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ABSENCE OF LOVE

James, I read, study and digest almost everything you write. And I believe that the reason, or core emotion, that we're all so fucked-up is the ABSENCE OF LOVE. This happened either ACTIVELY or PASSIVELY by our parents.

"Actively" when they knowingly didn't give a shit about how we felt; ignored our plea for love – by crying – when we FELT their love withdrawn.

"Passively" when they simply didn't know what a child needs – that we are totally dependent upon our parents for survival and their "absence" or neglect of our instinctive needs is tantamount to withdrawing their love.

So when we didn't receive our parents' love we felt unworthy...what have I done wrong that mummy and daddy don't love me. That's the big one...I'm unworthy of love from ANYBODY...and if God is our heavenly Mum and Dad then God doesn't love me either.

I now believe that ALL the other suppressed and repressed emotions in our soul stem from an absence of love. GRIEF, UNWORTHINESS, RAGE and lots more.

ACCEPTANCE. I want to be accepted. Why am I excluded by some people, groups, organisations...clubs? (Groucho Marx once said, "I wouldn't want to join a club that would have me as a member!")



So in my case I either put on my chameleon facade so I will be accepted (especially in the business world) or when it is simply too irksome to "play the game" I say fuck-the-lot-of-them I don't want to be like them and I suffer the consequences.

It's sometimes easier to WITHDRAW. Stop interacting with new people, stay at home, play it safe. I do this too. Throw myself into projects. Tell myself, "I'm too busy to interact with people...and because of my spiritual beliefs they wouldn't understand me so it's easier to keep to myself."

I was once told by an early spiritual mentor that you can't "evolve" (grow your soul?) by becoming a hermit and living in a cave. Maybe OK for a dog, but no good for a human.

James, I now know I'm no different to anybody else. You especially (and guided by Marion) have shown me this truth. If I want to change (and I do) then I must live my life FEELINGS FIRST. And if I want to divine my soul I ask and long for my heavenly Mum and Dads' Divine Love. And unlike my earthly mum and dad it will be given to me unconditionally.

Thank you mate for everything that you have shown me. I "love" our chats. I "love" the fact you're writing movie scripts. That excites me even more than your books. I have a strong desire to "create" movies to get the truth out there. [I did this for 40 years in the advertising business...except it wasn't the truth that I was writing, producing and directing, that via TV, went out to millions of potential customers.]

This time round I'd like to help make movies that tell the truth to millions of potential "customers".

I'm looking forward to the momentum of our projects getting some real traction. And in the meantime I'll keep reading (SAGE at the moment) and proofing / editing. I really do enjoy it. It's GOOD work...worthwhile!

Looking forward...my love to you and Marion

Graeme



James: Yes Graeme, that's what it's all about – that we don't feel loved because we weren't. And weren't meaning what we really needed. For myself, it's so hard having to accept this having believed I was loved and so are loving. But there's no getting away from it. However I also know, there's no use putting it on yourself if you don't feel it, we have to wait until such truth comes to us through our Healing. Marion and I often go back to when we first met and talked about it, she asking me if I felt loved by my parents and my saying yes. And then it started, twenty years later of her probing and I can finally say, no I wasn't – I don't feel loved and I'm not loving. So I guess you could say I'm getting somewhere in my Healing – ha, ha. Not where I thought I'd get, or wanted to get, but Marion has been spot on all the way. I've used every avoidance tactic possible, wriggling around trying to defend my 'love', and oh boy, when she would accuse me – just tell me the truth – that I wasn't loving, did I react to that. I am loving, you're wrong... yeah right... grind me down some more... okay, you're right, damn it.

I agree with what you say about the Active and Passive Absence of love. And that's what we've got to also work out through our Healing, how both of those apply to us. For me it's also about you either grew up knowing you weren't loved, because you felt it right from the start and nothing changed for you – Marion; or you grew up being so turned against this truth that you believed you are okay and loved to a certain degree, and even loved a lot – Me. And for us to be worked against each other so as to show us the truth of ourselves and each other.

I would love to meet someone who feels they are loved, they got the best of it, had a very open, supporting, attentive, caring, sharing, expressive, unconditional and so loving, relationship with their parents and family. And for them to do their Healing and see what they come up with. That's one of the missing parts for me. There's a couple at the BB (Bush Bank) who seem to love their children and parent and grandparent by what seems like non-interference, if their grandchild wants to poo on the living room floor they let it figuring in its own time it will learn about the potty and toilet and so on, which happens. So speaking with them is great as they break all the 'rules' that I grew up in and know; and the grandmother, who was the last of seven children, I think, was told by her eldest brother that all her siblings absolutely loved her, as well as her parents, and she seems the most well adjusted and happy person in herself, and yet she is always reading self-help books and wanting something more, something she can't quite put her finger on, and I'm beginning to see cracks that things aren't as right as I first thought. And she says she wants to read my work, has been wanting to for four years now, but won't do it, because I think from the discussions we've had, she doesn't want anything to happen to her fantasy, that being, she adoring having all her grandchildren, going far and wide to look after them and be there

for all the births, and loving them more than anyone possibly could. So as Marion says, you just don't know what's going on underneath. I'd love this woman to do her Healing and see what she says.

And if she did, how hard would it be for her to break down all the so-called 'loving' stuff. Could she? And does she need to? And could she reject her family which is growing larger by the month, all the babies and little people everywhere? And would she have to reject them – could she do her Healing whilst still being involved, keeping it all to herself or even sharing it as part of their lives if they can all accept it? It's fascinating, and I'd love to hear all of the Celestial's stories. I've written with some of them, but it's not the same as really talking about it all.

I'll send you my first movie in a few days. I'm letting it sit for a while whilst I reflect on it. It would be great to have your thoughts on it, from the technical level as well as just if it's any good, and if you reckon it's worth my while writing more.

Me again, having just sent that to you Graeme, I wanted to add, that for those people like me who believed they were loved, that will be the hardest thing for them through their Healing. To break – to have broken down – all those false beliefs, the million structures keeping the lie in place. I feel like I'm under continual assault. I hate the Healing because it's attacking me, saying I am wrong, showing me up where I'm false and full of crap, telling me I'm not a loving person and showing me why, and who wants that stuffed in their face and broken down having to ADMIT it. Not me. And I've fought it all the way. Marion says I've not yet even got to the point of wanting to do my Healing properly because I am fighting it, yet that's my pattern, my parents would fight me, anyone, who threatened their lie. So I wasn't allowed to object and accuse them of not loving me, that was the worst, head chopping off stuff – yeah right, that's being really loving. I can see all the bullshit now, but it has only been because I can see Marion is right and I know I have to do my Healing that I keep going in my fucked up way of trying to do it, which I feel is like I'm being dragged through it backwards.

Whereas for Marion who's always felt unloved, she has NEVER, as hard as it might seem, ever felt loved by her parents. She had moments with her dad when he seemed to like having her around and did some things for her she liked, but then he'd smash her emotionally and physically. And as she was saying tonight, she's wanted to die every day for as long as she can remember, wanting to end it all because she's always felt so bad. So she's the complete opposite to me. And then once she understood about her Healing, every second she's doing it, not resisting, not fighting, begging the Father to bring it on, to make her feel as bad as she can, plunging down into all the bad feelings she's so familiar with anyway as she's always felt them, she has relished it all. When she's felt really bad she hasn't relished it in that moment, yet she's still known that every bit she brings out is one less bit within her, and it's inch by inch, and now she's feeling so much better. So she in her good times is now loving all the bad she's been through, whereas I'm a long way short of that still. I'm still thrashing around complaining about it all, whereas she is becoming more accepting of it – of herself, by the day. She's the salmon swimming up stream, relishing all the obstacles and knowing she will get there and do what her whole being is driving her on to do. I'm the salmon being dragged up backwards, struggling and spluttering, bumped up over every waterfall, yes, yes, I know I've got to do it, but I'll just stuff this block of Aldi almond chocolate in to stop myself feeling



Hey James, head first, not tail first!

Hey James, head first, not tail first!

bad, and THEN I'll get back to thinking about possibly expressing that bad feeling. I'm a case of 'do as I say, in my writing, but don't do as I do'. Marion says, how can you help anyone when you can't even do it yourself!

Graeme: Our emails crossed by nano-seconds! Yes it seems easier to get into your healing if you know your parents never loved you but shit what a horrible childhood she had wishing every day she'd die and relieve the pain she must have felt. Where as you and I have this illusion that things were OK – yeah I got belted by my dad when he got home and mum "dobbed" on me how "bad" I'd been so he would dish out the punishment. I remember that clearly. So for Marion she now feels "good" at times which in a perverse sort of way makes up a little for all the times she felt so bad...so unloved. Shit what's worse...her childhood or ours? We suffer now because we fight the healing...like your picture of the salmon being dragged kicking and screaming up stream! That's such a vivid picture...that's me.



How can you help anyone James? You know the answer to that as Nanna Beth would say. Because of your writings that have been read by a couple of people who were just waiting to get this truth from you (via Jesus and Mary). That's how! Don't ever underestimate the power of your written words. They are there down on paper of whatever the fuck the digital age calls it now, for all humanity. It's there and perhaps it's my role and others to get it out. In the meantime keep kicking and screaming (releasing all that shit) and Marion's right (as usual) us more numb-nut males need lots and lots of **H E L P**.



Thanks heaps again...

20 June 2018, Samantha from UK:

Sam: I was talking about this to Trevor yesterday and he said he has always known he was not loved, his dad abandoned him as a very young child, his mother hated him and let her new husband abuse him and beat him and use torture on him by ripping off his finger nail, and two of his brothers committed suicide because of how they were treated but I never had that terrible treatment, I thought I was loved perfectly by mum and dad, so I have had to unravel all of the false love beliefs I had, to get to the unloving ways I was parented and it has been such a huge shock to admit I was not loved how I thought I was. Trevor had so much good reason to hate his parents because they outwardly showed it to him but my parents believed they were the perfect loving parents to me and all of their control was them loving me, to them it was a good thing and for my own good and I believed them and now they can't believe that I have turned against them.

It has been so hard and I said to Trevor, that he was lucky knowing the truth of how much he was hated, at least his parents were truthful about it to his face and he didn't have all of the fake love to cover it up, I now have to get through all of that false love stuff first to get to the hate that has come up in me through knowing the truth. I feel like I have been going through a relationship with my parents that I just don't understand because there was no truth, them saying they loved me yet I felt so unloved and scared and alone, knowing something was not right but just not getting it, brushing it off as me just being silly and thinking I was going mad, I couldn't pin point what was wrong and now through my healing, I know. I now think my parents were worse than Trevor's because of the ways they denied their true feelings, at least Trevor's didn't do that to him, he knew the truth from them, he knew they hated him. They were evil but at least they were truthful with how they felt about him, I have had to go through the heart breaking truth that my parents lied and pretended to love me whilst denying and repressing all of their true feelings and that explains so much of why I could never believe anyone if they said they loved me, because mum and dad pretended and they still are doing it.



I long to hear the truth from them, I long for them to say to me "Sam we don't love you, we can't love you because we weren't loved by our parents". That's what I want to hear, it would make me feel so happy to hear the truth from them, it would resonate with how I have always felt in my heart and I would finally know why I was feeling so unloved. I would finally know the truth but that will never happen so I can only trust my feelings and what truth they are telling me.

I found myself envying people who knew the truth of how much they were hated by their parents, how they were openly hated and didn't have all of the fantasies I have in me about a make believe childhood in a loving family that crippled me nearly to death, none of it was real, it was all a fantasy of how a family should be but had an undercurrent of denial, hate and pain that no one dare talk about because it was wrong to have such feelings so it all got buried and never spoken of, just passed down to the next child who would never know why she felt so, so bad in such a "Loving Family", how could it be? it must be something wrong with me! and that is what I thought all my life until I came across James' writings, when the truth hit me right between the eyes.

People who are openly hated haven't got to go through healing the Fantasy that they were Loved.

It sickens me, the fantasy sickens and twists me inside and I want to ROAR with RAGE at being so duped into believing I was loved when inside I felt hated and scared, those feelings were telling me the truth all along but I didn't trust myself or believe them, I only trusted and believed my parents.

21 June 2018: John here:

Like everyone I meet, one's childhood may be considered normal to better than normal – well that is how I felt.

I lived on a rural property, sheep and wheat plus other farm animals. My father (James) and mother (Marie) lived next to brother's of dad, Frank and Geoffrey – the three properties in a line. And adjoining Geoffrey's property was the McDonell farm, that of Nanna Beth. I had family all close by. My siblings being eldest sister 9 years older, then brother 7 years older and another sister 3 years older.

For 11 years I lived on this farm – with the principal of the school boarding with us. You could say that was a fringe benefit – I always came in the top three of my class, there were only three students in my class. Thirteen students in the school, it was a one teacher school.

When I was born I had an extended family as nannies. Well for the first six months of my life I was with my nannies as I was separated from my mother as she had to remain in hospital to be treated for tuberculosis. When she came home it was extremely confusing – who is this woman? Spoiled rotten I was. I had a stint of being tied to a gum tree for hours to cry my heart out.

Going to school along 5 kilometres of dirt track in a horse and sulky progressed to riding a bicycle – with the school teacher.



His point of view was that if my parents did not discipline me enough then he would give me a top up at little lunch. I had to fetch the feather duster and wham. That cane handle was awfully long!

By this time my father was away from home more often than at home. Stuffed if I know what he was about. Apparently he started being away shortly after I was born, so I had little to do with him.



My life was one of solitude in the lightly bushed paddock behind the house. Summer was playing in the mud in the 'house dam'. My brother was much older than me so he had his own life.

Family meals were ones of being seen but not heard. The four children sat on a long bench in silence.

The outcome was that I was so chronically shy that I was maybe 25 years old before I could engage in a conversation with an adult. Even now I do not interrupt conversations to join in. Ample 'talking water' does assist with conversation!

Yes, I had a great childhood! What utter codswallop! I am sitting here screaming with rage. We have all been conned. Now I am a grandparent and I still do not know how to truly love my grandchildren, let alone my three daughters.



It is only through this window of opportunity that Marion and James (not my father) are providing that some people will begin to discover how to truly love another, and in particular, their children.

Keep swimming James.

John the typist.

21 June 2018:

James: Well what can you say? I think we're a good representation of fucked humanity. It's enough to make you want to jump off something very high. Being as honest with one's feelings is about the best you can do – accepting that you feel ALL the feelings. I'd like to write more but I'm cross-eyed with tiredness. However it was so good to read all you both wrote Sam and John, a simple appraisal of your lives. The intensity and honesty is very pleasing, it's so much easier now for me than being at work all day with the falseness, with everyone pretending they don't feel fucked and it's all such a nice thing, with no one being honest about their real feelings when you can sense them there under the surface. That tires me out now more than anything.

22 June 2018, Graham:

After James has summed up everyone's thoughts so beautifully, that we are all screwed, I want to add my piece, albeit a little late.

It has taken a while for me to respond because I am running in a massive denial mode at present. I have no drive to do anything. Unless something is in front of me and I have to do it, I am following a diversion strategy. So if someone rings and books a job with me, I will do it, but if I have no jobs, I won't do anything to help me find more. I wanted so much to respond to some questions James posed to me a few weeks back, but I have employed every diversion tactic on myself I can possibly come up with. I am almost living as a recluse. I can't wait to get home and hide under the blanket in the lounge until it is late enough to go to bed. (I don't want to be judged by society for going to bed too early now do I?) I have been invited to a friends 60th next week. I have known him since I was 12 and he is a great friend. I can feel myself looking for every excuse I can justify to not go.



Anyway, it is nice to see James and Sam's perspectives on how they felt they were loved by their parents and have had to overcome that fallacy. My childhood was one that society would consider loving. Dad was rarely home (seems the pub had more attraction) and Mum would spend hours in her bedroom shutting herself off from we children. And I can certainly see now how they projected their will on us all to conform to society as they had, and that we were to get tertiary educations, marry and pump out some bubs for them to gloat over.

On an intellectual basis, I can see I was not loved, but on a feelings basis, I know I am not ready to acknowledge the truth. I have been trying to follow the feeling healing methodology but have been almost scared to go too deep and as such I am only doing it by half. The truth I have started to uncover is how little self esteem I have in myself, and how far back that seems to go. I have never really felt good enough for my group of friends. I have always felt on the outer – never really let myself BE part of the group. I have had some very well paid jobs in my day, but I have never really felt I was qualified to do them despite always being very successful at the beginning. It wasn't long before my early enthusiasm was overtaken by my disbelief in myself.

And now I am in business for myself never really believing in myself. Everywhere else I see successful people and feel totally inadequate by comparison. I sabotage myself everyday.

So while I am yet to fully accept my unloving childhood, I am trying to find the truth about my non-existent self esteem (between many diversionary tactics). Intellectually I know this will lead me to the truth of my unloved childhood. All in good time.

I ran off track here from the original topic. But I want to thank you all for letting me write this and share it knowing it will get to people who actually care, even though I have never met 3 of the 4 of you.

Graham



Cheers for now – that does not seem appropriate in the context!

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

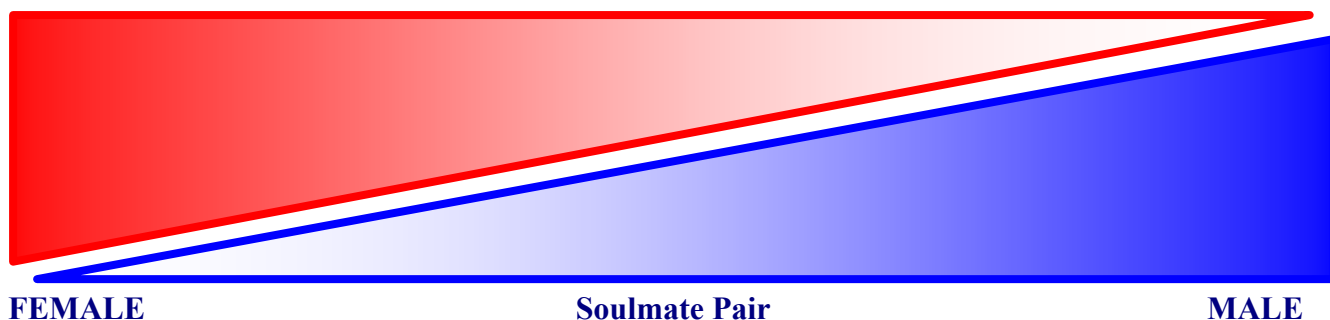
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**Feelings First Spirituality, The New Way
Unlock your Truth through your Feelings
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Feelings are your own truth and personality**

THE New Way

Uncover the Truth of yourself through your Feelings

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that will lead and assist the male in their Feeling Healing process, while progressing with her own. The male cannot do this on his own, only the female is capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries 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.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



FEELING HEALING – SUMMATION:

Living with the Divine Love and doing your soul-healing, is choosing to live true to your feelings and to end your mind's control over you.

The great difficulty we all face is that we are not free to speak what we feel, with so many of us shut off from our true feelings, feeling unable to speak about such things. So all the anger and wrestling and arguing that has to go on, is what is needed to break down the barriers and bring to light the blocks, all so they too can be talked about.

As we move into deeper parts of ourselves through one's feeling healing, being gradually led into it, so even deeper parts can come up, we being able to deal with them with the experience already gained.

We are not just thrown in at the deep end and all our hellish traumatic bad feelings come racing up only to annihilate us, for there would be no purpose to that as we wouldn't be in a state or condition to see any truth; and seeing the truth, the whole truth of our unloving negative state, is what it's all about. The truth comes first, and we will only experience all we need to, so as to liberate it.

The pioneers of Feeling Healing – Marion and James:

Marion wasn't actually forced to change herself to effectively become 'another person' by her parents, they just came down hard on her stopping her being her natural and true self. And her healing with therapists, and now in what we are doing together, is taking off those clamps and restraints and letting her out of her cage, so increasingly as she is regaining her true self, she is able to say all she wanted to say when she was little. Whereas for myself, James, I was made to become effectively someone else, to be so shut-off from my natural self so as to not feel any direct connection with my feelings, and being all but totally unable to express them. So for Marion, expressing her feelings and feeling when things are not right in our relationship, comes relatively easily, whereas for me, I don't have a clue most of the time.

Marion and James are on the extremes and coming at their relationship from two opposite ends. Other people will be like they both are, and even with the roles reversed; and then most other people will be a mixture of, and somewhere in between, them both. Generally speaking, James is more like so many men, totally alienated from his feelings – but not all men, as some men are very free with their feeling-expression; and Marion is more like most women who are closer to and more aware of their feelings, only never feeling free to really express them. And there will also be a lot of women who have had to change themselves so much so that they will feel more like James does, that being as if you're another person with very little connection with your true self.

Notes from 'Spirits and their Childhood Repression Healing' by James Moncrief

ADULTS ARE CHILDREN! Notes from Sage – and the Healing Angels of Light by James Moncrief

We as adults are really just the same children we were?

Yes, only because you've grown up into an adult and mostly have forgotten what you were like as a child, so you wrongly believe you are something different to how you were as a child. And being an adult, as you attend properly to your feelings, your feelings will connect you back with yourself as the child, all so you can see, as an adult, that which you couldn't see as a child, all that happened to you to make you be as you are.

That's quite incredible.

Yes, amazingly so; and it's the only way people can truly help themselves, all the rest is just moving stuff around within your already fixed childhood nature. So all the so-called self-help instructions and advice, and all the therapy people undergo, which does help people become more aware of certain aspects of themselves, is still really only working within the wrongness, it's trying to make the wrongness suit you better so you can feel happier in it; however it's not being completely determined to look at ALL your wrongness and doing whatever it takes to accept all the bad feelings to do with it.

GOLDEN RULE PERTAINING to CHILDREN:

Messages from Mary and Jesus – Jesus 6 April 2003

We cannot under any circumstances break the Golden Rule: **we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child.** We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face. The Church and all such systems – our whole world – is for adults, not for children; our world is anti- children, most of what we do is anti-children, even when we believe we are doing it for their good and doing it lovingly. It is not a loving system and it can't be. It can only do what was done to us, and as we weren't loved truly by our parents, then that is the world we know and the world we will create and the world we will choose to live in. The delusion is that we have been led to believe that the world is good and right and true, at least the world we are participating in, but it's not, and this is what our healing will make us see.

In the absence of love, we began slowly but surely to fall apart.

ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst your of and in the negative because the child will not be asking truly from and with a positive mind.

OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



What is Child Abuse?



Verbally abusing a child
doesn't



Teasing a child
unnecessarily



Exposing a child to
pornographic acts



Touching a child
where he/she



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 /



Hitting and ridiculing
a child at school



Neglecting a child's
medical needs



Neglecting a child's
educational needs



Leaving a child
without supervision

TO SAY NO!

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings dishonouring and disrespecting yourself.

EVERYTHING is WITHIN OUR SOUL:

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

The CHILD is to FREELY EXPRESS ITSELF:

Messages from Mary and Jesus

13 May 2003

Mary:

The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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

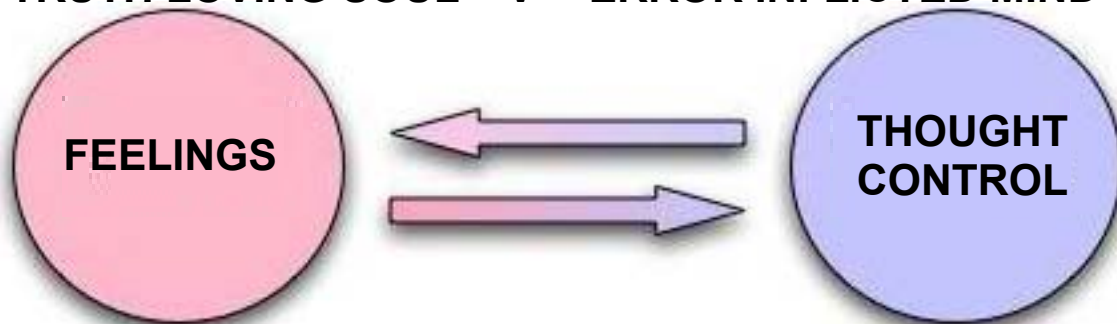


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

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



TRUTH LOVING SOUL V ERROR INFLICTED MIND



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

Messages from Mary and Jesus – Mary 10 April 2003

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

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

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

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

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

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

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

problems; eternally happy, as you long to be.

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

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

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

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

Messages from Mary and Jesus Mary 14 April 2003

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

Messages from Mary and Jesus Mary 15 April 2003

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

Messages from Mary and Jesus Jesus 14 April 2003

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

Messages from Mary and Jesus Jesus 14 April 2003

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

SOUL:

Messages from Mary and Jesus – Jesus 11 April 2003

Your soul, James, as I just read your thought wanting me to write about it, is not in your head, it is in your heart. It is not in your physical heart, and not even in your spirit heart, but is in the heart of your personality. It exists outside of Creation. It exists as the Mother and Father do in Existential reality. It just IS. It is not a part of Creation and so does not evolve according to the Laws of Creation, but it does *progress* or *evolve* in light-of-experience, and the love-light that comes from the Divine Love of the Father and Mother. And I will not go any further in this James, as you are to reveal more about the soul with the help of other friends of yours here in spirit (not that you know them yet) who are patiently waiting their turn to write of such things to you in the days to come.

The soul is not in the mind. The mind and brain are merely attributes of it. They are parts of you, your soul has brought into Creation, so that you as a personality can experience love. Those in the natural love spirit worlds do not know of the soul and its true nature, because they are not partaking of the Divine Love thereby becoming soul-conscious. They continue to believe it does exist, because others and I have said it does, so they have woven beliefs around what they believe it to be. And as I said, they will get a great shock when their soul begins to wake them up wanting the love of its Parents, for they will realise how much time they have spent denying themselves, when they could have been actively praying each day to the Mother and Father for Their Love.

The CHILD is INNOCENT:

Messages from Mary and Jesus

Jesus 14 April 2003

The child is the innocent, primitive, a newly emerging person, that needs to be respected and allowed to fully express itself and grow up freely, choosing for itself how to live as an adult. It doesn't need or want its parents imposing by force or threat their way on it, all to its own creative detriment. It wants to be free to choose its parents way, but only if that way makes it feel good. And if its parents do make it feel good, then of course it will copy and absorb all that they are, able in turn to make others feel good. And it will do the same if its parents force it to follow them making it become unloving like them, making other people feel bad.

No one really wants to wreck another person's life, not even parents. They don't want to impose evil on their own children, but in their ignorance, do all day long. It's a shocking thing to wake up to and face when you start seeing the truth – for both parent and child. You believed you were so well meaning, when all you have done is the complete opposite. It is completely shattering to see how misguided you were, but it's understandable, you knew nothing else, and forgiveness can be found within yourself as you progress in doing your healing. All is not lost; it's only just a beginning to start to come clean. All will work out in the end, even for those you have hurt. For as you will see: truth will heal all.

Truth revelation is reserved for the Daughters and Sons of Truth.

All you need to do is offer God your love. You simply love Them, and long to Them for Their Divine Love, then strive to live true to your feelings. Nothing else is required or asked of you by Them.

Messages from Mary and Jesus

Mary 13 April 2003

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.
Sage and the Healing Angels of Light by James Moncrief



PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one’s soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false god’s caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of

perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2 Jesus 25 April 2003

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



THE PRESENCE OF FEAR
IS THE ABSENCE OF LOVE.

ALWAYS BE TRUE TO YOUR FEELINGS

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

Feelings first

Feelings First Spirituality

Uncovering the truth of yourself through your feelings
 Finding the truth of yourself through your feelings
 Discovering your true-self through your feelings
 Looking to your feelings for the truth of yourself
 Looking to your feelings for your true self
 Expressing yourself through your feelings
 The New Way, Feelings First Spirituality
 Your feelings are The Way
 You Are Your Feelings
 Follow your feelings
 I am my Feelings
 My Feelings are Me
 Feelings before Mind
 Don't deny one feeling!
 I love ALL my Feelings
 Attend to your Feelings
 Feelings before thoughts
 Honouring your Feelings
 Stay true to your Feelings
 Feelings First, not your mind
 Live Life Through Your Feelings
 Your destiny lies within your feelings
 Banishing feelings is banishing yourself
 We get ill because of unexpressed feelings
 Ignoring your feelings is ignoring yourself
 Self-Hatred is the rejection of your feelings
 Kill your feelings and you're killing yourself
 Deny your feelings and you're denying yourself
 Your Feelings are far more important than your thoughts
 Live True to your Feelings and Long for God's Divine Love
 Are you in denial? You are if you're denying your feelings
 Long and pray for God's Divine Love with feeling
 Your Feelings are the expression of your soul
 Want to be with God through your feelings
 Allow yourself to feel ALL your feelings
 God responds to Feelings, not thoughts
 Feelings are the way to true happiness
 Finding God through your Feelings
 It is with feelings that you feel loved
 Strive to Feel ALL your Feelings
 Don't push your feelings away
 It is with feelings that you love
 Feelings lead you to God
 Feelings are The Way
 Feel!

The Way To God is THROUGH your Feelings
If you try to get to God using your mind, you will fail
If you don't express ALL your feelings you'll get sick
Reject someone else's feelings and you are rejecting them
Reject your child's feelings and you are rejecting your child
Not allowing yourself to feel is limiting your self-expression
Mind prayer falls on deaf ears; feeling prayer is responded to
Illness comes because we are not expressing ALL our feelings
To honour the child within is to honour All your feelings
True Women's Liberation is expressing ALL feelings
Men feel too, be a man and express All your feelings
Open the door to your feelings and let yourself out
You can only Find Yourself through your feelings
Block your feelings and you are blocking yourself
Rejecting your feelings is being mean to yourself
Do yourself a favour and allow yourself to FEEL
The Best Relationships are based on Feelings
Reject your Feelings and you Reject yourself
Rejecting your feelings is hurting yourself
Share ALL Feelings with each other
Rejecting your feelings is uncaring
Feelings First, then your mind
Rejecting feelings is unloving
Bring out ALL your feelings
Connect through Feelings
Feeling Rejection is abuse
Rejecting feelings is cruel
Express what you feel
Put your Feelings First
Emote your Feelings
Bring your Feelings OUT!
Long for the Truth of your Feelings
The child feels deeply – you are still that child
Deny one feeling and you are denying yourself
LET YOUR FEELINGS HAVE THEIR SAY!
Bring yourself out by bringing out your feelings
Your Repressed Feelings will lead you into your
Want to know why you are feeling what you are feeling
Childhood Repression – Consider doing your Feeling-Healing
Look into your feelings to find out why you are the way you are
Your feelings will show you the truth of yourself – if you want them to
When visiting your therapist, also long hard for the truth of your feelings
Is your religion or spiritual system helping you deny yourself by encouraging you to deny your
Feelings?

WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us, and in make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

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

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

FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE'S OWN PAIN:

You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don't remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

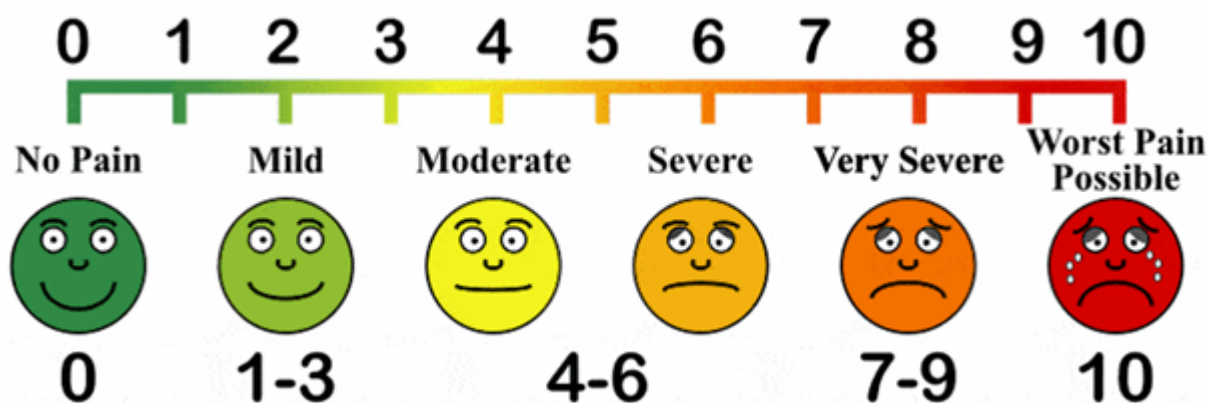
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don't feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what's the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don't want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!

We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.

We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.

Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.

We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.

If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.

There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.

That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.

Sage and the Healing Angels of Light by James Moncrief



Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feelings of feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny.

And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

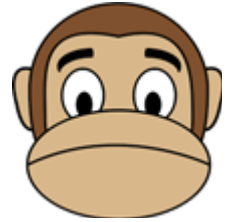
And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



And to spiritually help us, we are to understand:

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime to help us with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind-controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



**Law of Compensation
quickenning 22 May 2017**

And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

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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.**

Arvonal Revelation

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

31 May 1914 and ongoing

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.

Want to understand why you're feeling them.

Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



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



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

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

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

Feelings First Spirituality is the True 'religion' for humanity.
It embraces all people.
It completely unifies the world.



Everyone can relate to everyone else through their feelings.

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

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

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

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

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

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

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new

Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



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

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

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

LOVE is the Religion of Feelings, being:

The New Way, Feelings First Spirituality



my
House is your
Paradise

HOME

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

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



The Learning Pyramid

