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1 June 2018

## Is the WORLD GETTING BETTER or WORSE?

Let us trace our history as a species from about 6,000 years ago to the present, using Kinesiology. Please keep in mind that there were always individuals and pockets of individuals with levels of Consciousness somewhat higher than the overall level of mankind. The Vedics of about 5,000 years ago were one of those groups.

Worldwide Level of Consciousness based on the Map of Consciousness

see Power vs Force by Dr David R Hawkins

|   |         |
|---|---------|
| 6,000 years ago   | 72      |
| At the time the Vedas were written  | 74      |
| At the birth of Buddha  | 91      |
| Prior to the conception of Jesus Christ   | 101     |
| After the birth of Jesus Christ   | 147     |
| When Christ was taken from the cross  | 148     |
| At the Last Supper  | 150     |
| At the death of the last apostle  | 182     |
| At the birth of Charlemagne   | 182     |
| In 827 AD (at the death of Charlemagne)   | 190     |
| When Abraham Lincoln took office as President   | 190     |
| Lincoln was shot and killed   | 193     |
| 1944: birth of almost 200 Homo-Spiritus children  | 194     |
| 1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped | 207     |
| 2008: Current observation as we move forward to the apparent evolutionary jump                                    | 212     |
| 4000: Towards the end of the Aquarian cycle, the average consciousness of humanity will be within this range      | 450-470 |

During the Aquarian cycle of 2,160 years, the vast majority of humanity will progress through the first initiation and many will also complete the second initiation

So what has taken place since the 1950s to bring about a jump in the consciousness level of humanity that had remained stagnant since the era of Jesus and Mary?

But firstly, let us understand why humanity has remained stagnant in their spiritual development while material and physical development has generally taken place in recent decades.

Humanity was seduced into what is referred to as the Rebellion some 200,000 years ago. This was compounded by the Default that occurred more than 38,000 years ago.

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

Humanity has lived through these times with no way to climb beyond the impositions of the Rebellion and Default. The first turn to commence the escape from under these imposts was at the time of the bestowal of the Paradise Son and Daughter, Jesus and Mary Magdalene. Their coming brought about the availability of the Divine Love of our Heavenly Parents, Mother and Father, however knowledge of this was lost by around 325CE at the time of the Nicene Council. During the life time of Jesus and Mary, those responsible for the Rebellion were removed from any connection with humanity on Earth. This was the first phase of the recovery.

On 31 May 1914 commenced the reintroduction of the Divine Love through the Padgett Messages. As Jesus and Mary remained free from error / sin during their lives, they could not introduce the Feeling Healing process. That is presently occurring. A further bestowal is also taking place being the Avonal Pair. It is through the Spirits of Truth of both of these bestowal pairs that all of humanity will be able to free themselves of the Rebellion and Default during the spiritual age of the next 1,000 years.

Further, due to the presence and progress of the Avonal Pair, the removal of the deputies, for those who instigated the rebellion, were also removed from contact with humanity, this took place in the early 1990s.

It is the introduction and sharing of the awareness of both the [Feeling Healing process](#) and the [availability of Divine Love](#) that enable humanity to grow spiritually while living in the flesh here on Earth. Over the coming millennium many will be able to fully heal themselves and with Divine Love, be able to live in a Celestial condition here on Earth, should they so please. No one, other than Jesus and Mary, has achieved this throughout the whole history of humanity. The coming millennium will develop into a golden era for humanity.

Aspiring to Living Feelings First

*Brian Iverach, Graham Golding, Jim Baker and John Doel*

Pascas Foundation (Aust) Limited

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

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

## Is the world getting better or worse? A look at the numbers

[https://www.ted.com/talks/steven\\_pinker\\_is\\_the\\_world\\_getting\\_better\\_or\\_worse\\_a\\_look\\_at\\_the\\_numbers#t-1095673](https://www.ted.com/talks/steven_pinker_is_the_world_getting_better_or_worse_a_look_at_the_numbers#t-1095673)

Steven Pinker is a professor of cognitive science (the study of the human mind) who writes about language, mind and human nature.

TED2018 April 2018



Was 2017 really the "worst year ever," as some would have us believe? In his analysis of recent data on homicide, war, poverty, pollution and more, psychologist Steven Pinker finds that we're doing better now in every one of them when compared with 30 years ago. But progress isn't inevitable, and it doesn't mean everything gets better for everyone all the time, Pinker says. Instead, progress is problem-solving, and we should look at things like climate change and nuclear war as problems to be solved, not apocalypses in waiting.

"We will never have a perfect world, and it would be dangerous to seek one," he says. "But there's no limit to the betterment we can attain if we continue to apply knowledge to enhance human flourishing."

Many people face the news each morning with trepidation and dread. Every day, we read of shootings, inequality, pollution, dictatorship, war and the spread of nuclear weapons. These are some of the reasons that 2016 was called the "Worst Year Ever." Until 2017 claimed that record -- (Laughter) and left many people longing for earlier decades, when the world seemed safer, cleaner and more equal.

But is this a sensible way to understand the human condition in the 21st century? As Franklin Pierce Adams pointed out, "Nothing is more responsible for the good old days than a bad memory."

(Laughter)

You can always fool yourself into seeing a decline if you compare bleeding headlines of the present with rose-tinted images of the past. What does the trajectory of the world look like when we measure well-being over time using a constant yardstick?

Let's compare the most recent data on the present with the same measures 30 years ago. Last year, Americans killed each other at a rate of 5.3 per hundred thousand, had 7% of their citizens in poverty and emitted 21 million tons of particulate matter and four million tons of sulphur dioxide. But 30 years ago, the homicide rate was 8.5 per hundred thousand, poverty rate was 12% and we emitted 35 million tons of particulate matter and 20 million tons of sulphur dioxide.

What about the world as a whole? Last year, the world had 12 ongoing wars, 60 autocracies, 10% of the world population in extreme poverty and more than 10,000 nuclear weapons. But 30 years ago, there were 23 wars, 85 autocracies, 37% of the world population in extreme poverty and more than 60,000 nuclear weapons. True, last year was a terrible year for terrorism in Western Europe, with 238 deaths, but 1988 was worse with 440 deaths.

What's going on? Was 1988 a particularly bad year? Or are these improvements a sign that the world, for all its struggles, gets better over time? Might we even invoke the admittedly old-fashioned notion of progress? To do so is to court a certain amount of derision, because I have found that intellectuals hate progress. (Laughter) (Applause)

And intellectuals who call themselves progressive really hate progress. (Laughter)

Now, it's not that they hate the fruits of progress, mind you. Most academics and pundits would rather have their surgery with anaesthesia than without it. It's the idea of progress that rankles the chattering class. If you believe that humans can improve their lot, I have been told, that means that you have a blind faith and a quasi-religious belief in the outmoded superstition and the false promise of the myth of the onward march of inexorable progress. You are a cheerleader for vulgar American can-doism, with the rah-rah spirit of boardroom ideology, Silicon Valley and the Chamber of Commerce. You are a practitioner of Whig history, a naive optimist, a Pollyanna and, of course, a Pangloss, alluding to the Voltaire character who declared, "All is for the best in the best of all possible worlds."

Well, Professor Pangloss, as it happens, was a pessimist. A true optimist believes there can be much better worlds than the one we have today. But all of this is irrelevant, because the question of whether progress has taken place is not a matter of faith or having an optimistic temperament or seeing the glass as half full. It's a testable hypothesis. For all their differences, people largely agree on what goes into human well-being: life, health, sustenance, prosperity, peace, freedom, safety, knowledge, leisure, happiness. All of these things can be measured. If they have improved over time, that, I submit, is progress.

Let's go to the data, beginning with the most precious thing of all, life. For most of human history, life expectancy at birth was around 30. Today, worldwide, it is more than 70, and in the developed parts of the world, more than 80. 250 years ago, in the richest countries of the world, a third of the children did not live to see their fifth birthday, before the risk was brought down a hundredfold. Today, that fate befalls less than 6% of children in the poorest countries of the world. Famine is one of the Four Horsemen of the Apocalypse. It could bring devastation to any part of the world. Today, famine has been banished to the most remote and war-ravaged regions. 200 years ago, 90% of the world's population subsisted in extreme poverty. Today, fewer than 10% of people do. For most of human history, the powerful states and empires were pretty much always at war with each other, and peace was a mere interlude between wars. Today, they are never at war with each other. The last great power war pitted the United States against China 65 years ago. More recently, wars of all kinds have become fewer and less deadly. The annual rate of war has fallen from about 22 per hundred thousand per year in the early '50s to 1.2 today. Democracy has suffered obvious setbacks in Venezuela, in Russia, in Turkey and is threatened by the rise of authoritarian populism in Eastern Europe and the United States. Yet the world has never been more democratic than it has been in the past decade, with two-thirds of the world's people living in democracies. Homicide rates plunge whenever anarchy and the code of vendetta are replaced by the rule of law. It happened when feudal Europe was brought under the control of centralised kingdoms, so that today a Western European has 1/35th the chance of being murdered compared to his medieval ancestors. It happened again in colonial New England, in the American Wild West when the sheriffs moved to town, and in Mexico.

Indeed, we've become safer in just about every way. Over the last century, we've become 96% less likely to be killed in a car crash, 88% less likely to be mowed down on the sidewalk, 99% less likely to die in a plane crash, 95% less likely to be killed on the job, 89% less likely to be killed by an act of God, such as a drought, flood, wildfire, storm, volcano, landslide, earthquake or meteor strike, presumably not because God has become less angry with us but because of improvements in the resilience of our



infrastructure. And what about the quintessential act of God, the projectile hurled by Zeus himself? Yes, we are 97% less likely to be killed by a bolt of lightning.

Before the 17th century, no more than 15% of Europeans could read or write. Europe and the United States achieved universal literacy by the middle of the 20th century, and the rest of the world is catching up. Today, more than 90% of the world's population under the age of 25 can read and write. In the 19th century, Westerners worked more than 60 hours per week. Today, they work fewer than 40. Thanks to the universal penetration of running water and electricity in the developed world and the widespread adoption of washing machines, vacuum cleaners, refrigerators, dishwashers, stoves and microwaves, the amount of our lives that we forfeit to housework has fallen from 60 hours a week to fewer than 15 hours a week.

Do all of these gains in health, wealth, safety, knowledge and leisure make us any happier? The answer is yes. In 86% of the world's countries, happiness has increased in recent decades.

Well, I hope to have convinced you that progress is not a matter of faith or optimism, but is a fact of human history, indeed the greatest fact in human history. And how has this fact been covered in the news? (Laughter)

A tabulation of positive and negative emotion words in news stories has shown that during the decades in which humanity has gotten healthier, wealthier, wiser, safer and happier, the "New York Times" has become increasingly morose and the world's broadcasts too have gotten steadily glummer.

Why don't people appreciate progress? Part of the answer comes from our cognitive psychology. We estimate risk using a mental shortcut called the "availability heuristic." The easier it is to recall something from memory, the more probable we judge it to be. The other part of the answer comes from the nature of journalism, captured in this satirical headline from "The Onion," "CNN Holds Morning Meeting to Decide What Viewers Should Panic About For Rest of Day." (Laughter) (Applause)

News is about stuff that happens, not stuff that doesn't happen. You never see a journalist who says, "I'm reporting live from a country that has been at peace for 40 years," or a city that has not been attacked by terrorists. Also, bad things can happen quickly, but good things aren't built in a day. The papers could have run the headline, "137,000 people escaped from extreme poverty yesterday" every day for the last 25 years. That's one and a quarter billion people leaving poverty behind, but you never read about it. Also, the news capitalises on our morbid interest in what can go wrong, captured in the programming policy, "If it bleeds, it leads." Well, if you combine our cognitive biases with the nature of news, you can see why the world has been coming to an end for a very long time indeed.

Let me address some questions about progress that no doubt have occurred to many of you. First, isn't it good to be pessimistic to safeguard against complacency, to rake the muck, to speak truth to power? Well, not exactly. It's good to be accurate. Of course we should be aware of suffering and danger wherever they occur, but we should also be aware of how they can be reduced, because there are dangers to indiscriminate pessimism. One of them is fatalism. If all our efforts at improving the world have been in vain, why throw good money after bad? The poor will always be with you. And since the world will end soon -- if climate change doesn't kill us all, then runaway artificial intelligence will -- a natural response is to enjoy life while we can, eat, drink and be merry, for tomorrow we die.

The other danger of thoughtless pessimism is radicalism. If our institutions are all failing and beyond hope for reform, a natural response is to seek to smash the machine, drain the swamp, burn the empire to



the ground, on the hope that whatever rises out of the ashes is bound to be better than what we have now.

Well, if there is such a thing as progress, what causes it? Progress is not some mystical force or dialectic lifting us ever higher. It's not a mysterious arc of history bending toward justice. It's the result of human efforts governed by an idea, an idea that we associate with the 18th century Enlightenment, namely that if we apply reason and science that enhance human well-being, we can gradually succeed. Is progress inevitable? Of course not. Progress does not mean that everything becomes better for everyone everywhere all the time. That would be a miracle, and progress is not a miracle but problem-solving. Problems are inevitable and solutions create new problems which have to be solved in their turn. The unsolved problems facing the world today are gargantuan, including the risks of climate change and nuclear war, but we must see them as problems to be solved, not apocalypses in waiting, and aggressively pursue solutions like Deep De-carbonisation for climate change and Global Zero for nuclear war.

Finally, does the Enlightenment go against human nature? This is an acute question for me, because I'm a prominent advocate of the existence of human nature, with all its shortcomings and perversities. In my book "The Blank Slate," I argued that the human prospect is more tragic than Utopian and that we are not stardust, we are not golden and there's no way we are getting back to the garden. (Laughter)

But my worldview has lightened up in the 15 years since "The Blank Slate" was published. My acquaintance with the statistics of human progress, starting with violence but now encompassing every other aspect of our well-being, has fortified my belief that in understanding our tribulations and woes, human nature is the problem, but human nature, channelled by Enlightenment norms and institutions, is also the solution.



Admittedly, it's not easy to replicate my own data-driven epiphany with humanity at large. Some intellectuals have responded with fury to my book "Enlightenment Now," saying first how dare he claim that intellectuals hate progress, and second, how dare he claim that there has been progress. (Laughter)

With others, the idea of progress just leaves them cold. Saving the lives of billions, eradicating disease, feeding the hungry, teaching kids to read? Boring.

At the same time, the most common response I have received from readers is gratitude, gratitude for changing their view of the world from a numb and helpless fatalism to something more constructive, even heroic.

I believe that the ideals of the Enlightenment can be cast a stirring narrative, and I hope that people with greater artistic flare and rhetorical power than I can tell it better and spread it further. It goes something like this.

We are born into a pitiless universe, facing steep odds against life-enabling order and in constant jeopardy of falling apart. We were shaped by a process that is ruthlessly competitive. We are made from crooked timber, vulnerable to illusions, self-centeredness and at times astounding stupidity.

Yet human nature has also been blessed with resources that open a space for a kind of redemption. We are endowed with the power to combine ideas recursively, to have thoughts about our thoughts. We

have an instinct for language, allowing us to share the fruits of our ingenuity and experience. We are deepened with the capacity for sympathy, for pity, imagination, compassion, commiseration. These endowments have found ways to magnify their own power. The scope of language has been augmented by the written, printed and electronic word. Our circle of sympathy has been expanded by history, journalism and the narrative arts. And our puny rational faculties have been multiplied by the norms and institutions of reason, intellectual curiosity, open debate, scepticism of authority and dogma and the burden of proof to verify ideas by confronting them against reality.

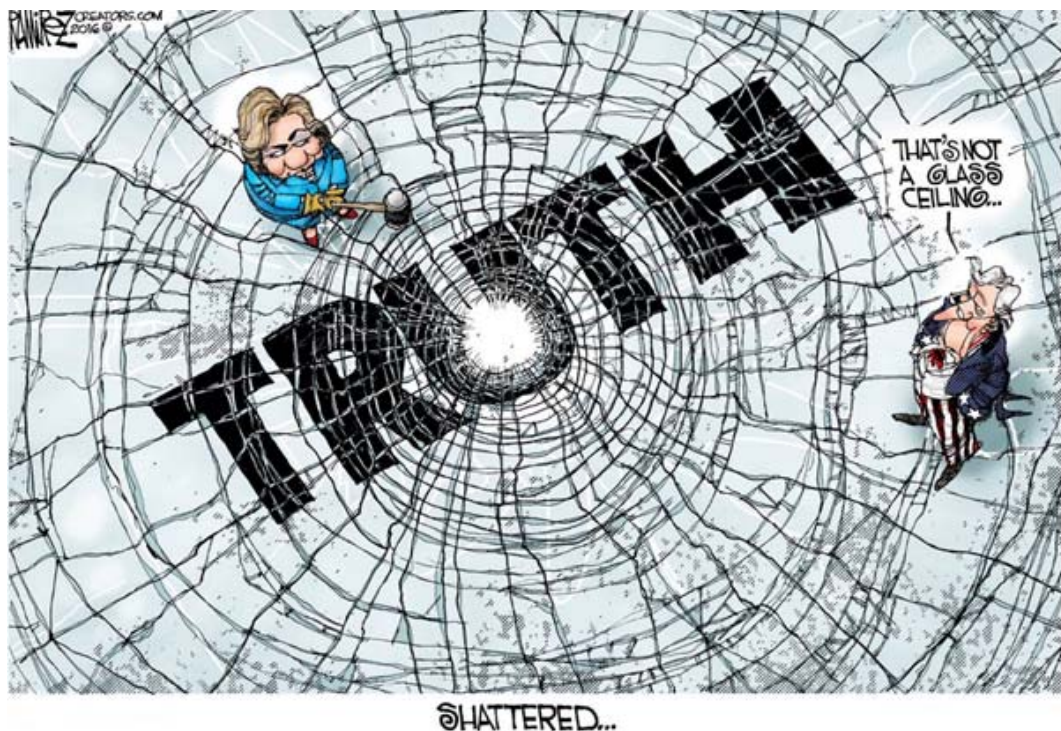
As the spiral of recursive improvement gathers momentum, we eke out victories against the forces that grind us down, not least the darker parts of our own nature. We penetrate the mysteries of the cosmos, including life and mind. We live longer, suffer less, learn more, get smarter and enjoy more small pleasures and rich experiences. Fewer of us are killed, assaulted, enslaved, exploited or oppressed by the others. From a few oases, the territories with peace and prosperity are growing and could someday encompass the globe. Much suffering remains and tremendous peril, but ideas on how to reduce them have been voiced, and an infinite number of others are yet to be conceived.

We will never have a perfect world, and it would be dangerous to seek one. But there's no limit to the betterment we can attain if we continue to apply knowledge to enhance human flourishing. This heroic story is not just another myth. Myths are fictions, but this one is true, true to the best of our knowledge, which is the only truth we can have. As we learn more, we can show which parts of the story continue to be true and which ones false, as any of them might be and any could become.

And this story belongs not to any tribe but to all of humanity, to any sentient creature with the power of reason and the urge to persist in its being, for it requires only the convictions that life is better than death, health is better than sickness, abundance is better than want, freedom is better than coercion, happiness is better than suffering and knowledge is better than ignorance and superstition.

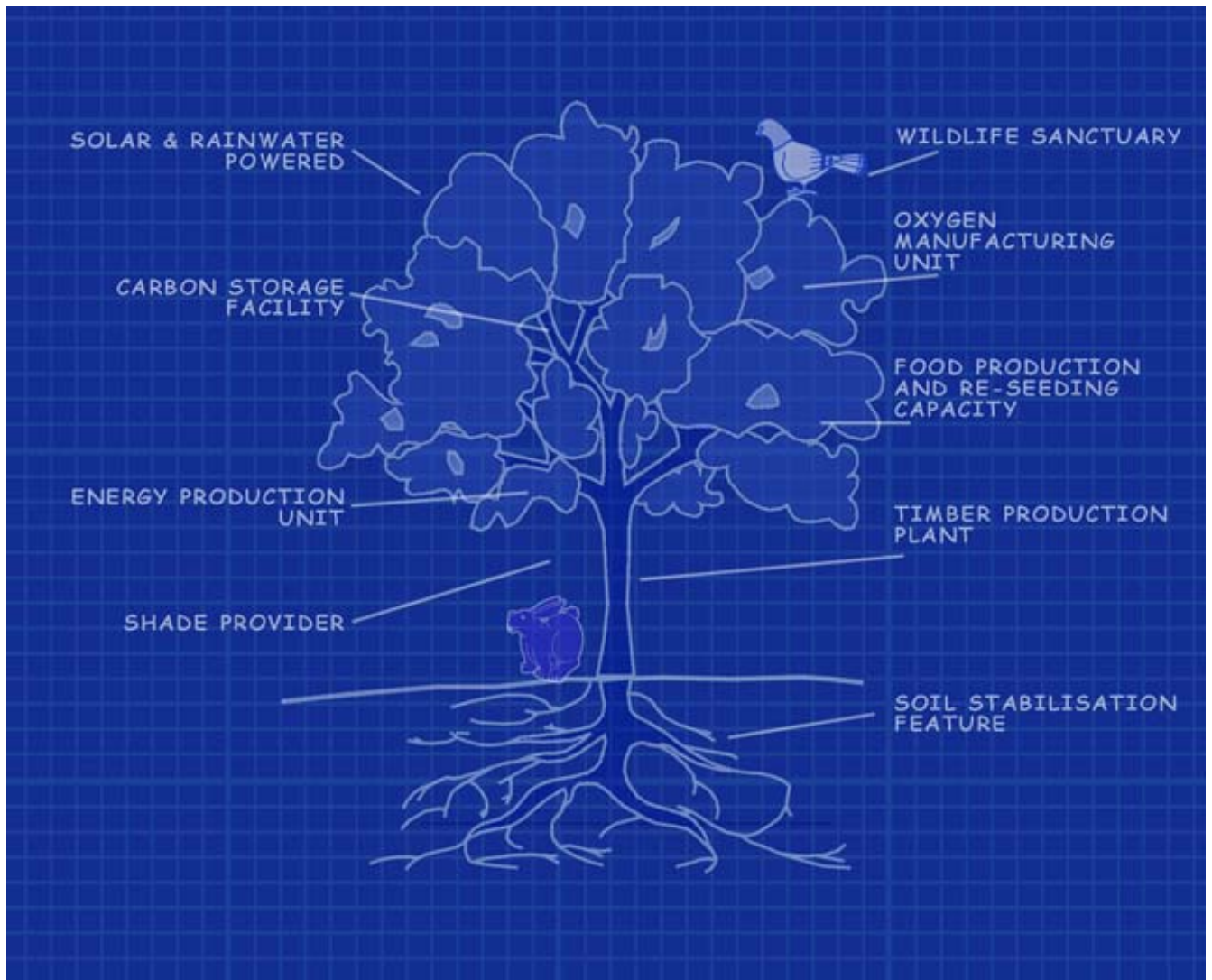
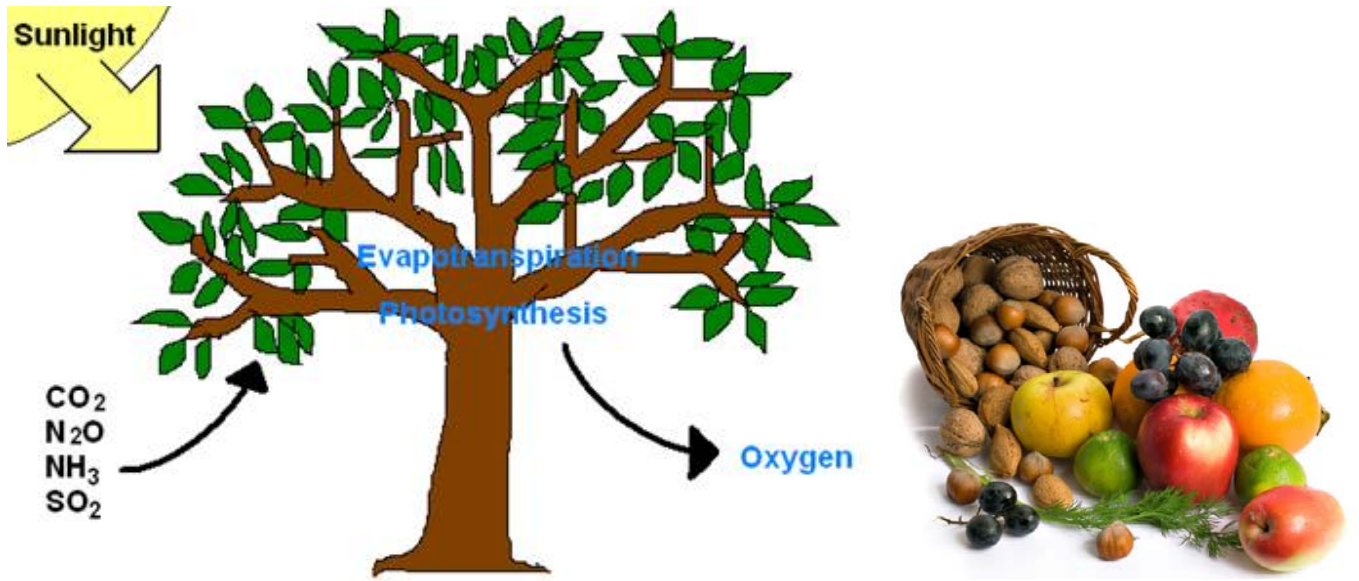
Thank you.

(Applause)





These are observable truths:





**Mustard Seed****Mustard Tree****Fly eye:**

**Without the fly we would be waste deep in waste, the fly is the 'garbage warrior'.**

**Without insects – no food – no pollination.**

**What man creates removes us from the point or origin.**

**Car came about by itself?**

**Tree came about by itself?**

**'Evolution'????**



**Baby hungry, starts crying, mother's breast starts lactating even when she is not around the baby.**

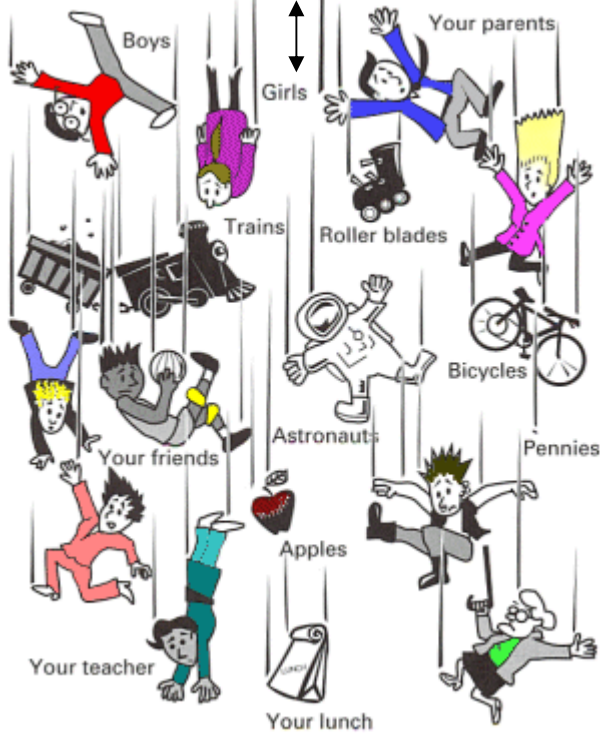
**Gravity – we can only see evident demonstration of gravity:**

**Earth  
with  
gravity**

**The Law  
of  
Gravity**

**or**

**without  
gravity!**



## CONSCIOUSNESS vs LIFE EXPECTANCY:

“What nations of the Earth today vibrate to those things that they have and are creating in their own land, their own environment? Look to the nations where the span of life has been extended from sixty to eighty years.

“What is the spirit of a free nation? Most individuals proudly boast “freedom”. Freedom of what? Those nations who have taken those vows that man shall be free should also take those vows “He shall know the truth and the truth then shall make him free”.

[https://en.wikipedia.org/wiki/Education\\_Index](https://en.wikipedia.org/wiki/Education_Index)

| MoC  |                             | Level of<br>Consciousness | Life<br>Expectancy<br>Years | Political Rights<br>& Civil<br>Liberties | Education<br>Index<br>2013 | Per Capita<br>Income 2013<br>USD |
|------|-----------------------------|---------------------------|-----------------------------|--|----------------------------|----------------------------------|
| 400s | Australia                   | 410                       | 80                          | free                                     | .927                       | US\$43,000                       |
|      | Canada                      | 415                       | 79                          | free                                     | .850                       | 43,100                           |
|      | Germany                     | 400                       | 77                          | free                                     | .884                       | 39,500                           |
|      | Hawaii                      | 405                       | 80                          | free                                     | .890                       | 44,000                           |
|      | Hong Kong                   | 400                       | 80                          | free                                     | .767                       | 52,700                           |
|      | Netherlands                 | 405                       | 78                          | free                                     | .894                       | 41,400                           |
|      | Singapore                   | 405                       | 80                          | free                                     | .802                       | 62,400                           |
|      | South Korea                 | 400                       | 74                          | free                                     | .865                       | 33,200                           |
|      | Switzerland                 | 400                       | 80                          | free                                     | .844                       | 54,800                           |
|      | United States               | 421                       | 77                          | free                                     | .890                       | 52,800                           |
|      | 400s upwards<br>average     | 406                       | 78.5                        |  | .861                       | \$46,690                         |
| 300s | Bolivia                     | 300                       | 64                          | partly free                              | .674                       | 5,500                            |
|      | Brazil                      | 300                       | 63                          | free                                     | .661                       | 12,100                           |
|      | Central America             | 355                       | 70                          | partly free                              |                            | 10,000                           |
|      | China: People’s<br>Republic | 300                       | 71                          | not free                                 | .610                       | 9,800                            |
|      | Egypt                       | 350                       | 63                          | not free                                 | .573                       | 6,600                            |
|      | Europe                      | 355                       | 72                          | free                                     |                            | 34,500                           |
|      | France                      | 305                       | 78                          | free                                     | .816                       | 35,700                           |
|      | Greece                      | 300                       | 78                          | free                                     | .797                       | 23,600                           |
|      | India                       | 355                       | 63                          | free                                     | .473                       | 4,000                            |
|      | Italy                       | 380                       | 79                          | free                                     | .790                       | 29,600                           |
|      | Japan                       | 355                       | 81                          | free                                     | .808                       | 37,100                           |
|      | Mexico                      | 300                       | 71                          | partly free                              | .638                       | 15,600                           |
|      | Scandinavia                 | 350                       | 80                          | free                                     |                            | 42,500                           |
|      | 300s – 399 average          | 331                       | 71.77                       |  | .684                       | \$20,508                         |
| 200s | Argentina                   | 285                       | 75                          | free                                     | .783                       | 18,600                           |
|      | Iceland                     | 255                       | 79                          | free                                     | .847                       | 40,700                           |
|      | Indonesia                   | 215                       | 68                          | partly free                              | .603                       | 5,100                            |

|       |                       |     |       |             |      |          |
|-------|-----------------------|-----|-------|-------------|------|----------|
|       | Manchuria             | 200 | 71    | not free    | .694 | 4,000    |
|       | Nepal                 | 205 | 58    | partly free | .452 | 1,300    |
|       | New Guinea            | 202 | 63    | partly free | .376 | 2,900    |
|       | Puerto Rico           | 250 | 76    | free        |      | 16,300   |
|       | Russia                | 200 | 67    | not free    | .780 | 18,100   |
|       | Taiwan                | 295 | 76    | free        |      | 39,600   |
|       | Tibet                 | 200 | 60    | not free    |      | 2,300    |
|       | Turkey                | 245 | 71    | partly free | .652 | 15,300   |
|       | 200s – 299 average    | 232 | 69.45 |             | .648 | \$14,927 |
| High  |                       |     |       |             |      |          |
| 100s  | Balkans               | 185 | 70    | partly free |      | 6,000    |
|       | Bosnia                | 180 | 71    | free        | .655 | 8,300    |
|       | Burma / Myanmar       | 155 | 55    | not free    | .371 | 1,700    |
|       | Cuba                  | 180 | 76    | not free    | .743 | 10,200   |
|       | Iran                  | 190 | 70    | not free    | .683 | 12,800   |
|       | Israel                | 190 | 79    | free        | .854 | 36,200   |
|       | Jordan                | 185 | 77    | not free    | .700 | 6,100    |
|       | Kuwait                | 190 | 76    | partly free | .646 | 42,100   |
|       | Middle East           | 170 | 67    | not free    |      | 6,000    |
|       | North Korea           | 175 | 71    | not free    |      | 1,800    |
|       | Palestine – West Bank | 185 | 72    | not free    | .662 | 2,900    |
|       | - Gaza Strip          | 185 | 71    | not free    | .662 | 2,900    |
|       | Saudi Arabia          | 175 | 68    | not free    | .723 | 31,300   |
|       | Sicily                | 175 | 78    | free        |      | 24,000   |
|       | South Africa          | 190 | 51    | free        | .695 | 11,500   |
|       | Syria                 | 155 | 68    | not free    | .553 | 5,100    |
|       | Turkmenistan          | 150 | 61    | not free    | .679 | 9,700    |
|       | Yemen                 | 160 | 61    | not free    | .339 | 2,500    |
|       | 150s – 199 average    | 176 | 69.00 |             | .639 | \$12,283 |
| Low   |                       |     |       |             |      |          |
| 100s  | Iraq                  | 120 | 67    | not free    | .467 | 7,100    |
|       | Lebanon               | 130 | 71    | partly free | .631 | 15,800   |
|       | Madagascar            | 125 | 55    | partly free | .458 | 1,000    |
|       | Pakistan              | 140 | 61    | partly free | .372 | 3,100    |
|       | Ukraine               | 140 | 66    | partly free | .796 | 7,400    |
|       | Vietnam               | 140 | 69    | not free    | .513 | 4,000    |
|       | Zambia                | 110 | 37    | partly free | .591 | 1,800    |
|       | 100s – 149 average    | 129 | 61.88 |             | .567 | \$6,560  |
| Below |                       |     |       |             |      |          |
| 100   | Afghanistan           |     | 46    | not free    | .365 | 1,100    |
|       | Algeria               | 90  | 70    | not free    | .643 | 7,500    |
|       | Angola                | 50  | 38    | not free    | .474 | 5,700    |
|       | Congo                 | 70  | 47    | not free    | .511 | 400      |



|                   |     |       |             |      |            |
|-------------------|-----|-------|-------------|------|------------|
| Haiti             | 55  | 49    | partly free | .374 | 1,300      |
| Libya             | 90  | 75    | partly free | .698 | 11,300     |
| Nigeria           | 55  | 52    | partly free | .425 | 2,800      |
| Oman              | 90  | 72    | not free    | .603 | 29,800     |
| Rwanda            | 70  | 39    | not free    | .478 | 1,500      |
| Sudan             | 70  | 57    | not free    | .306 | 2,600      |
| Uganda            | 40  | 43    | partly free | .479 | 1,400      |
| Zimbabwe          | 50  | 38    | not free    | .500 | 600        |
| Below 100 average | 66  | 52.17 |             | .488 | \$5,500    |
| World Worldwide   | 212 | 70    |             |      | US\$13,100 |

| Freedom in the World 2014 Findings |                   |                      |
|------------------------------------|-------------------|----------------------|
| Freedom Status                     | Country Breakdown | Population Breakdown |
| FREE                               | 88 (45%)          | 2,826,850,000 (40%)  |
| PARTLY FREE                        | 59 (30%)          | 1,822,000,000 (25%)  |
| NOT FREE                           | 48 (25%)          | 2,467,900,000 (35%)  |
| TOTAL                              | 195               | 7,116,750,000        |

The Map of Freedom reflects the findings of Freedom in the World 2014, which rates the level of political rights and civil liberties in 195 countries and 14 related and disputed territories during 2013. Based on these ratings, countries are divided into three categories: Free, Partly Free, and Not Free.

A Free country is one where there is broad scope for open political competition, a climate of respect for civil liberties, significant independent civic life, and independent media. Partly Free countries are characterised by some restrictions on political rights and civil liberties, often in a context of corruption, weak rule of law, ethnic strife, or civil war. A Not Free country is one where basic political rights are absent, and basic civil liberties are widely and systematically denied.

<http://freedomhouse.org/sites/default/files/MapofFreedom2014.pdf>

### PASCAS CARE – KINESIOLOGY TESTING:

as developed by Dr David R Hawkins

Kindly visit [www.pascashealth.com](http://www.pascashealth.com) for free download as to how you can carry out your own kinesiology muscle testing in conjunction with Dr Hawkins' Map of Consciousness. The PDF document is within the Library in the Medical section.

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

within the MEDICAL section:

<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL/Pascas%20Care%20Kinesiology%20Testing.pdf>

| MoC          | No. of Countries | Average MoC | Average Life Expectancy | Per Capita Income 2013 |
|--------------|------------------|-------------|-------------------------|------------------------|
| 400s         | 10               | 406         | 78.50                   | US\$46,690             |
| 300s         | 13               | 331         | 71.77                   | US\$20,508             |
| 200s         | 10               | 232         | 69.45                   | US\$14,927             |
| High 100s    | 18               | 176         | 69.00                   | US\$12,283             |
| Low 100s     | 7                | 129         | 61.88                   | US\$6,560              |
| Below 100    | 11               | 66          | 52.73                   | US\$5,500              |
| <b>WORLD</b> |                  | <b>212</b>  | <b>70</b>               | <b>US\$13,100</b>      |

**Chronic illness indicates a huge denial of the soul.**

**Illness = out of harmony with love and truth.**

**It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.**

#### Consciousness Calibrations Worldwide

| Level of Consciousness    | Percentage of population |
|---------------------------|--------------------------|
| <b>600 +</b>              | <b>1 in millions</b>     |
| <b>540 +</b>              | <b>0.4%</b>              |
| <b>500 +</b>              | <b>4%</b>                |
| <b>400 +</b>              | <b>8%</b>                |
| <b>200 +</b>              | <b>22%</b>               |
| <b>200 -</b>              | <b>78%</b>               |
| <b>World wide average</b> | <b>212</b>               |

#### Correlation of Levels of Consciousness – Soul Condition – and Society Problems

| Level of Consciousness | Rate of Unemployment | Rate of Poverty | Happiness Rate "Life is OK" | Rate of Criminality |
|------------------------|----------------------|-----------------|-----------------------------|---------------------|
| <b>600 +</b>           | <b>0%</b>            | <b>0.0%</b>     | <b>100%</b>                 | <b>0.0%</b>         |
| <b>500 - 600</b>       | <b>0%</b>            | <b>0.0%</b>     | <b>98%</b>                  | <b>0.5%</b>         |
| <b>400 - 500</b>       | <b>2%</b>            | <b>0.5%</b>     | <b>79%</b>                  | <b>2.0%</b>         |
| <b>300 - 400</b>       | <b>7%</b>            | <b>1.0%</b>     | <b>70%</b>                  | <b>5.0%</b>         |
| <b>200 - 300</b>       | <b>8%</b>            | <b>1.5%</b>     | <b>60%</b>                  | <b>9.0%</b>         |
| <b>100 - 200</b>       | <b>50%</b>           | <b>22.0%</b>    | <b>15%</b>                  | <b>50.0%</b>        |
| <b>50 - 100</b>        | <b>75%</b>           | <b>40.0%</b>    | <b>2%</b>                   | <b>91.0%</b>        |
| <b>&lt; 50</b>         | <b>95%</b>           | <b>65.0%</b>    | <b>0%</b>                   | <b>98.0%</b>        |

**Note: The Map of Consciousness scale is from 1 to 1,000**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

# MAP OF CONSCIOUSNESS

| Level         | Log      |
|---------------|----------|
| ENLIGHTENMENT | 700-1000 |
| PEACE         | 600      |
| JOY           | 540      |
| LOVE          | 500      |
| REASON        | 400      |
| ACCEPTANCE    | 350      |
| WILLINGNESS   | 310      |
| NEUTRALITY    | 250      |
| COURAGE       | 200      |
| PRIDE         | 175      |
| ANGER         | 150      |
| DESIRE        | 125      |
| FEAR          | 100      |
| GRIEF         | 75       |
| APATHY        | 50       |
| GUILT         | 30       |
| SHAME         | 20       |

**PERSONALITY TRAITS:**

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

**WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!**

**At the moment of conception your soul activated your will to become of your earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.** Jesus Message 33 (part) 9 January 2003

**The Rejected Ones – Living True to One’s Feelings**

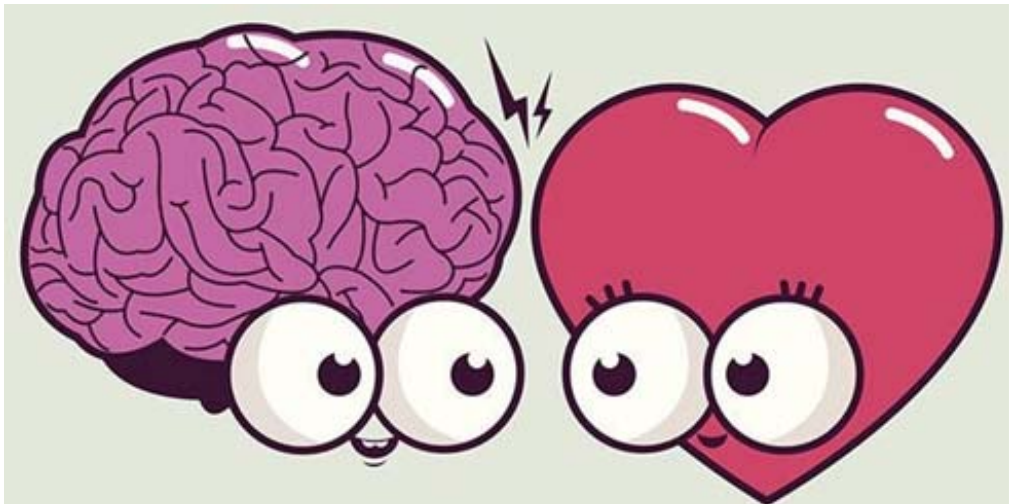
**by James Moncrief**



**Like Father – Like Son**



**Like Mother – Like Daughter**



|  |  |
|--|--|
| <p><b>Our mind strives to control and is always subject to error. The mind’s controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.</b></p> | <p><b>Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.</b></p> |
|--|--|



**The CEILING being BROKEN now ENABLES the bringing about of the GREAT U-TURN:**



**The Great U-Turn is a truth, but what is the ceiling?**

As a consequence of the Rebellion and Default, we have had to endure a ‘glass ceiling’ that has prevailed for 200,000 years. That ceiling is now shattered.

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

The soulmate pairs of Lucifer and Satan imposed their erroneous beliefs of rejecting our Heavenly Parents, Mother and Father, and their regent for all of Nebadon, being soulmate pair Mary and Jesus, and for 200,000 years humanity has embraced their wayward minds and suppressed their feelings. It is our soul based feelings that we are to find Truth and consequently Love.



Within the precinct region of Satania, some 37 inhabited worlds succumbed to the delusions of Lucifer and Satan. Lucifer and Satan were assisted by the soulmate pairs of Caligastia and Daligastia in their manipulation and control of all peoples on Earth. As a consequence of the Rebellion, Earth has been quarantined from humanities on other worlds. This quarantining will not be lifted until our healing is completed, the process of Feeling Healing and with Divine Love, Soul Healing is now being revealed.

### **Bestowal Pairs who have lived on Earth.**

Our world has been visited by four orders of sonship: Caligastia, the Planetary Prince; Adam and Eve of the Material Sons of God; Machiventa Melchizedek, the “sage of Salem” in the days of Abraham; and Christ Michael, who came as the Paradise bestowal Son (and Daughter). <sup>(584.2) 51:3.9</sup> The Urantia Book

Now there is a fifth. Yes, a fifth pair and they are a bestowal Son and Daughter. They are an Avonal Pair.

Michael and Avonal bestowal sons and daughters have Spirits of Truth. Upon completion of their mission and subsequent to their brief return to Paradise, they then release their Spirits of Truth so that all humanity of the world can access and benefit from their Truth. No others can assist humanity in this manner.

Jesus and Mary, upon completion of their lives in the first century, have released their Spirits of Truth for the benefit of all people throughout Nebadon, all 3.8 million physical worlds and their associated spirit worlds. For Earth, this made available our Heavenly Parents’ Divine Love for the asking and receiving thereof. During Jesus’ public ministry, he obtained the status and authority of full regent of Nebadon and subsequently had the soulmate pairs of Lucifer and Satan interred into a prison world, associated with the 1<sup>st</sup> Celestial Heaven, where they still are. This was the commencement of the breaking of the ‘glass ceiling’.

The second phase of the tearing down of the ‘glass ceiling’ commenced in 1914 through the writings of James Padgett – the Padgett Messages. This was the re-announcement of the availability of Divine Love and what it is. The second revelation is how we are to heal ourselves of the imposts of the Rebellion and Default through the Feeling Healing process – that has been revealed through the writings of James Moncrief which are still unfolding.

A bestowal pair now living on Earth, being an Avonal Pair, have subjected themselves to the full force of the Rebellion and Default and are completing their healing. It is through their personal experience of healing themselves that such Truth of how to do so will be made available to all of humanity, as well as those within mind spirit Mansion Worlds. Jesus and Mary did not go through this process as they remained free from sin / error throughout their lives. As the Avonal Pair have advanced in their healing, referred to as Feeling Healing, they brought about the circumstances for the arrest and assignment to the prison world of the Caligastia and Daligastia soulmate pairs thus ending the leadership of the Rebellion and Default for those on Earth.

As progress has been made in the Pair’s healing, milestones have been achieved. On the 31 January 2018 the management and administration of Humanity has now been vested with those in the Celestial Heavens. The Rebellion and Default contract is now null and void – terminated / finished. The ceiling is no longer there.

We now have the way to heal ourselves. This has never been known to humanity before this time. We now can heal ourselves while living here on Earth in the physical, and live life on Earth as though we are in the Celestial Heavens. This is through one’s Feeling Healing and asking for and receiving Divine Love, thus divining our souls progressively as we proceed through our Healing.

The season that we are now progressing through is the completion of the Second Coming, that had commenced on 31 May 1914 and concluded in 2014, the End Times which is in progress, and then the Hand Over. The End Times are the completion of the direct involvement by Jesus and Mary Magdalene



with Earth. The Hand Over is the handing over of the spiritual guidance of Earth to the Avonal soulmate pair by Jesus and Mary Magdalene.

**The MIND is to be Subordinate to One's FEELINGS:**

One's mind is our greatest limiter. Yes, our mind is our greatest retarding hindrance. We are to live through our feelings – not through our mind!

Throughout the world, the mind is revered! It is no more helpful than a deflated balloon. At its best, we can evolve to 499 on Dr David Hawkins' Map of Consciousness scale. That is the peak of the first natural love mind spirit world. All of the great scientists have found themselves stuck at 499 – unless they began to embrace their feelings which a few have done. Mind imprisoned scientists struggle throughout their careers gleaning an occasional break through. Those who embrace their soul based feelings become almost overwhelmed with a constant flow of break throughs and discoveries.

We now know the way. We have been told by those who have the spiritual authority to do so.

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

The ceiling is shattered. There are no controls, rituals, dogmas, creeds, special frocks, books or manipulations involved. This is a journey of learning how to freely express one's true self.

This is a journey to discover and reveal one's full and wondrous personality that was given to each of us by our Heavenly Parents.

This is embracing freedom and finding what true love really is – all for the first time in the history of humanity.



And this is all being brought about by the Avonal Pair in conjunction with the Paradise Creator Daughter and Son. The Avonal Pair will now lead us through our Healing and into the Celestial

Heavens, and from there the Paradise Creator Pair will lead us up and through Nebadon, at which point our Heavenly Parents will lead us into Paradise, Their home.

### **Humanity will progress through and Beyond the Ceiling:**

While humanity remains entangled in its mind domination, it cannot progress beyond the level of Reason. On Dr David Hawkins' Map of Consciousness, Reason is a ceiling of 499 on that scale. This is demonstrated time and time again as this is the calibratable level of many of the world's renowned scientists. We are limited to our minds erroneous functionality and its control addictions.

By engaging with our feelings, our soul based feelings, we have the potential to progress all the way up Hawkins' scale and beyond 1,000. Our mind is to become subordinate to our soul based feelings. Our feelings are to lead the way with our mind assisting in the implementation of such feelings. Not the other way round as it has been for the past 200,000 years.

Further, as we are led and prompted by our soul, we will progressively begin to engage in our Feeling Healing thus removing the errors and injuries that humanity has embraced following the Rebellion and Default. This will progressively step humanity out from the Rebellion and Default over the coming 1,000 years – the new spiritual age which is about to commence.

As humanity embraces their Feeling Healing and also our Heavenly Parents' Divine Love, those people may commence their Soul-Healing with the potential of becoming Celestial while living here on Earth in the physical. Such personalities will open up the communications between those in the physical living on Earth with spirit personalities living within the Celestial Heavens. This will be the introduction to Earth of what is known from within the Celestial Heavens. This is where humanity is now headed. This is the dawning of humanity in becoming truly spiritual while living in the physical on Earth.

This new spiritual age will see great changes. These changes will first appear disruptive, destructive and most bewildering. All existing systems on Earth have to end. All present systems represent the ways of the Rebellion and Default, they are all to collapse.

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

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

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

Yes, on the 22 March 2017 the connection by those from within the spirit Mansion Worlds of natural love, namely worlds 1, 2, 4 and 6 became blocked between them and Earth's physical humanity. Thus the guidance and assistance that many self-centred, power manipulative and hungry for wealth ceased to



be. The hidden controllers of wealth and the deep state elements of individual countries have had their 'intuitive' guidance shut down, blocked and finished. Since that time, these elite leaders have had to depend upon their own guile, their wayward controlling minds. There has been an ever increasing growth in errors in decision making and an escalation of blaming others for failures.

This will lead to the progressive diminishment of capabilities and wealth of the hidden controllers which entail some dozen or so families centred within Europe. They will and are finding greater and greater difficulty in their plan to control the world.

'Pillars of society', and yes they typically are, knights, barons, eminent people, pontificate on the virtues of their endeavours while devouring huge communities.

Two opposing family groups exist within this powerful network. One group's attitude is to take care of the family and their workers, and associates, benefit everyone, privilege has responsibility. The other group's attitude is privilege begets privilege, no such responsibility to community and family. The predominance of manipulation for greed prevails.



The structure is that of a top tier consisting of little more than a dozen families with a single figurehead or chairman, being for the long term. The middle tier (medium term) mainly European and consisting of more than two dozen families. Then there is the lower tier (short term) of maybe more than one hundred and twenty families from North America and Europe and publicly known as the Bilderberg Club. <http://www.bilderbergmeetings.org/>

Further, the deep state groups in most countries are also finding greater opposition and their positions threatened. The governments they have been manipulating are turning on them, outing them and will begin to imprison them.

Russia is the first country to have freed themselves of the controls of the hidden controllers. Principally thanks to the world's oppressive sanctions upon them causing Russia to be resourceful and self reliant. Russia is now able and is assisting other major countries throughout the world to do the same.

Again, this is now being guided by those from within the Celestial Heavens, being spirit worlds 8, 9 and 10. Guidance and assistance of humanity is now only coming from the Celestial Heavens and that became official on 31 January 2018. The Celestial Spirits authority commenced to come into play in the early part of 2017, prior to that time they have had no authority or way to assist while the Rebellion and Default was played out. The Celestials had to comply with the contract managing the Rebellion.

Now the Great U-Turn is possible. It is coming into play. This will be the great evolutionary step for humanity.

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

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

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

Our soul expresses itself as two personalities. One soul manifests itself both as a female and male always. We are made in the image of God. Yes, God is two personalities, Mother and Father.

# **SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**

**Self Revealing**

**Self Loving**



**Feelings First**

**WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:**

**To PARADISE, the HOME of OUR HEAVENLY PARENTS**

# The Way Home



Council of Elders  
now around 20  
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father’s Divine Love, together with embracing one’s Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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

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

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



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of ‘New Age’ styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

## WHAT IS THIS ALL ABOUT?

**Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.**

**At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.**

**Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents controlling natures; we are best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!**



**Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding our progression with mind based limited understandings.**

**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace – once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.**

**Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.**

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.**

**We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.**

**By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.**



## U-TURN for HUMANITY:

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feeling is really: **Longing for the truth of our self, because: we are our feelings.** So life stirs up



our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.”

Kevin of the 1<sup>st</sup> Celestial Heaven 26 September 2017

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

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

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

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

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

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

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



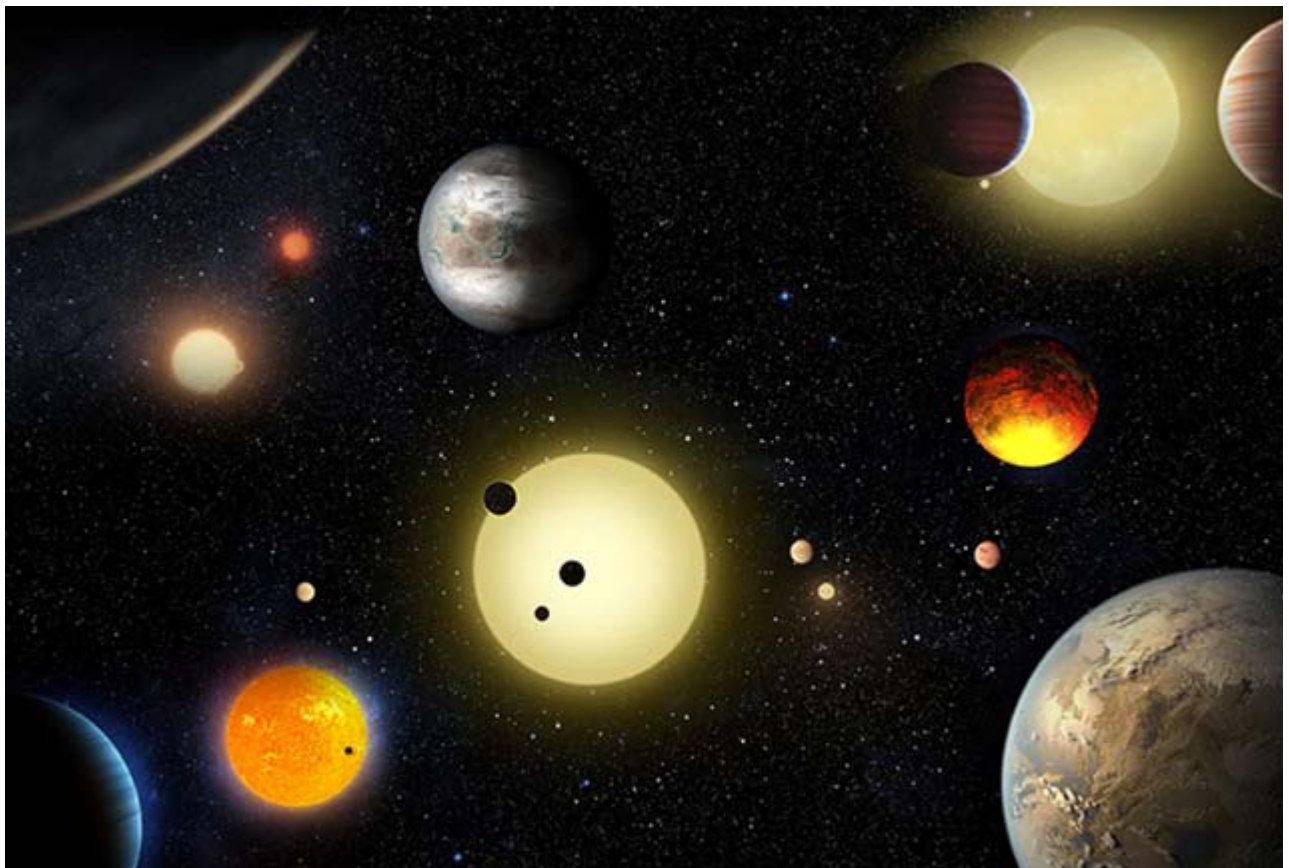
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

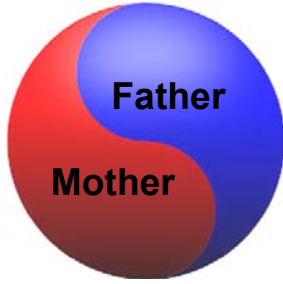
**This is the greatest event in the history of humanity.**

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



AVONAL PAIR to be RESPONSIBLE for SPIRITUAL WELLBEING of EARTH:

Heavenly Parents



The Paradise Pairs, children of God, are all only concerned with the spiritual wellbeing and upliftment of the planets and local universe. Creator Son and Daughter, Mary and Jesus, are focused upon the spiritual wellbeing and upliftment of the whole of Nebadon which involves Earth, one of 3.8 million planets.



**AVONAL PAIR**

The Spirits of Truth of the Avonal Pair are to join with the Spirits of Truth of Mary and Jesus.

**Soulmates**



**COUNCIL OF ELDERS**



The Council of Elders, 12 Celestial soulmate pairs, being a Soul Group, guide to Founder of the Global Humanitarian Fund that is to disseminate Feeling Healing and Soul Healing guidance.

**Soulmate PAIR** while living in the physical of Earth, are to complete their Feeling Healing whilst embracing Divine Love, thus completing their Soul Healing. Being the first humans to do so, they will subsequently, upon their physical deaths, release their Spirits of Truth so that the whole of humanity, for the next 1,000 years, can embrace and progress in their soul development through Feeling Healing.



**GLOBAL HUMANITARIAN FUND**

Through the Global Humanitarian Fund, humanity is to be introduced to the processes of Feeling Healing and Soul Healing. Further, they will also become aware that our Spiritual Teachers of Truth for the next 1,000 years will be the Avonal Pair who will be handed this task from Jesus and Mary, and much, much more.





# Crossover

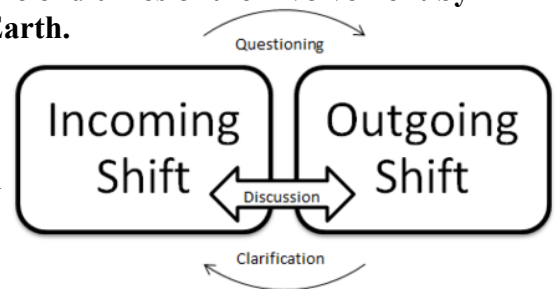
This time, in the history of humanity, is the most exciting time ever experienced.

# the Handover

This is the time that man is now able to evolve in its spiritual development. Man has endured 200,000 years of Rebellion and compounded this with the Default of some 38,000 years, now it has been provided with the guidance to put aside the negativities of the Rebellion and Default.

With the guidance that was provided through James Padgett (1914 through to 1923), man became again aware of the availability of Divine Love from our Heavenly Parents. This also heralded the handover. That is, the commencement of the end times of the involvement by Mary and Jesus in the spiritual affairs of humanity on Earth.

Soul groups that have been in place during Mary and Jesus' 2,000 year involvement with Earth have progressively handed over to soul groups that have been forming since 100 years ago. The older soul groups have mostly progressed on further towards Paradise.



The second revelation, that followed from the availability of Divine Love, is the processes of Feeling Healing and Soul Healing. The understanding of the Feeling Healing process is the most important of the revelations and should have been the first to be revealed. Feeling Healing and Soul Healing are being revealed through and by Marion and James Moncrief.

The soulmate pair, that are the first to complete their Soul Healing, and upon their deaths, they will release their Spirits of Truth which will unify with the Spirits of Truths of Mary and Jesus so that humanity, in whole, will have access to these knowings and guidance for the next 1,000 years.

Mary and Jesus, being responsible for the spiritual wellbeing and upliftment of the whole of Nebadon, are to withdraw from their direct involvement with Earth and hand over the responsibilities to an Avonal Pair who take individual responsibility for the spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds, in this case, Earth exclusively.

## COUNCIL *of* ELDERS

For the next 1,000 years, via the Avonal Pair and the newly forming Soul Groups, Earth will be able to evolve through embracing Feeling Healing, and with Divine Love, one's Soul Healing. These newly formed Soul Groups are effectively 'Council of Elders' to assist humans living in the physical on Earth to enable all to be aware of the way to evolve.

With the absolute end of the Rebellion, this is the first time in 200,000 years that mankind, humanity, can take control of his and her destiny and evolve in love and truth for all eternity!

Throughout this coming era, our spiritual leaders will be an Avonal Pair, yet to be identified.



## **FEELING HEALING – SUMMATION:**

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

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

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

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

The pioneers of Feeling Healing – Marion and James:

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

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

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

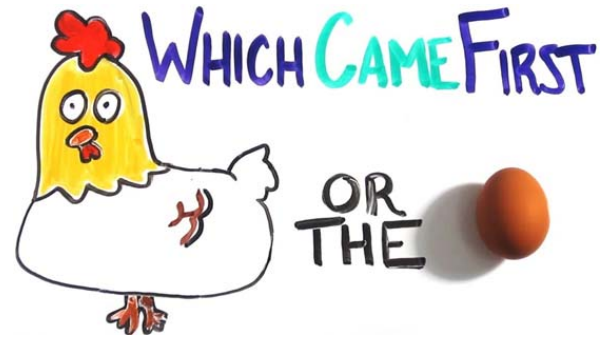
<http://www.pascashealth.com/index.php/library.html>

## **Library Downloads – Pascas Papers**

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

## FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.

**FEELING  
HEALING  
For Kids**

Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.

**REVELATIONS**



# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.  
 Want to understand why you're feeling them.  
 Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



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



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

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

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

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



Everyone can relate to everyone else through their feelings.  
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.  
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.  
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

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

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

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



The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



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

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

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

**LOVE is the Religion of Feelings, being:**

**The New Way, Feelings First Spirituality**



my  
**House** is your  
**Paradise**  

**HOME**

**LOVE**  
is  
**The New Way, Feelings First Spirituality**

*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/>

# THE New Way

## Feelings First Spirituality

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

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

# 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 only know 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 it 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

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

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

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

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

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



**James 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                      | 47    |
|   |                        | This group being pages of | 3,046 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

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

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

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

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

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

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

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

**[PASCAS – document schedule.pdf](#)      downloadable index to all Pascas Papers.**

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

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

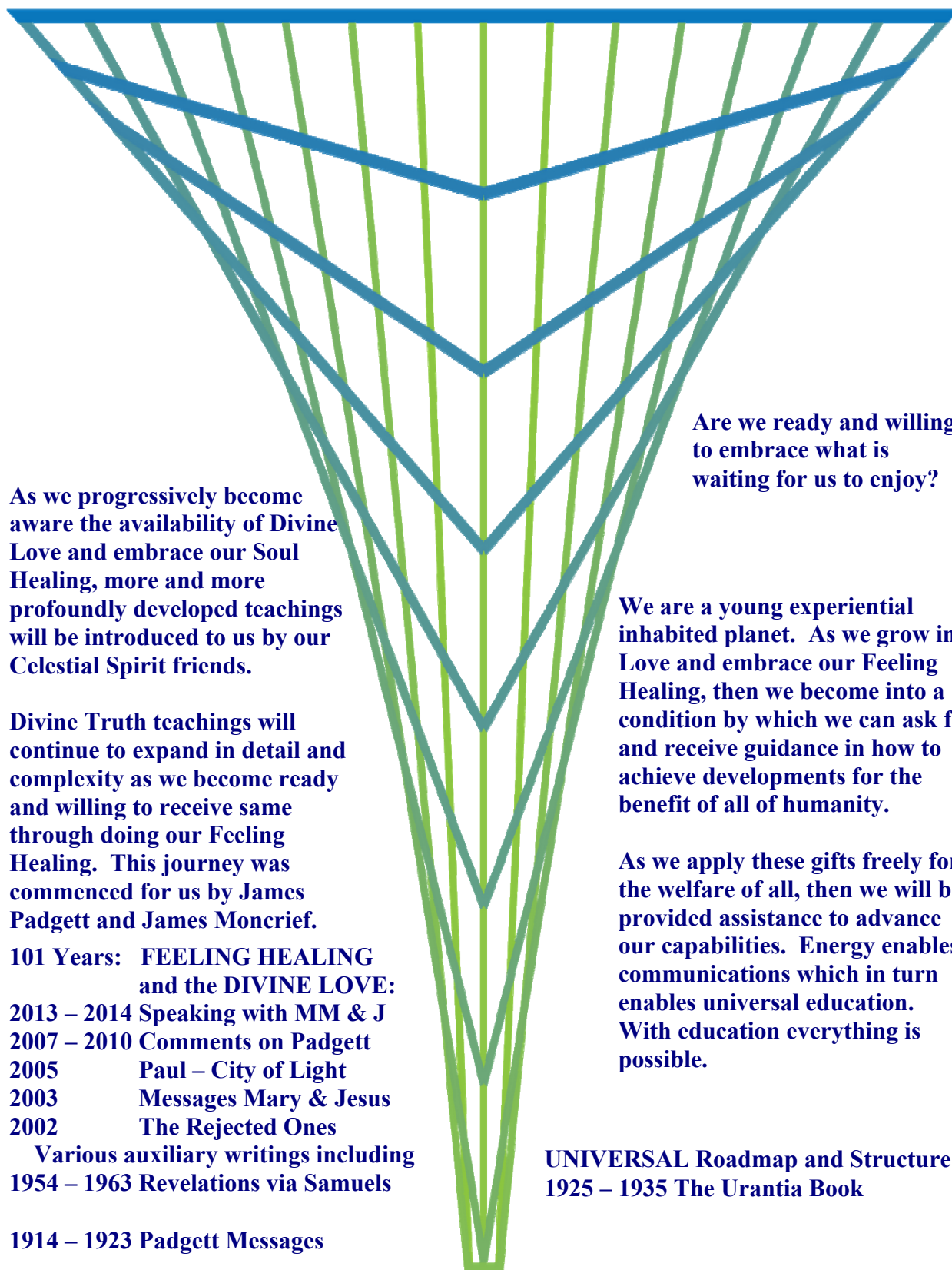
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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





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

Strive to love others as I am to love myself

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing so 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:

