of self love, support and self support also.
- Spine Upper: Emotional shutdown or withholding of love from fear or a desire to control. Feeling unloved, the lack of self love and feeling angry about it.
- Spine Middle: Stuck in the past. Caught in the guilt and anger of the past. "Get off my back" feelings. To get someone off your back you have to let them go. Can you? Why are you hanging on to the past pain? What do you gain from this?
- Spine Lower: Lack of support and fear of the financial future. Old and past problems. Feeling weighed down by them. Guilt and the "I should have" or "should not have" of the past. An inability to create or to accept pleasure for the self that is a reflection of the lack of self love found in upper spine problems.
- Spleen: Joy and the making of joy in your life. The spleen controls the making and life of blood vessels so is associated always with joy and the life force.
- Spleen Problems: Giving up on life. Lack of joy in your life. Tried everything and nothing works. What's the use? There is always an obsessional quality to spleen problems. It has to be done your way.
- Sprains: Resistance to moving or resistance to moving in a certain direction.
- Sterility: Not needing to go through the parenting process. Alternatively, fear of creating a life and all of the resulting responsibilities.
- Stiffness: Rigid thinking. Allow new and different ideas to come into your mind and life.
- Stomach: Digestion of new ideas, concepts and nutrition. Vomiting is the total rejection of an idea or concept. Stomach problems are all to do with the worry and fear over the inability to accept new ideas. All stomach and bowel problems are caused by the inability to discriminate between ideas that are relevant and appropriate for you at this time and ideas that are not. Either holding on to everything or letting it all pass through while still worrying over it all causes the problems.

(FDR p63) The ability to discern, choose, digest and properly assimilate life's experiences. Recognising what is beneficial and what is not. Being critical or judgmental and condemning of others or self will affect the stomach. The stomach is a very sensitive organ that reflects even our most subtle feelings. Problems in this area may indicate emotional upsets, worries, anxiety, fear, discontent, impatience, repressed feeling; feeling that one has been treated unjustly; inability or resistance to assimilate and process life's experiences. Lack of discernment and wisdom in choosing the foods one eats can also create stomach troubles.

Stroke: Giving up on life. Unable to change so let someone else take over.

Suprarenals: There are two parts to each gland that sits on top of the kidneys and have to do with stress and our ability to cope with it. This produces a response that affects other glands and in particular blood pressure, digestion and the immune system.

Syndrome: A term used to describe a specific collection of symptoms. Not in itself a disease.

Teeth: Decisions.

Testes: Spirituality, creativity and fertility of the mind and body.

Thalamus: Interaction of the mind and beliefs with the physical body. Control of the nervous system in conjunction with the pineal and pituitary glands.

Thighs: To do with strength, determination and endurance.

Throat: Area of communication, expression and manifestation of creativity.

(FDR p63) The centre of creativity and expression. The power of the spoken word, communication. The verbal channel for the expression of the heart and mind. Problems in this area may indicate fear of expressing and speaking up for oneself; difficulty in expressing feelings; unexpressed creative potentials, fear of success or failure; lack of self identity; lying and negative speech.

Note: Our spoken words are energy in motion and resonate throughout the entire body, powerfully affecting cells, tissues and organs. Negative, critical, unloving words lower one's immunity and may cause illness in the body. Positive, uplifting words and affirmations of truth vitalise and regenerate the cells, tissues and organs of the body.

Throat Problems: The inability to speak up for yourself. What is it you want to say and to whom? Blocked creativity. Go scream into a pillow, the seagulls or anywhere it will not cause problems to open up the channel and allow the creativity to again flow.

Thrombosis: Giving up on life. Blocking joy or no joy in your life to circulate.

- Thyroid: When is it going to be your turn? You have given and given and given and now wish to do things for yourself. It is time to do things for yourself.
- Thymus: Immune system, growth and rejuvenation.
- Tinnitus: What is it you do not want to hear? Not listening to your intuition or inner voice. Refusal to accept responsibility for not listening.
- Toes: The incidental and everyday aspects of support.
- (FDR p58) Big toe, steadiness of purpose, issues of control, will power, pride, self-esteem, leadership. 2nd Toe: ambition, authority. 3rd Toe: introspection, awareness, service. 4th Toe: emotions, social, heart. Little Toe: mental intuition, creativity, dreams, subconsciousness.
- Toes, Big: Have to do with balance, within yourself, in your life and the direction your life is taking. They point in the direction of your interest so if you stub your big toe, look at what direction or pathway you are taking, it may need adjusting. If you amputate a big toe you lose your sense of balance and need to learn how to walk again.
- Fairness and your concept of fairness comes into this area also for to most people it is a part of balance and keeping the balance within yourself and our life.
- Toes, Middle: The incidentals of daily life but again about support and direction.
- Toes, Little: Has to do with alignment and the commitment to a direction taken.
- Toes, Broken: The little toe is the one most often broken. As with all broken bones anger is present but also scattered energies and conflict over direction. You are being pulled in opposite directions.
- Tongue: Tasting life. Communications.
- Tonsillitis: Inability to express anger to family friction. Fear.
- Torso: (FDR p63) This area of the body specifically related to our unconscious feelings. The organs that are most affected by unconscious attitudes are the heart, stomach, lungs, kidneys, uterus, intestines, pancreas, bladder, spleen and lower back. Problems with organs in this area may indicate long held or suppressed feelings such as guilt, fear, resentment and anger.
- Ulcers: Corrosive fear and anxiety. See also area of the body or organ.
- Urinary Problems: Anxiety and frustration usually over relationships, your partner or the opposite sex. Being pissed off. Blaming others.

Uterus: The centre of creativity.

(FDR p63) ‘Giving birth to new and creative ideas’. Letting in life. One’s relationship to sexuality. Problems in this area may indicate holding onto old wounds and pain regarding sex or relationships; feeling unrecognised or misunderstood; repression and guilt regarding sex; fears or anxieties related to childbearing and motherhood; issues related to receiving, vulnerability and femininity.

Veins: Carrying joy around the body and back to the heart.

Vein

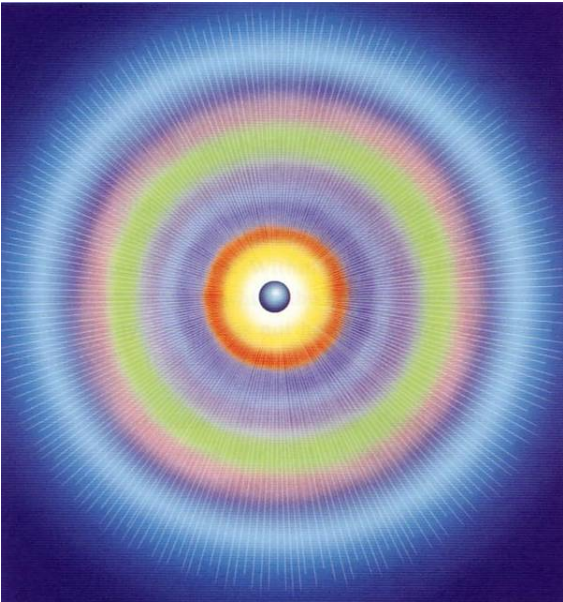
Problems: The shutting down on the dissemination of joy around the body and so in your life. Varicose veins represent you standing in a situation you dislike or hate.

Vomiting: The violent rejection of an idea or concept.

Warts: Tiny bubbles of hatred. Look also at the area of the body where the wart is.

Weakness: A need for rest both mental and physical.

Wrists: Flexibility in dealing with and holding the day to day matters of your life.



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



**PASCAS
PAPERS**

EMOTIONS and their EFFECTS on our PHYSICAL BODY:

P.134 Shattering the Cancer Myth by Katrina Ellis

Asian and other ancient cultures have believed for centuries that negative and even positive emotions, if over-expressed or overemphasised in one's life, will manifest in the body as illness. The chart below shows the positive and negative emotion of each organ and how an overbalance of either of these emotions may affect that organ.

Organ	Positive Emotion	Negative emotion	Over-expression of either emotion can cause
Bones	Feeling balanced and structured in life.	Feeling unbalanced, lacking direction and structure.	Bone cancer and other bone problems.
Brain	Open to change, correct beliefs, adaptability, acceptance.	Set in ways, refusing to change old patterns, incorrect beliefs that may have been passed down through generations.	Brain tumours, psychological problems, schizophrenia.
Breasts	Freedom, allowing others their freedom, feeling safe and protected.	Over-mothering, over-protection of others, forgetting about self, controlling others.	Breast cancer and other problems with breasts, including cysts, lumps and pain.
Cervix / vagina	Self-approval, appreciating own unique sexuality.	Anger at lover, sexual guilt, self-punishment.	Cancer of the cervix or vagina, cervical dysplasia, vaginitis and other related problems.
Gallbladder	Good decision making ability, releasing the past.	Sarcastic, indecisive, bitter, hard thoughts.	Gallstones and other gallbladder problems.
Heart	Joy, expression of love and gratitude to others, materialism.	Lack of joy, serious, stressed, long term emotional issues, overly materialistic.	Heart problems, heart disease and heart attack.
Kidneys	Feeling safe, secure and protected, courage.	Fear, lack of money, feeling, insecure, unprotected.	Kidney cancer and other related kidney problems.
Liver	Love and peace, happy, reacting positively.	Anger, irritable, nagging, nit-picker.	Liver cancer, liver problems.
Lungs, respiratory organs	Peace, accepting life and situations, freedom, happiness.	Grief, depression, feeling suppressed, desire to get something off your chest, sadness worry.	Lung problems, lung cancer, asthma, bronchitis.
Ovaries	Creativity, happy with own femininity and sexual attraction, happy with life.	Extreme sadness and old hurts, loss of feelings of femininity and attraction, lack of creativity and expression.	Ovarian cancer, ovarian cysts and other problems with ovaries.

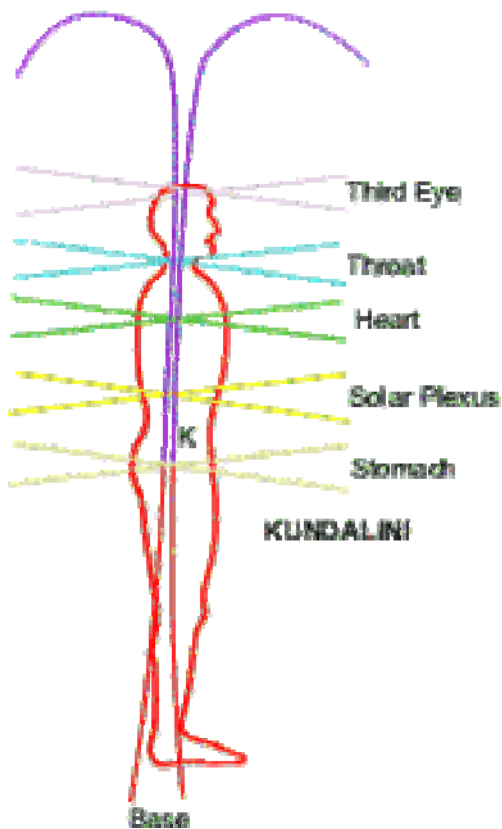
Prostate, testicles	Feeling strong in your masculinity, fighting spirit.	Sexual pressure, guilt, fears of ageing, resignation.	Prostate or testicular cancer and problems.
Spleen	Self-approval, grounded, secure and protected.	Obsessions, unbalanced, scattery.	Blood related problems, spleen problems.
Stomach / bowel	Relaxed, able to assimilate new ideas, accepting change.	Fear of new anxiety, something in the past is eating away at you.	Stomach and bowel cancer, digestive problems.
Throat, Larynx	Self-expression, expressing how you really feel.	Lack of expression, scared to say how you really feel.	Cancers of the throat, mouth, sore throat.
Uterus	Feeling creative, loved and feeling useful as a woman.	No creativity, feeling unloved and worthless as a woman.	Cancer of the uterus or endometrium.



Anatomy of the Spirit by Caroline Myss p.96

ENERGY ANATOMY			
Chakra	Organs	Mental, Emotional Issues	Physical Dysfunctions
1 Base	Physical body support Base of spine Legs, bones Feet Rectum Immune system	Physical family and group safety and security. Ability to provide for life's necessities. Ability to stand up for self. Feeling at home. Social and familial law and order.	Chronic lower back pain Sciatica Varicose veins Rectal tumours / cancer Depression Immune-related disorders
2 Spleen	Sexual organs Large intestine Lower vertebrae Pelvis Appendix Bladder Hip area	Blame and guilt. Money and sex. Power and control. Creativity. Ethics and honour in relationships.	Chronic lower back pain Sciatica Ob / gyn problems Pelvic / low back pain Sexual potency Urinary problems
3 Solar Plexus	Abdomen Stomach Upper intestines Liver, gallbladder Kidney, pancreas Adrenal glands Spleen Middle spine	Trust. Fear and intimidation. Self-esteem, self-confidence, and self-respect. Care of oneself and others. Responsibility for making decisions. Sensitivity to criticism. Personal honour.	Arthritis Gastric or duodenal ulcers Colon / intestinal problems Pancreatitis / diabetes Indigestion, chronic or acute Anorexia or bulimia Liver dysfunction Hepatitis Adrenal dysfunction
4 Heart	Heart and circulatory system Lungs Shoulders and arms Ribs / breasts Diaphragm Thymus gland	Love and hatred. Resentment and bitterness. Grief and anger. Self-centredness. Loneliness and commitment. Forgiveness and compassion. Hope and trust.	Congestive heart failure Myocardial infarction (heart attack) Mitral valve prolapse Cardiomegaly Asthma / allergy Lung Cancer Bronchial pneumonia Upper back, shoulder Breast cancer
5 Throat	Throat Thyroid Trachea Neck vertebrae Mouth Teeth and gums Esophageus Parathyroid Hypothalamus	Choice and strength of will. Personal expression. Following one's dream. Using personal power to create. Addiction. Judgment and criticism. Faith and knowledge. Capacity to make decisions.	Raspy throat Chronic sore throat Mouth ulcers Gum difficulties Temporomandibular joint problems Scoliosis Laryngitis Swollen glands Thyroid problems

<p>6 Third Eye</p>	<p>Brain Nervous system Eyes, ears Nose Pineal gland Pituitary gland</p>	<p>Self-evaluation. Truth. Intellectual abilities. Feeling of adequacy. Openness to the ideas of others. Ability to learn from experience. Emotional intelligence.</p>	<p>Brain tumour / haemorrhage / stroke Neurological disturbances Blindness / deafness Full spinal difficulties Learning disabilities Seizures</p>
<p>7 Crown</p>	<p>Muscular system Skeletal system Skin</p>	<p>Ability to trust life. Values, ethics, and courage. Humanitarianism. Selflessness. Ability to see the larger pattern. Faith and inspiration. Spirituality and devotion.</p>	<p>Energetic disorders Mystical depression Chronic exhaustion that is not linked to a physical disorder. Extreme sensitivities to light, sound, and other environmental factors.</p>



FEED YOUR EMOTIONS:

P.63 vol.1 Pharmacist Desk Reference by Don Tolman

Reason and emotion, mind and heart, are the regulators of the bodies response to whole food medicine.

It has been demonstrated millions of times and for thousands of years that whole food diets, colonics, mono diets, and fasting restore disturbances in metabolism, the immune system, respiratory function and mental outlook. It is considered that the increasing levels of pollutants, chemicals, and food additives encountered by anyone living in an industrialized society can create a toxic overload in the body which can lead to more than 95% of all human diseases.

Emotions are Impulses to Action

The human body is designed to be able to clean and repair itself. It is only when it is overwhelmed that good health goes south and greater self-care is called for. Every moment of the body's existence, whether in health or disease, is wrapped in an electro-chemical matrice of emotional molecules, generated by the limbic emotional centre of the brain. The neural circuitry there causes neuro-secretors to create actual molecules in response to emotions. These emotional molecular crystalline structures are an electric chemistry that oscillates in frequencies that match anatomical and physiological structures throughout the



Whole Foods are those that are unprocessed and unrefined, or processed and refined as little as possible before being consumed.

body. In this, 'like is drawn unto itself'. Simply stated, the chemistry of the emotion we call anger moves through the body as molecules then, when we no longer need them, because molecules of calm have replaced their need in the body, they are collected and released by the bladder.

If anger doesn't erupt, or is not released, over time 'feelings' of resentment and hostility can develop and can become persistent. This constant state overwhelms the bladder because negative emotional molecules are going to wreak havoc.

It may be as simple as a bladder infection. If the feelings persist and the whole foods whose electrochemical messages that generate calm emotional feelings release the stress molecules are not eaten, the infection could lead for instance to a tumour to contain them, and of course, over time and distance, to cancer. It's intriguing that our language has even developed phrases that allude to this reality. We usually say that, 'these people love to piss and moan'. Refer to the book, *The White Stone Carillon*.

Impulses are the medium of electrical surges that generate and build into emotional states. The seed of all impulse is a feeling generated by neurons in response to an impression made upon our senses bursting for expression into action.

All emotions are, in essence, impulses to act, the instant plans for handling life that nature has instilled in us. The very root of the word emotion is *motere*, the Latin verb 'to move', plus the prefix 'e-' to connote 'move away' suggesting that a tendency to act is implicit in every emotion. That emotions lead to actions is most obvious in watching animals or children; it is only in 'civilised' adults we so often find the great anomaly in the animal kingdom, emotions – root impulses to act – divorced from obvious reaction.

In our emotional repertoire each emotion plays a unique role, as revealed by their distinctive biological signatures. With new methods to peer into the body and brain, researchers are discovering more physiological details of how each emotion prepares the body for a very different kind of response:

- With anger blood flows to the hands, making it easier to grasp a weapon or strike at a foe; heart rate increases, and a rush of hormones such as adrenaline generates a pulse of energy strong enough for vigorous action.
- With fear blood goes to the large skeletal muscles, such as in the legs, making it easier to flee – and making the face blanch as blood is shunted away from it (creating the feeling that the blood 'runs cold'). At the same time, the body freezes, if only for a moment, perhaps allowing time to gauge whether hiding might be a better reaction. Circuits in the brain's emotional centres trigger a flood of hormones that put the body on general alert, making it edgy and ready for action, and attention fixates on the threat at hand, the better to evaluate what response to make.
- Among the main biological changes in happiness is an increased activity in a brain centre that inhibits negative feelings and fosters an increase in available energy, and a quieting of those that generate worrisome thought. But there is no particular shift in physiology save a quiescence, which makes the body recover more quickly from the biological arousal of upsetting emotions. This configuration offers the body a general rest, as well as readiness and enthusiasm for whatever task is at hand and for striving toward a great variety of goals.

- Love, tender feelings, and sexual satisfaction entail parasympathetic arousal – the physiological opposite of the ‘fight-or-flight’ mobilisation shared by fear and anger. The parasympathetic pattern, dubbed the ‘relaxation response’, is a body wide set of reactions that generates a general state of calm and contentment, facilitating cooperation.
- The lifting of the eyebrows in surprise allows the taking in of a larger visual sweep and also permits more light to strike the retina. This offers more information about the unexpected event, making it easier to figure out exactly what is going on and concoct the best plan for action.
- Around the world an expression of disgust looks the same, and sends the identical message: something is offensive in taste or smell, or metaphorically so. The facial expression of disgust – the upper lip curled to the side as the nose wrinkles slightly – suggests a primordial attempt to close the nostrils against a noxious odour or to spit out a poisonous food.
- A main function for sadness is to help adjust to a significant loss, such as the death of someone close or a major disappointment. Sadness brings a drop in energy and enthusiasm for life’s activities, particularly diversions and pleasures, and, as it deepens and approaches depression, slows the body’s metabolism. This introspective withdrawal creates the opportunity to mourn a loss or frustrated hope, grasp its consequences for one’s life, and as energy returns, plan new beginnings. This loss of energy may well keep saddened – and vulnerable – people close to home, where they are safer.

All of the body’s responses are created by emotional molecules of photo-electro-biochemistry.

The more dominant the emotional mind becomes – the more ineffectual the rational. This is an arrangement that seems to stem from eons of evolutionary advantage to having emotions and intuitions guide our instantaneous response in situations where our lives are in peril – and where pausing to think over what to do could cost us our lives.

These two minds, the emotional and the rational, operate in tight harmony for the most part, intertwining their very different ways of knowing to guide us through the world. Ordinarily there is a balance between emotional and rational minds, with emotional feeding into and informing the operations of the rational mind, and the rational mind refining and sometimes vetoing the inputs of the emotions. Still, the emotional and rational minds are semi-independent faculties, each reflecting the operation of distinct, but interconnected, circuitry in the brain.

In many of most moments these minds are exquisitely coordinated; feelings are essential to thought, thought to feeling. But when passions surge the balance tips: it is the emotional mind that captures the upper hand, swamping the rational mind.

“Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy.” – Aristotle.



The ENDOCRINES p.115

The thyroid controls the whole endocrine system, bringing it into harmony with all of the other glands and the whole glandular system. It is through this development that the spiritual faculties are brought into conscious use. That is, through the stimulation of the thyroid the spiritual faculties are brought out and correlated.

Q. Will you please enumerate the glands for the benefit of those of us who are not familiar with physiology?

There are seven of these glands: The pineal, the pituitary, the thyroid, the thymus, the pancreas, the adrenals, and the gonads. The thyroid is the most important. It straddles the trachea, with two lateral lobes and one central lobe.

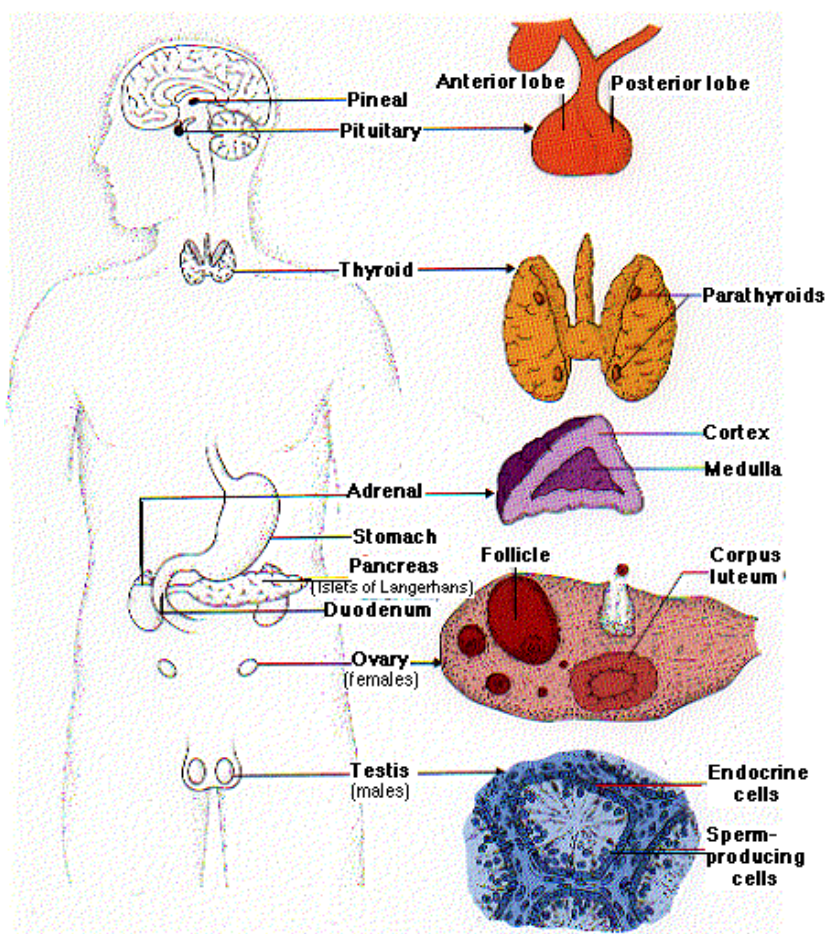
The gonads dominate between 14 years of age and 45 years of age. The thyroid especially dominates from 45 onward. It doesn't begin to function until the advent of puberty. The pineal is more or less active until that period of life. The true outer function of the pineal is to delay the advent of puberty until about the 14th year, or until the body becomes strong enough. Many children have more or less spiritual vision for that reason. Many children have very remarkable spiritual insight during their earlier years until this period is reached.

Q. What methods do the Masters use in stimulating the function of the thyroid?

Later in life they use a method of stimulating its action by centring on the thyroid. This brings it into physical activity, and it begins to develop to a greater extent right along, feeding the body until it becomes regenerated. They do not use chemicals at all. It is solely by the concentration of thought upon it.

Q. What is the influence of oxygen from a Master's standpoint?

If it is inhaled in a natural way through the breath, it has the greatest stimulating influence. They do not give it otherwise. They give exercises to stimulate the respiratory organs in order to take in and assimilate more and more oxygen all of the time.



Q. The control of the body is, as we understand it, through the thyroid in relation to this respiration of the body – the influence of the thyroxin.

Yes. It plays a very important part in the oxidation of the material that is thrown off, and also in the bringing of the oxygen into a condition through which the body can use it, putting it into the bloodstream as well.

Q. What is the influence attained through the interstitial cells of the gonads that brings about rejuvenation which you cannot bring about by an increased activity of the thyroid? There must be some way known to bring about a rejuvenation of the body by increasing the activity of the thyroid, but already marked evidences of rejuvenation have been accomplished through the interstitial gonads, by gland transplantation, and by ligation method of Stinach.

Still there is no permanent rejuvenation in that way. But where your thyroid is brought to a certain activity – to the point where spiritual perception takes place – you have your rejuvenation that becomes active and permanent. Your rejuvenation is then permanent.

You will find that in gland transplantation, or in any purely physical method, there is a breaking down period, whereas with the spiritual development there is no such breaking down at all. Where rejuvenation is brought about through the development and use of the thyroid in connection with spiritual activity, it is evidently permanent. There is no need to resort to the gonads at all.

They claim in the East that the spiritual activity can be carried right on from youth. They give specific training to a considerable extent in that. Even in Calcutta University it is known as spiritual transmutation.

Q. Is Emil in a body that has lasted him four hundred years?

Yes. Over four hundred years. It is apparently as young as it ever was.

Q. How does that body differ in the texture of the flesh?

It is finer. You would recognise a finer condition, but at the same time there is no difference really in the cellular construction, apparently. Although a higher state of vibration is maintained, you are not so conscious of this as you are of the facial expression that is immediately noticeable. There is not a sign of old age.

Usually the hands are the first sign of old age, and their hands never show any age. Then, of course, there is no facial expression of old age. The hair is well preserved. In many of them the hair is never grey.

Q. Take some of the younger individuals that you have mentioned who are about 75 and 80 years of age, and look their age, and changes come about in them so that in the course of a few years they become 40 or 50. Was the influence spiritual, and was it working through the endocrine system?

As soon as the spiritual understanding is stimulated to any extent, the endocrine system begins to operate, and, as they say, it comes into its own proper activity. It is just harmonised and speeded up in its action. Each individual still moves in the direction of creating this youth. We have seen that accomplished in a very short time. We had one very remarkable instance.

One of the old coolies, who was with my grandfather and who at that time was an old man, came and asked to go with us on one of our expeditions. I said, "No, you are too old." Emil heard me turn down his request and said, "Let him go, if he wants to." Upon his return, his friends failed to recognise him. His hair was dark, and he had lost his age completely. He was an ordinary coolie for all that we knew, travel-worn and quite decrepit before setting out. He is still living and retains his youthful appearance to this day.

Q. Then one method of rejuvenating the thyroid after the age of 45 is to feed the physical body on vitamin-producing food?

Yes. It all helps at the beginning.

Q. Is there, then, some association between prana and the vitamins?

There is a very close relationship and association. It brings into activity the hormones of the body. The vitamins bring the hormones into activity and increase them.

Q. Are vitamins more physical than chemical?

Yes. They are enzymes and, therefore, catalyzer.

Q. Let us relate this subject to fear. In 1918, during the great 'flu' epidemic, was not fear at the bottom of its continuance?

As soon as fear subsided, the epidemic subsided also. If fear is overcome completely, the thyroid will be undisturbed by any negative emotions. Love overcomes fear completely and stimulates the action of the thyroid gland immediately.

Q. I have heard of many fakirs and of some men or real spiritual attainment who have eaten nails, glass and poisons of various sorts, and have survived for a time, and then, suddenly, collapsed. They would go on, perhaps, for months or years, apparently unharmed. X-rays would show no sign of things eaten but a few moments previously. What caused the ultimate collapse, in those cases where it has occurred?

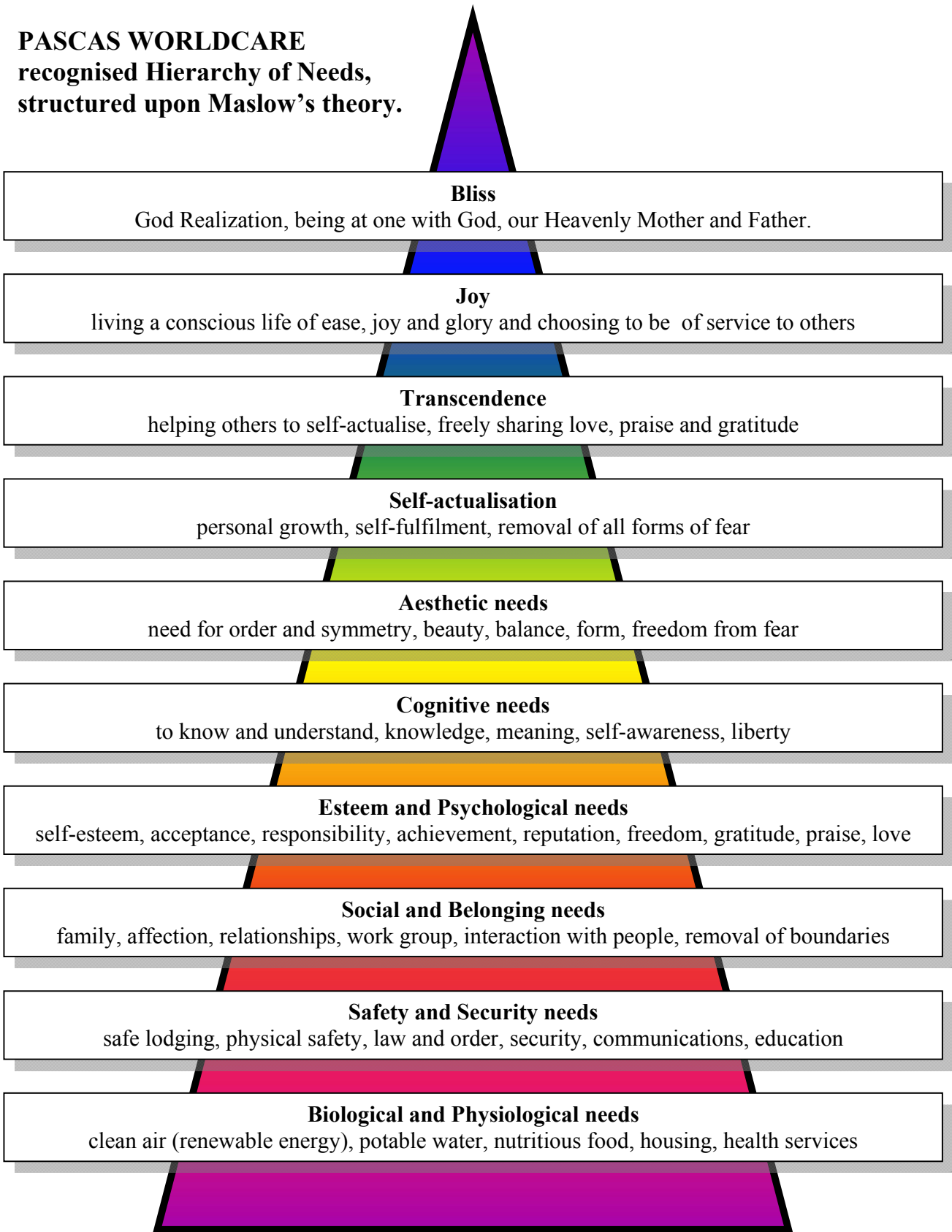
The cause is primarily egotism. When an individual comes to the point where he is hypnotised into believing that he is the power which performs so-called miracles – when his personality asserts itself beyond the Christ Within in conscious activity – the thyroid ceases to secrete and distribute the antitoxin. Nothing else will destroy the function of the thyroid gland so readily as egotism, which destroys all spiritual activity.

MAP of CONSCIOUSNESS

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 – 1,000	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	Peace	600	Bliss	Illumination
		↑			
One	Complete	Joy	540	Serenity	Transfiguration
		↑			
Loving	Benign	Love	500	Reverence	Revelation
		↑			
Wise	Meaningful	Reason	400	Understanding	Abstraction
		↑			
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	Willingness	310	Optimism	Intention
		↑			
Enabling	Satisfactory	Neutrality	250	Trust	Release
		↑			
Permitting	Feasible	Courage	200	Affirmation	Empowerment
		↓			
Indifferent	Demanding	Pride	175	Scorn	Inflation
		↓			
Vengeful	Antagonistic	Anger	150	Hate	Aggression
		↓			
Denying	Disappointing	Desire	125	Craving	Enslavement
		↓			
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	Grief	75	Regret	Despondency
		↓			
Condemning	Hopeless	Apathy	50	Despair	Abdication
		↓			
Vindictive	Evil	Guilt	30	Blame	Destruction
		↓			
Despising	Miserable	Shame	20	Humiliation	Elimination

Power vs Force by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour
 ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd www.hayhouse.com.au
 Or www.veritaspub.com for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

**PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.**



Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

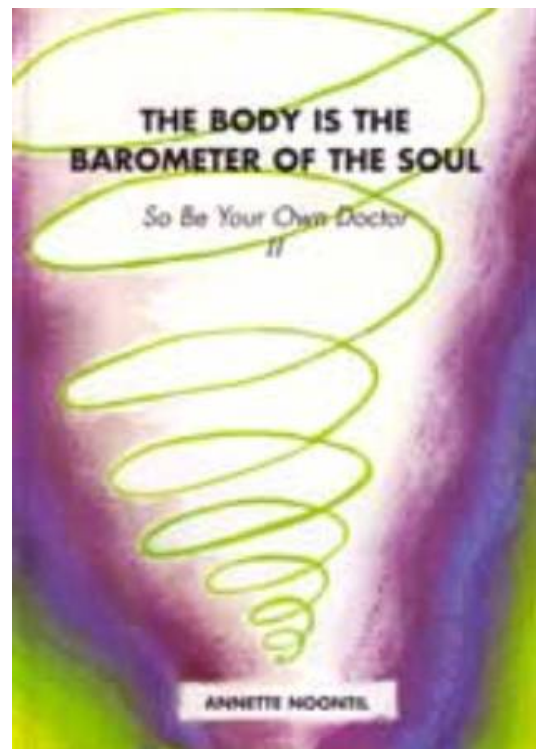
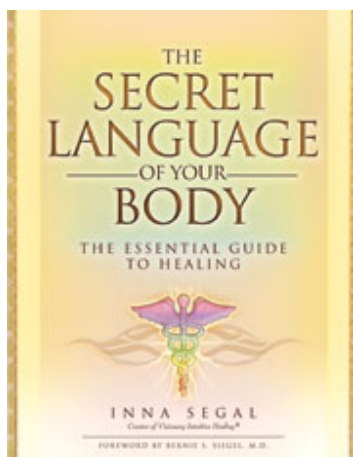
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

Also consider:

***"The Secret Language of your Body, the essential guide to healing"* by Inna Segal.**

www.innasegal.com/



People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.



**To find our way home, we must remember who and what we are!
The real you is your soul.**



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**
PERSONALITY

Prayer: is emotional exchange with God.

A Spiritual Journey

<http://us6.campaign-archive1.com/?u=7b572301eabd13f5075f1c9a0&id=76e3081d98&e=d0acb97ddc>

Memories.

Belgium. Received by WV.

February 11th, 2014

I am here, your friend Joseph.

I have come to share some information on memories.

When someone dies, the spirit memory becomes very vivid and alive. Since they do not have the gross physical body anymore, everything becomes very clear to them and they will see things as they really happened.

One of the reasons why memories on the physical level are not perceived in a clear way is because the memories have to be obtained from the spirit mind. The physical mind works like a filter, blocking out the parts you don't want to see whatever the reason.

So you see, what you are actually doing is channeling yourself or your own spirit mind. It is the same principle as you are now channeling my spirit mind. And as you have noticed, sometimes your channeling is very clear but sometimes it can be a bit blurry because you have too many things on your mind, blocking the communication between our spirit mind and your interpreting machine: "your physical mind".

So, there is nothing complex about it. It is all simple logic and it can be understood by the simplest mind. Thank you my dear friend for letting me deliver you this small message but I saw it would do you, and a lot of other people good to get some clarification about the subject.

Your friend, Joseph.

Werner Voets is the author of 'The Truth' www.lulu.com

Recovering from Traumatic Memories.

Gavere (Belgium). Received by WV.

February 18th, 2014

I am here, Joseph.

I have come because of the questions you guys have concerning the memories of distressful events or traumas.

I'm sorry to tell you that people have indeed got to go through these traumas again **once they have reached a certain degree of spiritual development**. The only big difference is they don't have to relive it with every negative emotion attached to it. Some people do actually relive their trauma in a dreamlike state, as WV did, but remember that it is only for the purpose of healing the memory or trauma.

Healing can only be done by Love. So it is obvious that asking for protection and love from God, during the reliving of such a trauma, will cause His Love to flow into your soul. His Love will embrace you and fill your body with the warmth and healing you need. This way the reliving becomes detached from all negative emotions and the trauma will no longer exist in its original form but only as a memory without any negative feelings attached to it. This is one way to let go of traumas that occurred during your life; to use God's Love to do it.

Another way, is to confront the person who caused the trauma in your life. The prerequisite for this to work, is that the perpetrator must have had the insight he (she) needs to understand that what he did was not loving and is willing to undergo the emotions his victim has towards him, if necessary. Of course, as you can readily see, this way of healing will not take place much because of the almost impossible fact the perpetrator needs to have had some spiritual awakening so his love for his victim is strong enough to heal the damage he has done. But, it can happen.

The third possibility is that the traumatized person finds somebody who loves him (her) so unconditionally that he will receive the love that is needed **to heal the trauma**. As we have said in the beginning, only love is able to heal. Whether it is the Love of God or the love of man, is of no importance, as long as it is pure enough to look beyond the veil of flesh.

But no matter how the healing takes place, it can only take place when the victim feels safe enough and is ready to let go. Never can a healing (of a trauma) be forced if the victim doesn't feel safe enough to relive or look back at the trauma that haunts his (her) consciousness or unconsciousness.

Memories should be void of emotion, which doesn't mean they cannot contain love. It is because we connect certain emotions to our memories that it will cling on to our spirit mind and cause unpleasant reactions. That is why the energy we call 'love' is needed to disconnect the emotions from a specific memory or trauma. I know you find this last part of my information a bit incomprehensible or strange, but it is true. Don't worry; you will get your head around it.

Love is a universal energy that resonates within every creation. **It is not an emotion**, which can be as volatile as acetone, it is an energy that permeates everything in the universe, that is present in everything and will exist forever. It is an energy, not created by man's mind (like an emotion) but intrinsic to the existence of the soul, whether it is natural or Divine Love. The soul is always the source of love. Love cannot be created by the mind, only emotions can. **And the soul cannot create emotions**, only the mind can. So you see how simple it actually is, as it is always. Truth is never hard to understand, you only have to be open to receive it and use your mind only to translate what we tell you, that is all.

I love you my dear friend and I know you can feel it. God bless your openness to receive. May His Light shine through you and light up this universe. I am your celestial friend, Joseph, father of Jesus.

This message addresses many things that have been puzzling. Firstly was obviously the issue of – *do you have to revisit these memories to be healed of their effect.*

The second and unasked question is the matter of **WHEN** this should happen. It's very clear there is a right time to do this, and that it needs some spiritual maturity. It's also obvious that this is not the first step along the spiritual growth path, as some suggest and teach.

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

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

GOD's Divine Love is always available to you, should you ask for it:

“Our soul is a container and if it is full of error that it must be willing to empty before it can receive something new. Revelation is to shed light on the errors and the hidden agendas to demolish the castle of pain, renovating the space in readiness for the transformation of Divine Love. We won't grow in love until we are willing to surrender our pride and be the emotional being God created.”

This misunderstanding noted above is common.

The misunderstanding arises from a limited understanding of unconditional love (God's love). This leads us into focussing on our errors and seeking love as a result or consequence of elimination of errors.

The very nature of love is nurture. Love cannot exist without the effect of nurturing. This is what Motherhood is all about. This is why love is so powerful and must always be the primary objective; not removal of error. To focus on error does not produce the joyful experience one should feel as we move towards a greater understanding of love. Always the focus should be on love, because in truth there is nothing else.

As we focus on love, (with humility) our errors start to stand out so obviously and they become easier to remove. The whole process becomes joyful.

To take it a step further, once we focus on love, we may start to understand that in reality we have a somewhat limited 'free will'. The increased love we experience more and more reveals the errors to us and we have no option but to see and remove them. However, in truth we are only love, which has been sullied by the illusion of error. When we start with the premise that we are truly just love, we can only approach the unloving aspects (illusions) from the viewpoint of love. The approach many suggest is to give the error reality, which it hasn't, and then try to proceed to love from a starting point of error. This cannot be a suitable foundation to try to grow from. It is in truth, absolutely no foundation what so ever.

Encourage friends who may be interested to try this experiment: Before dropping off to sleep in your comfortable bed, lie prostrate facing the ceiling and ask for the love of God – God's Divine Love to flow into you. The most common response has been that they were overwhelmed with the feeling of warm, fulfilling joy that filled their being.

(2018.1) ^{188:5.2} **Divine Love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from.** Jesus brought a new method of living to Urantia (Earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. **True love does not compromise nor condone hate; it destroys it.** (The Urantia Book)

(2018.2) ^{188:5.3} **The beauty of Divine Love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.** (The Urantia Book)

The Only Prayer That Man Need Offer to the Father:

(as given within the first century)

The Prayer for Divine Love

2 Dec 1916

I am here, Jesus

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

P.438 Book of Truths through James Padgett / Jesus

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

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

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

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

Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee, in faith and earnest aspiration, Thy love will never be withheld from us.

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

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

We pray thus with all the earnestness and longings of our souls, and trusting in Thy love, give Thee all the glory and honour and love that our finite souls can give.

Amen

MoC



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

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.

The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of the Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

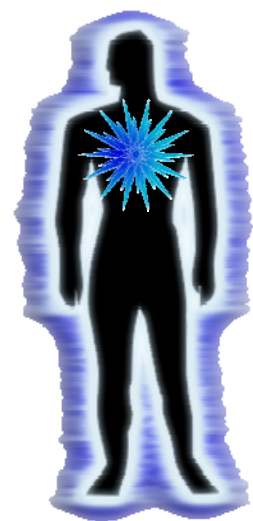
**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



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



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas

www.lulu.com

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Mother and Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

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

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings		2017	44

This group being pages of 3,092

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

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

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

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

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

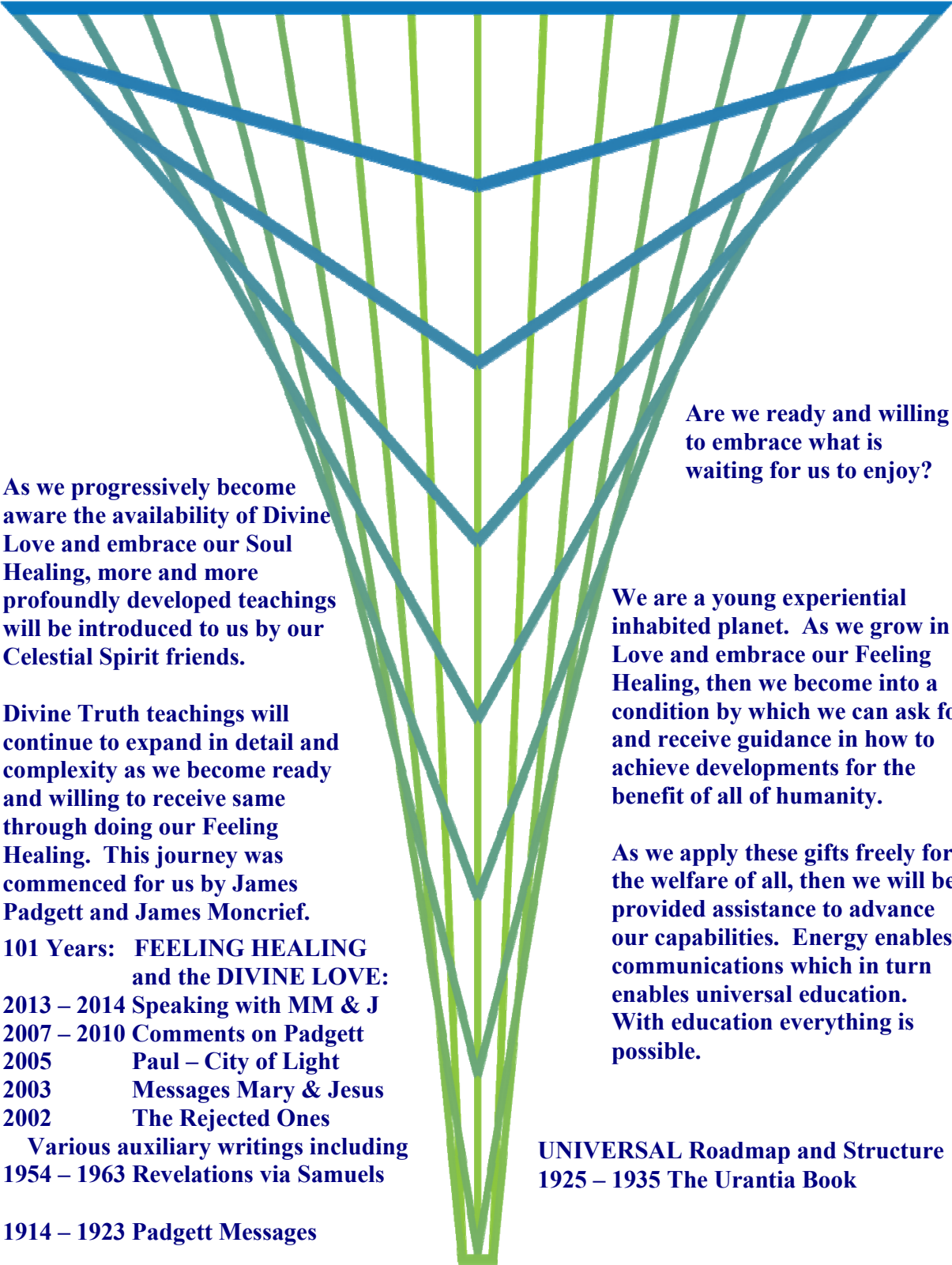
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings



As we progressively become aware the availability of Divine Love and embrace our Soul Healing, more and more profoundly developed teachings will be introduced to us by our Celestial Spirit friends.

Divine Truth teachings will continue to expand in detail and complexity as we become ready and willing to receive same through doing our Feeling Healing. This journey was commenced for us by James Padgett and James Moncrief.

- 101 Years: FEELING HEALING and the DIVINE LOVE:**
- 2013 – 2014 Speaking with MM & J**
- 2007 – 2010 Comments on Padgett**
- 2005 Paul – City of Light**
- 2003 Messages Mary & Jesus**
- 2002 The Rejected Ones**

**Various auxiliary writings including
1954 – 1963 Revelations via Samuels**

1914 – 1923 Padgett Messages

Are we ready and willing to embrace what is waiting for us to enjoy?

We are a young experiential inhabited planet. As we grow in Love and embrace our Feeling Healing, then we become into a condition by which we can ask for and receive guidance in how to achieve developments for the benefit of all of humanity.

As we apply these gifts freely for the welfare of all, then we will be provided assistance to advance our capabilities. Energy enables communications which in turn enables universal education. With education everything is possible.

**UNIVERSAL Roadmap and Structure
1925 – 1935 The Urantia Book**

PASCAS CARE

"Beacons of Light"

around the globe

