

PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland Australia

ABN 23 133 271 593
www.pascasworldcare.com

Bs +61 7 5594 0479
www.pascashealth.com
Em: info@financefacilities.com

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FEELING HEALING – EXPERT PROFESSIONAL ENDORSEMENT

I cannot share my joy any greater than to express my gratitude to Dr David R Hawkins for his kind and loving words of encouragement that now follow.

His embracement of the Feeling Healing process, as well as Soul Healing being the engaging with one's Feeling Healing with our Heavenly Parents' love, is of great joy to me.

It is this gift of endorsement and support of this way of living that David is now sharing with all of humanity, which is the greatest gift imaginable.

I have long admired and benefited from his writings and teachings. This is shared by many, many thousands of others, including many throughout the highest echelons of the health industry.

Now, David comes and stands beside us in confirming and supporting the sharing of the awareness of the Feeling Healing process in conjunction with embracing Divine Love.

Striving to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

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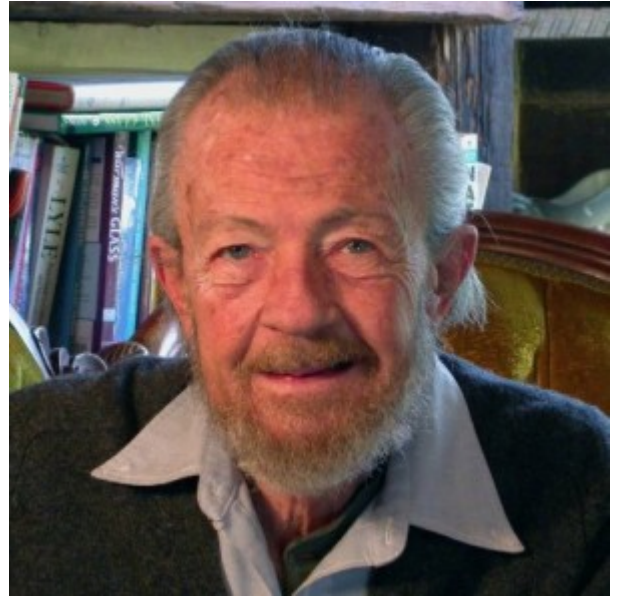
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U-Turn for Humanity pathway being New Feelings Way
U-Turn for Humanity through the New Feelings Way
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Universal Gift – Feeling Healing with Divine Love
Feeling Healing and Divine Love Discussion Prompts

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

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 build-up 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.”

P.55 Healing and Recovery

We can see how powerful the mind is, and one of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind.

Because I (Hawkins) had such a list of illnesses, I had to write them all down in order to remember them because half of them have been forgotten even though all of them last for many, many years. For example, I had a duodenal ulcer that was intractable (not docile; not easily dealt with). I was on all the traditional medicinal treatments and had psychoanalysis and a whole variety of things that began in medical school. Twenty years later, I still had the ulcer, and not only that, it was a different kind of ulcer that was making holes in other parts of my duodenum. It was threatening to perforate and haemorrhage, and it was creating recurrent attacks of pancreatitis. I also had colitis (inflammation of the colon) along with haemorrhage diverticulitis (within the colon). In fact, the diverticulitis was so bad that I landed in the hospital several times and had to have transfusions. I almost haemorrhaged to death with it.

In addition, I had migraine headaches that were intractable. Psychoanalysis had helped to some degree, and I had seen neurologists and famous world experts, but there was really no help for the migraines, which were ostensibly associated with many allergies. I was also sensitive to inhalants in the

atmosphere. I could not walk into a place that had been exterminated within the previous couple of weeks because I could detect one part in one million in the spray and would react with a migraine headache.

In addition, I also had Raynaud's disease (a condition of unknown cause in which the arteries of the fingers are unduly reactive and enter spasm when the hands are cold), which was impairing the blood flow to my extremities, and I had threatening insipient gangrene of the fingertips, circulatory impairment of the hands and feet, and was cold all the time. On top of all that, I had gout and a high uric acid level. Of course, I was on a diet for that. I had gouty arthritis and carried a cane and medication in the back of my car. Can you imagine carrying a cane in the back of your car because when gout comes on, it happens very suddenly with pain that is very paralysing? That cane was in my car for many years.

At the same time, I had severe hypoglycaemia (a deficiency of glucose in the bloodstream, causing muscular weakness and incoordination, mental confusion, and sweating). I could not eat sugar, sweets, or starches. So, in addition to all the allergies, the ulcer, diverticulitis, other gastrointestinal problems, pancreatitis, and occasional gall-bladder attacks, there were actually very few things I could eat. When I occasionally went to a restaurant, the only thing I could safely eat was lettuce in a salad. I could not eat the tomatoes because the seeds might aggravate the diverticulitis, which had required hospitalisation and blood transfusions in the past. I was also fifty pounds (23 kg) overweight.

From one end to the other, things were wrong with the gastrointestinal tract; the circulatory system; the digestive system; the hormonal balance; the blood chemistries, including elevated blood cholesterol and uric acid levels; and migraine headaches. All these things indicated stress and pressure within the central nervous system and impairment of the autonomic nervous system. Additional, I had a pilonidal cystic tumour, which normally would require surgery, but it slowly disappeared spontaneously.

Later, I went into severe heart failure from undiagnosed Grave's disease (hyperthyroidism) for which surgery or radiation was prescribed, but I refused. Chest x-rays revealed a tumour in the apex in the right lung. The lung was biopsied, resulting in its collapse and pneumothorax (the collection of air or gas in the space surrounding the lungs). The biopsy revealed that the lesion was a form of aviary (bird) tuberculosis (non-communicable to humans). I refused to take the recommended \$10,000 per month's worth of five antibiotics, which had a low cure rate anyway. The lung lesion slowly disappeared with no physical treatment. The heart failure cleared up, as did the pneumothorax. The thyroid function eventually returned to normal without surgery or radiation. In addition to the above, the left thumb was amputated while I doing carpentry work and was repaired in surgery without anaesthesia, as was a recurrent right inguinal hernia, also without anaesthesia. The chronic recurrent, intractable duodenal ulcers disappeared after three acupuncture treatment.

The various illnesses disappeared within differing periods of time. Some of them disappeared within a matter of days; some even disappeared within an hour. Others took months, and the hypoglycaemia took the longest, other than a blocked Eustachian tube that took two years.

All the above illnesses and surgeries were processed and handled as described by letting go of resisting in every instant, cancelling the belief systems, and totally surrendering to Divine Will. All healing was accomplished without narcotics or anaesthesia. The whole series of illnesses was consequent to karmic proclivities that were surfaced by intense inner spiritual work, which speeded up their emergence initially but later facilitated their seemingly miraculous healing and disappearance.

An illness is merely our consciousness calling attention to something that needs to be looked at. There is something about which we are feeling guilty, fearful, or other negative emotion. There is a belief

system we are holding that has to be let go of and cancelled. There is something that has to be forgiven, and something within us that has to be loved, so we thank whatever it is for bringing it to our awareness.

We also have the power to say ‘no’ to belief systems that come from our family. Really major allergies ran in my family. My grandmother was allergic, as were my mother and sister. Everybody had hay fever and sensitivity to ragweed, dust, hay, and horses.

All illness is physical, mental, and spiritual, and therefore it is best to utilise all modalities to assist recovery.

How can one know if humility and surrender are complete? They are complete when one is indifferent to whether a healing occurs or not. That is the result of surrender to God at great depth and relinquishment of the desire to control or change the way things are. Become God reliant.

Instead of being ashamed that we are a spiritual seeker with a physical illness, we instead become thankful and say, “Aha! Something is coming up to be healed.” We want that capacity to bring up the various things to be healed; thus, it is a sign of progress, not of falling back. We can be happy that we have a chance to heal these things that, paradoxically, are actually brought up by major or rapid spiritual progress (i.e., karma). Most of the great mystics of history had records of many physical illnesses (e.g., see “Mystics” in Encyclopaedia Britannica).

(You could say that David Hawkins has been a mobile walking talking laboratory test experiment!)

Note from James Moncrief:

21 May 2017

“You know, I think that Letting Go pathway is still one of mostly using the mind. The couple of lines about speaking them out is the only way we can truly let them go. We are still the child feeling them, and we need to speak them out of us. Otherwise it’s still working with the mind in control. I think the process is beneficial, however limiting, but at least it’s on the right track and won’t do anymore harm than we do by denying our bad feelings.”

Consider the next step and embrace the Feeling Healing guidelines outlined in the Pascas Papers entitled ‘Pascas Care Feeling Healing’

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.

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 incomplete. 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
the key!**

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Monday, 2 October 2017: **With Dr. David Hawkins:**

James: Dr –

Dr. Hawkins: Please James, before we begin, please call me David.

James: David, having spoken to John Doel about you after you wrote to me the other day, I want to ask you if you'd mind speaking more with me. John was very pleased to hear from you, he holds you in very high esteem, feeling very humble that you should trouble yourself taking any notice of him. He said he loved all you wrote and has recommended your books to about five hundred people. And now for you to understand that you were severely restricted in all you did because of looking to your mind instead of just purely wanting your feelings to lead you, that being such a marked change in you, and something that greatly cheers John, knowing that if you can do it, such a man of high standing in the eyes of the worlds, and one who had such incredible healing success, then perhaps others might listen to you and be able to also embrace working more with their feelings.

David: I would certainly like to think they do James. And you are correct in that, as John was saying to you, I was knocking on the feelings-door, it was right there staring me in the face, yet because of my mind, I didn't see it. I couldn't let go, I didn't want to go as deep into myself, as I now understand the Feeling Healing will take someone. I didn't want to see the whole truth of myself. I didn't want it to rip me apart, for that is what I was unconsciously scared of happening, that it would mean I would have to stop being how I was, that I'd be shown up for being a fraud or charlatan in some way, so I had to keep adhering to the tenets and beliefs of my mind. This being something of my mistake and what I'm only now waking up to.

I know you don't know anything about me James or what work I did, that you've not read any of my books. And that John introduced you to my existence and my Map of Consciousness (MoC), speaking highly of it, which I thank him for. And I understand that there is far more to what I was being shown, which I could sense was there in the ether so to speak, yet which I was unable to grasp when on Earth.

And now, having woken up to the importance of one's feelings, to grasp the simplicity of it, that our feelings are the way into our heart and soul, the way for us to uncover the truth of ourselves, the way for us to come to terms with all that happened between ourselves and our parents, the way for us to heal all the deeply buried traumatic causes of all our problems... well it's simply too astounding for words!

And I can see John's excitement with what you are revealing. Essentially, anything, from regular mainstream medical help, psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what you call your Feeling Healing.

I just can't believe how obvious it was. I can't believe how I and so many others missed it. It just makes so much sense. As Alice Miller helped us see, we are parented by dysfunctional parents, and because of that, we felt unloved and in pain from masses of bad feelings. And because our parents didn't allow us to express all those bad feelings as we were having them, so we suppressed and then repressed them. And within us they stayed, together with all the psychological and behavioural negative patterns we developed through our childhood, bringing the whole lot with us into our adult lives, and not having the foggiest that such inner conflicts were all simply to do with our early relationships and how they caused us to limit our relationship with our own feelings. All the denial of our feeling-expression.

And then to add to that, that our feelings are the key, or way, to the truth of ourselves, well that was a big eye-opener for me. And it's so true! I don't know how I missed that. I sort of understood it, but never put it together like you have in revealing the understanding about the Feeling Healing.

And again, that we have to long hard and really want to know the whole truth of ourselves, and that by looking to our feelings, they will lead us to that truth. It's phenomenal, and so simple, and that's the whole beauty of it, that anyone can do it, should they want to.

And that then brings us to the most difficult part of it – do you want to delve that deep into yourself, having to bring to light all your pain and suffering, all those terribly traumatic bad feelings? And I think that is something we all have to get to at some point. Because as you understand, there is no avoiding it, it's all there inside us waiting for us to do and bring it out. We all have to do our Feeling Healing at some point, because if we don't, we'll never be free of our childhood pain and all those dreaded repressed feelings.

I feel like I'm a young child starting over again. I have put all I understand and all I did on Earth on the fence for the time being. I am soaking up this new truth about the Feeling Healing and longing for the Divine Love and understanding all that does to one's soul, and what you call your Soul Healing with the Divine Love. It is fascinating, it is extraordinary, and I strongly suggest anyone who has the slightest inclination to work on themselves to look closely at it.

And if John can make such information more readily available, like he intends doing, well good for you John, I only wish I understood it back on Earth. But as soon as I say that, I know I would have rejected it, I wasn't ready for it, I had to work with my mind controlling healing techniques developing them as far as I could. Because I needed to understand just how far one could take working with the mind affecting 'healing', seeing miracles happen, and believing that was what it was all about. And yet now coming to understand that was still only readjusting the surface results of the deeper underlying traumatic causes. It was only at best a 'partial' healing. And even though so many people were able to get on and continue living a happier life without any reoccurrence of their previous trouble, it wasn't themselves coming to terms with the real truth of why there were ill and how it all resulted from their ill relationships with their parents.

So I have to confess that really I have no idea about what 'real healing' is. As I told you when we first spoke, I have only recently moved out of the mind Mansion Worlds into the first sector of the first Divine Love Healing Mansion Worlds, as you call them. So it's all new to me, I'm still reeling as to the enormity of it, that this other whole different way of looking at ourselves, of living, and of healing ourselves, even exists. And that so many spirits are doing it over here, and have completed their Healing, whereas on Earth it's virtually unknown.

And that it will become so known on Earth in time, because **it is the only way people can seriously heal themselves**. My mind boggles at the enormity of it all. I wish I were back there working with John, to be able to help introduce such an incredible way of looking at oneself, and to finally understand that it is doing the real healing one needs to do, and not just a bandaid patch up job like I was doing.

Oh I am so in awe of this Feeling Healing process. I longed to God for the Divine Love the other day and actually felt God loving me, I felt the Divine Love flowing into my soul, it was magnificent! And then to understand that all I now have to do is keep paying attention to my feelings, looking to express them, whilst longing for the truth of them. And that is how I will live my spiritual ascent, and at the same time completely heal myself of all my trauma and everything that afflicts me.

I did a lot of healing on myself whilst on Earth. I went through a lot of extreme and intense illnesses of which I ‘cured’ myself of. But now I see it was all still just dealing with the results and not directly with my causes. I touched on many of those causes, and I understand all that work will help me a lot in my Feeling Healing; however, compared to the simplicity of simply submitting to my feelings and looking to them to show me the truth of myself, I still can’t get over it!

So thank you James for again giving me this time to speak with you. And should John want to speak more to me I would be delighted to do so through you James, if that’s all right with you. I understand my lower vibration is rather taxing for you to have to deal with, however if you can deal with that, then I would like to place myself at John’s disposal. So John, if you can use me in any way, please ask me and I will see what I can do from this side. I am just starting with my Feeling Healing and already some very intense feelings have started surfacing, and I’m told in a couple of weeks of your time I’ll be moving into the third Divine Love Healing Mansion World; but if I can, I would love to be somehow more involved in all you are doing with Pascas Foundation and Pascas WorldCare, and everything else you want to do.

Anyway, I will end now James. Please feel free to call upon me anytime should you want to. And I’ll see what I can do.

Your’s truly,

Dr. David Hawkins.



Finding the right key!

James: Nanna Beth, that was a surprise, particularly for John, with David wanting to talk the other day.

Nanna Beth: Yes James, we thought he’d like that. And David is a very capable man. He’s easily grasping what the Feeling Healing and the Soul Healing with the Divine Love is all about and it won’t be long before he’s well on his way doing his Healing.

James: How will his Healing go compared to all the healing work he did on himself on Earth?

Nanna Beth: It will put it all into the right perspective for him. You understand James, that he was a great natural medium, he was able to easily receive the healing help energies from the mind spirits, who would eagerly gather around him, filling him and his patients with their spirit light. And he attracted many spirits who’d been healers or worked as doctors in some capacity when on Earth, all of whom worked through him as he worked with his patients. There was no angelic healing involved, so he is a good demonstration as to the sort of power some of the mind spirits had so far as being able to influence people on Earth, helping them with their problems, healing them, all in accordance with how they understood healing to be; which was as you know, all in accordance with the parameters of the mind control they and their patients were living under.

So for David to now separate himself from the mind controlling side of things, and to look to his feelings to lead him in his True Healing, he will find things will be very different for him, leading him directly to all the hidden causes of his problems, all as he advances his soul in truth.

And for John, to now see that he can possibly introduce the notion of Feeling Healing into any such ‘healing modality’, showing up the weaknesses and limitations of that system, whilst at the same time supporting it and possibly taking it deeper, will give him more room to move, rather than having to confine himself to presenting the truths of Feeling Healing as straight opposition to all the mind ways of approaching healing – false healing.

Many people will of course still reject his propositions, however that’s understandable, for as David told you, he himself, were he still on Earth, would possibly reject it, and yet there will be just as many people who will eagerly embrace it. And many more fence sitters, who will at least look at it, which will help them when they come into spirit should they want to seriously do something about healing themselves using their feelings and not getting tied up and misled in all the mind falsity.

We are very pleased that John is feeling so good about David’s message to you. And he’ll like what David just wrote, too. It is all helping him build his case to present to humanity.

James: He’s also got some help in some other earthly friends wanting to be involved with him, they too grasping the significance of the Healing.

Nanna Beth: Yes, and more are on their way. As we’ve told him, he’ll have all the help he needs, the right people he can work with will come, he’s laid quite a foundation which can now be drawn upon. And once the momentum gets going, yet more people he knows and has helped along the way will come and want to be involved.

James: So how much will David’s prior healing he did on himself on Earth – and did he keep working on himself in the mind worlds? – help with his Feeling Healing?

Nanna Beth: A lot. Anything you do that includes some level of introspection and wanting to look more truly at yourself, even if it only includes doing it through the mind side of things, all helps because it adds to your self-awareness.

However you understand James, it’s not just about doing your Healing, it’s not only about healing yourself of all your woes, pain and suffering, sorting out and rectifying everything that’s wrong with you. It’s about the truth, and your own personal growth or ascension of truth, with your feelings being the way to liberate and gain access to that truth. Your Healing is really just what you have to do along the way, it being a great source of readily available bad feelings that you can start to look at to help you understand more about yourself; which means, how you express yourself as one of the two personalities of your soul.

So your Feeling Healing or Soul Healing with the Divine Love, is about growing in the truth of yourself up through the Mansion Worlds, on your way to Paradise, the home of our Heavenly Parents. It’s the beginning of your true spiritual life, and whether you start it on Earth or over here in spirit, it is the real focus of what you are and what you are to do. All of which amounts to, as David said, uncovering the truth of yourself through your feelings.

And were people not living against themselves, which means, using their mind to stop themselves from expressing all they feel, then naturally people would look to their feelings to guide them through life. But because that has all got mucked up, such corruption being passed down through the generations, so we have to stop and focus more heavily on our bad feelings, wanting to bring out and express our pain, all so we can liberate our self-expression thereby liberating the hidden truth of ourselves.

And that is living a truly spiritual life. Learning how to put your feelings first, taking the control away from your mind, coming to understand how false you are, all whilst longing to be your true self and at one with God through partaking of God's Divine Love.

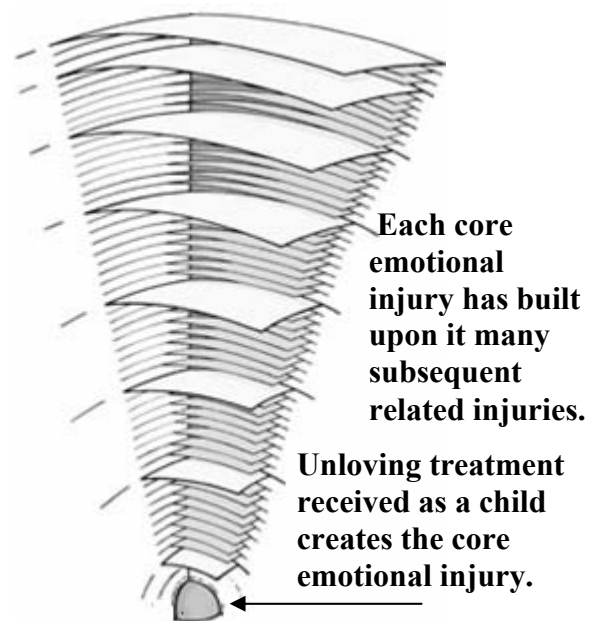
James: Thank you Nanna Beth. I'm going to have a rest now.

Nanna Beth: You are welcome James. My love to you all – Nanna Beth.

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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



Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

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

Tuesday, 3 October 2017

James: David, it's me again, sorry to bother you – can you spare a moment more and speak with me again?

David Hawkins: Yes, it's my pleasure, I thought you'd be tuning in again James, so I am well prepared. I know what you want to talk to me about this time – my work, how I did it back there on Earth, my 'Letting Go' pathway, and what I think about it now.

James: Yes, that's right, have you been reading my mind?

David: No, I've been instructed by some of the higher spirits that are overseeing my communication with you. They told me what you would be wanting to know, so I can come to you prepared to some degree. So please, ask me what's on your mind.

James: You were afflicted by a lot of hellish sounding illnesses – how did you cope with them all! And then you say by surrendering to the Divine Will you were able to let go “of resisting in every instant, cancelling the belief systems”, which led to your self-healing – so how did you do that?

David: I found that if I put myself into a certain frame of mind, which was my surrendering to the Divine Will – I had not personalised my relationship with God as I am now doing by longing directly to my Heavenly Mother and Father for Their Divine Love; which I must say, I adore doing, I can't tell you how much of Their Divine Love I feel is flowing into my soul, and it feels superbly wonderful, and to think that I had been denying myself God's Love for so long... then I could sense or feel the resistance in me because of certain of my belief systems, which I was then able to change using my mind, which brought about the dramatic healing changes within me.

And when those changes happened, I was ecstatic, I can't tell you what a relief it was to set myself free of such troublesome illnesses and afflictions that were such a burden, and which I'd struggled with for so long. And to discover that such physical conditions were being held in place – at least so I thought back then – by mere belief systems, and that a simple change of perspective released me from such torturous fiendish problems.

It was so simple, hence: Letting Go, which amounted to my realising, that if you don't want something, let it go, you get rid of it, and so by utilising the 'Power of the Mind', my own mental power, I could do just that for myself – and I was the living proof!

And then it happened also for other people, and I thought I'd found the cure-all for humanity, that we all could be free of all illness and disease, any inner psychological problem or disturbance, the mind could be 'trained' to think positive loving self-caring, self-nurturing, and so self-healing, thoughts, and all your afflictions would leave you.

And the whole key to it was to surrender to a Higher Power, the Divine Will. If I tried to do it myself without surrendering, I failed, and my symptoms got worse, but if I gave up the fight, just accepted that I had the problem – and damn it, it could do with me what it will, even if that meant it could kill me, then so be it. I'd had enough of the intense misery and suffering and fighting against such troubles for so long, so I had nothing to lose, I'd been pushed right to the edge so many times, so I just 'Let it all Go': here, I said to The Divine – You take all my troubles and problems, I've had it with them!

And as I did that, so I was then able to see how I was holding onto them, it all being my own doing, my own beliefs that I was in control of my own problems with – and god, what an insight that was! So if I really was in control, and The Divine was now giving me even greater control, for that's how I saw it at the time, then I could choose my own destiny and rid myself completely of my problems, which I did. So effectively I believed I could cure myself, and so I did – using my mind... or so I thought. So that was about the crux of it.

Then having died and woken up in spirit (another whole story in itself!), and understanding that all such physical afflictions and many others of the mind and emotional states of all people who die, automatically leave or are 'healed' upon death, meaning, you no longer are afflicted by such problems in your new spirit life – well, I did wonder what was it all about? If only I'd known that, perhaps I wouldn't have cared about my problems, knowing I'd die with them and more than likely because of them, and then they'd all be taken away when I woke up in spirit starting my new spirit life. So that sort of put me on edge, it made me wonder why is such suffering confined to the physical world when over here in spirit we're all in perfect health – what is that really all about?

And I asked a lot of the higher spirits who came to help us New Arrivals about such things, and they answered by saying things like: 'It's the Will of the Divine', which made me think – they don't really know, which confused me even more. Some of the spirits I was meeting had been in the mind Mansion Worlds for hundreds of years and were considered advanced, and yet they didn't seem any more wise than, well... myself. I seemed to understand more about certain things than they did, and that confused me even more.

Then I slowly understood that it was more about having loving thoughts and wanting to help my fellow man – from spirit, helping people back on Earth, and helping the spirits I was with, all by applying the mind, and that seemed to advance you mentally in your new spirit life. And so, all right, I was already working along those lines, so that was easy enough. And very soon I found myself in the upper levels of the fourth mind world, feeling very smug and happy with my relatively quick progress, with the sixth and highest 'heaven' awaiting me, into which I'd be going before too long.

And then as I told you the other day, it was a bit of a let down – Samantha was right, a MAJOR let down and a SEVERE blow to my ego, realising that so much of my healing of other people was induced by the unseen work of the spirits that were helping me. And that my so-called Letting Go process was in fact, not about surrendering to the Divine Will, but to these higher mind spirits. If you got yourself into the right frame and attitude of mind, then these unseen doctor and healer spirits could go to work on you, and in many instances work miracles, with the people being healed complying by allowing their mind to be adjusted and so their beliefs changed (reorganised) – which was what happened to me.

So I had to admit that my 'Letting Go' pathway and process, had nothing really to do with my mental ingenuity, it was that I was more a spiritual healer and natural medium myself, as you were told yesterday, and that was what I was really tapping into. So it wasn't that I had uncovered some magical hidden law of the mind, it was that I had an overwhelming spirit support group that were allowed to affect certain healing on people on Earth, including healing me.

And this made me wonder: Well if you can't actually heal yourself through my Letting Go process, as I thought you could, as I thought I did for myself; and it's all just because of interference of spirits, and that without such spirit help the healing won't happen; then can you actually do such things as I believed and thought you could within one's own mind, bringing about such magical transformations? And I had to admit, it being a moment I will never forget when those series of thoughts suddenly flashed into my

consciousness, giving me quite a shock; that I couldn't, that no such thing existed... THAT I'D GOT IT ALL WRONG! That it wasn't my or the Divine's great doing, but other spirits like myself.

Oh the horror of it, to then think that I'd misled so many people, and so many people were still looking to me for my help, even though I was no longer on Earth. But then I consoled myself knowing the healing spirits were still working with such people who wanted to advance themselves by using their mind in such ways, and so I considered joining those spirits to 'carry on the good work'. But something in me was tired of it. I didn't feel good about it. It didn't add up, something else was playing on me in the back of mind, which I couldn't put my finger on... so what was it? And you know what? I actually prayed to God to show me. Suddenly I just asked God to help me see where I had gone wrong. (Which I've since realised was my true and sincere giving over to God.) And I have no idea where that thought and inspiration came from. And I still don't, although with what I'm understanding about the Feeling Healing, I suspect it was something from my early life that suddenly came up into my consciousness.

Anyway, no sooner had I prayed earnestly to God, realising that God was now a 'Person' to me rather than just an impersonal 'Divine Will', and a spirit, a beautiful woman spirit, appeared before my eyes as if materialising out of the spirit ether. And what really threw me was – I KNEW HER! She hugged me saying she was so happy I'd reached out to God as I had done, because now she was able to come and talk to me, and as I had many questions, she could answer them all!

I was non-plussed, she was the first girl I had any deep feelings for. I'd not thought of her in ages, and now here she was, and so full of light, I'd not seen a spirit so lovely and of such a bright light. (She, of course, being a Celestial spirit who's finished her Soul Healing.) I didn't know what to say, I felt just as shy and embarrassed as I did back then on Earth during my adolescence when I allowed myself to have those nice thoughts about her. And luckily she took over and we talked and talked, and so that's how I've come to be here now embarking upon my real healing of my soul with the Divine Love.

She took me to visit you John (Doel), explaining what you were doing with James (I'd been to see you before but that was for my own vanity), and so here we are speaking like this, my being able to speak to you through James, and being able to confirm and validate to you about the Feeling Healing: about looking to your feelings and NOT your mind for the truth of yourself; which as I understand, will ultimately heal all the causes of all your problems. And as hard as I understand doing this Healing is, I am so excited and can't wait to really get stuck in.

So can you see, the mind way of healing I thought I discovered, was not as I thought it was. It was all controlled by those healing mind spirits. And I bought into it because I was that sort of person, it suited my mind and how it had been 'configured' through my childhood – that much I can now see about myself.

And to think that our feelings are the real way – oh had I known that! I know my healing would have been far more difficult, for I would have had to deal with the issues of my early life and my relationship with my parents, but now I can see I would have eventually still healed all my physical illnesses and complaints, rid myself of those debilitating migraines, yet all whilst I grew in the truth of myself; seeing how such things came to be because of what happened to me through my forming years – and all through my feelings. It's astounding, remarkable, and that no one really understands; and yet there it is, staring us all in the face, we all feel our feelings, and yet who wants to really look to them for the truth they are to show us about ourselves?

Oh John, you are excited to have my support and validation, but I tell you, I am just as excited to have finally found the TRUTH. For I know it in my heart: receiving the Divine Love because I long to my

Heavenly Mother and Father for it; and to have found my Heavenly Parents, oh god, I can't tell you how happy and elated I feel. And it all makes such perfect sense because I feel it does, I'm connecting to Them, to myself, to life, through my real heart-felt feelings. I have a feeling, I focus on it – as I've been instructed; I fully acknowledge I am feeling it, I then try to bring it right up and out expressing it to my spirit companions the best I can; and I long with all my heart for the truth my feeling is to show me... and as the feeling is expressed, low and behold, up into my awareness, into my consciousness, comes understanding, insight, revelation – TRUTH, about myself, about why I am feeling that feeling. It's remarkable, as I said... AND IT WORKS! That's the best part. So I feel I am setting out on my true spiritual journey. I'm no longer trying to contrive being all-loving and a caring spirit like I was doing in my old 'mind life'; no, I'm just trying to accept each feeling I feel. They come up within me of their own accord, I don't try and control or condition them with my mind, and I certainly don't want to deny them; and then I go with them, and they take me deeper into myself, and then I start to see how I am. And yes, a lot of what I see about myself I don't particularly like, but still, I have to accept that that's me, and I'm not perfect, but I can keep working on myself to eventually become perfect, which I intend to do with all my will.

Yes John, I can't tell you what a turn around it has been for me! James and John, it is incredible, it is wonderful; and as I said, I am so excited that I've found the true way for myself, and should anyone reading this find anything of what I've said appealing, then I strongly suggest you too look into doing your Feeling Healing; or even better, your Soul Healing with the Divine Love.

There you go fella's, how's that, do you think I've sold your readers on it?

Anyway, that doesn't matter; I understand we're all to come to it when we are ready for it: The Truth Of Ourselves Through Our Feelings – that being our Healing, as you call it James. And so with that, unless you have any further need of me, I will bid you farewell and retire for the evening, for I have to give my newly excited mind a rest. Should you want to speak with me again, I'll be at your disposal.

God bless you James and John, and anyone else who reads this. Pray with all your heart to God for Their Divine Love, that's what I advise; and look to your feelings for the truth they are waiting to show you. I could write new books about it!!!

Your's ecstatically – Dr David Hawkins.

Feelings first

LIVE FEELINGS FIRST

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'.

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



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WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.



We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.

It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

LIVING THEIR WILL:

We can choose, in each and every experience, to live true to one's self; true to our feelings, and by doing so, we can also choose to live true to God and Their Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings, acting on our feelings in the moment, doing what we feel we want to do, while all the time longing for the Divine Love, the Truth, and wanting to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered, and its not an artificial empowerment like many people try to achieve by positive thinking and trying to be positive and wilful using their minds, it's real feelings of ourself, our will, and our wanting to live with God, our Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

FEELINGS

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want

to do it. It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

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

The 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.

This is how we are also to be, as adults!

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.

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.

CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



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

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

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

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

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

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

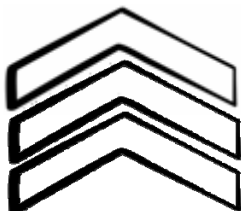
The 1st and 2nd Mind Mansion natural love Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



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.

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.**

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.

LOVE
is
Feelings First Spirituality, New Feelings Way

Feelings First Spirituality, New Feelings Way, is based on living true to our self through our feelings. Understanding that all we need in life is contained within our soul and is shown to us through our feelings. And by loving our feelings, by attending to them properly (talking or writing them out of us) and not denying them, we can use them to uncover the truth of our self – the truth of our soul.

Feelings First Spirituality is not telling us how to be, that is too controlling and is actually bad for us, limiting your spiritual growth. We can be wholly self-revealing of the truths we need to be, being the person God created us to be, all by living true to our 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

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality The New Way

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

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 us get to know God, helping us to reach out, connect and be personal with God, and do God’s Will, all through our 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

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.

Steps UP!

Quantum Jump 1



REVELATION 1

James Padgett

1914 – 1923

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

Quantum Jump 2

REVELATION 2

Marion and James Moncrief

2002

– ongoing

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

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



Negative Spirit Influence
blocked

22 March 2017

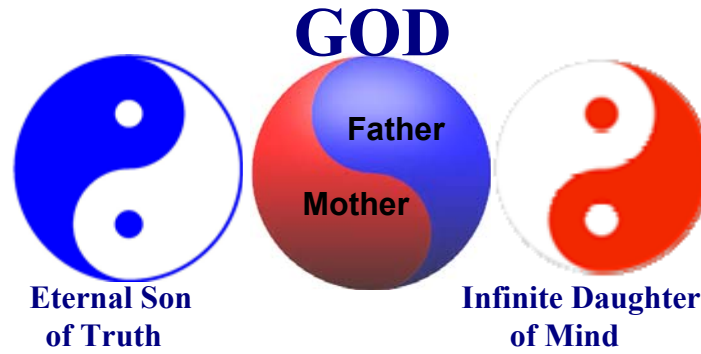
Law of Compensation
quickenning

22 May 2017

Rebellion and Default
officially ended

31 January 2018





PARADISE TRINITY:

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

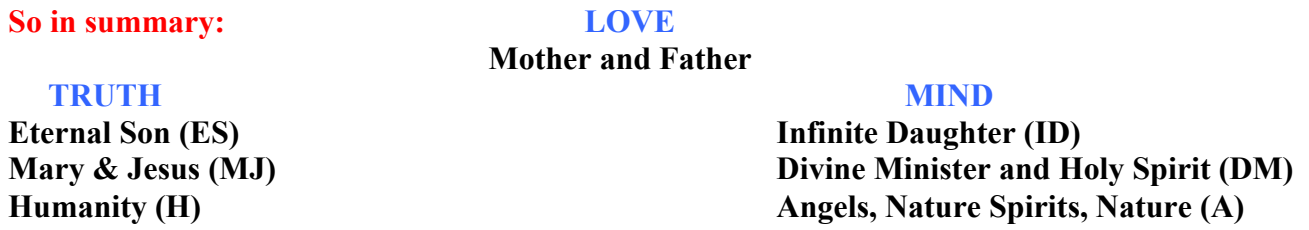
The LOCAL UNIVERSE TRINITY:

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

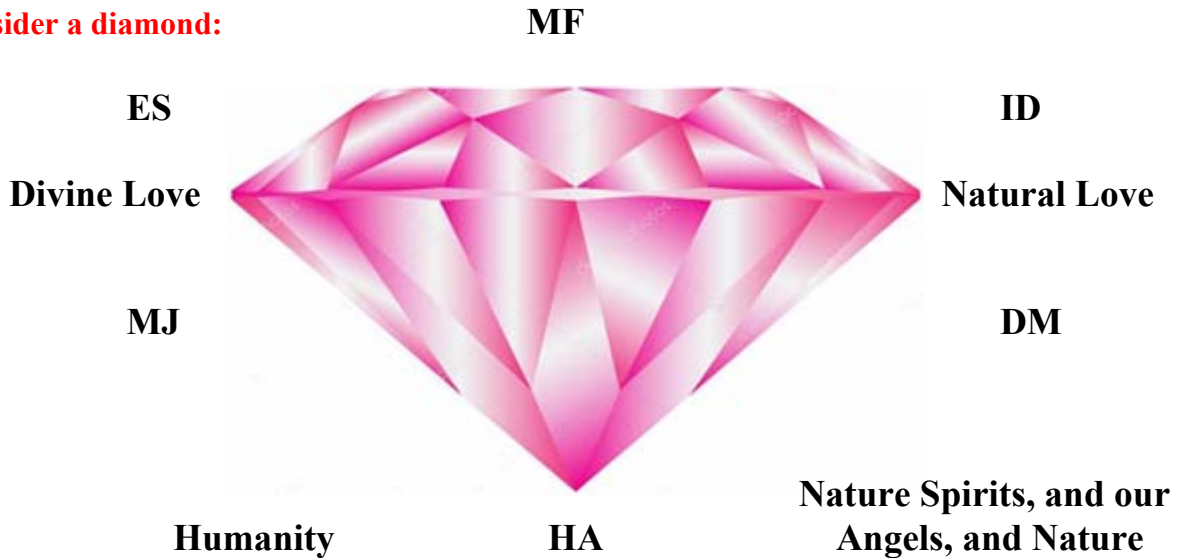
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

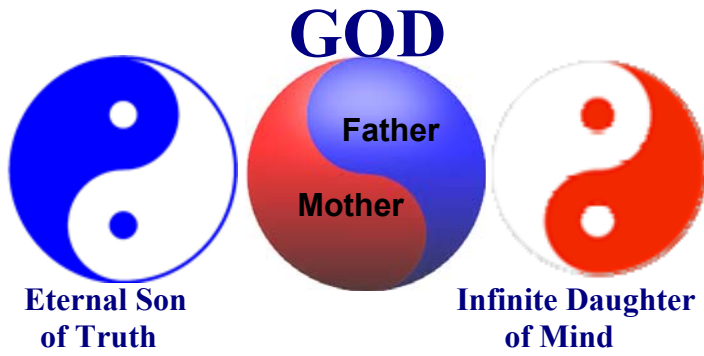
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

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

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

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

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

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



M&F



J&M



AVO

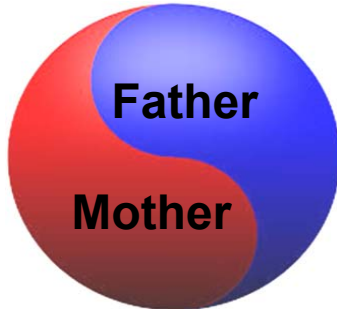


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

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

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

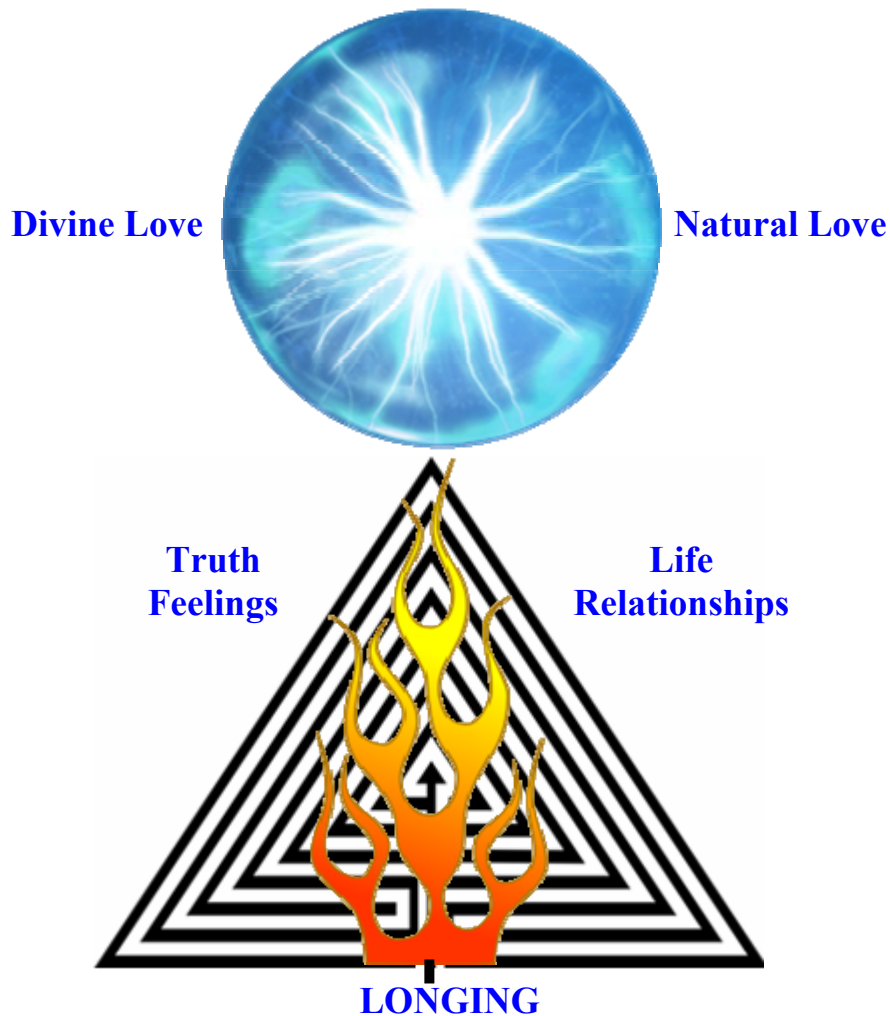
Want to understand the truth of your early life

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

Want and long to know the whole truth of yourself

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

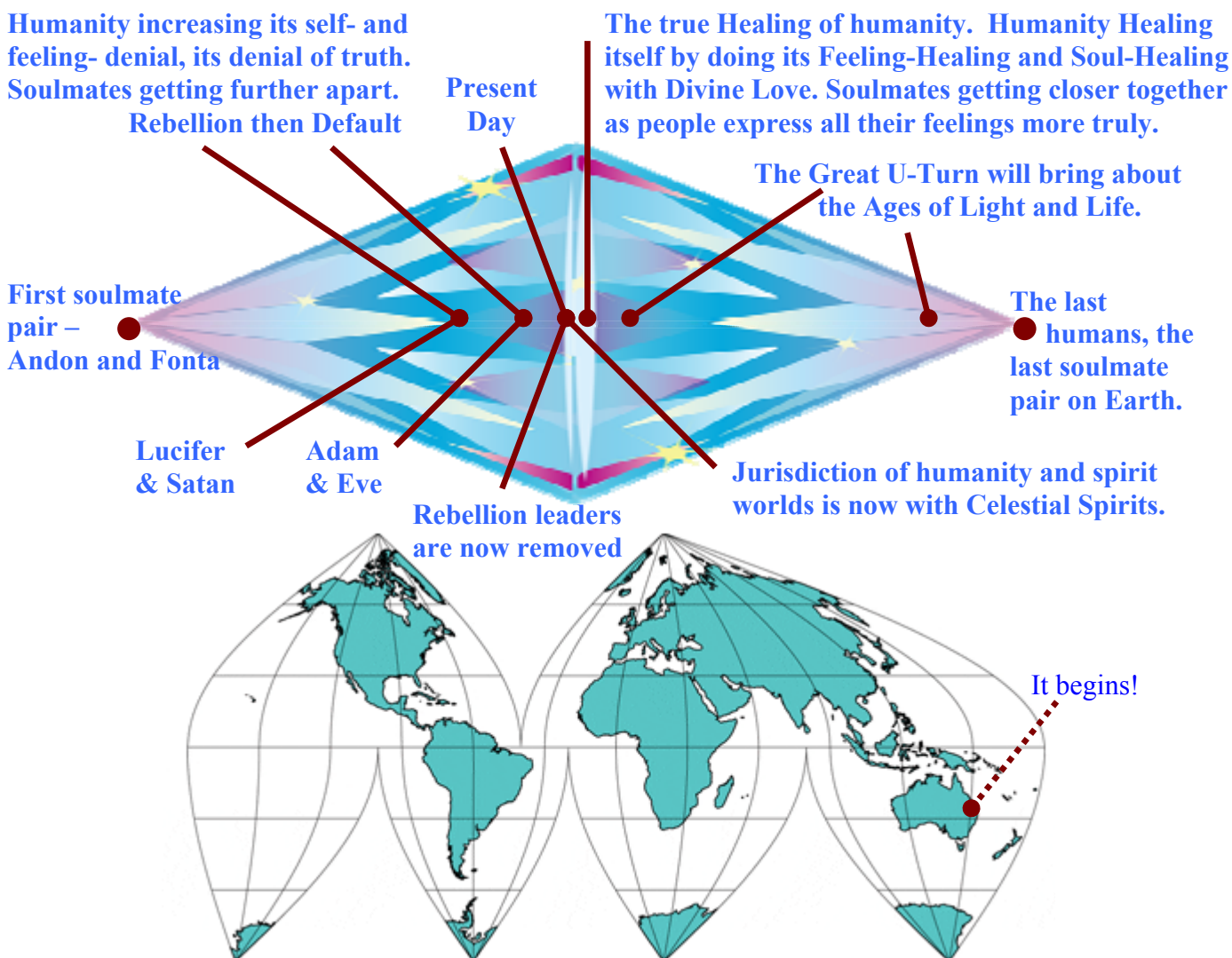
The Key



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

JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.



This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

Feelings First, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

By living true to oneself, true to our feelings, we are living true to God. It's that simple.
(Passage in blue calibrates on the Map of Consciousness at 1,500)

Avonal Revelation

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

31 May 1914 and ongoing

Primary recommended reading:	consider commencing with:	Paul – City of Light and Sage – and the Healing Angels of Light
The Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx – Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
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 Sage and the Healing Angels of Light	2013 – 2014	xxx – James Moncrief
Road map of Universe and history of Universe:	2017	xxx – James Moncrief
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The 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	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44

This group being pages of 3,043

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

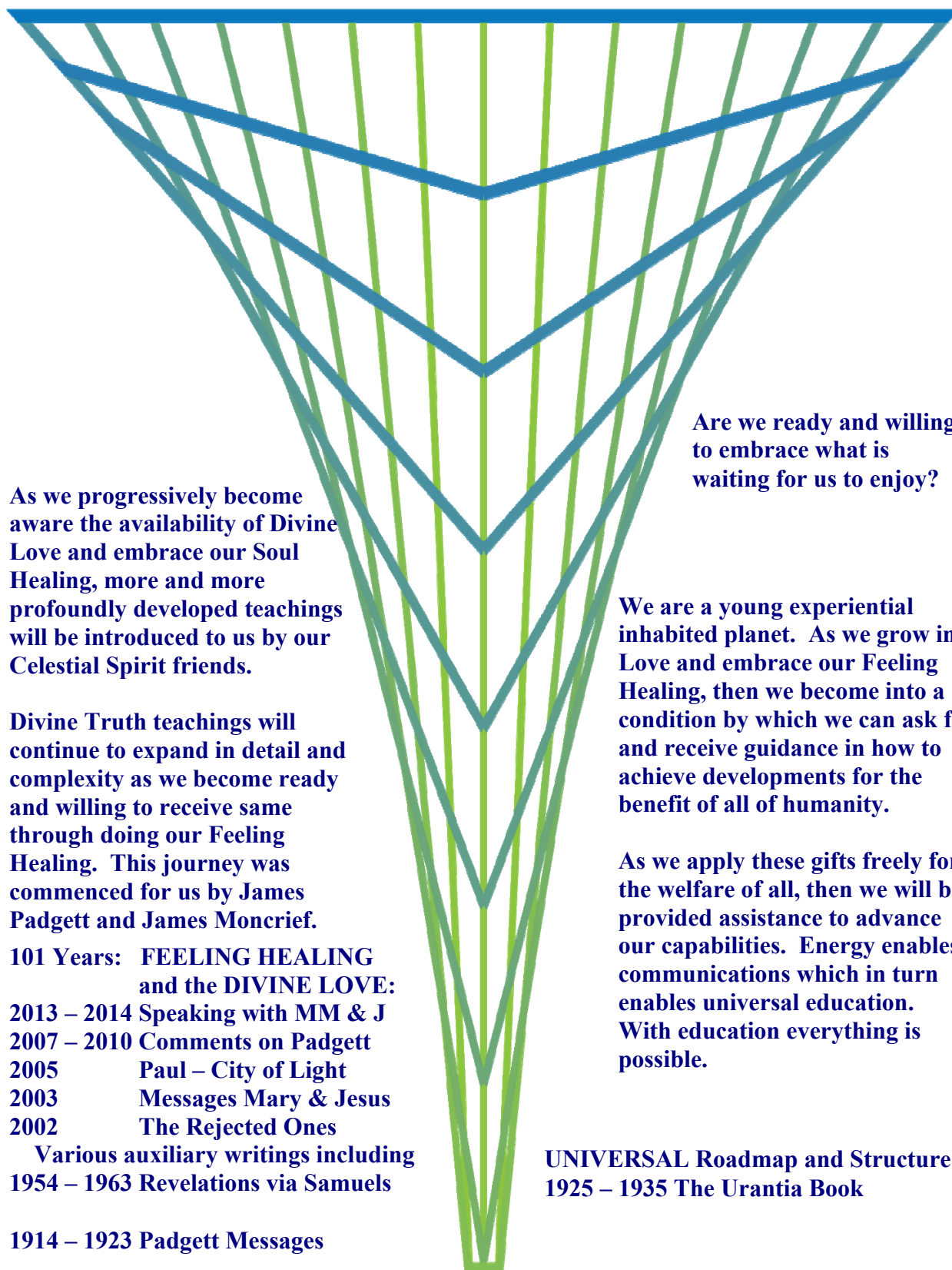
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

