

# PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd ABN 23 133 271 593

11 Crenshaw Court

Parkwood 4214 Queensland Australia

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

Bs +61 7 5594 0479

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

Em: [info@financefacilities.com](mailto:info@financefacilities.com)

2 March 2019

## MENTAL HEALTH of our CHILDREN

Griffith University associate professor and clinical psychologist Dr Lara Farrell says by treating compulsive disorders and phobias in children, she and her colleagues hope to prevent issues later in life.

Dr Lara Farrell [l.farrell@griffith.edu.au](mailto:l.farrell@griffith.edu.au) (07) 5678 8224  
Associate Professor  
Griffith University – School of Applied Psychology  
G40 7.88, Gold Coast.



Dr Lara Farrell

This is the article in the Gold Coast Bulletin 2 March 2019  
written by Ann Wason Moore.

It can start simply by being scared of the dark.

A “normal” fear for a toddler, parents may happily switch on a night light and, almost overnight, a phobia grows.

Add in the school-age stress from NAPLAN, homework and social media and we have what is becoming an epidemic of anxiety for students.

Obsessive compulsive disorder (OCD) is now more prevalent among children than autism spectrum disorders (ASD), while 20% of Gold Coast children aged 8 to 12 are reporting extreme distress about their appearance – an early warning sign of eating and body dysmorphic disorders.

Griffith University associate professor and clinical psychologist Dr Lara Farrell does not want to freak out parents, but she wants them to know this is a problem that needs our attention.

“There is a very strong biological component to anxiety disorders, but these days we are seeing problems emerge at a much younger age,” says Dr Farrell.

“It used to be that kids might have a little touch of anxiety or OCD symptoms but they would get through until adulthood and then life stressors would make it very pronounced.

“What we’re seeing now is a much earlier age of onset of these problems, and we believe that is due to the amount of stress that kids are under now.

“OCD alone is a big problem. It’s more prevalent than ASD but less detected. Often, teachers won’t see anything but for families it can really become a living hell.

“The accommodations they make to support a child crippled with fear is just incredible. You could be dealing with anything from kids who take four-hour showers, to buying a second car because the first one is “contaminated”, to kids living in entirely separate dwellings because family members are considered contaminated.

“It can start so subtly and so small that no one realises it until it has become a problem, that is then deeply ingrained.”

Dr Farrell pioneered research into the treatment of children with this disorder with the OCD Busters program, which uses state-of-the-art intensive and evidence-based, cognitive-behavioural treatment to achieve “really excellent outcomes”.

But she believes the key to helping children – and adults – conquer anxiety disorders is to start young.

Dr Farrell’s latest research trial, Pre-Schoolers Overcoming Phobias (POP!), utilises an intensive one-session treatment for young children with specific fears.

“We’re treating children as young as three who are excessively afraid of certain situations or objects such as dogs, the dark, costume characters, high places, water or insects,” she says.

“These phobias are highly prevalent and predict a host of mental illnesses later in life.

“It can be really hard for parents to know whether these fears are a problem or something the kids will ‘grow out of’. But we now have data from many trials that show these things don’t go away, they may just present in a different way.

“By treating these children as soon as this mental health disorder first appears, we hope to prevent a lot of issues later in life.

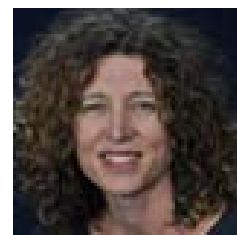
“Young children are so malleable, it’s great time to treat problems. It’s also a matter of educating parents. Often when we see our children fearful, we jump in and rescue them – it could be as simple as turning on the night light – but we’re just facilitating avoidant behaviour. A tendency to avoid rather than approach really predicts long-term anxiety and mental problems.

“What we’ve been discovering so far is that when we treat one phobia, all the others go away as well. These children are developing tools to be resilient and brave and are mastering the skills to face fears. Our hope is that it will help them successfully handle anxiety throughout their life”.

Dr Farrell says children of all ages and abilities are affected by anxiety.

She is part of a team led by Professor Allison Waters, working in partnership with the National Rugby League to improve the mental health of young Australian in sport through the Life Fit program.

[a.waters@griffith.edu.au](mailto:a.waters@griffith.edu.au) (07) 3735 3434 M24 4.20, [Mt. Gravatt](#).



“We’re really working to identify mental health issues with kids who are involved in an elite level of sport,” Dr Farrell says.

“These adolescents are under huge pressure and often don’t have the skills they need to handle it, like grit and perseverance.

“It’s great to see a body like the NRL take this well-rounded approach. If we don’t help these players at this age, it can turn into the problems you read about in the media when they are adults – alcohol and drug issues, gambling, relationship problems, and so on.

“We’re combining on-field tactics with life tactics.”

Dr Farrell is also fighting for funding to study body dysmorphic disorder (BDD), a problem she believes is growing. BDD has a high suicide rate ... like OCD, it is a very secretive disorder.

She says her colleague, Professor Melanie Zimmer-Gembeck, has been tracking students with Body Dysmorphic Disorder (BDD) symptoms. The results are disturbing. Griffith University – School of Applied Psychology



Melanie J. Zimmer-Gembeck, PhD, is Professor in Applied Psychology and the Menzies Health Institute of Queensland at Griffith University, Australia. She is a developmental psychologist, and conducts research on social relationships and individual development during late childhood, adolescence and emerging adulthood. Her primary areas of expertise are romantic and other peer relationships, rejection, sexuality, aggression, autonomy, and appearance-related concerns. She also directs the Family Interaction Program, which investigates the effectiveness of parenting support programs, such as Parent-Child Interaction Therapy and Circle of Security.

“BDD is a lesser known mental illness. It’s thought that about 2% of the population has it but, like OCD, it is a very secretive disorder.

“What we’re trying to do at the moment is understand the presentations of BDD and work with schools in a longitudinal study to track kids who report symptoms.

“We’re looking at children aged 8 to 12 and we’re seeing more than 20% reporting severe distress about their appearance.

“That not clinical BDD but that is a very large proportion of young children with BDD concerns. It’s very worrying. Our study will track what happens to them.

“A small subset may develop BDD but it’s likely many will develop mental health issues such as depression and eating disorders. This is a problem that is equally affecting boys and girls.

“We’re trying to get more funding so we can really look into how to help these children. What are the risk factors? My suspicion is that social media and filters and selfies are not helping. But also, what can we do to treat them?

“The current treatment for adults is not very effective. Only half show good responses. We want to research treatments that will work on young people. It comes down again to resilience, understanding their emotions and dealing with anxiety.”

Dr Farrell says some of her successful anxiety treatment breakthroughs have been hampered by a lack of accessibility due to the structure of Medicare.

She says her research shows intensive treatments are proving far more effective than the traditional one-hour per week sessions covered by the Government's medical benefits scheme.

"I'm not quite sure who came up with the idea that one hour once a week is the way to treat mental health issues," she says.

"It seems far more effective, according to our research, to do intensive sessions. That may be a one-session three-hour treatment or three intensive sessions.

"The problem is that Medicare will only cover one hour a week for 10 weeks. The result is that for a lot of families, the cost is too much.

"It's such a shame to know that we have evidence-based treatments that are really working but not be able to help everyone who needs it."

Dr Farrell says while her methods are clinical, her deep empathy for her subjects comes from being a mother.

She sympathises with parents who struggle with stress themselves and endeavour not to infect their families with the same anxiety.

"It's hard. I get it," she says.

"As parents we're dealing with stress from work, the stress of finances, the stress of dealing with the demands of technology, homework and sport or extra-curricular activities on our kids. It's hard not to be affected.

**"The best thing you can do is encourage your children to talk to you.** Don't let them avoid problems by burying their head in an iPad, or you in your phone. And try not to give in to the stress.

If you are interested in your child taking part in the free Pre-Schoolers Overcoming Phobias (POP!) program, visit [www.griffith.edu.au/kids-overcoming-phobias](http://www.griffith.edu.au/kids-overcoming-phobias)

Associate Professor Farrell and her colleagues have been awarded a grant from the National Health and Medical Research Council (NHMRC) to conduct this research. The study has received ethics approval from the Griffith University Human Research Ethics Committee (GU Ref: 2018/145). 2017-2022. Farrell, Ollendick, Donovan, Spence, Waters, Zimmer-Gembeck One-Session Treatment for Specific Phobias in Pre-School Children: Improving access and long-term mental health outcomes. NHMRC. 5 years.

On 21 March 2019, following on from several brief exchanges:

Dear John

"Thank you so kindly for your email and messages. I have had discussions with my colleagues at the University and we have concluded that timing for my research programs is probably not quite right for seeking partnerships. Thank you though for reaching out and expressing an interest in the work that I am overseeing. Perhaps we could re-visit this down the track once I have established the evidence-based more."

Warm wishes, Lara

From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**

**Self Revealing**

**Self Loving**



**Feelings First**

## **OUR PARENTS BRING ABOUT ALL OF OUR WOES!**

6 March 2019

Hello Ladies and Gentlemen

Traditional ways of investigating and resolving new or old problems have all been founded on the principle of holding the mind sacrosanct, it having been embraced as the pathway to truth. This was progressively imposed upon us all some 200,000 years ago. Consequently, we have all been held imprisoned within the confines of our minds which cannot determine truth from falsehood and, further, the mind is addicted to control.

As a few amongst us have begun to live through their feelings, a great avalanche of discovery is now freely flowing with the corresponding freedom that comes with it.

The resolution of childhood illnesses, both mental and physical, is now readily resolvable.

It is not to the child that one may turn to for the understanding of the discomfort or illness, it is to those within the environment of the child, principally the child's parents who ultimately are responsible. Yes, we the parents bring about the illnesses and disturbances within the child. The child, prior to incarnation, is pure and pristine in all aspects, in fact divine. At the moment of conception the child begins to absorb all that ails its parents. It is an onslaught of massive proportions that one wonders why and how any child continues on past the moment of conception.

This intake of errors and misbeliefs by the child while in embryo continues through to child birth. And then the child emerges, into the world, all smiling, a fresh flower of beauty and hope, only to be told 'NO' typically 30,000 times a year throughout its forming years to around the age of six. Then we, as parents, wonder at the way our child is mirroring our personalities as we have indoctrinated them to do. We have totally suppressed our children's personalities and they have obliged by repressing their self-expression – their true personality.

And then we give weird and complex names to so-called 'dis-eases' which are manifestations of childhood repression, totally denying the harm and damage that we have inflicted – we, the parents, have imposed upon our children all that ails them throughout their whole physical life and beyond. The child has not attracted any form of malady, we as parents have imposed their maladies upon them.

For the first time in 200,000 years we know this to be true! And for the first time in 200,000 years we now know how as adults we can remedy these maladies that were imposed upon us as children, just as being parents we can lessen and finally end the maladies we impose on our children.

This is the greatest time in the history of humanity. We can for the first time in 200,000 years begin to evolve, not devolve as we have done so for many generations taking on what our parents inherited from their parents. We can now start to give our children freedom from being forbidden to express their own true personality. It starts today. It starts in the year 2019. This is ever so important. So let us take a big swig from our favourite substance bottle and accept that we have been screwed well and truly by a system so corrupt that society is yet unable to comprehend.

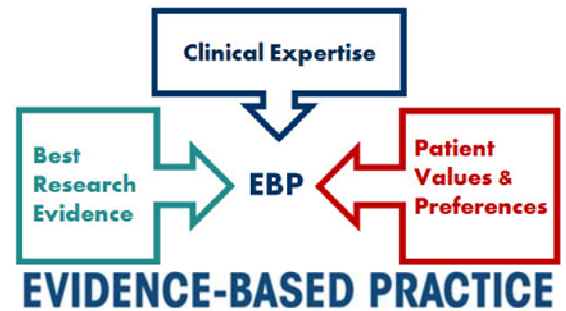
**“The best thing you can do is encourage your children to talk to you.”** Says Dr Lara Farrell.

Generally it is the female who recognises this. Mainly, women are closer to their feelings and can recognise this truth. Men have suppressed women for some 200,000 years from freely accessing their feelings. This suppression is now to end. It is time for all to recognise that we have within us the way

to release the disturbing energies that are bound up within each and every one of us and free our true personality. Women will lead us on this journey as it is women that are our true spiritual leaders.

Mind entrapped, man-made dictates are enslaving humanity with stagnation. We are meant to express ourselves, our true selves. Our soul based feelings are always in truth whereas our minds cannot determine truth from falsehood.

Generally, systems that have been developed and embraced worldwide have been of man's creation, and in this we mean made by men, not by women, are taking us further and further away from truth. The peer review systems lead to an un-holly capitulation to the dictates of the ultimate head of the peer review chain – no potential to discover further truth beyond that of the ultimate head of review. This has been imposed through out all institutionalised systems but none is more harmful than this dictate within the education system.



We are all unique personalities. No two personalities are the same throughout the universes. However, from the instant we are conceived / incarnated, those within our environment impose their thoughts, feelings and control upon every newly forming embryo. All of this is the crushing of our true personality and an endeavour to have us each conform with what others who 'love' us believe we should be – they are killing us with their corrupted beliefs. This goes on unabated through our critical forming years to around the age of 6 or 7 and then the education system, religious institutions, employment regimes take over, all overseen by a government with its numerous coats of deception assisting us.

There is no one remedy which an institution can provide to alleviate us from yet another cleverly defined ailment which is yet another aspect of childhood repression and suppression. Only we can heal ourselves of the harm that has been thrust upon us by our parents, unless our parents start the process of healing themselves while we are young, particularly when being very young.

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

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



**From conception to  
age 6 or 7**

**From 8 to age 14**

**From 15 to age 21**

**From 22 to age 28**

**As we heal, we directly heal our children similarly.**

**The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.**

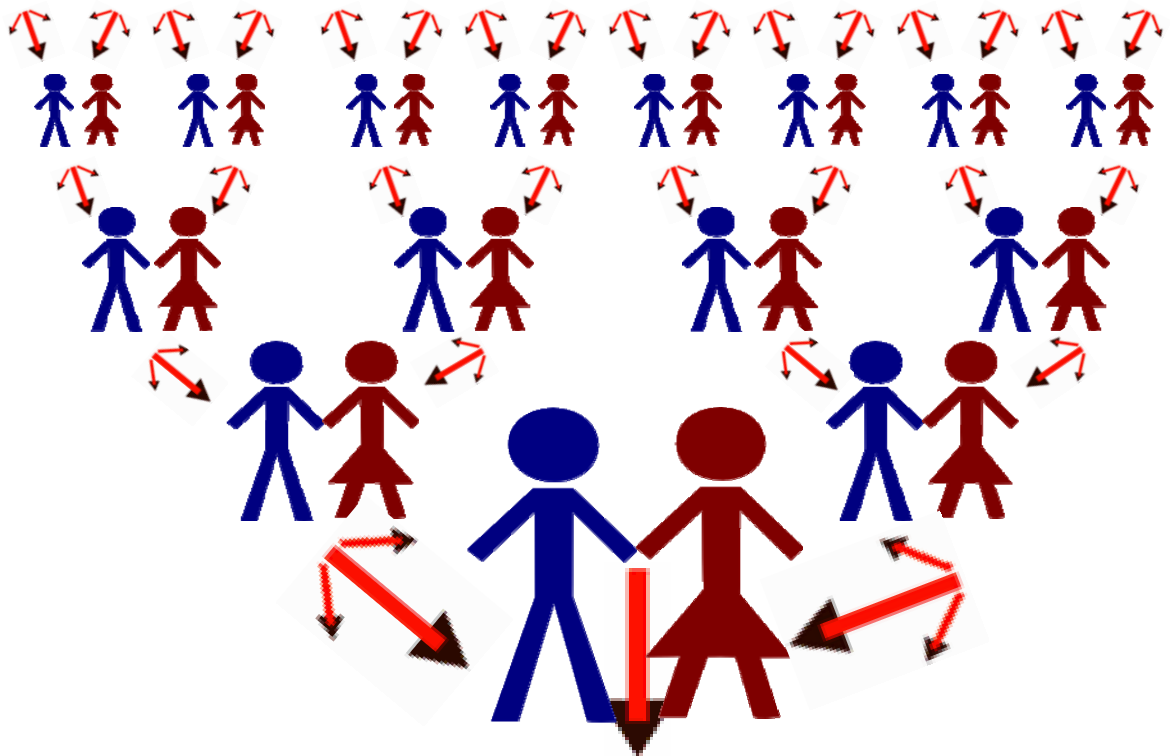
Due to the complexity of each of our individual personalities combined with the complexities of the errors and issues passed down through the generations resulting in our parents coming together, infusing their children with all their own errors and injuries, the cocktail of each of our injuries is multi-faceted and multi-layered throughout our physical, emotional, mental, psychic and spiritual layers, and then throughout the seven planes and sub-planes that we are. As we delve into our feelings, both good and bad, we will progressively learn the truth of our feelings, as they are revealed to us, in the order they unfold, being a reflection of how we took them on.

### GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven mansion worlds which is passed onto us though our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

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

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.





**WE EACH HAVE UNIQUE ISSUES TO HEAL THROUGH OUR ASCENSION THROUGH THE SEVEN MANSION WORLDS!**



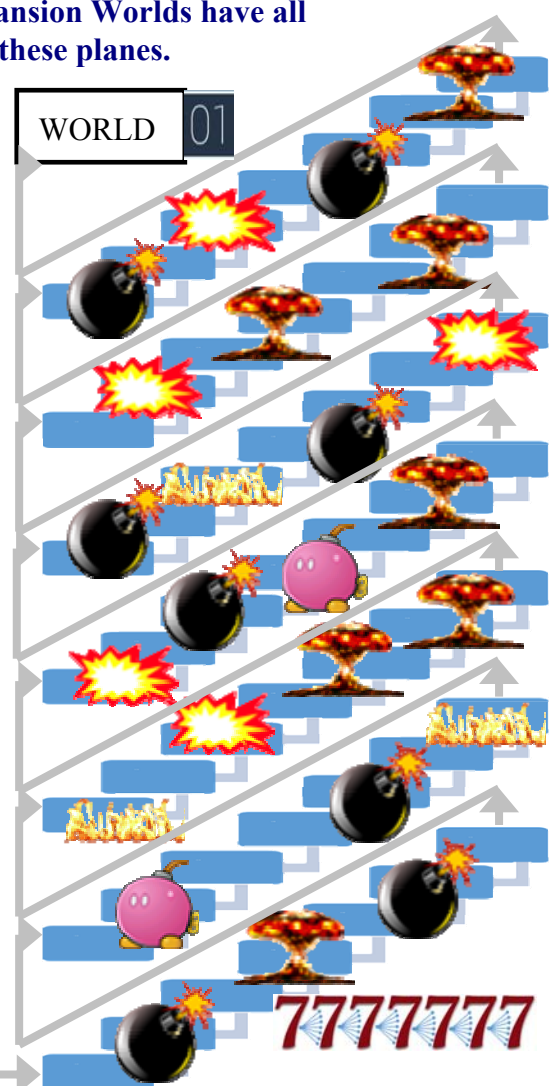
Happy Parents and Unhappy Parents are all born into the Rebellion and Default. The children all absorb the errors and emotional issues of their parents tailored to suit their personality which is unique to their soul. Our issues are unique and no healing is the same as for any other person.



**Feelings First**

Each of the seven Mansion Worlds have all of these planes.

Mansion World 1 of 7



**Both Mind  
Worshipping  
in a stupor**



PLANES for each MANSION WORLD, we have seven Mansion Worlds to work progressively up through to heal ourselves of the Rebellion and Default.

Our injuries are further entrenched through our wayward mind. Our mind is incapable of helping us escape from our inheritance.

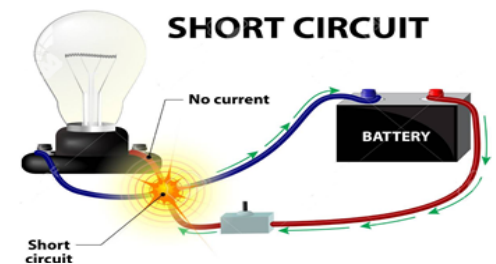
It is only by longing for the truth of our feelings and expressing what comes to us, both good and bad, that we can begin the long progression of healing ourselves. It is not easy and it is a long, slow process, however we will all undergo this healing process. We will all come to realise that for each of us to progress this Feeling Healing process is the one and only way forward.



**YOU ARE YOUR FEELINGS, YOU ARE NOT YOUR BELIEFS OF YOUR MIND – YOU ARE NOT YOUR MIND.**

### **DEFUSE ERROR by SURRENDERING:**

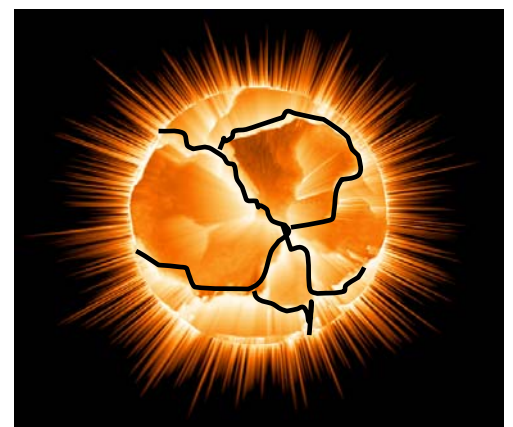
So through your Healing, each bad feeling experience you have really equates to having to deal with one or more damaged mind / feeling circuits, which are then represented on all the levels within yourself, on the feeling, mind and will levels, and all in between. So when you express all the pain and submit to the bad feelings, no longer trying to control or fight them, you are effectively falling into the pattern of how you live and express your negative circuit, thereby de-powering it, short circuiting it if you like, which then liberates more pain and truth, which then allows the circuit to be made right, this being the progress as you ascend through your Healing up through the mansion worlds (all seven of them).



So these barriers are the dysfunctional mind / feeling circuits on all the varying levels. This is crushing them all by having taken them all within yourself, which you did through your early life, just like everyone does, then Healing yourself systematically of them, each in your separate way.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven 21 November 2017

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. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.



“Creation is all-loving, but for most of you this is a truth and experience far away. You feel threatened and scared of so many things in life, and you will do so many things to try and settle your nerves to cope with such a hostile existence. You are afraid of nature as you have been made yourself afraid of your

own nature. You fear life as you fear yourself. And you fear yourself as you fear your parents, all because of how they made you feel about them, yourself and nature. If you feel scared of the world, scared of people or certain circumstances and situations, it is all because your parents made you feel this way when you were a child. In your family, which was the world, you were scared of the people, and situations and circumstances brought about by them.

“All your bad feelings: sickness, discomfort, nervousness, depression, misery, fear, guilt, stress, mental strain and fatigue; all your physical aches and pains, are all caused by your parents’ treatment of you. Everything – every little part of you that doesn’t feel right – is a result of being interfered with by them, and you have covered it all up. There are no past lives to haunt you, and no unknowable deep unconscious that has power over you. It is all you, and all that’s happened to you from conception onwards. All what was done to you by your parents, and you can find out the whole truth of it.



**Terror is the pinnacle of fear – breath !**

“It has been forgotten as you grew older changing yourself to take over from your parents, and this is what you call your unconscious – or at least what you are unconscious of – just all of you as a child you are refusing to see now as an adult, and it is all controlling you. From sexual maturity you live the effects of such causes. As

an adult, until you do your healing, you are the ongoing outworking of this beginning with no love. You will live and suffer the effects of your childhood over and over, until you want to wake up to the truth of your pain choosing to do something about it. So all the pain and illness and agony you suffer in old age are only the effects of your childhood agony solidifying its grip on you as you have refused to see it over all these years. And to die from it will only mean that the pain of your childhood has killed you, but it will still be with you in spirit. You may recover from the effects of your physical illness once you are in spirit and without a physical body, but still all the emotional and mental causes will be within you; and they will still surface from time to time plaguing you until you choose to look into yourself and seek the truth of the pain – the truth of how you were treated by your parents.”

Messages from Mary and Jesus Book 1 Mary 21 March 2003

“All physical problems only come from your childhood repressed feelings and associated negative patterns.

“Parents generally don’t see that they are the cause of their child’s unhappiness. Most parents believe that they are not wrong, however if you have done your healing and then parent, you will have a very different approach wanting your child to openly express all it feels.

“Your mechanised impersonal world is beginning to show the signs of pain from the burden of living untrue to itself. Many people are in great pain, some aware of it, others not so. It’s time something happens, something to help humanity to come back from the brink, because to continue on as you are doing, as you have done over all these years will only mean certain disaster. You simply can’t go on denying yourself as much as you do, for just like a person who is denying themselves, when it all gets too much, then their system starts to breakdown, they become ill, and humanity is very ill indeed. And all you do, such as all your doctors do, is try and correct the part that is obviously wrong, but nothing you do deals with the inherent causes making you sick in the first place.

“No one has lived a true relationship over all these years. no one has, and so all relationships are flawed, all children produced by such flawed relationships become themselves flawed, it all getting passed on one generation to the next. And all the so-called love in such relationships is being experienced within an anti love and anti truth state of mind and way of life, so there’s a huge pressure being brought to bear on you all, all the time. And it doesn’t matter what you think or what you believe, or whether you agree with what Mary and I are saying, because if you want to sincerely relieve yourself of your soul and spiritual pain, you will have to seriously consider making growing in truth your priority in life.

Speaking with Mary Magdalene and Jesus Book 1 Jesus

“To uncover the truth of yourself you must look to your feelings, because you can’t do it through and with your mind. All your spiritual and religious and non spiritual and non religious systems have been designed by minds that are trying to keep the mind in its controlling position, that being, in control over feelings. But to grow in truth, feelings must be liberated and in particular, all those feelings you don’t want to acknowledge, all the bad stuff you’re keeping hidden from yourself.

“So doing religious or spiritual practices that keep you denying such feelings, to keep your feeling-denial in place and your mind well in control, will only serve as to keep you well and truly imprisoned in your untruth and anti-truth states.

“If you keep denying yourself, you get sicker and sicker, having to rely more heavily on your mind to take over, trying to override your bad feelings, pretending you are not as sick as you feel. And this you can do to quite a high degree. But one day, all you are doing with your mind to keep yourself afloat, so to speak, will become increasingly more difficult, and eventually fail, so you have to face the truth that things are not well with you, having to face and accept the truth that you are feeling bad. All of which is to help you see that you are feeling bad because you’re denying aspects of yourself, because you are denying many of your bad feelings. Which means, you are denying expressing yourself, your personality, as fully and vigorously as you should be. Which means you are denying yourself your growth of truth.

“Evil denies truth, evil is anti truth, so when Jesus and I say you are all evil, what we mean is; you are all preventing yourselves from growing in truth, from being the real and true you. And as part of this truth denial and so ongoing denial of self through the ongoing denial and refusal to accept ALL your feelings, you will deny yourself your true soul partner, all so you keep denying yourself the maximum truth you can receive.

“However the great confusion many people experience is that they believe they are growing in truth when all they are in fact doing is expanding their mind, growing in beliefs and mental understanding. But that is not growing in truth, it is not advancing your soul. And many people and mind spirits fall into the trap that because they feel they know more than others, they are more advanced in truth, but in this they would be mistaken. Your minds are heavily weighted to keep you in your truth-denying states, and until you set yourself free of their control, that being achieved by looking more to your feelings to lead you in life, so you will continue to prevent yourself growing in truth.”

Speaking with Mary Magdalene and Jesus Book 1 Mary

To put it simply, we as parents bring about all the negative patterns, mannerisms, impediments, unloving characteristics, health issues that manifest in the physical as well as mentally, even childhood illnesses that occur during the gestation period and early childhood, within our children. All the issues that are related to a successful birthing, with or without defects and childhood illnesses, are the consequence of emotional injuries held within the parents. We do this through the cocktail of our own highly complex

and multi-layered patterns that we have embraced unknowingly from our conception and life, particularly during our early forming years. All of this can be resolved by us, healing ourselves by engaging in the Feeling Healing process, and with Divine Love then engaging in our Soul Healing.

The way to assist our children is to address our own repressed and suppressed emotional issues. It is we as parents that are causing great harm to our children, no one else or something else, us!

Now we understand this, but more importantly, we also understand how to heal ourselves because we have been shown the way.

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

“The more parents exert less control over their children, the more surprised they will be at how their children will be compared to how it was for themselves and how it was for their parents. The world is rapidly changing and so too are the effects it’s having on children in all the different cultures. But it all still amounts to the same thing: you either continue to live denying your true self, irrespective of how much control you might outwardly exert over your children, other people, nature (including your pets) and yourself; or you either try to let go of the control of your mind through the doing of your healing. Do you want to live true to yourself; or do you want to keep living true to your parents? Do you want to be the master or mistress truly of your own ship, living wholly through the ongoing expression of your feelings so as to be completely self-revealing in truth; or do you want to delude yourself that you are in control and self-aware and growing in truth, when all you’re really doing is marching to someone else’s drum.”

Speaking with Mary M and Jesus – book 4 Jesus Thursday, 6 March 2014

Aspiring to Living Feelings First

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

Pascas Foundation (Aust) Limited



**The REJECTED ONES are ALL of US – all of HUMANITY!**

**The CHILD is INNOCENT:**

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

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

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

Messages from Mary and Jesus      Jesus 14 April 2003

Those Daughters and Sons who come forth from the Deities on the central Isle of Light and Life are called the *Paradise Daughters and Sons of God* – they also are the only ones with Spirits of Truth – embrace the following three orders:

- |  |                  |
|--|------------------|
| 1. Creator Daughters and Sons — the Michaels.        | Do incarnate     |
| 2. Magisterial Daughters and Sons — the Avonals.     | Do incarnate     |
| 3. Trinity Teacher Daughters and Sons — the Daynals. | Do not incarnate |

**EXTRACTS from The REJECTED ONES:**

“The main problem on Earth is that the parent stands in its child’s way. It does not allow the child to ‘see’ and find out for itself. The parent tells it what to see, when to see it, how to see it, and even what it is seeing. The parent takes over completely, and the child has to submit to such control. And this in its essence is the evil manifest on your world, and it is what every person has to reconcile within them, for you all start as children, and all suffer to more and lesser degrees, the same treatment – rejection. And then you change yourself to fit in, because you are made and forced to do what you are told. And you do it because you don’t want to be rejected, you don’t want to be unloved by your parents, you’ll do anything to please them, to be accepted by them; and so then you grow up and become just the same as your parents. All humanity is living lives of forced rejection.”

The Rejected Ones    Mary 5 December 2002

“Humanity is not properly in touch with its true feelings. And that is the great challenge it faces. And it cannot do it as a whole, for it is only within each individual can this occur.

“The truth is in our souls. Without love there is no truth. When you can feel something within you and you know that what you are feeling is true, it is, for it all goes together as a package. If you are looking to know and live and feel and be the living truth, then when something in you feels true, that is, an experience you are having is saying to you: this is true and I know this; I know it to be true; I feel it to be so with all my heart, soul and being, then it is true, real and indisputable. And it is for you then a part of YOUR expression of the truth: the truth of your soul and the truth of the Mother and Father.

The Rejected Ones Mary 8 December 2002

“For the parent it is all too easy. You believe as a parent you’re supposed to tell your child what to do and how to be. How else can one parent, and what after all, does the word ‘parent’ mean. But you are forgetting you are a child not a parent. The only true parents are the Mother and Father.

“We are all children; adults are only bigger children and should be wiser and therefore more accepting and appreciative of what it actually means to be a little child.

“Raise your child on the prayer Jesus has given you. And at the same time re-parent yourself through your healing, undo all the false teaching that your parents taught you.

“Words are easy to say. ‘STOP THAT!’ is said without even thinking. For many parents they say it hundreds of times in one day usually without even thinking about what it is they are actually saying. And the words all have a negative effect, the child being saturated with negatives. Even if the child doesn’t seem to be paying attention it’s still the parental intention: the deep hidden motivation causing the parent to say such things and in such an unloving way, that affects the soul of the child.

“The unloving intention absorbed by the child causes the negative belief pattern from a controlling reality that all goes together to make the child feel unloved. It is always the intention that does the real damage. That is why it’s hard to know exactly what affect you are having on your child because for the most part you are unaware of your hidden intentions and motivations. Your feelings of anger and hatred, which you have long since learned to hide from yourself and the world, might be ‘speaking’ from a deeper level saying something entirely different to your child, as to what you intend to convey on the surface. Your child will ‘pick-up’ this underlying and hidden intent registering it within its being. It won’t understand what is happening to it; it won’t understand why mummy or daddy seems to be smiling and acting like they are having fun when all it feels is bad. The unconscious child won’t know it is being rejected and is feeling unloved, but its soul will. And the truth of what really is going on: what really went on between you and your parents, is what you’re going to find out as you do your soul-healing.

“In saying such words, what is the deep underlying intent of the parent? It will take them all the years of their intense healing to discover this. But in these two words are contained all the suffering they are still living due to their unloving parenting. The underlying intent of these words is the same intent that was present at the conception of the child. The child has grown up – formed – and so will, become of this same intent, and will probably learn from its parents, many of the same ways to cover up its true intention.

“As a parent, have you caught yourself saying negative things to your child with stronger force than you intended, even surprising yourself wondering ‘where those words came from’? When the pressure is on between you and your child, have you not lashed out verbally or physically doing something you wouldn’t do when not under such pressure? And yet these moments in which you seem to ‘loose yourself’ show you that there is more going on deeper within you than you are aware, all of which you are struggling to contain, struggling to keep the lid on. There are huge amounts of repressed bad feelings locked away inside everyone, all of which the parent will be affecting its child with.

“The perpetual battle you are fighting is against your parents control over you. You don’t want to be controlled. You can’t stop them controlling you but you can try and fight them. And once you’ve absorbed this control, accepted it, resigned yourself to it, then you have internalised the battle – you are battling against yourself, against them being represented by your own negative mind and will patterns.

“Jesus in his prayer refers to the Evil Ones who constantly surround you, and who are these Evil Ones? They are your parents. And they are the negative patterns you are battling away against within you. The evil one passes on to the child, the same wrong that was done to them. The parent becomes the false teacher.

“Yes, there were high spirits who were the original Evil Ones that brought the Rebellion and caused the Default, however those dark spirits can no longer interfere and influence you (the four Lanonandek soulmate pairs – Lucifer, Satan, Caligastia and Daligastia). Now all that they inflicted on you has become internalised. Now it is all personal, between your parents and yourself – that is where the true battle of good verses evil is raging. And to win the war you are required to do your soul-healing.

“As a parent you are the caretaker of another child, one of your Heavenly Mother and Father’s children. You are the guide of another ‘greatest of all Thy creations’, and this little person is trying with all its will; all it’s tiny and yet dynamic will, to love you. And what do you do in return? You say: ‘STOP THAT!’, and in doing so you have crushed it almost out of existence, just as you would a pest you might see eating your precious roses in the garden. How you treat this aphid, another of the Mother and Father’s creatures, squashing or insecticiding it to death, is exactly how you treat your own child. And I ask you: HOW CAN IT BE ANY DIFFERENT? If, like you, they are both creatures of the Mother and Father, then what is the difference in how you see them? Just because one is an aphid and one your child you are still saying ‘STOP THAT!’ and doing it with the same underlying negative intent. And if you can really open your eyes and SEE, you may be able to accept the truth, no matter how horrible and shocking it may seem: that in truth, you really also want to squash your child out of existence just as you can do to the aphid. But you don’t because the law, of which you have made up for yourself and agreed to live by, will punish you. But who says you cannot make up a law just as easily that says: if your child annoys you, because it is yours, you have the right and absolute freedom and support of all authorities to kill it, just as you believe you have the right to kill the aphid.

“So maybe you can begin to see the horrible truth of yourself. You see your own child in no better light than an aphid. And really it is not even about the aphid or your child, because their lives are not up to you. Even though you may believe you have the power to control either of their lives, you do not. If the Mother and Father did not want that aphid or child to die they would not die. And it is not that you are doing Their will in killing it, for Them, it is just that They are completely letting you have all the power and control you believe you need. And the real truth is that you are doing all this to yourself. You are your child and you are the aphid, because you are still the child of your parents and they are still saying to you ‘STOP THAT!’ You are only carrying on the ‘good’ works. For you know no different way to be. And you will never know any different way to be until you do your healing. You will just go on killing aphids and pretending you are not doing the same unloving act to your child, pretending instead you are loving it, until you change and heal yourself of all the false teachings and false beliefs that are governing your existence.”

The Rejected Ones Mary 9 December 2002

“Imagine a world in which there was no hunger, no disease, no war, no hatred, no anger, no illness, no physical disability, no emotional or mental disorder, only love and perfection. I appreciate that it is impossible to really imagine such a beautiful world, however that is the destiny of Earth, and of all souls if they choose the way of the Mother and Father’s Divine Love. All of these negative afflictions only



exist as a result of your wrongness causing your soul a terrible pain – the pain of your denial of self you suffered at the hands of your parenting.”

The Rejected Ones Mary 16 December 2002

“Everyone is parented to be subservient to their parents, even those people given more freedom than others. And this, whether you are a woman or man, is the root of all evil within you. And so even though you may feel you have power, somewhere within you, you will still feel powerless. Real power comes only to us with truth, and truth only comes as we submit all false-power and control to the Mother and Father replacing it with Their Love. Our Mother and Father did not create us to have power over one another, nor do They want us to be subservient to Them or anyone else.”

The Rejected Ones Ursula 17 December 2002

“You have got it all around the wrong way. What you think is right is wrong, and what is wrong in many instances will turn out to be right, if you can manage to do your soul-healing.

“What I want people to understand is that all their problems, all their woes, all their worries, all their pain, all their anger, all their illness and disease; why bad things happen to them, why anything negative happens, all stems from how they were treated during their early childhood.

“Spirituality is about understanding the truth of yourself. If you want to be spiritual and to spiritually grow then you will need to become interested in the truth of your early childhood. Why are you as you are, and why is your life as it is? Ask yourself: how does my early childhood condition my adult life? What went on back then that makes my life as it now? And what really is the truth of my relationship with my parents – how did they really treat me and was it loving or not? To answer these questions is your spiritual path, it is being spiritual, it is your quest for truth: the Truth of Yourself. And it is all that matters. Anything else that is said to be spiritual is only a delusion of one’s mind. And what I want to present to you, to augment your healing and spiritual growth of truth, is a picture to match your feelings. I want to shed light on what is really going on, so you can understand it with your mind. And then with this mental picture you can apply yourself to uncovering your repressed feelings and living true to the moment in and with each feeling.”

The Rejected Ones Mary 19 December 2002

“Uncover the truth of yourself through your repressed childhood feelings.

“A child only cries for love. It wants what it is not getting. A child only wants things other than its parents because it is not getting the love it needs from its parents and wrongly believes (having been taught by its parents) other things will fill the deficit. If a child cries and it is given a toy or something to amuse itself with: to take its mind off itself, then this is exactly what happens. It loses the focus from being with itself. It has taken a step away from itself and it is another step removed from its soul. Its own parent has made it step away from the parent itself. The intent of the parent to give the child something to take its mind off itself, is evil. The parent is directly interfering with the child’s self-expression. The child is then distracted. It loses connection with its will. The parent has interfered with the child’s will by making it do what the parent wants. And the child believes that the parent wants it to do this thing – focus on the toy or food, and that this is its parent loving it. But this is not love. And the child stops



crying, and the parent is happy with it for to be obedient, giving it all the wrong signals, helping it create wrong beliefs that are laid down in its mind.

“The child is only trying to get away from its bad feelings. It is crying asking the parent to love it and make it better. But the parent, instead of doing this does other things, which the child then learns are the things you do when you are feeling bad. It forgets that it was feeling bad, and at least some attention is better than nothing, and as already existing negative patterns are in place right from conception, the child by this stage of its life doesn’t really expect to be loved, only paid some sort of attention. And this is then what it believes is love. This meagre amount of attention, getting given a toy or some food is love! It expects nothing more because it forgets that it was feeling so bad, and it has never experienced anything different. It doesn’t know more love even exists.”

The Rejected Ones Mary 20 December 2002

“Our healing is a relinquishing of our mind’s control, giving up and allowing our soul to take over. And our soul shows us the truth of how we are to live through our feelings – it shows us through our feelings. So if we can live true to them, then so too will we live true to our soul. Our mind then settles comfortably into playing the role of helping us understand our feelings and what we do in our life as we live true to them.”

The Rejected Ones Zelga 20 December 2002

“Appreciate that to have to look at your parents in an unloving light might be the last thing you want to do, however, if you truly want to do your soul-healing and fix all that is wrong within you, then at some point you are going to have to seriously consider all I say. It will be very difficult, and to give up all that is wrong within you will prove very trying and testing, however to uncover the truth of the real you, to find who you really are, you will have to confront yourself and accept that a lot of what you might see won’t be pleasing.

“So to begin from here, I will help you. If you can accept that you are all negative and everything you are doing in your life is going against you, then it is a good premise to begin with. To try to believe that you can accept some things may be wrong, but other things are okay will only take you longer. You will be holding out on yourself, resisting the inevitable breaking down of all that is wrong in you. It is only the healing process itself that can help you see and accept all your negativity and falseness. There is no way you can see it all for yourself before you experience it, and no amount of analysis or therapy will get you anywhere near uncovering the whole truth. It may help to get you going, but the real intricacies of the mind and how you have let it separate yourself from your feelings, only God and your soul knows. Not even I or Jesus or any other spirit can or will be able to tell you it all. We can’t because we are not you. You have to feel it all and experience it all for yourself. It is all a part of your soul’s growth and expression. It is all a necessary part of your coming into being: to first heal yourself of the negative, of all that is evil within you.

“You, your soul, chose to come into being with this negative start. It was something you worked out with the Mother and Father before your incarnation. Difficult, yes, and very traumatic, but you are not a lost cause no matter how bad or desperate or evil; or beautiful or wonderful or successful; or sinful or religious or spiritual, or anything else you think you are. It is all the same – negative. But you can fix it all. That is the most magnificent part of the soul – what it can experience – the great depths of no-love, and yet still come back to being full of love.

“It may take you years of working this way on yourself before you find the deepest causes driving your problems, those caused during your early childhood. But when finally you uncover and see the whole truth, then you will be healed. Uncovering and seeing the TRUTH is the key. Uncover the TRUTH and you’re Free.”

The Rejected Ones Mary 21 December 2002

“All physical problems only come from your childhood repressed feelings and associated negative patterns.

“If you want to start on your life of truth ascension, you will first be required to accept your negative mind and will condition. And by accept I mean you will have to submit to the process your soul activates within you, by which it will lead you into your early childhood pain, giving you a full understanding of the truth of what your childhood was really all about. Through your healing you will become, literally live, your negative mind condition, this being very trying, but there is no other way for you to experience the truth of it. You experienced it as a child largely unconsciously, now as an adult you will need to experience it consciously as you uncover and understand the truth of all you went through.”

The Rejected Ones Mary 23 December 2002

“One thing we learn is you can only listen when someone wants to express their bad feelings. You can’t tell them what they should do. Many people will try to take over the person who feels bad by telling them to ‘cheer up’, or ‘it can’t get any worse’, or ‘try not to dwell on it, think of nicer happier things’, or ‘you’ll be okay, you’ll get over it’, but this is not being kind and sympathetic, it is telling the person they have no right to be how bad they feel. This only makes the person who does feel bad, feel rejected, even more than they already do. It doesn’t make them feel like they have a caring sensitive friend, someone who is willing to listen to them non-judgementally; someone who wants them to be just as they are, just as their feelings are making them.

“So many parents fall into the habit of simply telling their children what to do and what to feel. The child grows up relying on its parents to be told what to do forever. And if the parent isn’t there to do the telling then they will have someone in their lives taking over the role of the parent. So many of us marry our ‘telling parent’ who is only in a different disguise. And we are attracted to our partner because they are very close to, and in many ways, our controlling parents. And whether we feel controlled, or feel we are the controller, there seems to be plenty of people on both sides to fulfil the roles for each.”

The Rejected Ones Zelena 25 December 2002

“The parent who pretends that what its child is feeling is not that bad saying something like: “you’re okay, it’s not that bad, you’ll be all right, you’ll get over it, here, look, eat this”, the child will only feel unloved having to put its bad feelings – itself – aside and focus on what the parent is saying; and the pain of the injury, instead of being expressed away, will stay inside and remain to be buried, as the child feeling shocked by the accident, loses a part of itself, and doesn’t properly come back to reality. It’s the child who should have all the attention because it hurt itself, not the parent making the child pay attention to it thereby gaining and taking the attention away from the child. Whether you’re a child or an adult, when you feel bad you want to be able to freely express your bad feeling and not have someone stepping in telling you that it’s not that bad and it doesn’t hurt, and you should stop carrying on and get over it. We all want to be taken seriously, and a parent has no right to interfere with its child this way, and when it does it traumatises its own child and will cause even greater pain to itself when it one day wakes up realising the error of its ways; when through its own feelings, it awakens to the truth of how it caused such self-denial in its own child by denying it love. How unloving it was causing such grief to its own child. When the parent makes the child pretend to itself that it’s not feeling as bad as it is, then that child will never again be able to connect, stay true and allow itself to feel as bad as its feelings want it to. It will forevermore deny itself such feelings doing exactly what its parent did to it, telling itself that it isn’t feeling bad, contradicting itself and causing all sorts of damage to its soul, all of which will one day become manifest in its physical or spiritual body.

“Bad feelings are your immediate destiny if you desire a true spiritual path. They are your roads to healing your soul. Being tuned out or shut off to your bad feelings because of years of practised denial, you won't be aware you are feeling bad. But as you awaken your inner senses, you'll get used to feeling bad, welcoming them into your life and accepting they are trying to tell you something about yourself. Then you will start to listen to them and feel them, no longer remaining isolated and alienated from yourself.

“Parents generally don't see that they are the cause of their child's unhappiness. Most parents believe that they are not wrong, however if you have done your healing and then parent, you will have a very different approach wanting your child to openly express all it feels.

“Positive parenting is very difficult if you are negative yourself. Actually it is impossible because you won't even be aware of what you are doing wrong. You will not realise that what you think is right is having a disastrous effect on your child, traumatising it instead of making it feel great joy being with you. It's all very sad seeing parents doing what they believe is the right thing for their child, when all they are doing is hurting it and corrupting its soul, teaching it how to be like them: how to be a self-denying unloving person.

“And by the way, when I referred to positive parenting, I meant with a positive mind and will having done your healing, so not being affected by a negative mind state. Positive parenting as you know it – trying to parent without as much control and using your mind to be 'positive', is just another mental application of wrong doing, as one is still only doing it with and from a negative mind state, still not honouring and accepting all one's bad feelings.

“I have been told to tell you James that the reason why we are focusing so much on parenting is because it is in the personal relationship, which if not right and experienced with love, can only generate bad feelings. If a parent were seeking the truth, then it too would feel bad when its relationship with its child was bad, and it would be able to stop what it was doing that was making its child feel bad. Yet most parents being so oblivious to their own bad feelings can't see that they are making their own child feel bad. And we all have believed that the parent can do no wrong, that the parent is perfect, that the parent is god so how can it do any wrong. And to be accused of hurting its own child, even unwittingly, is tantamount to telling it, it is the most evil creature on Earth, which would only be telling it the truth. We are given by the Mother and Father the highest responsibility when we bring a new soul-personality into Creation – when we have a child, and to parent it willingly or by default into the negative is the most grievous of crimes. With the compensation for such a heinous crime being taken out in pain of forgiveness by God through the doing of one's soul-healing. So can you see that it's so important that people should know about their healing and the truth of their negative mind and will state?

“I am going to finish here James. Thank you, Zelena of the seventh Mansion World and mother of four who is being forgiven for her sins.”

The Rejected Ones Zelena 25 December 2002

“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.”

The Rejected Ones Jesus 9 January 2003

“Underneath the self-imposed negative and superficial you is the hidden real and true you. It needs to come out or else you will forever be only a fake, a contrived you – false person. You are not currently

real, no matter what you believe or feel about yourself, and this is what you have to accept. You have to see for yourself that you are pretending to be someone you are not, and then see how and why you are acting this way, and then how acting falsely really makes you feel. You have to see who made you be how you are, and why? What was going on in them at the time: the state your parents and grandparents, and other people who negatively influenced you from conception through childhood were in. It will all mysteriously come up from somewhere within you as you speak about it. It is an incredible process, the soul-healing and transformation with Divine Love, and it hurts. It hurts because your parents hurt you, and you need to find the truth of such pain – what really happened to you. Were you loved by your parents and carers, or weren't you.

“Your healing will be the most difficult thing you do in your life, however it will never be any more difficult than what you've already experienced as a child. The only problem being you've mostly forgotten how much pain you were in and suffered as a child. The worst is over, you have already suffered the nailing to your cross, now all you need do is learn how to love yourself through the ongoing acceptance of your feelings, easing yourself down off the cross, healing your wounds, and discovering the real and true you, and what love really is.

“We begin where Jesus and Mary left off. Jesus left us from the cross. He died to show us the truth of ourselves. We are *he* nailed to the cross, and we are Mary unable to express her true self and rise up to be Jesus' soulmate in her full glory, giving us all the wonderful truth we need to know about life and the Mother and Father. We are who denied them: we are the denied.

“We deny ourselves their love and truth, so to do we deny ourselves the Truth and Love of the Mother and Father; and because of this we deny ourselves the truth and love of our children, and we deny our children the love and truth they require. We live in self-denial, we 'love' without love; we don't feel love. We are the *Rejected Ones*.

“I will leave you here James, and we will resume later. Zelga.”

The Rejected Ones Zelga 11 January 2003

“You have a child, bringing it into your meaningless life and expect it to give you love, truth and the meaning you don't have – that which your parents didn't give you. You expect the child to fill your horrible void of nothing, to give you all the love that your parents denied you. That is a terrible amount of expectation to put on a little thing who itself needs all it can get from you to survive. A child is battling in its every moment with survival. It needs all love to feel secure and that it doesn't have to be afraid. But instead of giving love to it you take love from it. You leech your pure little child of all its goodness, truth and love. It becomes in a very few years just how you are, a dead person, an unreal false person, a complete nothing doomed to only find meaningless things to busy itself with, trying to make the pain go away. Meaningless things like: making money, having sex, and having a family of its own.

“Why are they not encouraging people to long to their Mother and Father for Their Divine Love? Why are they not helping you become truth revealing, your own personal living experience of truth?”

“You as a soul came into life full of expectation to be loved so that you could grow up freely expressing yourself. You expected to be happy and fulfilled. You expected it all to be for you. And you expected your parents to help you until you were old enough to look to the Mother and Father and receive directly Their Divine Love. But instead you were crushed, rejected, and denied love. All your expectations were smashed, ruined. Look at the face of a baby, look at its hope and natural open willingness to accept everything. Then look at it as it grows into a child and see the disappointment; and then look at it as a young adult and see the anger and the show it's putting on trying to hide its pain and frustration. Look

at it being 'successful': successfully self-denying, nature destroying and God hating, as it acquires more material wealth. Look what happens when they retire and begin to crumble and rot, disease ridden, being eaten away from the inside out. Look at them arrive in the spirit worlds, as shattered people now spirits, and with no idea that life still goes on. Look at them trying to pick themselves up in their new free life, trying to gather together new things to make them happy. Look at them ascend the natural love Mansion Worlds deluding themselves even more as to their new found happiness and complete control of their mind. Look at them finally break, give up and collapse, only to begin to face the truth of themselves: that they feel bad, unloved and rejected. Look at how long it takes, and what you put yourself through, before you begin to face the truth of how you feel. The truth that they have been running away all this time, nothing more than a terrified, scared, lonely, lost child, unloved and full of misery, yuk, and self-hatred.

“Your parents turned you against yourself. They did it because they had it done to them. You do what was done to you. You are all in the same situation and it is desperate. You need so much help particularly as you’re standing on the threshold of a new technical and mechanical age, ready to blast off further into the oblivion of your negative minds. Do you want to loose yourselves even more? Do you want to move away further from your soul? Children now are being left with their computers and its games to amuse and entertain them. Children of parents who themselves were left to be amused and entertained by the TV. And so what are the children of the computer age going to leave their children with? More *advanced* computers? And where is it all going to end?

“You parent as you live; you parent with the truth you live. You parent as you were parented, even if you don't copy your parents; even if you think you're a better more open minded, caring, attentive, accepting parent – you still parent with the same underlying motives. Your negative parenting patterns (what was done to you and what you now do) are still the same, only superficially might you appear to parent differently. The higher truth you become the better and truer parent you'll be. The aim is to become of Celestial truth so you will parent your child with Celestial perfection. As you heal and ascend in truth so too will you live it parenting in a different way. A Celestial parent will live and be true to truth high enough to allow its child to be free, to be fully loved and to never feel rejected.



“Your soul-healing, as you will find out, is all about self-acceptance: accepting the truth of your negative state; accepting that if you don't feel loved, then those bad feelings are true: you don't feel loved. And once you've accepted your bad feelings, you can then take the next step and seek the truth of them: want to find out why you feel this way. This is what a lot of your healing will be about. Acceptance, acceptance, more self- acceptance; acceptance of what you feel. Your feelings will tell you the truth of what you feel, when you choose to live true to them, they won't deny you and pretend they are something else. Acceptance is the first step to true self-love: acceptance of all the bad, and wrong, and evil and unlovingness that you are. Acceptance of your feelings, good and ALL your bad feelings, IS LOVING YOURSELF.

“Your soul-healing, as you will find out, is all about self-acceptance: accepting the truth of your negative state; accepting that if you don't feel loved, then those bad feelings are true: you don't feel loved. And once you've accepted your bad feelings, you can then take the next step and seek the truth of them: want to find out why you feel this way. This is what a lot of your healing will be about. Acceptance, acceptance, more self- acceptance; acceptance of what you feel. Your feelings will tell you the truth of what you feel, when you choose to live true to them, they won't deny you and pretend they are something else. Acceptance is the first step to true self-love: acceptance of all the bad, and wrong, and evil and unlovingness that you are. Acceptance of your feelings, good and ALL your bad feelings, IS LOVING YOURSELF.

“True forgiveness comes only through self- acceptance, and only through self-acceptance will you find true love – acceptance of your feelings.”

The Rejected Ones Mary 12 January 2003

**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!

*"The True Liberation of Women is Through the Truth of Their Feelings."*

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

**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.**

**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. What has never been understood is that we are to ask for the truth of what our feelings are to convey to us – we will be shown what is behind our feelings!**



<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)



The VOYAGE for KIDS with LIVING FEELINGS FIRST:



## Being Unloved and Rejected!

# FEELING HEALING For Kids

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Voyage for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



## SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First



I'm a free spirit.

# The Drama of Life:

'I had a pretty good upbringing' in comparison to other people.

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



**Feeling  
Unloved  
and  
Unwanted**



**EMOTIONAL  
ABUSE from  
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced world-wide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



**Suppression & Repression = Universal Depression**

## FEELING HEALING BENEFITS CHILDREN

30 June 2017

John: I have felt, consistently since late 2009, that should a parent evolve their consciousness, their soul condition, that they are also indirectly and passively helping their children no matter what their age may be. I did not feel that one's development of soul condition helps their own parents, that the benefiting was down the line, not up. The degree of flow on to one's children was and is relative to the openness of the child to consider and explore the possibilities. Samantha, with her children, is the first demonstration that I have read about to support this feeling, that I know of. What has transpired within her family is tremendously exciting for me. How does this work? This is a complex subject to explore, and explore is what I feel we must do.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: It is true that up until around twenty-eight to thirty, commonly called one's Saturn Return, the child can continue to be influenced by its parents, however from then on the child is a complete separate individual who's chosen their way.

Once sexual maturity is reached, the influence of the parent upon its child lessens to its late twenties, and for many people, because they work to actively sever the ties with their parents, from this time on they might not continue to be influenced. And the influence would have to come from direct interaction, there is no mysterious hidden connection with the parent healing itself and mysteriously the child is also healed. The parent can do its Healing with the child still open to its parents influence and some level of change can be brought about, as you are seeing with Samantha's children and herself. But also the child might also reject and fight against these influences as the parent seeks to heal itself.

However what you are also alluding to, is the healing parent will sever its unloving ties with its child on all levels, from the soul, spirit, psychic – emotional and mental levels. The connecting cords are removed leaving the child free to then continue on as it is, or change, but mostly without any direct or known (felt) influence from its parent. So it's not that it automatically follows: the Healing parent will heal its child, it's just that the child is left freer to go its own way, which might even be deeper into its wrongness as much as it might want to follow its parent.

And yes, the child can't or doesn't affect its parents as you say, however should the child do its Healing, it might influence its parent into looking more closely at their relationship and even possibly for it to do its Healing, but that's all the wilful choice of the parent, the parent more than likely being beyond the age of twenty-eight by then. And when is the youngest that a child can consciously do its Healing? This too varies depending on its relationship with its parents. It can in theory consciously do its Healing from sexual maturity, it can learn about looking to its feelings for their truth and working its feelings back into its early life. But more than likely it will be people in their late teens and older who might want to take it on, like Samantha's children are showing. More than likely they will need to have lived a certain amount of life and seen they don't like it, and want to look for an alternative.

And then children up to sexual maturity being brought up by parents doing their Healing or who have done it, will grow up living true to their feelings all the way along, and so lessening the amount they will have to heal. But still as adults they will need to understand that which they've grown up with, just like we all do, and if it's good, true and loving, to understand all about being that way, that being – their loving relationship with their feelings and how the truth comes up in them as they naturally express all they feel.

I think I've covered most of it John, if there are discrepancies or contradictions please point them out, and also understand what I'm saying to you are just rules of thumb, there are lots of anomalies because there are such extreme distortions in us all.

Thank you Nanna Beth

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

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

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

*That's quite incredible.*

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

### GOLDEN RULE PERTAINING to CHILDREN:

Messages from Mary and Jesus – Jesus 6 April 2003

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

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

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

## The New Way, Feelings First Spirituality

### ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

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

### OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

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

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

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



**TO SAY NO!**

Messages from Mary and Jesus – Jesus 6 April 2003

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

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

**EVERYTHING is WITHIN OUR SOUL:**

Messages from Mary and Jesus – Mary 6 April 2003

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

**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus – Mary 13 May 2003

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

**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. What has never been understood is that we are to ask for the truth of what our feelings are to convey to us – we will be shown what is behind our feelings!**

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

Messages from Mary and Jesus – Mary 10 April 2003

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

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

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

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

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

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

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

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

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

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

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

Messages from Mary and Jesus – Mary 14 April 2003

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

Messages from Mary and Jesus – Mary 15 April 2003

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

Messages from Mary and Jesus – Jesus 14 April 2003

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

Messages from Mary and Jesus – Jesus 14 April 2003

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**



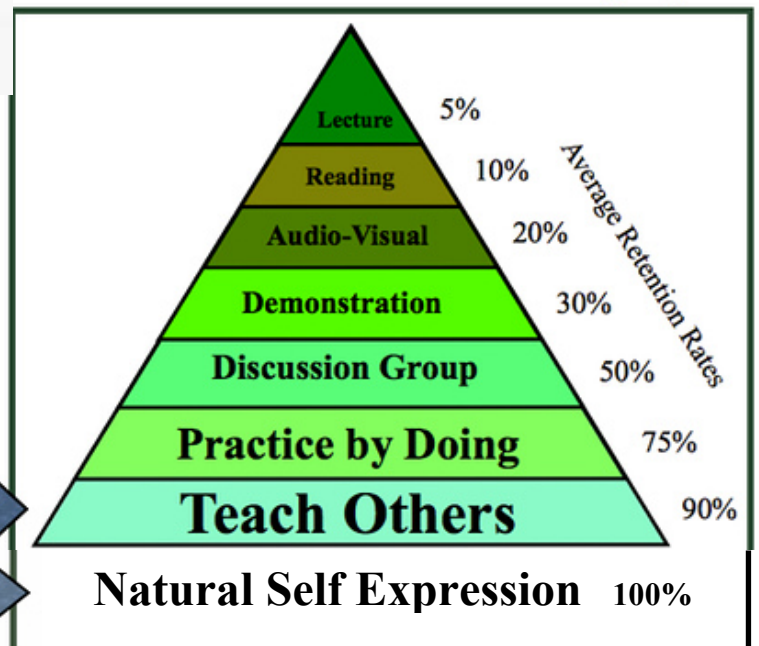
# Our Feelings are our Truth



**apply your will**



The Learning Pyramid



Important recommended reading is:

by James Moncrief

## The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

**BE WEAK and FEEL the TRUTH OF OUR FEELINGS:**

Samantha from England: Hi John

3 March 2019

What screams at me in this [Bulletin] article is that Psychologists are still scared stiff of their own parents so don't and won't address the root of the problem with the parents of these suffering children, which is their unloving parenting. It has to start there with their unloving parenting and if you are sitting there with a distressed child and its parent, taking the focus off the child's issues for a moment and putting it on the parent is hard for most Psychotherapists to do because they haven't dealt with their own fears about their parents. I have seen many of these professionals over the years and none of them wanted to go into my childhood at any depth, the most I got was "and what was it like for you at home". Now and only through my own healing have I come to see the truth of the way I was parented and the impact this has had on every area of my life.

These children are born into anxiety and depression and all of the disorders under the sun, they can't avoid it because of their unhealed parents. Being carried in the wombs of mothers for nine months, indoctrinated by their parents' thoughts and feelings, a child can't be born into this world without problems. To understand any child's suffering, its parents have to understand that this is the child that they themselves once were. The child is showing its parents and psychotherapists the fear it has been born into and taken on since conception and these very fears are in the parents too, so the place to begin is with the parenting and that is going to be very confronting for both parent and psychotherapist as parental power does not want to be threatened but de-powering a child is okay.

These children are full of disorders and telling their parents and health professionals how hurt they are, how unloved they feel and how they were parented, it is playing out in front of every person that has anything to do with them but mostly going unknown and unnoticed. The child is saying I didn't feel loved or safe within my family, I didn't feel wanted, and I didn't feel loved and something is terribly wrong, all the signs are there for all health professionals to follow. Just listen to the child, it is telling you and showing you the truth of how it has been parented and that is what needs addressing. The child's actions don't just happen or appear out of the blue, there is a very good reason for every way they are being and it is all down to how it has been parented, just observe your child and see it tell you how it feels its very existence being threatened and it has so little control that it has to repeat mannerisms over and over again because if it doesn't switch off the light twenty times, or shower four times a day something terrible is going to happen to it because it felt that threat from its parents as a child.

The focus is so much on 'not' upsetting the parents, don't worry them or stress them out more than they already are in life and if they knew and accepted they are the cause of their children's pain and suffering, if they could be humble to that truth and really look at themselves, then maybe healing could begin in earnest. Put their hands up and admit their child is the child they once were, they were all of these things but had to deny and suppress their own pain and then go on to pass it on to their children but still the child gets the blame and needs to be sorted out for being the way it is because people are still too scared of blaming the parents and I know blame is a word no one likes to use but I feel it, even though they weren't aware of what they were doing, I don't care, I am on the side of the suffering child because I was and am one.

Parents have to be made aware of what their parenting is doing to their children, so many are completely desensitised to the damage they are causing their children and all of their children's fears, anxieties and disorders have their roots with their parents and how they were parented since conception. The parents unloving parenting has been felt by their children and how their children are now; and all that is going on with them is a direct reflection of how they have been parented and that needs to be accepted, admitted and the truth of it felt by the parents before any true healing can take place in their children. If

a parent can't understand why their child is the way it is, then it can never help or understand its own child. This child is YOU, it is showing you all the pain you passed on to it, that pain is in you the parent and your dear little child is teaching you about your own pain, your child knows more about you than you do, listen to your child and take your child seriously.

When we as parents understand our own childhood pain and suffering we will take our children seriously, we will truly connect to them with sincerity and compassion and be able to identify the causes of their pain as being ours too, we will be equal with our children, both healing alongside each other, helping each other as equals as we both have the same pain, this is how it is at times for me and my children, I take their pain as the most serious thing in my life because it is also mine, I gave it to them by default in my unaware and desensitised state and now I have to also deal with the pain and compensation of what I have done to them.

Dr Laura Farrell 'should' want to "Freak out the parents", yes freak them out, and her fear of not wanting to do that brings up problems with her being able to address the children's problems with the parents. We can't pussy foot around them and if that is what she feels like doing then she needs to look into her own relationship with her parents because it is stopping her from getting to the truth of her mission. The importance is helping these suffering children, not; not wanting to upset or freak out the parents, put the children first but how can you when in the back of your mind is keeping the parents happy and not having them feel bad, like they are to blame or something. It all started with them, the parents which they may be partly unaware of but they have to know this truth and I know it's hard but it has to start somewhere, someone has to be on these suffering children's side and if you have the parents best interests at heart then the children are not your top priority and that concerns me with these health professionals, they put the parents first.

Parents have put all the responsibility of our children's well being onto the health care professionals and they don't have the funding to do a lot with the children. I know how new and how hard this will be and parents will have to be guided in how to do it through PASCAS and James's work, but if parents took on the responsibility of their own healing and then understanding why their children are suffering the way they are.

We as parents don't know what to do with our children and their pain so we give them over to the health service to fix and they haven't got the time or money or understanding. We as parents have to take the care of our children back and see where it all began and start unravelling our own pain to understand theirs, we have to feel the suffering of the child we once were, the pain our children are showing us, this is the truth and we don't need to go outside of the family to do this healing.

Our feelings and our children's feelings and suffering tells us the truth of what happened to us as children, how we were parented; and if we can understand these feelings and get to the causes that will be in our own unloving childhood, it can defuse all of our and our children's pain, fear, anxiety, depression, compulsive disorders, illness's and suffering.

Everything our children are suffering from, no matter what it is can be traced back to its unloving childhood experience. Children have to feel they are allowed to feel their pain, anger, disagreement with their parents and be allowed to express that as an equal, with respect from the parents, so they can truly know themselves, good and bad, without having to keep their feelings a secret because of the fear of getting in trouble for expressing how they feel.

Once this expression is shut down in them they turn to other addictions, compulsions, actions to express their un-containable fears as I have done myself and now have to do the hardest thing I have ever done in my life, Healing my denied and suppressed childhood feelings.

She finishes by telling us to "not give in to the stress" when that is exactly what we have to do. I stayed fighting it for most of my life and it just made it worse until I broke down and was forced to give in to it. Be weak and feel the truth of our feelings, do the opposite of what health professionals tell us to do and we might get there.

*I don't disagree with all of it, I just feel that health professionals still are on the side of the parents and don't want to upset them and I felt that come through from this article.*

*Speak soon.  
Sam.*

**MIND**  
**Worship**



**OR**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**PARENTING:**

Tuesday, 16 October 2018

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

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

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

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

We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness.

And the idea that we can learn how to parent, learn how be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.



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

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

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

present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

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

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

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

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

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

maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

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

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

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

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

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

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

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

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

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

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.



**OUR SOUL 'SELECTS' US?**

James 7 March 2019

It is fascinating how our soul 'selects' (for is this what it does) those parts of our mother and father (and everyone else) that it 'draws' from. And I say it like this because does our soul actively do such things or are they already merely factored in as part of its 'equation', that being its pattern instilled upon its creation.

And the truer to myself (which means, the closer or deeper I am becoming to knowing who I am), the more I'm able to see (often distastefully) just how much of mum and dad I am. I had so little personal relationship with dad. When I was older I drove the whole day through country Victoria with him and we hardly said two words to each other, and that's how it was when I was young. And yet lately I am seeing just how much, and in such incredible detail, I am like him in so many ways and aspects of myself, most of which make me want to throw up. However, to be fair, I am very focused on all the bad shit, when I guess also if I do have good shit in me too, then some of it must be attributable to him, all of which might come to light one day.

So I wonder, if I am literally half mum and half dad, are those two halves what my Healing is leading me to see? And then, why has my soul (my Mother and Father who created it) selected to 'activate' the parts of dad and mum in me that it has, all of which have contributed to me being me and having the life I have? Why have the Mother and Father made me be me? And will They ever tell me? And how much will I know by the time my Healing ends; and how much by the time I ascend to Paradise; and how much by the 'end' of eternity?

Our soul has within it the pattern of our life, and it is expressing us into that life so we can experience all we do, the truth of which we can find through our feelings, now we're allowed to know that little piece of the puzzle. And so being a parent, you have no idea of course what God has in mind for your child, so at best you can guide, support and love your child and see what happens. And we being the child, have no idea as to what's in store for us, feeling our way along demented half the time with so much of what happens to us, unless you are one of the 'fortunate' ones and have a great life.

So it's not even that our parents cause us all our problems, although in our feelings through our Healing, they sure do and we have to express all those horrible feelings to do with them, but really it's God via our soul that selects whether or not we're autistic (or something else) or 'normal', get cancer at six or sixty, and all the rest that afflicts us or makes us feel happy.

So we can read the latest article that suggests all the excess nitrates that are filtering into the water is causing the increase in autism (or whatever it is) in recent years understanding that sure, there might be some truth to it, whilst knowing that it is our soul, because our Mother and Father want us to be autistic (or something else) should that be our fate, that is incarnating us into this time to drink of the polluted nitrogen-rich water, all so we can experience the Rebellion and Default in this fucked way, which is no more fucked on a level of reality equality than a person who is 'normal', as we're all fucked, normal or not, in the Rebellion.

So being autistic (or something else) means you are going to feel all these feelings of which in time, possibly in spirit unless something else drastically changes for you if your autism is an impediment to doing your Healing, you can find the truth of, which means, the truth of why you got the life you have, and why as the personality you are, you needed to be autistic, all so you can come to be the full expression of your soul, so with you at some point coming to understand that being autistic was the best most perfect and incredible thing that could have happened to you, because it is you, and it was/is

precisely what you need now on your way to becoming the full expression of the personality of your soul that you are.

And that if you didn't need all being autistic (or something else) gave you, then you'd not have been it, and you'd have been whatever it was that you did need. It's not a random affair, that it's just back luck all these children are now autistic because of drinking bad water or whatever, it's just that God is taking advantage of the increase in nitrogen in the water to give so many souls the autistic experiences they need, just as God set in motion all that was required to bring about the increases in nitrogen in the water in that area.

(I'm writing this trying to turn your mind around to see it from a different angle, that being from the focus of you being a soul, and it's your soul driving it/you all and not as we've all been made to believe and see it from and with our mind working it all out, seeing it from its random and untruth perspective. The mind wants to say, ah, we've discovered by applying our mind, that excessive nitrogen causes autism, or at least puts you more at risk to it – we've not as yet worked out with our mind why it doesn't affect everyone in the same way. Whereas there is always more when you are looking at it from the deepest part of yourself – your soul. We are to look from our soul out, and not from our mind in, because our mind is lost and doesn't have a clue where 'in' is, whereas our soul sure knows where soul is. Or at least with our mind we hope it does!)

So in the greater scheme of things, it's perfect that you are autistic (or something else), it couldn't be more perfect for you, as that's exactly what your soul wants so as to express you, one of its two personalities in Creation. And it's perfect that you feel all the bad, and possibly even good, feelings that living and being in your autism brings you. So being in our rebellious fucked up states is perfect for now whilst we're of them, because it's exactly what God and our soul wants us to experience, because if it wasn't, we wouldn't be in them. And if it is so perfect, then why don't we feel perfectly good and happy being so fucked, and that's because we're not meant to, as being perfect in our imperfect fucked up state is not meant to make us feel good so we can know that it's wrong for us to be that, wrong so far as long term and the greater good and perfection of Creation. It's right that we're perfectly imperfect and feel perfectly bad about it whilst we're in the shit, just as it's right that when we've had enough of being perfectly imperfect we can set about Healing ourselves of being that way, assuming WE CAN HEAL OURSELVES OF IT AND IT'S NOT JUST ANOTHER NASTY TRICK THAT'S NOW BEING PLAYED ON US.

Still, when you feel fucking angry and fucked off with it all, there's no point trying to use your mind to block out such feelings because you tell yourself it's how God and your soul want you to be; so you keep allowing yourself to feel as ragingly angry at God and your soul as you feel.

So as much as we might seek to lower the amount of nitrogen in the water so we don't stress the foetus in the womb or whatever physically happens to bring about autism (or something else) on the natural level, we can seek to do our Healing and address our relationships with our fucked parents uncovering all the truth of those relationships we are to see because of being autistic.

## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

## HOW do we SUPPRESS our CHILDHOOD EXPERIENCES?

Caffeine is the most widely used drug in the world. In the United States, more than 90% of adults use it regularly. Caffeine in coffee and soft drinks combined with alcohol, tobacco, party drugs, prescription drugs and certain foods (chocolate), very few adults are without some form of substance abuse.

We use every method to dumb ourselves down so we can suppress the subtle but relentless abuse that we each endured during our forming years, from conception to around the age of six years.

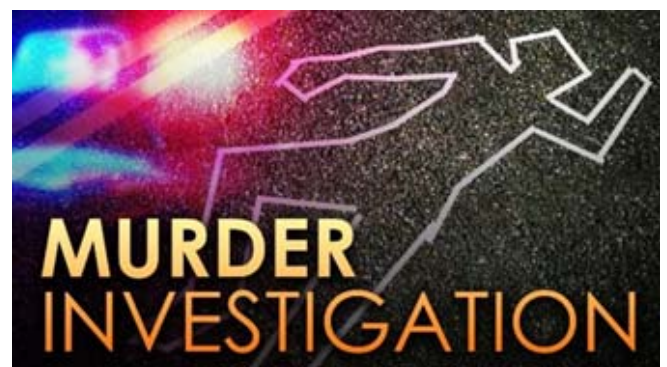
Amazingly, due to the attitudes instilled into each of us during our forming years, humanity, overall, considers war to be 'socially acceptable'!!!

When we decide to become a soldier we are really approving of being killed or killing. So, each year some 50,000 soldiers die. It is collateral damage that some 200,000 civilians die as an incidence of war. They did not buy into war.

Being brought up in semi to outright abusive families, murder is common place. Worldwide each year we have 500,000 murders. That is outside of the accidental deaths due to guns!

Aggressive contact sports are an expression of one's childhood suppression and repression. The harm from our childhood upbringing goes on. The cost of 'drug abuse' to a society is the equivalent of either a nation's military budget or public medical services alone. Substance abuse cost is much, much greater.

Society is so dumbed down that it functions as walking zombies. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.



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



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

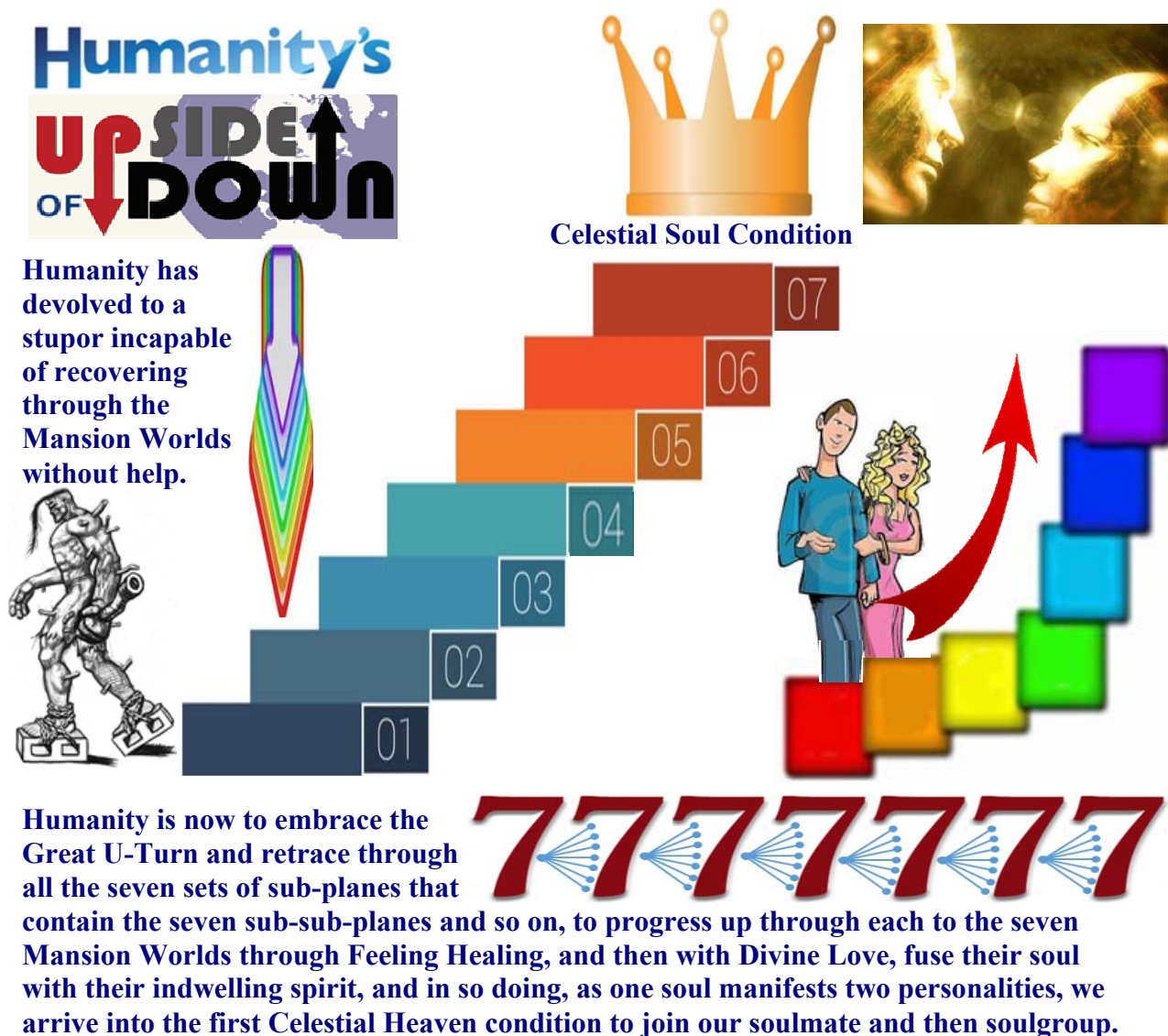


## PSYCHIC BARRIERS and the 7 x7 PLANES of the 7 MANSION WORLDS:

Tuesday, 21 November 2017

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: The Psychic Barriers don't have anything to do with any of us spirits (within the Celestial Heavens), however, we are all limited by them in what we can do with you, even including those spirits in the mind worlds.

The barriers are imposed circuits of mind and feeling dictated to us by the tenets or 'laws' of the Rebellion and Default. If you, like humanity has Fallen from the Celestial level down through the seven Mansion Worlds, so through every plane and sub-plane and sub-sub-plane and so on through seven sub-planes of every plane in every Mansion World. And even then still being divided up into the negative relationship between the mind and feelings down to what you might see as a microscopic circuit level, that which we can't see, yet the angels can.



The angels are 'wired' into all the mind / feeling circuits, so know exactly where we are in our rebellion against these circuits, that being, how we should truly and lovingly live them and yet how we're not doing so whilst we're in our unloving and untrue states, and then where you are in your Healing of them. And each of these circuits, from the smallest and building up into the biggest, are what we call psychic barriers.

And they are all within you, and you have all to heal them all through your Healing. And that's on the personal level, which then also has to be done on the combined level for the whole of humanity.

So through your Healing, each bad feeling experience you have really equates to having to deal with one or more of these damaged mind / feeling circuits, which are then represented on all the levels within yourself, on the feeling, mind and will levels, and all in between. So **when you express all the pain and submit to the bad feelings, no longer trying to control or fight them, you are effectively falling into the pattern of how you live and express your negative circuit, thereby de-powering it, short circuiting it if you like, which then liberates more pain and truth, which then allows the circuit to be made right, this being the progress as you ascend through your Healing up through the Mansion Worlds.**

So these barriers are the dysfunctional mind / feeling circuits on all the varying levels. And what Marion and James are doing is crushing them all by taking them all within themselves, which they did through their early life, just like we all do, then Healing themselves systematically of them, each in their separate ways, which then opens the doorway for others to do through their Healing.

And for us Celestials, we have had to wait for them to work their way up through these circuits before we can act, because their breaking through and breaking them down means there are no longer barriers. And so as their Healing advances, so we've been able to do more by taking over as we've told you, and that's continuing on a daily basis. However the difficulty we still face is, there are still some significant ones in place (as of 21 November 2017), so our hands are tied concerning them.

[John: To achieve the cancellation of the Psychic Barriers, it feels as though a few field mice are up against Goliath.](#)

Nanna Beth: So in all your different ways, you're pushing up against the coal face so to speak, you John, Crystal and Samantha, and there's nothing that can be done other than allowing the process to happen, because it's all being driven by the Mother and Father through your souls. So the real so-called fight between good and evil – Satan and Lucifer and

the Devil and forces of Darkness, has actually been going on these past twenty years or so by each of you in your own separate ways taking on the bad within you and looking to Heal yourself. And even though you, John and Crystal, might not be actively doing your Healing like Samantha is, still you're taking on the Healing and all that's involved on the mind levels by accepting all James (and Marion) reveal. By you not rejecting them, so you are doing your bit to stick it up the Rebellion and Default, which is in fact the Great U-Turn – you are doing it in yourselves, which can then be followed by the rest of humanity. So you are, as you say, little mice trying to scratch a hole in the brick wall, slowly working away at the barriers.

**Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018**



And we Celestials are not powerful enough to break such hidden and unseen barriers. Only the Paradise Pairs are powerful enough to do that, that's what they are all about, and in particular the Avonals, because it's what they are created to do, no one else can do it. And they can only do it by doing it within themselves, they can't see or know where these barriers are and deal with them through their minds, anymore than the Lucifers (Lanonandeks) could see and control them by smashing through and breaking down the positive circuits as they rebelled. It all happens on the organic human level, with the rebellion being systematically passed on (commencing about 200,000 years ago), getting worse, generation after generation, through the ages. And now it's all starting to reverse, all to change generation after generation up through the coming ages as humanity heals itself of its woe.

So I hope I've explained it better for you, it's all what we call 'technical' as it's all to do with the Mind side of things, that which is organised by the Infinite Daughter and Divine Minister, being carried out by the angels. You can look at it like a matrix, that is often talked about, being created by the Daughter providing the inner mind-matrix or mind-circuits of Creation, about which and within which everything has its being. So your personality expression is built up around this matrix, being expressed in how your physical and spirit bodies are expressed in Creation. And so you can't do anything more than the mind and feeling levels you are on, other than increase their denial by moving deeper into your wrongness, or do your Healing and go the other way working your way out of it by changing your inner circuits. And these inner circuits are the templates for your whole being in Creation, so the laws of the physical body and all the rest run along them. And at best you can identify the laws or circuits, and live with them, but you can't change them. We can only change them within ourselves by doing our Healing. And as enough of humanity Heals itself, so then the greater changes will take place too. But that's more for the future. Right now it's about you few individuals doing what you need to do.





**FEELING HEALING:**

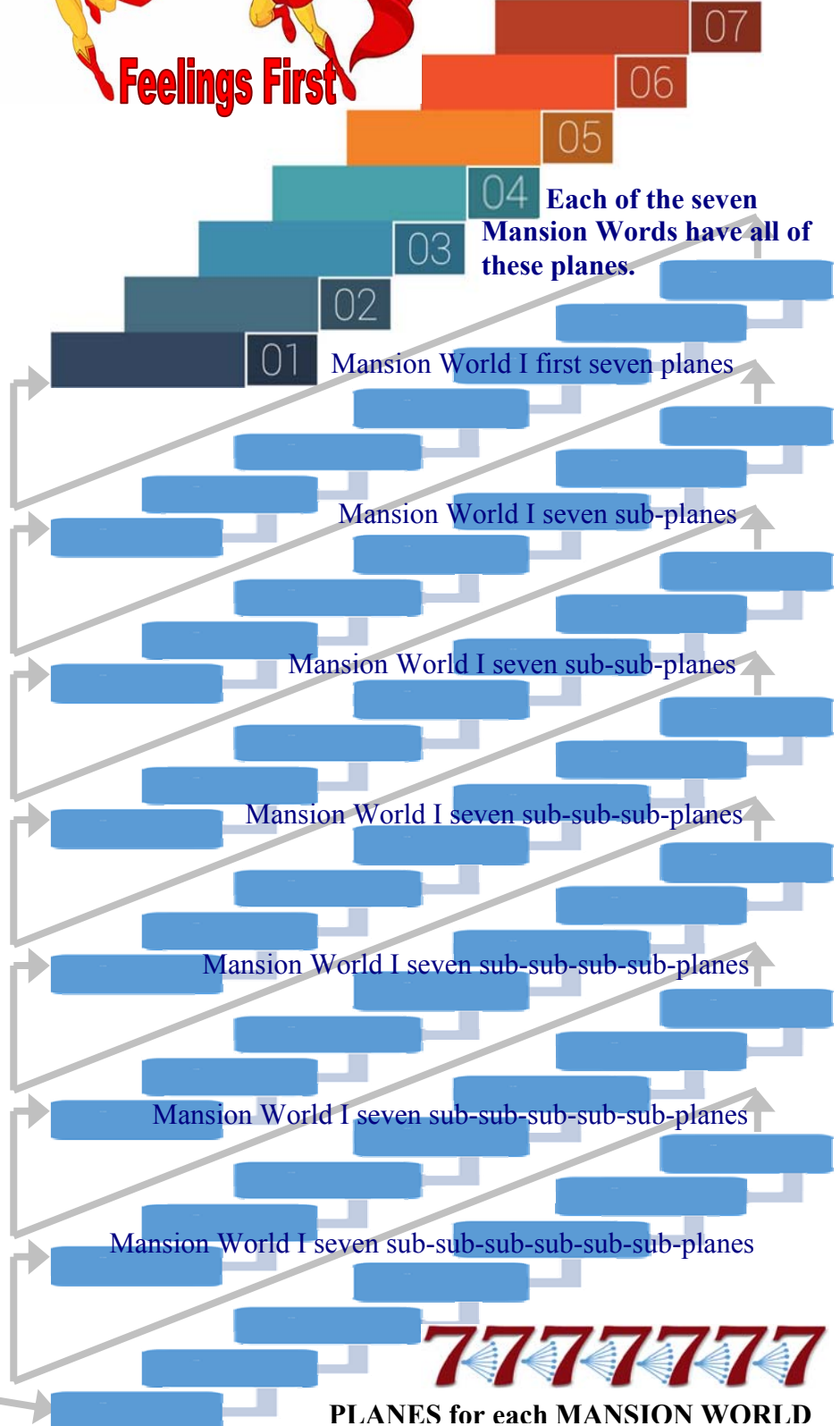
Childhood repression and suppression, from conception through to around the age of 6 years, is the underlying cause of all ailments that arise throughout one's life.

Our parents pass onto us, their children, all that is erroneously infused into them by their parents, as generations before did.

It is only through longing for the truth of one's feelings, both good and bad, and expressing what comes up that we can work through the many layers of infused mind addictions and heal our erroneous beliefs and harm that we have endured.

Should our parents engage in their Feeling Healing then their children will mirror much of the healing that their parents achieve, thus physically and emotionally benefit in a similar way.

Healing can bring us into Celestial Soul Condition while living on Earth.



**Mind  
Worshipping  
Zombies**



**FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:**

Through our Healing we work our way up to a Celestial Soul Condition whilst retaining all our erroneous patterns. We express out of us all our repressed emotions and blocked feelings showing us the truth of why we have them, we change and feel much better about ourselves, becoming more self-aware and self-accepting. Then when we've uncovered the whole truth of unloving state, our Healing is completed as our erroneous patterns leave us.

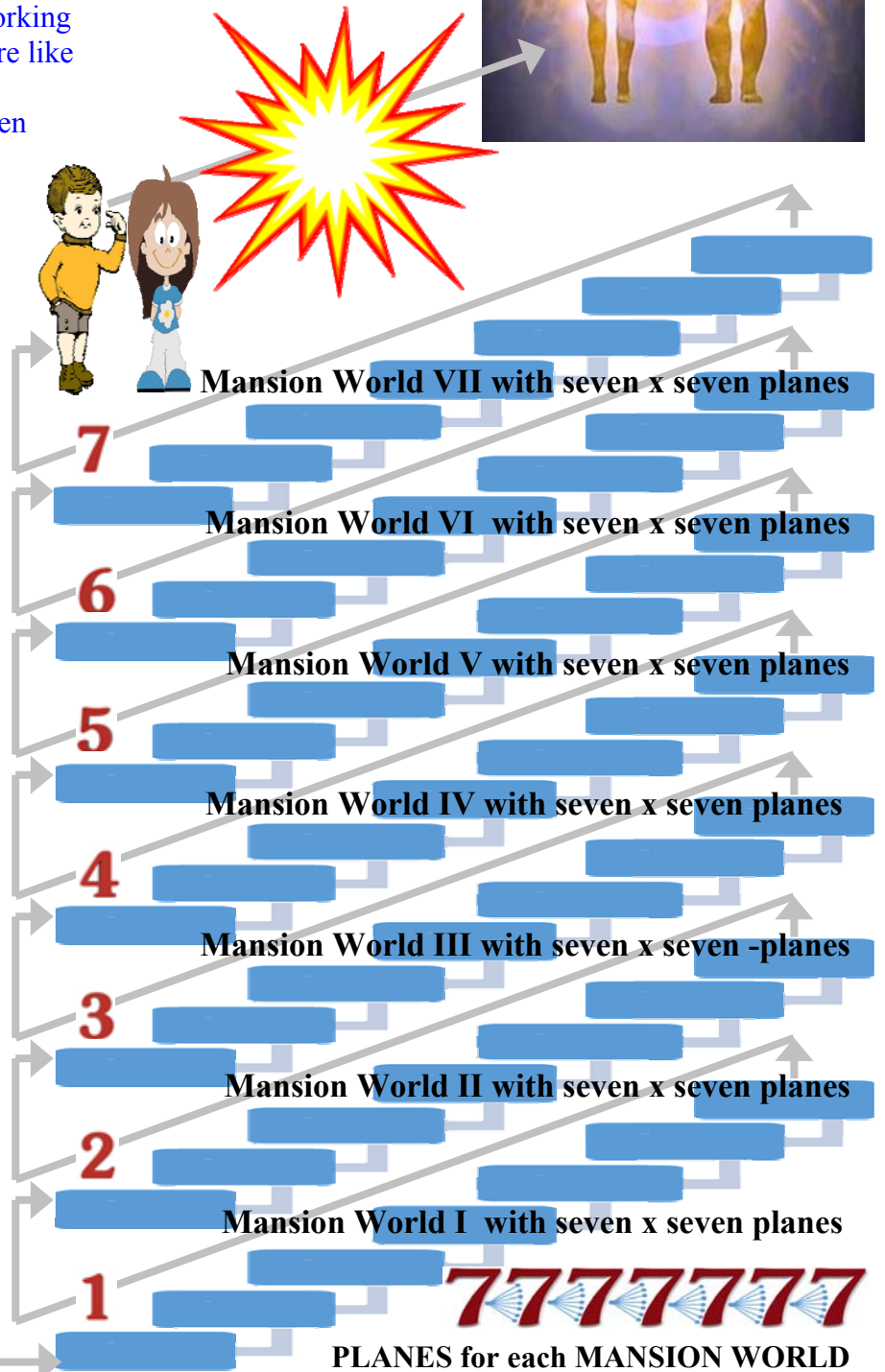


So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

And by the time we get to the top, we're fully cognisant of our 'sins and errors' and why we've felt all the bad feelings we had and how our negative beliefs kept us strapped within our truth-denying state.

Our Healing is our seeing the whole truth of our distorted way of being. And once we've seen it, then our soul transforms us out of our negative truth-denying state into a positive truth-loving one. We are still the same personality, only we're now living happily with ourselves rather than unhappily against ourselves.

Our final transition from being of a rebellious condition of mind to a Celestial Soul Condition of feelings, is glorious.



**Mind  
Worshipping  
Zombies in  
a Stupor**



**FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:**

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self-denial and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

**John: Why have all other methods of releasing and delving into emotions not been successful?**

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

**John:** Why haven't other methods been going deep enough?

Nanna Beth: Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

**John:** Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to

effectively take a pill so it all goes away, just like what the ‘Divine Love people’ hope the Divine Love will do for them, but it’s not to uncover the whole truth of themselves. We have to see the truth of our pain, why we’re in it, how it all came about, so what really went on in all our early relationships. It’s not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one’s pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you’ll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don’t love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can’t avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we’ve done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you’ll remain in rebellion against yourself, you’ll continue to be unloving.

[John: I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.](#)

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion’s parents and James’ parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such ‘bloodlines of denial’, and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James’ side, yet with that involvement opening up even more messed up and corrupted mind circuits he’s had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

John: James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really its James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed,

and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the ‘Divine Love people’ being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don’t want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I’m just trying to put the revelation of truth into context, because it’s all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn’t dream of taking anything away from them, and it’s not my place to do so.

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

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.

Love from us all over here – your Nanna Beth.

**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

## The New Way, Feelings First Spirituality

In this educational series:

Pascas Care Living Feelings First Adult

Pascas Care Living Feelings First Children

Pascas Care Living Feelings First Children Annexures

Pascas Care Living Feelings First Children Discussions

Pascas Care Living Feelings First Children Graphics

Pascas Care Living Feelings First Drilling Deeper

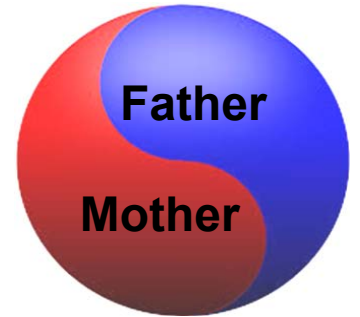
Pascas Care Living Feelings First Drilling Deeper Structures

Pascas Care Living Feelings First Reference Centre

**PASCAS  
PAPERS**

# MUM & DAD THIS WAY

## GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



**I'D TURN BACK IF I WERE YOU!**

AVONAL PAIR

GOD

MARY & JESUS

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.



**COMPLEMENTARY THERAPIES:**

Saturday, 31 March 2018

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people's Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

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

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



**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

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

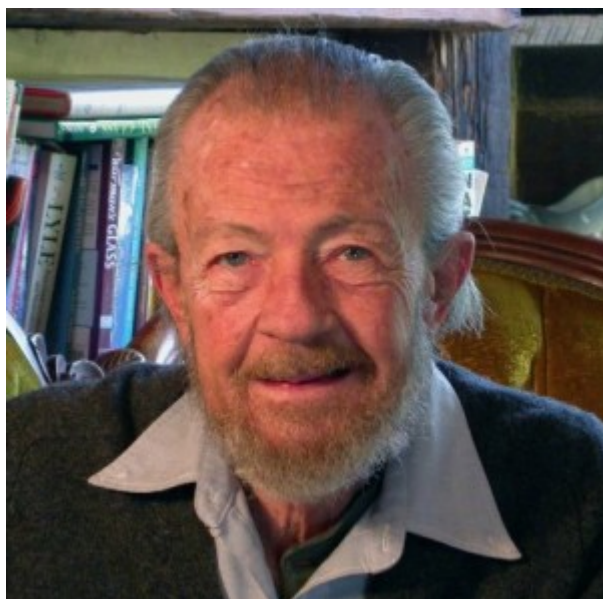
<http://www.pascashealth.com/index.php/library.html>

**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)

**Dr DAVID R HAWKINS:**

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



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

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

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

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

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

Everything is interconnected.

**Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.**

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

**CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

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



Dr David R Hawkins developed the 'Map of Consciousness' with the use of kinesiology muscle testing:

## 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.

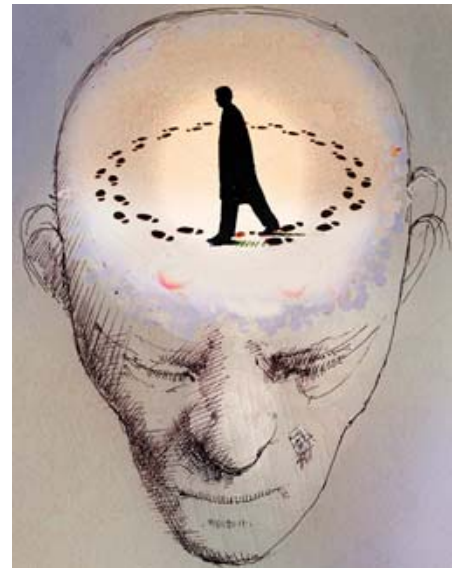
Totally self reliant, not God reliant.

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.



 When I feel sad	 When I feel sad	 When I Feel Frustrated	 When I Feel Frustrated	 When I feel angry	 When I feel angry
How we know we're sad and what we do to feel better. (sharing books)		How we know we're frustrated and what we do to feel better. (sharing books)		How we know we're angry and what we do to feel better. (sharing books)	

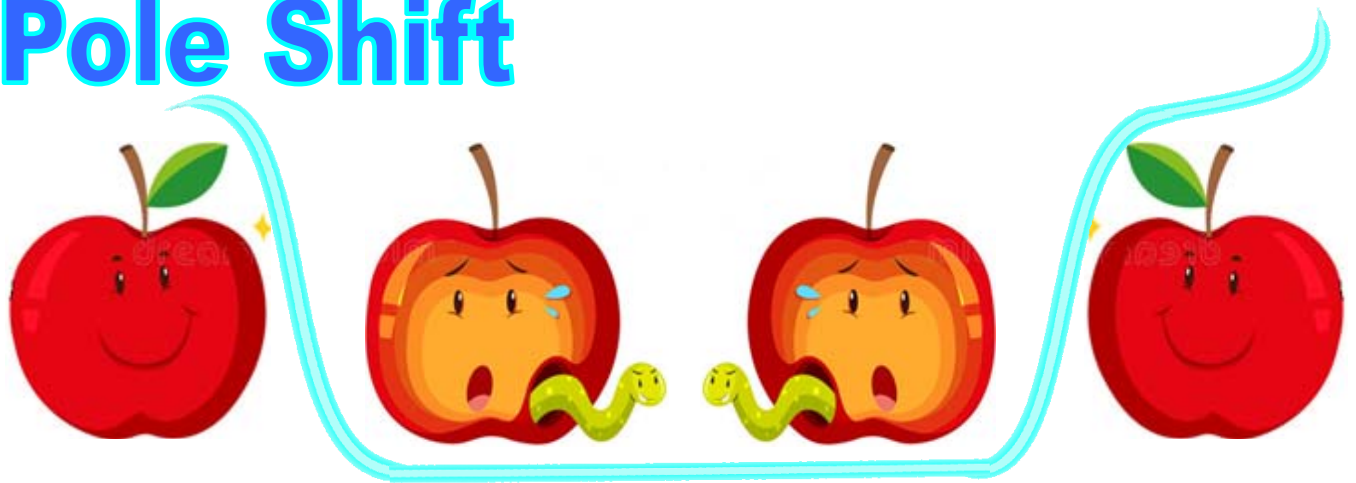
 **All About Feelings**  
K-3  
Foundation story for the Dealing-with-Feelings Series!

 **Dealing with Feelings**





# Pole Shift



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

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

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

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

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

# FEELING HEALING + SOUL HEALING

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

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE  
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR  
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING  
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU  
FEEL, THINK AND ARE.

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

# Avonal Revelation

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

31 May 1914 and ongoing

# ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. This was added to by the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

## REBELLION & DEFAULT **200,000** YEARS

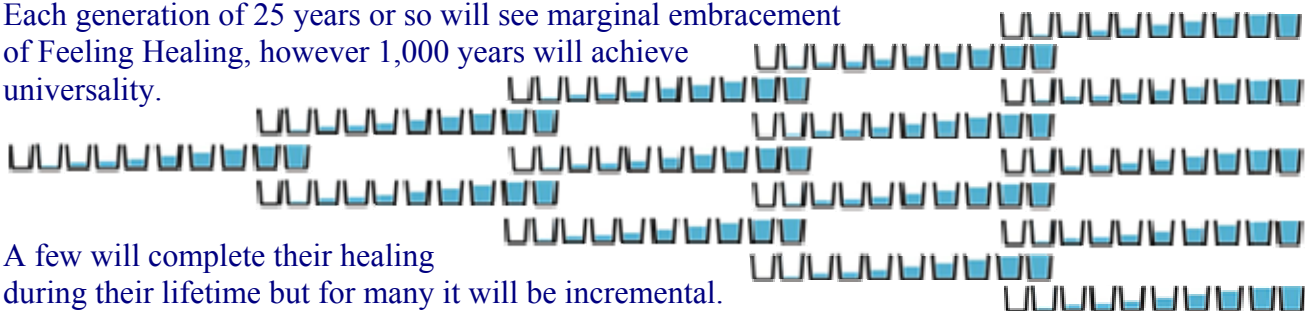
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

## Avonal **AGE 1,000** YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



A few will complete their healing during their lifetime but for many it will be incremental.

Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

<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>
<b>Available generally from:</b>		
<b><a href="http://www.lulu.com">www.lulu.com</a></b>	<b><a href="http://www.amazon.com">www.amazon.com</a></b>	<b><a href="http://www.bookdepository.com">www.bookdepository.com</a></b>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<b><a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a></b>	
<b>Spiritual Development:</b>	<b><a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a></b>	
<b>Padgett Books:</b>	<b><a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a></b>	
	<b><a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a></b>	

**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.*

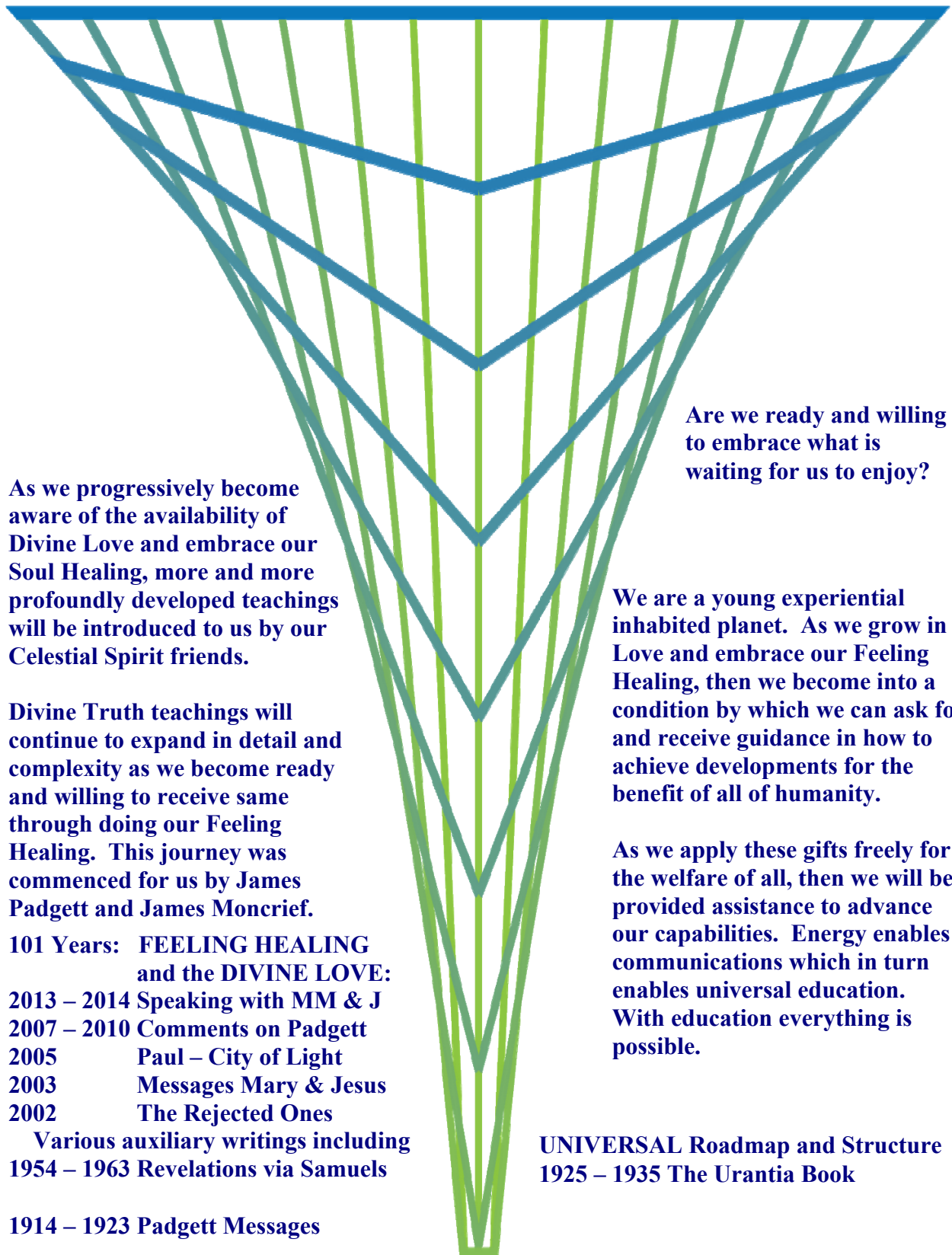
Chaldi College Primary thru to High Feelings First  
 Pascas Care Letters A Huge Upturn  
 Pascas Care Letters Big Revelation  
 Pascas Care Letters Feeling Healing Benefits Children  
 Pascas Care Letters Feeling Healing Way  
 Pascas Care Letters Little Children  
 Pascas Care Letters Women's Liberation 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 Care – Kids of the World Child Illness

**PASCAS  
PAPERS**

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



**In this series:**

Pascas Care Letters – Feeling Healing Introduction for Health Carer

Pascas Care Letters – Mental Health of our Children

Pascas Care Letters – Imagine



**Like Father – Like Son**

**Like Mother – Like Daughter**



perceived truth MoC 880 – relative truth potential MoC 1,488