

Pascas Care Parenting Awareness



“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

Aspiring to Living Feelings First, *John.*



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

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

The Golden rule is: Never interfere with another’s will.

A LETTER:**To Three Daughters and an Unborn Son from their Dad**

Never in my wildest imaginations did I ever anticipate that I got it so wrong.

First came my son, and then my three daughters arrived successfully. Here is the first error; 'my' as if they are trophies that I am to cherish and show off as prizes from some gallant endeavour.

From the very beginning of their presence (conception) I felt that I could mould them, develop them into something, a personality, that was 'appropriate', like – as if I really knew what was best for them.

Here is the error. I thought I knew how they should live. I thought I could love them and teach them how they were to be. This is the major error. I endeavoured to control them. That is, I believed I knew what they had to know and learn. Like, really, I took control!

When we incarnate / individualise, we are self contained fully gifted personalities that are to live according to our feelings, the feelings that our Heavenly Parents endow upon each soul.

So, what did I do? I passively shut down, slowly but consistently, their self expression, their soul based loving and true feelings, their real selves. They were wonderful children, they did all that we expected of them, that is, their mother and father were gifted with loving obedient intelligent children.

Oh, what a cluster stuff up! They became imprisoned in their controlling minds fully responding to the belief that, if they did what we wanted, then we would love them. By us imposing upon their will, we see the first apparent truth – the fact that we did not know how to love them. All we were doing was reflecting and repeating the unloving controlling impositions of our own parents. We continued the error of generations of parents. Now they will do the same.

To live true to the will of our Heavenly Parents is to live true to our soul based feelings. Our soul based feelings are the gift from our Heavenly Parents. We physical parents shut this way of living down. The stress that comes upon the child from conforming to our dictates, is the foundation and cause of all their discomforts, pains, illnesses, errors and life dramas that come about.

Yes, we did not know that we were evil in our ways of bringing up our children, but now we do. We now know because our great spiritual teachers have now spelt this, ever so obvious, truth out to us and here we now have the opportunity to bring about the great turn around, the great uplifting in the way humanity can now, for the first time in its history, evolve into a way of life, of peace and harmony.

I, as a father, failed in how a child is to be nurtured. My own personal emotional injuries were imposed upon the child, even when it was a foetus, thus this is most likely why our unborn son did not achieve birth. This is a reality that we can now address and that is what this era is about. We can all now, and will, achieve a wondrous way of life as we shed the injuries and erroneous beliefs that our parents unknowingly imposed upon our mind and soul, to bring about a harmonious way of life.

This changing of the guard is the turning point for humanity. Please consider the possibilities.

John, a father of three daughters and an unborn son.

A Father of Wrongness

5 May 2017

The EXPERIENCE of LIFE by the BABY in the WOMB:

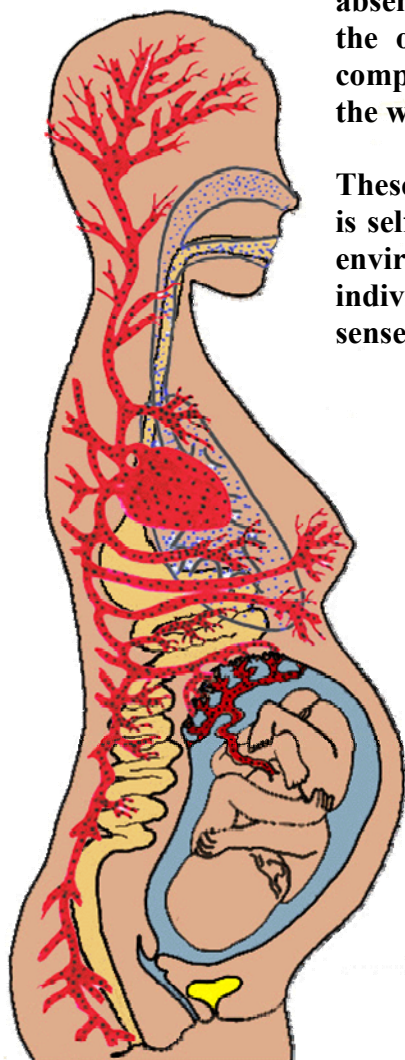
From the time of conception an infant is sensitive to the presence or absence of love as feelings of comfort or discomfort. One feels good and the other doesn't. This child has no idea how to seek love as it is completely subject to its environment and knows only how to respond to the way that it feels.

These early experiences of love have a great impact on a child as the child is self-focussed and has no concept of others outside itself. Its immediate environment is its world in which it has begun its process of individualisation and development of its personality qualities. The prime sense to which it responds is its sense of the presence or otherwise of love.

This is very basic but remains the most important sense for a human throughout its life. This may seem strange until you really think about it.

All of the most important responses a human makes are based on feelings and the most important feelings are those related to love because these are totally basic. Whatever supposedly sophisticated devices of discernment are overlaid on this, the basis remains the sensitivity to love.

We begin our life with natural love and it is in the context of this love that we live most of our life. In effect it is the main environment in which we live and function and our awareness of it depends on the love that we feel within us and which we express rather than the love expressed by others. We appreciate the love of others to the degree that we allow ourselves to receive it. If we are closed to the love of others we will not attract it. Giving and receiving are inextricably entwined and can never be separated.



1 2 3 4 5 6 7 8 9 16 20-36 38
weeks



Heart is
pumping
blood.



History has been locked in on Auto-Re-Dial!

For maybe 200,000 years, when we became parents, mostly mirrored how our parents brought us up. We did not have any training to speak of, if any at all. We consequently passed down our parent's errors, injuries, norms, patterns and beliefs through to our children.

The child was born and it was full on – child, it is time for you to grow up. They were highly dependent upon us but independent to us – so we thought.

Any bumps and bruise, well they will get over it. Any of our personal issues they would not understand so that won't affect them. Our addictions and bad habits are ours so it is up to them to be better than us. Just how wrong we have all been. They absorb and mirror everything!

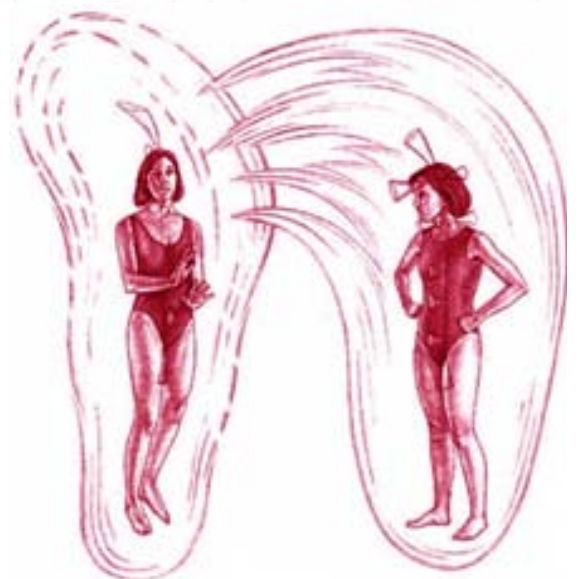
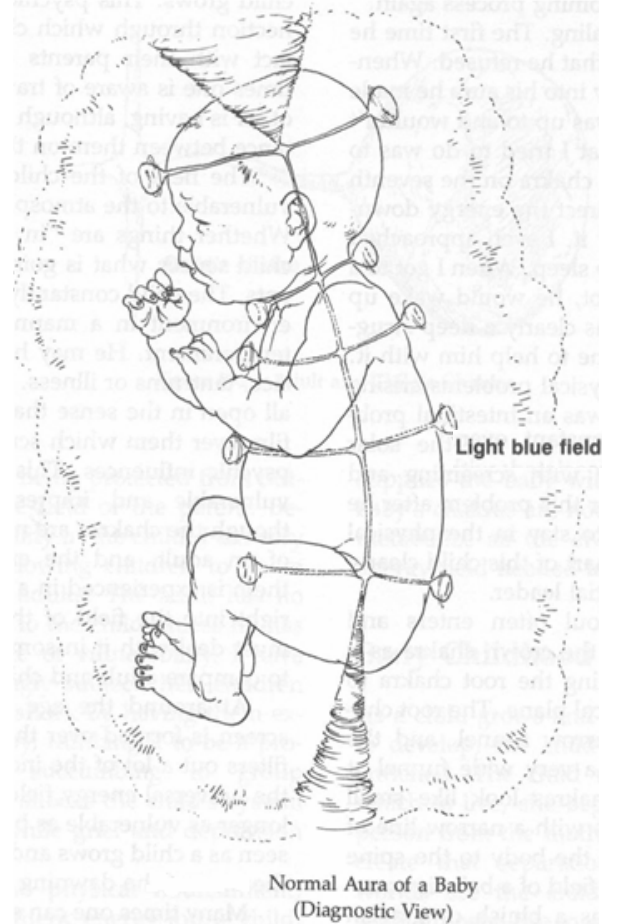
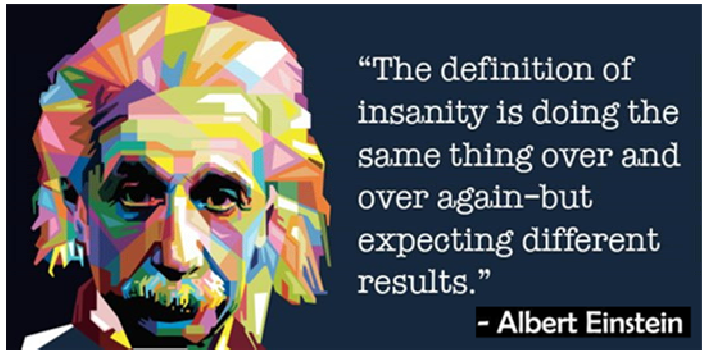
Then because they are 'ours' so we turn them into 'little me's' and that just about destroys them – unknowingly to us as being 'wonderful parents'.

We did not know what we were doing and we were not meant to know! We had been living in a Rebellion and Default that had been going for 200,000 years under unfettered reign that was administered through a Universal Contract which gave ultimate control to high level Lanonandek spirits and at the top of that was Lucifer. So, unknowingly we have all done his begging. However, on the 31 January 2018 this universal contract was formally ended.

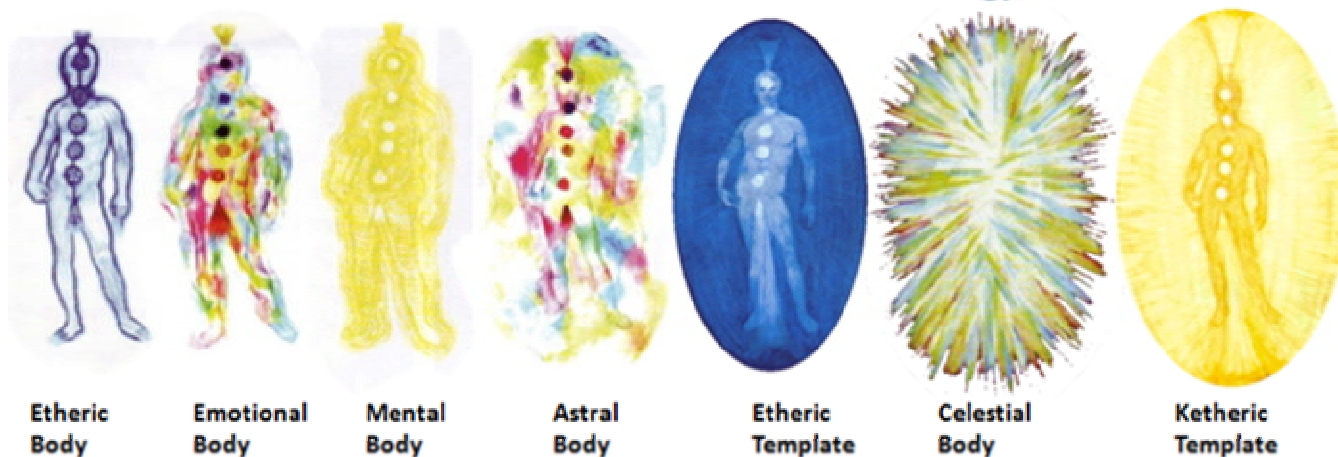
Now we are to know what we are doing in how we bring up our children and we are also to know how to bring up our children. The restraints on our spiritual growth have been removed and now we are to reverse all the negative ways of mind control and suppression. We are to enable our feelings to be freely expressed.

We have had no compression of the massive infusion that our energy body is able to impose upon another person – let alone a newly emerging child in embryo. We have had no idea of the complexity and wonder of our spirit body. We have had no idea that our etheric body of our spirit body is the template and bridge between the spirit and physical.

We have generally considered that we are our physical body and totally dismissed our spirit body. We have considered our brains as being our intelligence, memory and personality. That is far from true.



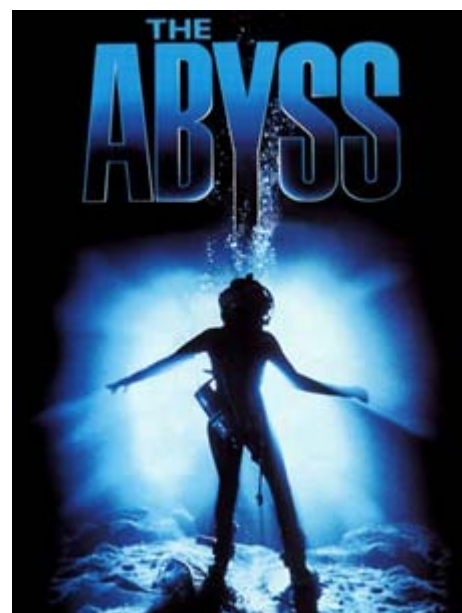
Brennan Model of the 7 Levels of the Human Energy Field



Our brain is like a dumb computer terminal. Our mind orchestrates our brain. Our minds are connected to and part of our spirit body. Our spirit body is orchestrated by our soul which is always in another dimension to our spirit body. It is our soul that is the source of our personality, intelligence and feelings. Our feelings are always in truth as is our soul. Our mind is addicted to untruth and control, yet we all live through our minds because that was how we were guided to live, wrongly, these past 200,000 years. We are now to free ourselves of this entrapment and engagement with our minds and have our soul based feelings lead us with our minds to follow embracing and implementing what our feelings guide us to consider.



When we conceive a child it is like taking this pure wonderful being from a very secure and safe place and dragging it into the bottom of an abyss. From then, unknowingly, we take this personality and impose all our errors and injuries that we have accumulated over our life, including what we have absorbed from our own parents and their parents and we infuse this on to the child.



With devastating speed, we force upon our child, mostly not even knowing, from the moment of conception our personal errors and injuries. Water cannon would be gentler and kinder. We are parents standing by watching without any concern, saying to ourselves, our baby will get over it! Well folks, look in the mirror, we have not gotten over it and children have not either. We are living our adult life with all the injuries that we took on from our parents from our moment of conception.



Sixteen days after conception, the foetus is developed enough to commence pumping blood. At the time of the first pumping of blood is the moment of our incarnation. At incarnation we are individualised.

Should our newly formed foetus then fail to continue living then we have no further need to live a physical life. We will then go into the 1st spirit Mansion World and be spirit born and have the experiences that were intended for us on Earth while living in the 1st spirit Mansion World with spirit parents who adopt children from Earth. The conditions on 1st spirit Mansion World are very similar to those on Earth, the differences are mainly now to be Earthed during this coming Avonal Age of 1,000 years.

Using kinesiology muscle testing, we can ‘observe’ the impact we as parents have on the newly forming child’s consciousness condition. At the moment of conception, the child is in pure nature love condition and calibrates close to 1,000 on Dr David R Hawkins’ Map of Consciousness (MoC). By the time the child is born, if it is given the chance, then you can see just how much we as ‘wonderful loving’ parents have smashed that child’s soul condition before its first breath. By the time the child reaches the age of six years, it will calibrate at the level of consciousness of one or the other parent, if the parents calibrate at different levels.



It is this continuous passing down, from generation to generation, that humanity has been stagnating in its evolutionary growth. Following the time of Jesus and Mary in the first century, humanity has calibrated overall at 190 on Dr David Hawkins’ Map of Consciousness all the way through to the mid 1900s. It is only now that we have been shown how to heal ourselves of the imposts of the Rebellion and Default that we, as a humanity, can begin the task of healing ourselves, and at the same time assist our children to begin to freely and fully express their true personalities and not the persona that we impose upon them.

Little have we realised or considered the harm we bring upon our children beginning at the moment of conception.

Our love for a child is reflected in the fact that we abort around 50 million each year. Something like 40 million miscarry each year due to the unloving environment they are in – they withdraw from the physical environment. Of the 130 million live births each year, many are with deformities and illness.

A child is born with an illness or it has illness in its early years and we wonder how it ‘caught’ that. We, as parents imposed the illness or illnesses upon the child! Emotional injuries, errors, and erroneous beliefs are all energies. These out of harmony energies impede the movements of life forming energies throughout our spirit bodies. These disruptions ultimately surface through the etheric body of the spirit body and emerge as discomforts, pains, illness and other forms of issues within our physical existence. The spirit etheric body is the template for our physical body. Thus, we as parents through the imposition of our own injuries set the pattern of health for the whole life of each of our children. As each child’s personality is so incredibly different to each other child, the issues within each child are

incredibly different to each other child. Thus children of the same family have different life experiences.

A child is born with some degree of deformity. The foetus when it first forms is always perfect. Again, it is our emotional injuries, the energy of our injuries not being harmonious with love and truth. It is these energies that bring about disruptions in the life forming energies of the child's foetus generating deformities. We, unknowingly through the injuries that we have throughout our essence, our errors in belief and love, are the generators of physical deformities that our child and children may be born with.

Then we observe the social issues that the child presents throughout its life. These also are the result of the cocktail of personal and emotional injuries that we as parents have not addressed and healed and subsequently have imposed upon our child and children.

Thus, it is our journey now to heal ourselves of our emotional injuries and progressively, generation by generation we will all free ourselves of what we each have taken on of the Rebellion and Default. This is the beginning of the Great U-Turn.

Ironically, it is appropriate to say that none us ever knew that we were living through a 200,000 year era of a Rebellion and Default. And now that is formally ended on 31 January 2018, we are to work to remove the imposts of that Rebellion and Default and that will take humanity all of the coming 1,000 years to do so.

On first reflection, one might say why bring a child into this degraded environment? Yes, we are truly living in hell and we do not escape from hell until we have fully completed our healing, our Feeling Healing, and then only with longing for and receiving Divine Love, the Love of our Heavenly Mother and Father, do we become Celestial. Our capabilities and life skills stem from our experiences. If we had not lived through the experience of being in an environment of Rebellion and Default we would not or will not comprehend it. Further, it is our soul that does everything. If it wants to have this experience then it will bring about the conception and incarnation of one or both of its personalities. It is always the soul of the child's choice!

ALL of humanity, including those who have lived or are living during the Rebellion and Default age, will progress to Paradise where they will evolve and become inducted as Finaliters, even those having the experience of lived in a rebellious state. Finaliters, with such unique backgrounds, will be exceptionally well qualified to assist humanities on worlds that go astray, so to speak. Our personal negative experiences will find ourselves well qualified to assist many out of similar predicaments.

Now, we are to begin to address the issue of how we are to bring our children into this world without immersing them into the same errors and injuries that we each have embraced. Now begins the long haul of the Great U-Turn.

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

Note: This is an introductory Parenting Awareness paper. Further papers on experiences of healing while raising children as well as introductory papers for group presentations are to be assembled.

I consider myself and my children's fathers to have been the worst things for my children (ages now, son 27 and daughter 22), when I see the damage we have done to them, it should be a crime, a real crime you are put away for! I once believed I was such a great mother, loving my children more than anything, I would do anything for them but what a delusional fool I was, it was all fantasy believing I was this mother above all Mothers, so arrogant and so wrong and the truth was the complete reverse of my delusional beliefs. I now know I was the worst thing for my children and back then, I wasn't awake and aware enough to see the truth of what I have done to them. It has been only through these eight years of Feeling Healing (commencing 2013) that I now know the truth of my parenting and how it has damaged my two children beyond repair, unless one day, they come to do their Feeling Healing too.

To see all of that damage parading before your eyes, in your children, is crippling and so it should be. It is disturbing and also amazing that I have been able to do so much damage to them without even knowing it, believing I was the best thing for them and bringing them up the right way, I couldn't have been more wrong.

They both have different dads and both of them were abandoned by them, my son's father left when he was two and wasn't interested in him at all and my daughter's father died when she was twelve and he was also like a father to my son so he lost out twice and with both of them I felt trapped by them, wanting to get away at any moment I could to live my life without them in it, enjoying myself like they didn't even exist. I passed them on to grandparents, childminders, anyone who was willing to have them just so I could go out and have a good time, still believing I was such a good parent. Putting my business way before them, letting childminders have them so I could make the money, so money was more important than them and I know they both felt this, feeling they were in the way, being a nuisance by just being alive, like it was their fault, shit, it makes me want to cry constantly and so it should! I put so much guilt on them for being alive and interrupting my life, it is sickening to me now just how I treated them, yet still believing I loved them more than anything, so delusional! I had to keep up the lie that 'of course a mother loves her children' I had to show it to the world around me that I was a perfect mother, hugging them, taking them to fun places, the best birthday parties and inviting everyone to show them what a great mother I was but it was all bullshit, all for how, putting on an act like the actress of the year all so I would be thought good of and didn't have to let the truth out and be hated by everyone for being the worst mother ever. All these things I did to be this fantasy good mother yet if people could see the truth of my feelings while all of this was going on, they would know I was the complete opposite and couldn't cope with being a mother.

When I found out I was pregnant I was terrified and I stayed like that through both of my pregnancies, there were also good feelings at times but the overall feeling was of terror and that I wasn't ready for this change in my life and those feelings were soaked up by my children, they felt the rejection of them and every feeling I had towards them while they were growing in my womb. I can remember my son's father being very abusive to me when I was carrying my son and I went up into my bedroom and repeatedly punched my stomach in rage and anger. I am even horrified writing this and want to erase that bit because it is so awful to write it down but I have to be true about my feelings and about what unloving parents we were and all of this was felt by my son and my daughter.

Every single feeling I had, they felt, nothing went unfelt by them and this is what has built them, this is what they are living now, all of that pain that flowed from me and into them. Everything in me and felt by me is now in them and I can see it playing out before my very eyes every day and it is so hard to look knowing I have broken them, right from conception they were broken and damaged by me and my unhealed bad feelings. As a result of this they have had it so tough, it has been a very hard life for both of them and still is, they are 27 and 22 now and they constantly bring to me all of the damage I have done to them by having children in an unhealed condition, it just breeds more unhealed people into the

world and their children will carry on the painful family lineage of unhealed, denied and suppressed childhood feelings from parent to child and we happily go along having children unaware of the damage we are doing to our unborn children.

In my children I have watched the illness, pain, depression, anxiety, fear, guilt, toxic relationships and so much more being experienced by my children and it is all in me and from me and their fathers and now I can't see it being a loving thing to have a child, i don't feel happy for expecting parents because I see the pain coming from them and going into their child, Gods child!

Neither of my children want children because they have made that decision based upon what they now know about Feeling Healing and their denied and suppressed childhood feelings and how unloving it would be to bring a child into this world. They know the pain they are in and wouldn't want it to continue, we talk about it all the time and they understand how it goes. They both are very good at expressing their feelings to me and know I want to hear them and listen to them and as they express their pain I get to know a bit more about myself too as I have the same feelings, I put those feelings into them so they are reflecting me but it does leave me feeling so terrible, helpless to do anything about it for them because it is now in them and for them to heal it themselves, but it all began with me, their mother.

I carried them and my bad feelings about everything went into them, their fathers' did also but mostly through me because I carried them. I, their mother carried a future Man and a future Woman into this world and I created all they feel now and I can feel the torture from what I have done to them. I cry nearly every day and beg them to forgive me, I beg God to forgive me. I watch them go about their lives, seeing all the damage I have done to them and I can't do anything about it but watch and feel the pain of being an unhealed mother damaging her children, it is crushing and incredibly painful to be so aware of what I have created and then pushed them out into the world to go and live it, it is like 'Yes I have fucked you up, now get on with it', I know what I have done to them and they know a certain amount too but I can't change it for them, it is too late, the damage has been done and now my torture is to watch the carnage I have created.

They know all about Feeling Healing because they have lived with it, through me, but it is not yet time for them to want to fully use it to do their healing.

My son is tattooed from head to toe, he drinks, he plays in a punk band, he abuses himself and rejects himself because he was a rejected and denied child, he is that same child pretending to be an adult, he is in a bad condition, the condition I created him to be because of my terrible parenting.

My daughter is totally into her material world climbing the promotional ladder, the best house, the best car doing all she can trying not to be the truth of how she really feels, a failure, lost, rejected, abandoned, not wanted and she does all these things in the belief that she will be wanted if she is successful, not denied and rejected because she has it all, yet has nothing because inside she is empty and none of these things fill that void inside her, the void, the empty space where the love of her parents should have been and nothing she can materially achieve can fill that space.

I watch this go on every day, it is like rubbing my face in my damaging parenting and God is saying to me "Look Sam, this is the truth of what you have done to two of my souls that I allowed you to have, knowing you would fuck it all up because there was no other way for you to do it, a fucked up Mother can only breed fucked up children as she is a fucked up child herself".

Now I see it, I can see it all, the truth of my negative parenting, my unloving parenting and the results of having children in that condition and how I have damaged them because I was that very same damaged child, just as my parents were. This is the result of living the Rebellion and Default, thinking I know it all and can do it on my own without God, turning away from God and living the consequences and it

hasn't worked out for me or for humanity and I want to come back, I am working my way back to God and ending my rebellion, there is no love in this place, only pain, I now see the absolute carnage caused by living without God and I have now made a choice to return to God, my Mother and Father, because my way, doing it on my own hasn't worked out, it has been horrific and I can now accept that it can't work doing it my way, only God's way works and I never thought I would ever be saying this but I am and God is behind me every step of the way.

All of my writings about my healing and parenting can be found on this site:

[Divine Love Spirituality and Childhood Repression forum](#)

[Home | Divine Love Spirituality and Childhood Repression forum \(freeforums.net\)](#)

<https://dlscr.freeforums.net/board/2/general-discussion>

I have made a real mess of everything in my life because I rebelled against God, my soul's Mother and Father, my real parents. I was so arrogant to believe I could do it all on my own, my way and it has taken 53 years to see how wrong I have been and every day there is more truth coming to me which brings more disturbing feeling to me as the truth is revealed. To know how much I have hurt and damaged my children, there is no pain like it but all I can do is feel my way through it, with God helping me as well as my Angels and soul group.

I am so sorry for what I have done and when my children come to do their Feeling Healing I expect them to see the truth also and hate me for what I have done, it will come one day, I want it too because then I will know they are now seeing the truth of me and what I have done to them and they will have a chance to heal it within them. That is what I want for them, to hate me as much as they need to, this will be the truth, them touching and feeling the truth and no longer be in the fantasy of my being the best Mother. I didn't love them as they needed to be loved and I want them to know that truth and all that the loss and lack of love has done to them. I want them to know the TRUTH!

Sam

MIND IN CONTROL

This is how it is!



FEELINGS FRIED

Great U-Turn

Feelings
in Control

This is how it is to be!

Mind in Support



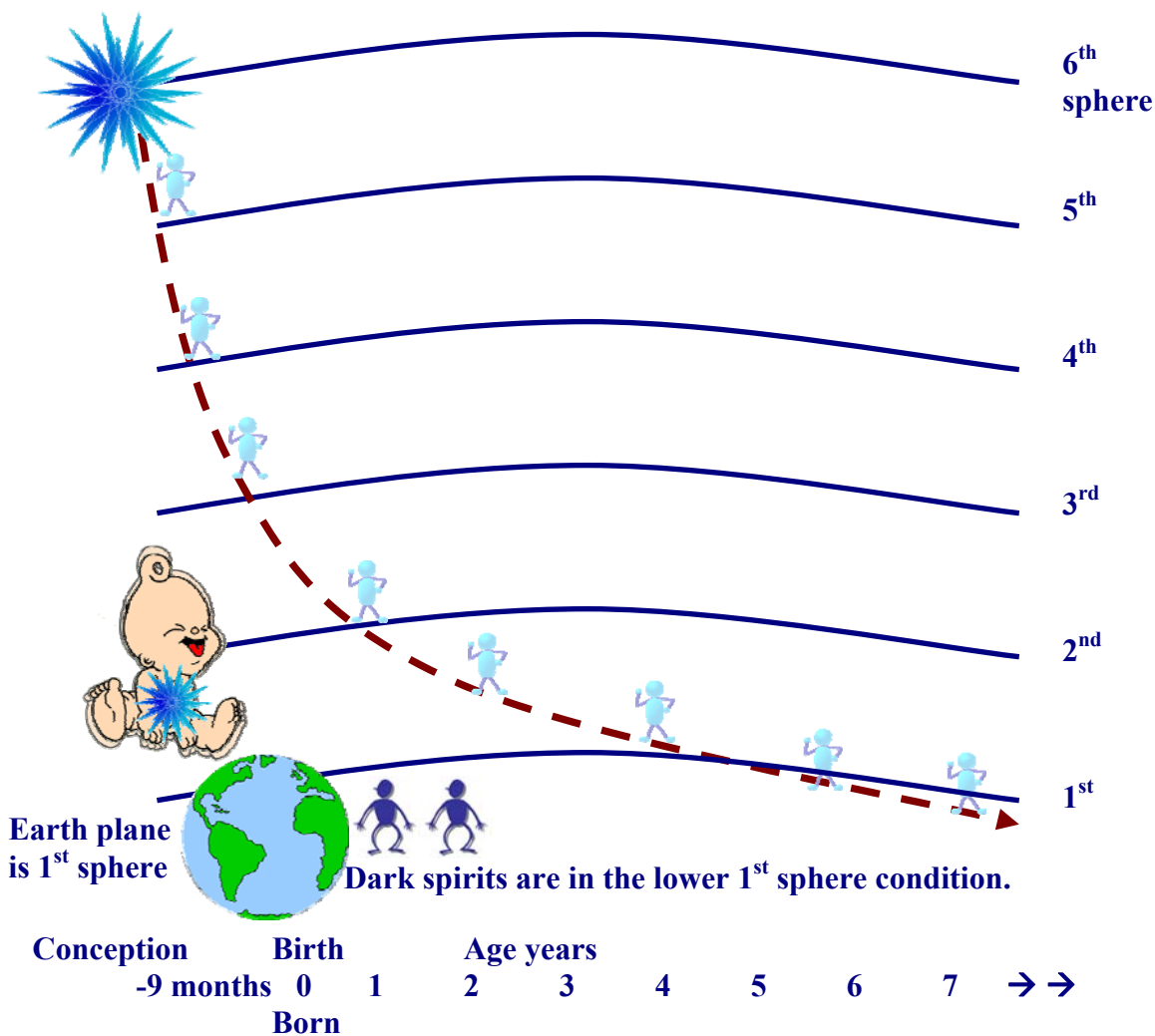
The DECLINE PATHWAY in SOUL CONDITION for NEW BABIES:

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father, and of those within its family environment.

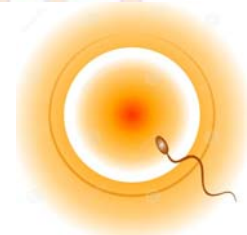
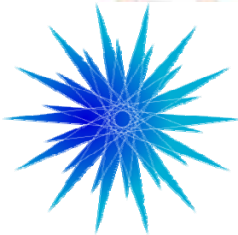
This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents.

Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask dark spirits to seek help and guidance from brighter spirits within their environment.



PERSONALITY



At the time of the fertilisation of the egg, should conception be viable, then the soul, being a tiny invisible spark, is attracted from the pre-incarnational sphere with its unique personality and the forming of the spirit body occurs, with conception coinciding. The soul remaining in its dimension connects with the forming spirit body. The etheric spirit body being the template for the forming physical body, the personality, endowed by our Heavenly Parents is present within all three elements – the soul, spirit and physical.

SOUL, SPIRIT BODY and PERSONALITY remain TOGETHER – FOREVER!



Natural love and Divine Love are as two loves.

Soul, Spirit Body, Personality stay together.



Ascension Pathway:

Spheres of Paradise

Infinite & Universal Spheres

Eternal Spheres

Celestial Heavens

Divine Love Spheres

Soul and Spirit Body enters

Conception and Incarnation



HEAVENLY MOTHER & FATHER

Natural Love Spheres

← either or

mortal Spheres

Soul Partner half initiates incarnation – soul does it all

Our soul remains for ever attached to the spirit body and the personality, the spirit body being created at the time of conception. As our soul is connected to our spirit body and both present this unique personality. Once individualised, it is impossible to go through the incarnation process again. We never reincarnate.

We are born with natural love, until we ask for and receive Divine Love there is nothing of the Divine within us.

When we add Divine Love to our being, only then do we become a complete being. Without Feeling Healing and Divine Love, we are finite, in as much as that while we continue in only our natural love we can only become the perfect man and that restricts our progression to the limits of the 6th natural love mind Mansion World being the mortal domain of man.

WE ARE ALL SOULS of our HEAVENLY PARENTS, our MOTHER and FATHER:

We are mortal souls who have the potential to experience the Divine Love.

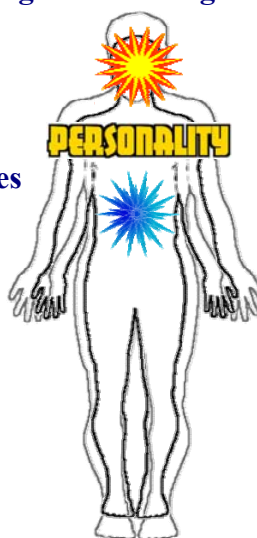
If a person or spirit experiences a drop of Divine Love, then the soul is then deemed Immortal, which the spirit body and personality must follow to this perfected truth. The Divine Love is in its own nature, the highest, or if you like, the most perfected form of energy and Law that a mortal soul can receive and experience.

The radiance of the spirit body that is seen by other spirit people, is distinguishable as to the presence of natural love and the amount and also Divine Love and the amount. The energy of both loves is processed in the region of the heart region within the spirit body. One's soul remains within the dimension in which it was created.



Divine Love – if sincerely asked for – will not be withheld by the Eternal Love of our Heavenly Parents, no matter what condition one's soul may be in. Divine Love is experienced at any stage in a natural love condition of soul whether error exists or not. What is required is that the cognitive capabilities of the maturing personality must knowingly be asking for this Love to be added to its being. It is through our Feeling Healing that the Love comes active.

Conception / incarnation are brought about by the soul. The soul is the personality. The mind, that orchestrates the brain, is an instrument of the spirit body. Nothing that is Divine is within the forming entity.

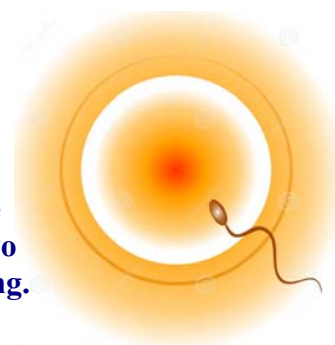


The spirit body's energy is managed in the region of the heart and solar plexus, we are endowed with natural love, being an energy, at conception. It is this energy that is visible to other spirits, not the soul that we all have.

A newly individualising soul is just a tiny invisible spark.



Viable embryo forming.



SOUL, from another dimension, is connected to the SPIRIT BODY:

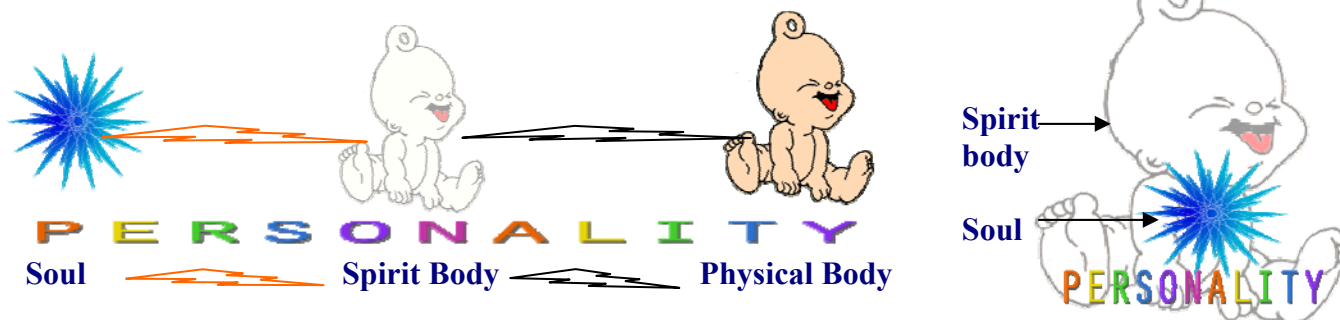
The soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When its conception unfolds, it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body. This it does twice, one female and one male – one soul, two personalities being soulmates / soul partners. The soul is an incredible structure as it brings with it almost unimaginable potential which includes the talents and passions of each of these two individuals.

The soul contains all of the elements that make a human a human. Therefore, it contains the elements which modify and direct the expression of emotion in humans that give humans their individual qualities. Despite the variation of emotional expression in different cultures, there is a great uniformity of emotional expression throughout humanity. When an emotion is expressed truly by any person, it is capable of being recognised for what it is by any other person.

In small children and babies, the expression of emotion is initially quite simple but recognisable and develops as the child grows, and is profoundly influenced by the relationship with the closely attending persons, be they parents or others. The small child learns a lot by following and aping what is done by other children and adults, so it learns patterns of expression of emotion and learns the acceptability or otherwise of emotional expression. It is taught what is 'right' or 'wrong' in its immediate environment, so there develops a great variety of emotional expression and repression. Thus, facades evolve and suppression of true self unfolds.

The spirit body and the soul are inextricably joined and remain so during our existence. The soul 'drives' all our personality existence, our spirit and physical lives, in Creation. Our soul is expressed through its 'bodies'. Upon death our physical body 'dies' with our soul still expressing our spirit personality. And our consciousness, our life focus and awareness, moves from living focused in the physical to living focused in spirit.

The soul is displayed by virtue of the development of the human personality and its qualities. The physical body is created with all of its physical elements, the shape and function of which are largely determined by its human heritage as provided by its physical parents. Even though the soul has all of its potential in every individual, the fullness of its expression in any individual is directed, to some degree at least, by any limitations of physical and mental structure, although these are not, of themselves, absolute in their effect. By that it is meant that a soul which is developing powerfully can shine through and transcend what seem like insurmountable physical and mental odds. This means of course that a human, who might appear to be greatly hampered by their human heritage, is capable of great soul development while on Earth. There is great individuality in this as in all things human.



An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. [Dr. Susan Berry](#) 12 Oct 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.

An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception**.

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36cbac072c1>

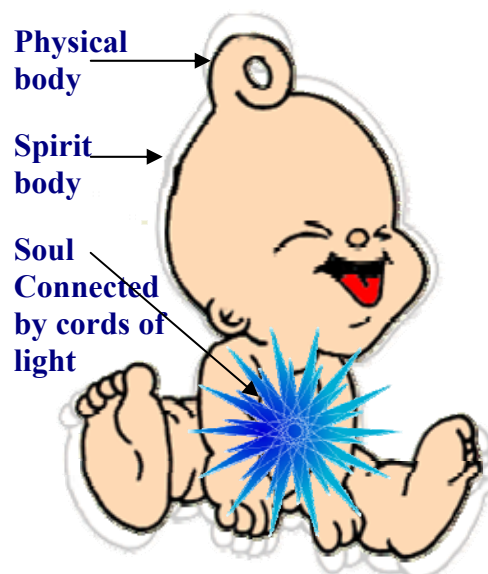




The life force for the spirit body and the physical body is via the soul. The spirit body is connected to the soul via cords of light, and in turn, the physical body is connected to the spirit body via cords of light. Should the light cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

A newly individualising soul is just a tiny invisible spark.

The soul connects through cords of light with the spirit body, never to be separated.



The Sins of the Parents and Grandparents....

Antwerp. Received by WV.

10 December 2014

(WV: Hello John. I can feel your presence. Can you please elaborate on the message of sins as asked on the DLS forum?)

Of course, my dear friend, it is always my pleasure to enlighten my brothers and sisters in the flesh.

I will start off with saying that only seldom a child will be born free from flaws but that all souls conceived and then incarnated in their pristine flaw free condition.

The process of the human birth is not understood completely by many so they conclude what they are capable of understanding with their minds. To help with this, I want to explain to you something very vital. As we all know, there is the need for a sperm and an egg to start the creation of the human body and, at a particular moment in the whole process, the soul will take possession of that body. Well, what most people do not understand is the soul does not take its place in the physical body. It will connect itself to the spirit body, which is a very important difference.

If you examine this statement closely, you will come to understand the soul cannot control the physical body in a direct way, only in an indirect way; through the spirit body, because it is the spirit (body) that controls the physical (body). But I will come back to this principle later.

Well then, when the soul has not yet connected with the spirit body (which it creates), it is in its pristine state with nothing surrounding it to block out the energy it needs to live its life to its full potential. It is only as soon as it connects itself to the spirit body that the process of inheriting the flaws of its ancestors begins. The moment the soul (soul half) incarnates, it becomes connected to the spirit body by cords of light, which in turn becomes susceptible to its surrounding energies and makes a connection (a further silver chord) with its physical body.

Since the new life form stays closest to its mother's energy, the mother will be the first to pass on her energy patterns; created by herself (her own mind) or adopted from her parents. However, if you contemplate this, you will understand her parents were also influenced by their own minds and parents and their parents also; and so on. Consequently you can see the flawed energy / mind patterns are copied, depending on their dominance and persistence, from generation to generation. Some minor adopted flaws will vanish quickly as the child gains its own life experiences. Some other (more severe flaws) will survive very long and will be passed on to their own offspring. It will all depend on the use of their own free will which ones will survive, vanish or be added. And that is how the process of the inheritance of the flaws of the parents works.

However, it is not only the surviving energy patterns from our grandparents (within our own parents) that influence us (indirectly), it is also the patterns from our (still living) grandparents (or great-grandparents) that influence us (directly). For when we are born, most of our grandparents are still alive and very present in our everyday lives. Therefore coming into direct contact with their patterns or flaws will only enforce the ones we already adopted (or are adopting) from our own parents. (And this is of course also the case if our great-grandparents are still alive.) Naturally, the frequency of coming into contact with them plays an important role in the influence they will have. This too is the reason why the energies of siblings, friends, teachers, leaders, etc. can influence our own energies, minds, patterns or flaws. It just depends on the frequency of the contact and the ability of staying true to oneself: whether the connection with one's soul is still in good condition or whether the veil of the spirit is blocking it. It is also the reason why it is so important to choose your company wisely.

Why we prefer to talk about flaws, instead of sins, is because there are far more energy patterns (that cannot be classified as sins) that block the flow of love. To give you one important example: thinking one is not worthy (of love). This can and will block the soul to receive a (big) portion of love. But what you also have to understand is; that, because of such thinking, the influence of the soul becomes less outspoken and more difficult, which in turn will make it more difficult to live according to the laws of love. So, flaws like that, which have nothing to do with sin, can have a big impact on the condition of the soul and even create an environment where sins thrive because the influence of the soul diminishes.

So, as you can derive from what I have said, the integration of the flaws of previous generations is not a static or instant process where the soul receives a bunch of ‘sins’ the moment it incarnates, it is a dynamic process where self-created energies play an active role in blocking the flow of love to and from the soul. The soul has no part in this whole process because its sole purpose is to love; to give love and to receive love; and it cannot do anything out of tune with the laws of love.

That is why God created the physical realm and the intermediary realm, better known as the spirit realm. And it is this whole system – Mother and Father created – that makes it possible for us to enjoy total freedom in the use of our free will: to some a blessing, to some a curse. This system allows us to identify ourselves with our human bodies and with our minds without being under direct control of our souls: the experience of unlimited freedom, not being dependent on the existence of a greater Source – thus, the experience of being God.

(WV: So, do I understand you correctly? Are you saying free will does not reside in the soul?)

Indeed, my friend. Free will – the ability to choose to live according to the laws of love or not – does not reside in the soul, as the soul does not have the capabilities to do anything not in tune with the laws of love. Free will resides in the mind; as well in the physical as in the spirit. It is a concept based on the principle of choice, which does reside in the soul. However, it adds the dimension of being able to make choices outside the scope of love and that is why it cannot be part of the soul. So by choosing (Feeling Healing, with or without the) Divine Love, you use your free will to state that love is the only choice you ever want (and need) the rest of your (eternal) life – that you do not want to live outside the scope of love – and that you are therefore willing to put everything else, even your mind, in second place.

We can conclude our wonderful talk here for I see we covered everything I wanted to talk to you about. Stay safe and centred in the Love and don’t let your mind take control of your life; let your soul guide you. For, when it comes to matters of the soul, the mind is not the right source to explain them (because of its subjectiveness). And when it comes to the matters of the mind, there is no better (objective) source than the soul to explain them.

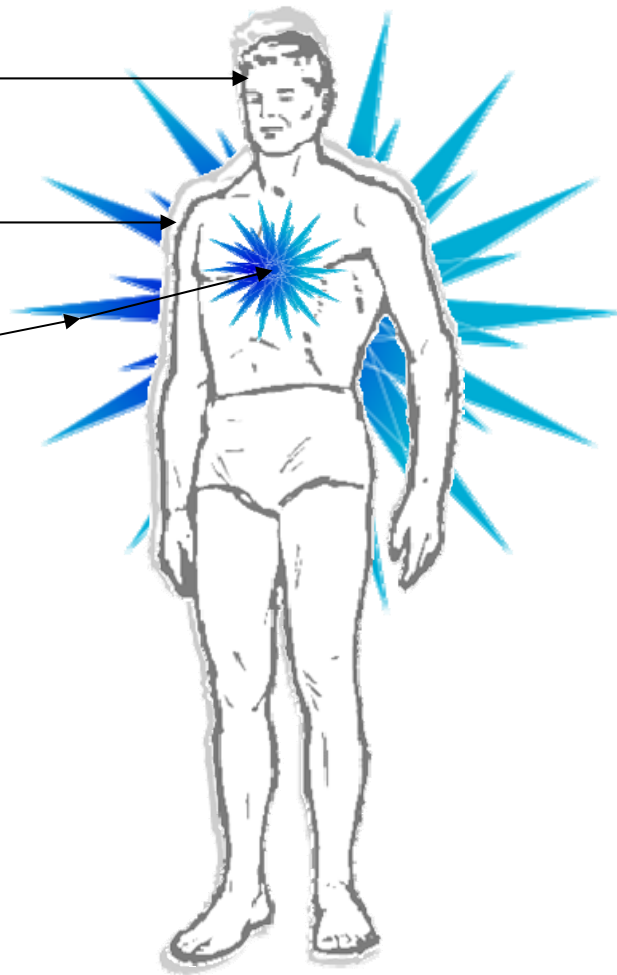
Your friend forever. John.

(original slightly modified)

Physical /
material body
Brain

Spirit /
etheric body
Mind

Soul + Spirit
Combination
Senses
Desires
Memory
Passions
Intention
Free Will
Emotions
Creativity
Awareness
Personality
Aspirations
Intelligence
Consciousness
The Real You
is your Soul!



The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function. P529 Judas of Kerioth 8th May 2002

At the moment of conception, we achieve individualisation and become self aware and we are then able to exercise our free will. Incarnation is when the embryo first pumps blood – day 16.

At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.

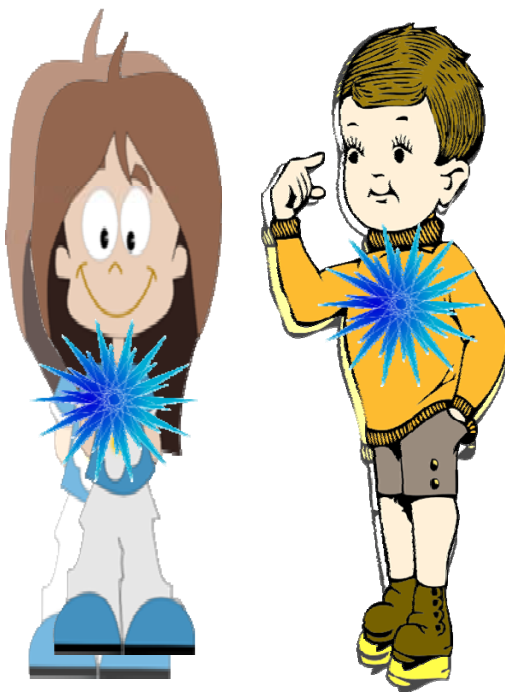
At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul embraces Feeling Healing, and receives Divine Love, it will grow, and grow, and grow in brilliance and into that which is Divine.

SOUL – Soul Partners:

The Real You is your soul, you are one ‘half’ of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.



The soul connects to the two spirit bodies it has created by ‘golden cords’ of light; and the spirit body is in turn connected to the physical body by ‘silver cords’ of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn’t hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

95%+ of humanity currently are within the 1st sphere of development.

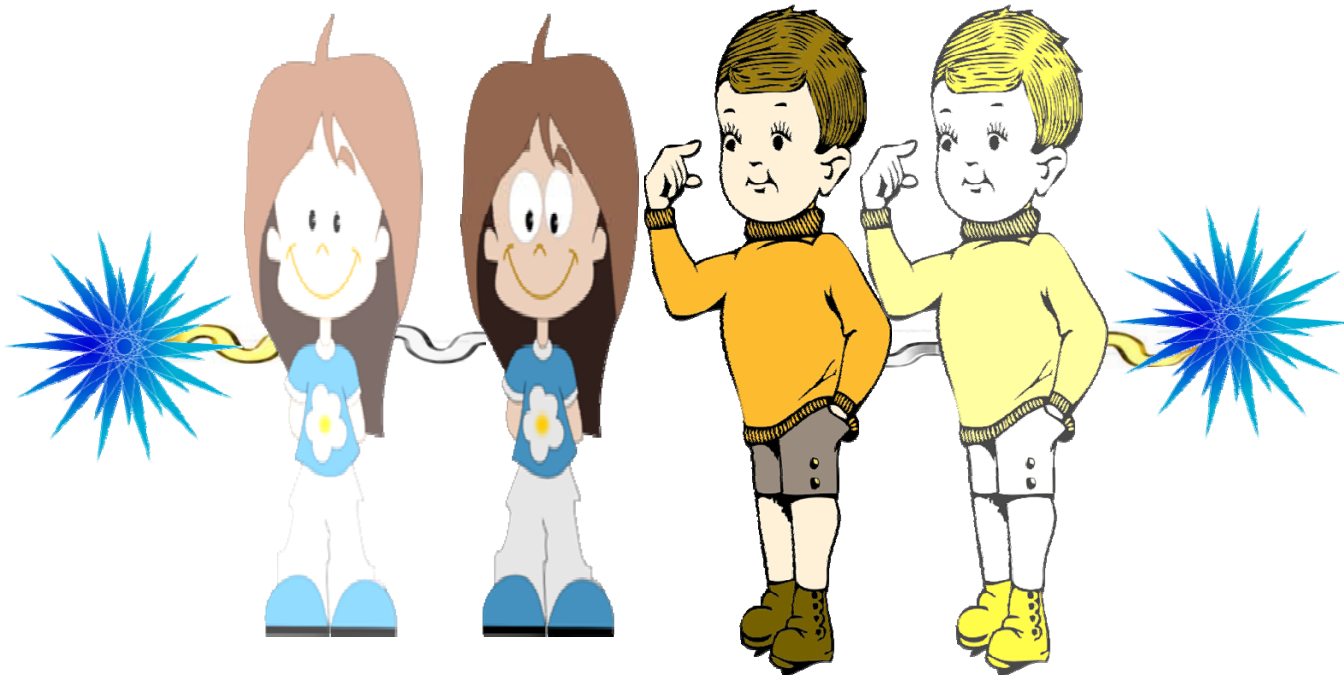
PERSONALITY

Soul Spirit Body Physical Body



PERSONALITY

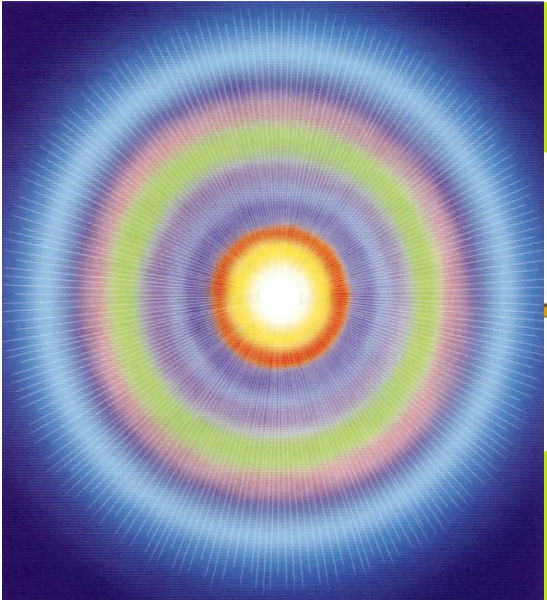
Physical Body Spirit Body Soul



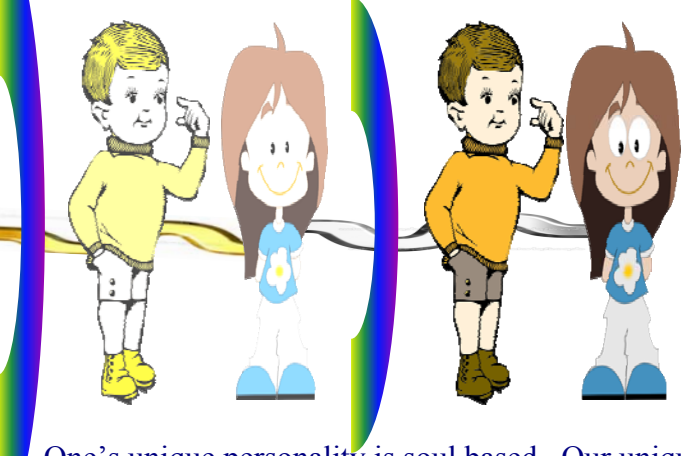
DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULD IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – ‘soul land’. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and
female personality - it is a duplex!**

HARM CAUSES PAIN:

Speaking with Mary Magdalene and Jesus, book 1

15 March 2013

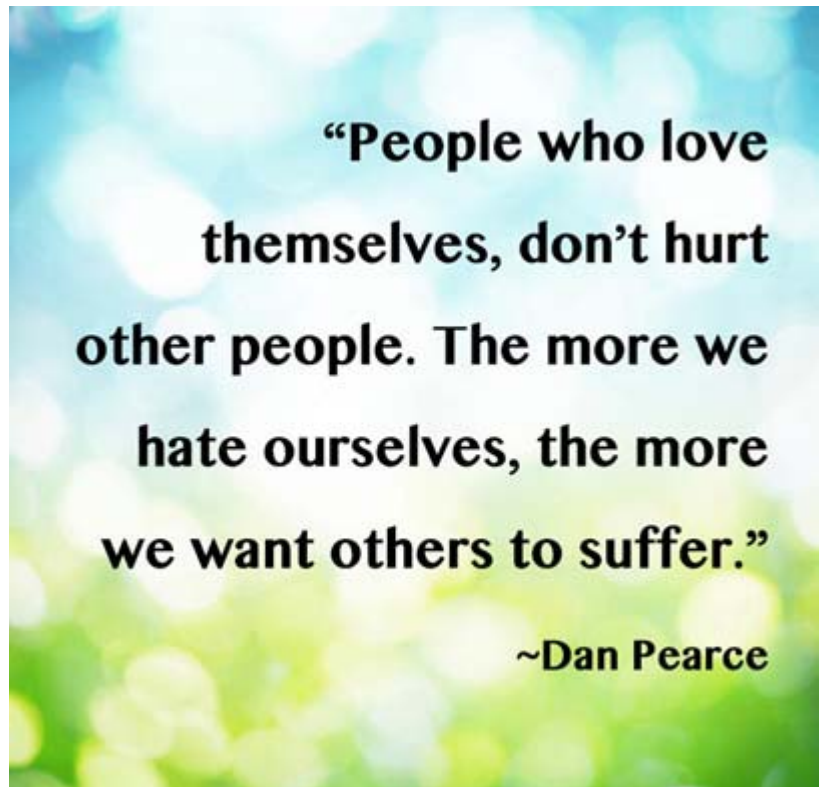
As you do your healing, the pain you will feel will be the same pain you have caused another, such as the pain you've caused in the one you aborted, and it will be the same pain you are already causing yourself, the pain you've been made to suffer because of your unloving parenting.

You can ONLY do to another what was done to you. You can only cause the amount of pain that was done to you, the pain that you're still in but are keeping hidden from yourself; the pain which will come to light as you progress in your healing. It all comes from you.

As an example, often the pain of the abortion is felt by the woman, her having to undergo the trauma of it, however there will be just as much pain to be experienced by the man, especially if he is unaware that he got the woman pregnant. He will be made aware of what his unloving act caused, he will meet face to face the result of his actions in spirit, and so as he comes to do his healing, he too will feel the pain he has caused the one who was aborted as well as the pain he caused the woman.

And that pain will be the same pain he is causing himself by denying himself his true feelings; the same pain that was caused by his parents' denial of him. The amount of pain that was inflicted on you by your parents is the same amount you then inflict on yourself by maintaining your self – and feeling – denial, and will be the same amount you will inflict on others. However do not judge the amount of that pain by outward actions, and by this it is meant, it's not right to conclude that someone who kills another causing obvious pain to the victim is feeling that amount of pain and so will also suffer accordingly; and more pain than someone who lives their whole life being nice and friendly to others outwardly not causing any suffering of another.

One can't judge one's own pain, the amount of it, or how it has come about, as one can't judge another's pain. It is for each person to uncover that pain for themselves. And there will still be a lot of pain for those people who don't outwardly hurt others, because they are still living denying the truth of their soul – denying their true selves, and so causing themselves the same amount of pain as their parents made them feel. You may have not outwardly hurt another, yet inwardly you are 'killing' yourself all the time, and so this is the pain you are causing yourself, this being the pain you are experiencing through your healing. It being also the amount of pain your parents made you feel as they 'killed' you (the true you) by not allowing you to freely and fully express yourself. And it's also the amount of pain you are inflicting unconsciously on others in your interactions with people and nature, even though mostly they and you are unaware of it. It is your soul helping you feel the pain you are causing nature – and your own true nature.



What determines whether or not someone goes into one of the hell sectors after death is one's intent, that being, did they intend consciously and so wilfully to inflict such pain, harm, suffering and death upon their victim. And if they did, then they will suffer extra pain equivalent to the amount of pain they caused their victim. When it is said extra, meaning, on top of all the pain they are already suffering being in their negative state, that pain having to be worked through when they do their feeling – or soul-healing.

So once one has worked through their sin or wrongdoing by suffering the extra pain – the pain and suffering they caused their victim to feel, they can then come out of their hell-state, that being the pain they are subjecting themselves to, it all being their own doing as is understood, thereby free to carry on with their spirit Mansion World life like everyone else, awaiting the day when their soul begins their true healing, that being of the healing of their negative state.

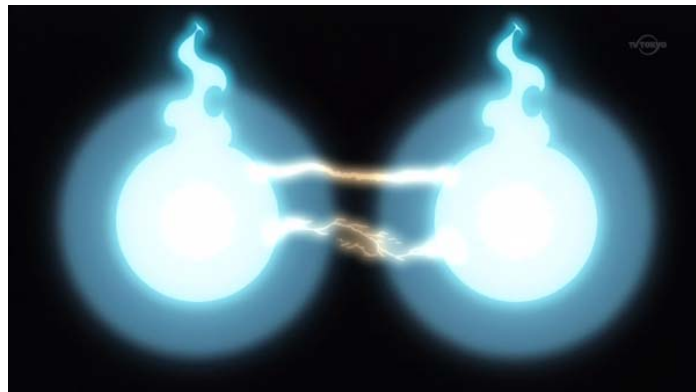
Our healing is our becoming responsible for our evilness (errors).

Yes. And you do that through pain as you come to see the truth of your unloving-ness; and because you need to feel you have erred – what that feels like, and that it's wrong being as you are.

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

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself



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

in conjunction with

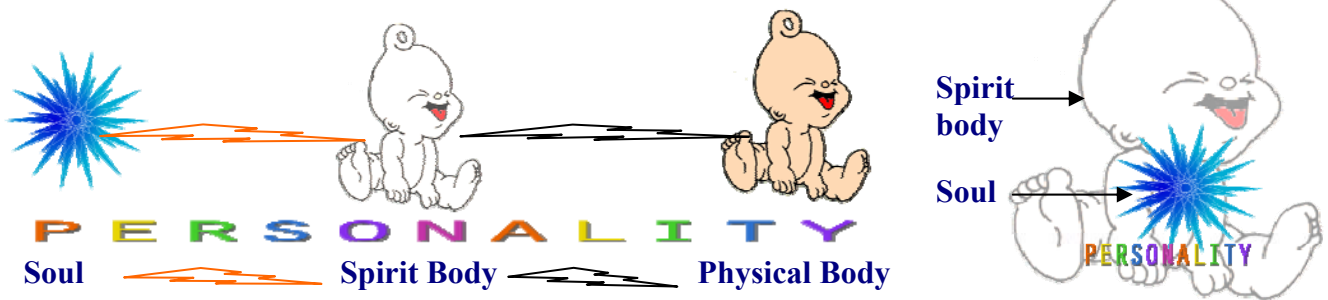
Longing for the Truth when also longing for Divine Love.

INDIVIDUALISATION – Purpose of Conception and then Incarnation:

The spirit body is, of itself, a creation like as is the physical body, and has its existence only for the purpose of preserving man's individuality, and of sheltering his or her soul, both while on Earth and after he or she becomes a spirit.

Then his living means that he is placed on the Earth merely to acquire an individuality, and to learn that within him is the soul which is his or her real self and which he / she must cherish and educate and feed with the higher thoughts and goodness of his / her original creation, and not neglect the opportunities that come to him / her for this development.

Apostle John 2 July 1916



HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:

Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body.

Such man embraced errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.

Medical assistance and treatment may alleviate the illness / pain however the cause remains.

Until we endeavour to remove the errors and injuries, the propensity for the illness remains.

Feeling Healing together with Love energy from our Mother and Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.

Long for the truth of your feelings and earnestly pray for, ask for, and receive the Love from our Heavenly Parents, such Love will always be provided to those who ask for same – always!

The Rebellion and Default.

Way back in humanity's history, spirits (The Evil Ones) higher than us and part of (our local universe) Nebadon's universal hierarchy, rebelled against Mary and Jesus and denied the existence of a loving Soul Mother and Father. They came to Earth, and other higher spirits who were already here and supposedly whose job it was to help humanity evolve and grow to love God joined them, and together they set about controlling us and corrupting our minds. They in effect turned our ancestor's minds and wills against themselves. They wanted humanity to serve them and not live loving free lives with God. Their influences were severe and we've lived many generations perfecting our negative mind controlled states of self-denial.

After the Rebellion and added to it, was what is called the Planetary Default of another two higher spirits who came to Earth to help us, Adam and Eve (or who they represent). These two spirits were corrupted by the other higher evil rebellious ones and unwittingly coerced into default. They didn't outrightly and willingly accept the Rebellion choosing to join the rebels, but they were unconsciously led astray bringing about their Default. So what this means is: we are similar to them. Eve and Adam represented the perfect mother and father to whom all parents could have aspired to be like. But now all parents follow them, living the Rebellion by default – unconsciously parenting their children into the Rebellion by default.

As adults we are ignorant of the negative influences we're living; what we're doing to ourselves, and how we are living in a whole society and culture of self-denial. Life is not good for us unless we are in a power position. We are all striving for power in some way, but this is an untrue way to live, because, as I'm sure as most of us can testify, power (what we think and believe it to be) doesn't actually make us feel good. In the end you still wonder why you feel bad even when you have all the power you do.

So unconsciously we influence and subject our children to the same negative pressures and influences Adam and Eve were subjected to and with the same end result. Unwittingly we make our children deny themselves their full soul expression by default. We make them suppress many of their feelings when they are very young, and we make them join us in our negative states so they can continue repressing and denying themselves.

We do this because we want to gain power (because we feel so powerless). We parent, having power over our children, making them feel powerless. And so the whole negative mind state has been passed down generation after generation. And humanity through all the ages has wondered why it feels bad and why life doesn't seem right, and has wondered endlessly how to fix it. But without Mary and Jesus' higher help (higher in truth than the original misleading rebellious spirits) we can't work it out and we never will. However, now with their help, we can.

Introduction Course to Divine Love Spirituality by James Moncrief

What can you achieve by doing your soul-healing?

You can heal EVERYTHING that is not right within you. That is: every part of your mind, every belief, all behaviour that stems from your erroneous beliefs, all your negativity, all your bad feelings, all of your dysfunctional will. Any illness and disease: physical, mental, emotional, or spiritual can be healed, because all of these things are only happening to you as a manifestation of your unexpressed repressed early childhood feelings. The only thing that makes you sick, whether it be a common cold or cancer, and everything that makes you feel bad, all has its origin in your early childhood repressed feelings. Doctors and psychotherapists can search all day long for the causes of all that makes you feel bad, but unless they're looking into your childhood, they will always only be doing band aide work leaving you

to wonder about what's really going on.

I believe you can heal everything through the doing of your soul-healing so that you never need to go to the doctor. I'm not saying you shouldn't go to the doctor because you've started to receive God's Love, you SHOULD ALWAYS DO WHAT YOU FEEL TO DO, but I am saying that I believe that if you do heal all your childhood repression then really there is no reason for you to get sick. Because by then you will be freely and truly expressing all you feel, and so, without ever denying any part of what you feel and who you are; without ever suppressing or repressing any part of yourself, you have no reason or need to get sick. I believe we only get sick to help show us there is something wrong – that we are not expressing ourselves – our soul – all our feelings, truly.

Through your soul-healing you'll be able to work out the truth of everything that is in your life: why it is; and the truth of everything that happens to you: why it does; and the truth of everything about yourself: why you think, feel, and behave how you do – everything. And by the end of it you'll have a greater appreciation about what and who you are: you, your personality – you, your soul. And you will marvel constantly at yourself: at what the Mother and Father have created – YOU.

Your healing is the first major step along your spiritual path to Paradise – the home of our Heavenly Mother and Father. You've had all these years playing around in your mind, seeing what life is like living in a negative mind state, and now you can start to give over to your soul. Once your healing is finished you are free to keep ascending in truth up through the higher or inner heavens all the way to Paradise, and then once there, it is said (as you can read in *The Urantia Book*) you will be able to *meet* Them.

The doing of your soul-healing will arrive you at the first and most bottom rung of your universal ascent. It will get you out of the sandpit (or perhaps bog?) of self-denial we call life on Earth, and then you'll begin to understand what living true to yourself and true to God is really all about.

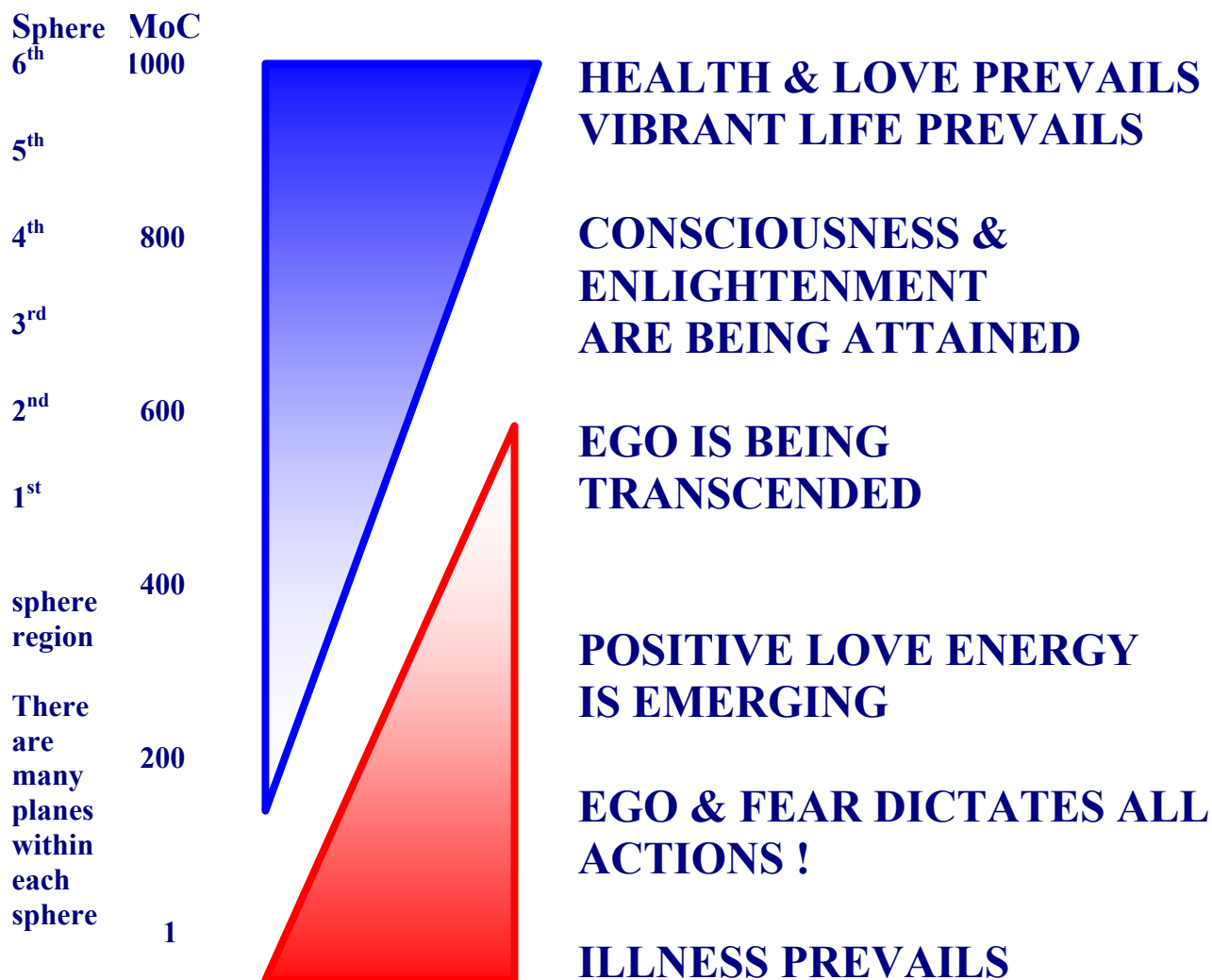
Living in the negative is living in a no-love state. You might feel love in your life but this is only relative within your negative mind condition. What real love is and how it makes you feel awaits you when you've finished your soul-healing. Love, and the happiness that comes with it, is the feeling-aim of doing your healing. It is something, a state of mind and a way of life, yet to be seen on Earth as expressed by the mortal soul. Jesus and Mary did live it, however they didn't first have to do their soul-healing.

Your healing will help you see the truth of all your relationships. Again this might not be what some people want to see. Many people don't want anything to happen to their relationships, particularly with their parents, believing they did or do have a very loving relationship with them. And it's not for me to say they didn't. What I do want to say is that based on my own experiences, I'd advise anyone to do their healing first and then see what the truth of their relationship with their parents is. If you felt one bad thing during your childhood, and couldn't freely express all you felt about it, then this bad thing will need to be healed and its associated repressed bad feelings expressed. And until you do it, it will be affecting your relationships of love with yourself, other people, with nature, and with God.

Introduction Course to Divine Love Spirituality by James Moncrief

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



To liberate one’s real self, one’s will, driven by one’s soul, moves one to embrace Feeling Healing so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we’re feeling them, express them fully, all whilst longing for the truth they are to show us. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

Soul-Healing: What is it?

Our soul-healing is the expressing of every part of us we have denied. What this means is that as we've grown through our early development, starting at conception, if any part of us has been stopped from freely and truly expressing itself then it exists within us in a denial or negative state. And essentially that part of us is still waiting to be expressed. And our healing is the liberating of all these parts.

Our soul has a very specific life programmed within it. As I've said it's called (well anyway, it's what I call it) our Soul Light Print of Destiny. It has been created by the Mother and Father to bring itself – to express itself, you, into being, in Creation. The Mother and Father have given us all a unique personality. Our personality is the part of us that separates us from one another in Creation. And our soul is trying to express its personality in Creation. With every experience you have, no matter how small it is, in each moment, your soul is literally expressing more of you, the whole personality you are – all your parts – in Creation. With each heart beat, each breath, more of you is being expressed, more of you is living, more of you experiencing, and so more of you is in effect here, existing in Creation. And so there's continually more of you, you can get to know.

We can't fathom the depths of our soul. But one of the goals of our existence is that the Mother and Father want us to fully express all of our soul in Creation. This will take the whole of eternity to do, but what a great adventure it will be. Look how it is already starting off for you, living fully entrenched in an evil state of mind!

When we start our incarnation, the first objective of our soul is to get us up and running, expressing all the vital parts (attributes) of us (our personality) that will allow us to maximise learning and growing in truth from our experiences. As we experience and grow in the truth of that experience (as we're experiencing it), the experience generates a *light*, which goes back into our soul telling it that we are ready for the next part of our life – our next experience – and so it brings about our next moment. This feedback loop is continually bringing us into being. Our whole life is orchestrated by our soul, from within – even what seems to happen to us out of the blue and from outside of us is all occurring in answer to our soul's inherent patterns.

It is crucial in our formative years that we receive all the love, care and acceptance our soul – us – needs, so we can be welcomed into life allowing all of our emerging personality attributes to be freely expressed. If something makes us feel bad we need to be allowed to express that pain. We need to be allowed to cry and speak out about it as we grow – as our mind forms. We need to be able to say everything we feel we want to say. We want to grow into adults being freely able to express all our good and bad feelings. Because then we are whole and real people and will know how to live our lives in accordance with the needs of our soul and not being controlled by our minds. We will feel what we want to do, what our life is about, and do it believing and knowing that we can do anything we feel – anything that makes us feel good.

Life must be how you want it, and only you, not how someone else wants it. However, this is not how we've been parented. We've been made to suit what our parent's want thereby denying large parts of our own self-expression. To stop being how you want to be, and instead to make yourself be how your parents want you to be in any given situation, is major denial and has had serious traumatic effects on you.

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings), thereby also denying the truth of these experiences resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

When you feel: out of touch with your feelings, looking for answers, unfulfilled, unhappy; not happy about your life or yourself in any way, you are sensing and feeling these denied aspects of yourself. Your soul is crying out to you that things are not right and you need to do something about it. And that something is to choose to live and honour it and end the negative control your mind now has over you, thereby giving you back to yourself.

Why your soul simply doesn't step in and fix you is because once it begins to incarnate you, your personality in Creation is then beholden to exist within the Laws of Creation – these being the **Laws of Will**. What this means is once your will starts to manifest, right from the first moment, your soul has to do what it (your will) wants. So if your will is negatively influenced, if you are made to turn your will against yourself, then that is what your soul has to honour. (Of course your soul has all of this, your induction into your negative state, within its plan, but effectively on the will level this is what it's like.) And this is what has happened to us all. Our parents have negatively influenced our wills and we have grown up mistakenly believing (and unconscious of these beliefs) that we have to live this way using our wills to keep our negative mind state in control of us. And so to reverse this situation (and become conscious of what's really going on), and to bring our wills back into positivity, helping us grow and express ourselves in Creation, we need to do our healing. We need to identify all the dysfunctional parts of our will. We need to see how these aspects of us are denying ourselves; how we are living against and untrue to ourselves, and we need to see how this all happened in the first place; what happened to us: to our wills, to screw us up. This is seeing the whole truth of yourself, the truth of all your self-denial, the truth of your repressed childhood. And as we see the truth then we can bring these denied aspects of ourselves out into the open, and in doing so can decide if we still want to live with them going against us or not. And in our moment of deciding that we don't want to deny and hurt ourselves, knowing and seeing the whole of truth of why we are, we are healed. We are literally making our will come back and be loving of us and on our side; working with us, rather than against us.

Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad feeling is the signal that something within is wrong and needs attention. By honouring these bad feelings, accepting rather than ignoring them or pretending they are not there because we don't want them and don't want to feel bad, we are using them to lead us into the truth of where they are coming from and why. By expressing our bad feelings and longing to see the truth of them, they can lead us back into our early childhood, so we can see what happened between our parents and us that caused our self-denial. And gradually as we focus on and express all our bad feelings, we will see the whole truth of what's caused them and how we're using our will to keep the denial going. And we'll eventually see the whole truth of ourselves, all we've been made to deny during our childhood, and how we've been made to suppress our feeling-denial keeping it all repressed within us.

So, our soul-healing is the healing of our childhood repression by seeing the truth of it though the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you: reject, push away, dismiss, don't want to know about, is your mind's learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns. And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

EVERYTHING that is wrong with you in anyway is because of what you've been made to suffer and repress since your early childhood – EVERYTHING! And it all needs to be healed one day, either on Earth or in spirit. One day your soul will begin to pressurise you into addressing these inner problems. This usually is shown by things not happening in your life how you want them to. This is your soul trying to send you messages telling you that you are going the wrong way. It is trying to make you feel bad, so you will eventually have to face your bad feelings. So you will have to stop what you are doing and pay attention to your feelings. If you keep running away from feeling bad then you will only make things harder for yourself, and you'll feel worse. I'm sure you've experienced: feeling bad about something, being all knotted up about it, then speaking up and expressing all your bad feelings, to suddenly feel good, relieved and lighter, even declaring: 'What was so bad about it anyway' – this is an example of expressing your bad feelings. And can you see how much better it makes you feel?

Introduction Course to Divine Love Spirituality by James Moncrief

Consider asking yourself:

Who hurt me when I was a child?

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.

PASCAS
PAPERS

BUSY MIND or the LOVE of the MOTHER and FATHER:

Now, let's first clarify what sin is. Sin is only a word to indicate that certain actions or thoughts are not in tune with your soul knowledge – with the laws of Love. People tend to put a lot of negative energy on the meaning of the word, but they shouldn't. Sins can only be manifested or created by the mind and have nothing to do with the soul. The soul – as an image of the Mother and Father – is not capable of creating anything out of tune with the laws of Love. Sins are nothing more than 'mind flaws' that exist in different levels. They are portrayed in everyday life in the way we think, speak and act.



Even if someone has received a big amount of Divine Love in their soul, the mind keeps on existing. And although Feeling Healing with the Divine Love will silence the mind for a while – depending upon the amount of love you receive – the mind will come to the forefront again. That is why we need to pray as much as we can, as frequently as we can, so Feeling Healing with the Love will silence the mind and eradicate all flaws from it.

99% of all people living on Earth will be soaked in the flaws of their parents, siblings, teachers, leaders, cultures, etc. That is also the reason why we aren't flaw free; but you don't need to be. In fact, it is a 'good' thing because it will help you with your own calling. It will help you to understand what people are going through. It will help you explain these processes to them because you will receive the insight firsthand from the processes you have to go through yourself.

Most people do not want to look at their own flaws. They think they need to be perfect examples of the Love; that Feeling Healing with Divine Love does not leave room for flaws once they received a portion of it. Well, they are flawed! [Laughs] Because flaws will exist until people reach the level of flawlessness. And it is the recognition (not the denial) of one's own flaws that will lead to their eradication; whether the eradication comes through the use of the natural love or the Divine Love is of no importance – although we Divine Love connoisseurs know which path will be swifter.

John Apostle 28 November 2014



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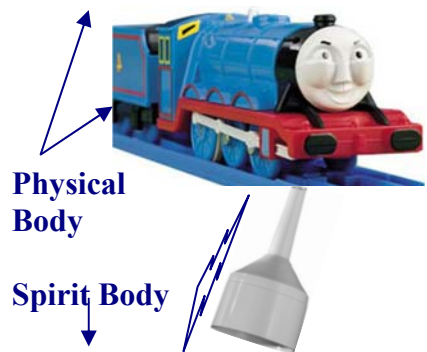
info@pascashealth.com

The SOUL DOES IT ALL. The soul initiates conception and the growing of the physical and spiritual bodies, and all that connects them to each other and to the soul itself. The creation of the embryo is the creation of both of the physical body and the spirit body. The personality is soul based. The spirit body is far more capable than the physical body. A soul half brings about the embryo thus achieving incarnation of the soul half and completing the individualisation process of the soul half. We are all half of a soul, the other half incarnates into an embryo of the opposite sex.



The soul half individualising is just a tiny invisible spark of the substance, natural love, but even then it is enormously capable.

The life force of the soul enlivens the spirit body through the connection of a golden light cord. Through this connection some of the senses and capabilities of the soul are fed through to the spirit body. In turn, through a silver light cord, the senses and capabilities are further dumbed down into the physical body.

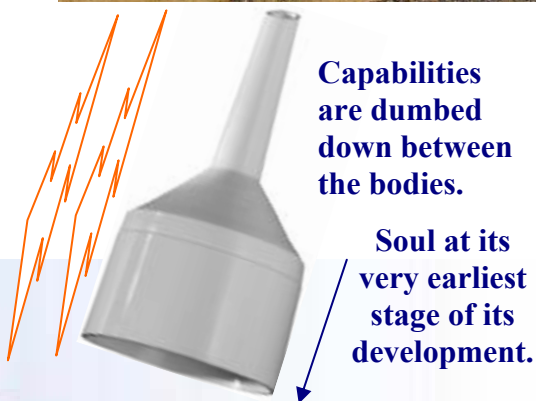


We will discard the physical body as we progress on our journey of growth in love.

It is impossible to comprehend the relativities. Consider the soul being equivalent to the most capable high speed train on the planet. This soul is then connecting and animating a powerful steam locomotive, which in turn is connecting to a toy locomotive – Thomas the Tank Engine. Now, it is this little toy locomotive that most of us consider to be our real self! It is our soul that is.



Our physical experience is like being on training wheels while we begin to feel our way forward having completed the individualisation process.



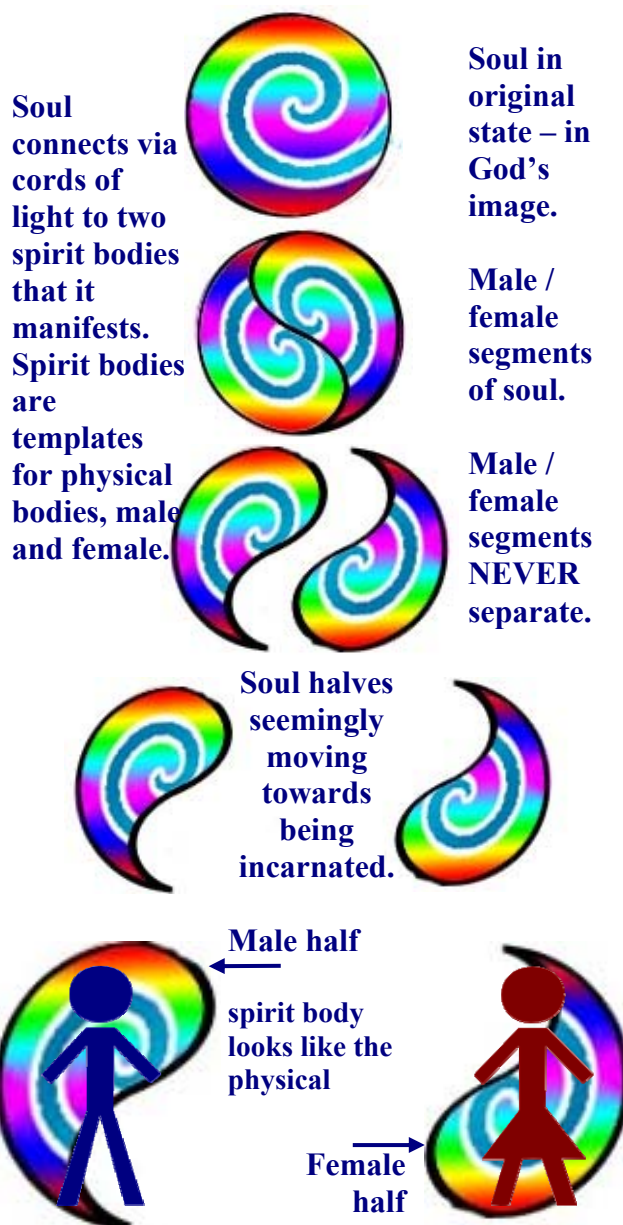
The SOUL DOES IT ALL. THE SOUL INITIATES CONCEPTION AND THE GROWING OF THE PHYSICAL AND SPIRITUAL BODIES, AND ALL THAT CONNECTS THEM TO EACH OTHER AND TO THE SOUL ITSELF.

The soul oversees EVERYTHING – we are soul. And our soul is duplex, in that it has bestowed upon it, two unique personalities by its Creator Parents – our Heavenly Mother and Father. So at conception, our soul incarnates you, one of the two personalities into Creation – life. The soul does it all. The soul doesn't come at some point embracing the embryo. The embryo wouldn't exist if it weren't for the soul wanting it to exist. We are never separate from our soul.

We are one of the personality expressions of our soul, our soulmate is the other one, our 'other half'. Our soul can incarnate its two personality expressions at different times on earth. With each 'half' experiencing life as a full individual and independent personality destined at a predetermined time to meet each other, which will more than likely happen at some point through one's Healing or when one has finished it. And whilst we're living in rebellion against our soul, ourselves, our truth, so it's highly unlikely we'll have anything to do with our soulmate until we start to heal that rebellion, because we are anti each other – anti the truth of ourselves and each other. We can ONLY experience true soulmate love when we are FULLY healed of our rebellion and default – when we've done our Healing.

And our soul would naturally, had we not been unlovingly interfered with by our parents, evolve us in truth through our feelings and the experiences that give rise to them. However because our parents unwittingly got in the way and stopped our soul from doing this, so we've become untrue and have to do our Healing to sort ourselves out, to bring ourselves back into being how we would naturally be were we not screwed around with.

The point of our Healing is to find the whole truth of our unloved state, all through our feelings and not with our mind. So once the truth is revealed, we can be set free of that untrue state. So we're not to look for specific traumas, we're not to try and home in on them, bringing to light all the bad feelings associated with them, then we're 'healed' of it, able to resume our life without the burden of that terrible experience. Certainly our Healing will do that, heal all the bad feelings associated with and resulting from that traumatic experience, however it doesn't stop there, it goes on and deeper until every aspect of self-expression that has been thwarted by negative unloving parental and childhood experiences – all one's trauma from feeling unloved, comes out and the truth seen. So healing our specific traumas is only one part of the Healing, with it being much more.



OUR SOUL is WHO WE ARE:

We are the personality of our soul. We never lose our personality.



We are a reflection of our parents' personalities. We wilfully embrace our parents' character traits and way of living and beliefs.

Our heritage is an outcome only of who we incarnate / individualise via.



All humans are descendant from Aman and Amon (Andon and Fonta), who lived about one million years ago. Adam and Eve who arrived about forty thousand years ago adding features. We all have the same colour skin pigmentation, just different amounts of it. It is our soul based personality that is who we are! Our nationality and racial background is imposed upon us at birth.

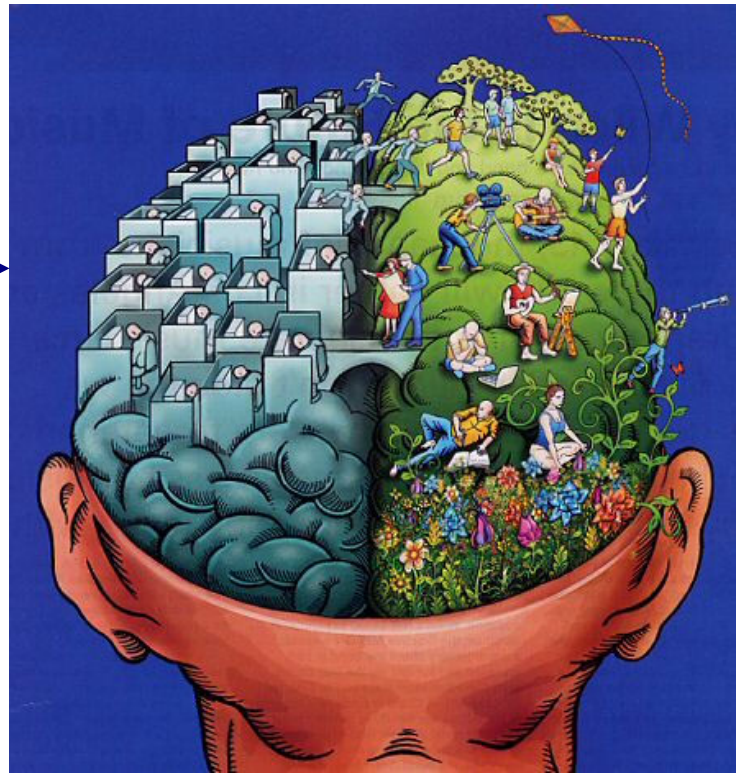
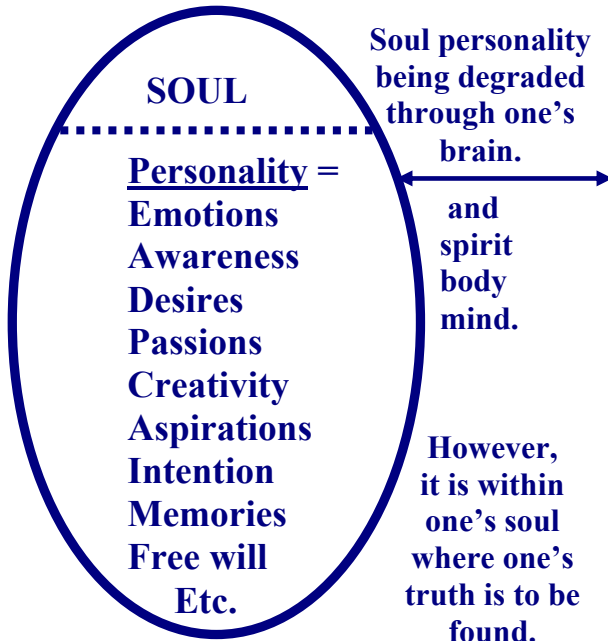
Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

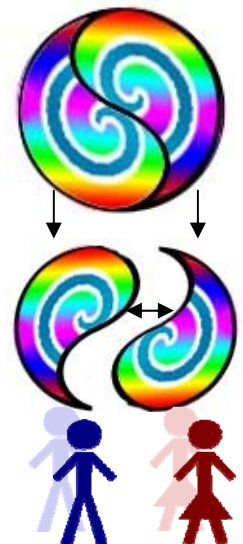
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Personality



SOUL PERSONALITY

Each soul, ever created, is unique. Just as each snowflake is unique. Every soul is unique from every other soul ever created. By referring to your soul, we are referring to your complete soul prior to its division into its two halves. Each soul expresses two absolutely unique personalities. Your soul then individualises / incarnates into two separate spiritual and physical bodies, one half into a male body and the other half into a female body, thus the personality is further distinguished by its male or female aspects. Your soul half, has a personality separate and distinct from every other soul. Your personality is bestowed complete by our Father and Mother. The soul expresses its two personalities into Creation. Your personality traverses your physical body, your spirit body, and your soul. At the time of death of the physical body, your personality continues on existing in your spirit body and soul.



No matter where and when our two soul halves, soul partners incarnate, they will be drawn back together again as they grow in love.

The individuality of each soul half is never lost as they grow in love and return together.



The real you is your soul, which remains connected through cords of light to your spirit body.

Natural Love Flow***Natural love is Creation's love;******One can swap back and forwards between paths******I am God******Intellectual******Self reliant (trust myself)******Self-determination way of life******Mind dominates******Adult like******Control******Millions of paths (man created)******Peak possibility is 6th sphere******time to complete path:******100 years to over 1,000 years*****Divine Love Flow*****Divine Love is Soul's love.******One can swap back and forwards between paths******I am God's son / daughter / child******Emotional******God reliant (God relationship)******Soul-spirit living harmony******Soul dominates******Child like******Feeling******Defined path (God created)******Peak possibility is infinity******(sphere / mansion world are same)******5 years to over 10 years to at-onement*****God's Divine Love: Pray for it, ask for it, and receive it.****UNLOVING PERSONALITY**

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is starved of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

LOVING PERSONALITY

Spirit body mind is clear of negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.



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.



BEING with your BABY and CHILD

This is mostly for the mother, however it's also for the father.

Before Conception:

– How do you feel about having a child? Express ALL good and bad feelings. Pay particular attention to ALL bad feelings. Try and express them all, talking about all you feel and how feeling those bad feelings make you feel, all whilst wanting to know the truth of why you are feeling them.

➤ Understand that it's okay to feel bad about any part of it at any time. It's okay to feel anything bad at any time before conception and after it. Pushing away, hiding, pretending you're not feeling them, blocking out bad feelings is only going to make things harder for you, your relationship with your partner, and your child.



➤ Understand that your feelings might change, from feeling good to bad, and that too is okay.

➤ Keep expressing them, all of them, to your partner, family, friends, to God, to everyone who wants to listen, all as you long and really want to know the truth of why you are feeling them. And understand that some people will be able to go with you in your feeling expression, some not; and those who do, some deeper, some not as far. Few will want to go with you right the way through to the end when you have nothing more to say about it. And it will be the same for yourself as you will have many blocks and much resistance all the way along. But that is all okay, you can only do as much as you can. And with practise you'll get better at honouring and expressing and uncovering the truth of your feelings.

➤ And understand that if you go down this road becoming determined to find the truth of all your feelings, at times a lot of pressure will be brought to bear on your relationships, even possibly bringing about an end to some or all of them. And that too is okay. You'll find your way, it will all unfold, all as you keep expressing and talking about all you feel.

Conception

➤ Keep doing all of the above. It's MOST IMPORTANT to honour and express all your bad feelings. Don't hide them from yourself. Don't push them aside. Try to bring them out. To your partner is best, ideally your partner should want you to express all of yourself, so all your good and bad feelings. And for you to want your partner and for them to want to express all their feelings too. However in reality you'll be pushing each others buttons and coming up against each other's, and your own, inner barriers and blocks. Still, these can be fully acknowledged and worked on. You don't have to do it all at once.

➤ And yes, it's all going to affect your baby. All the good stuff, positively; all the bad, negatively. However there is nothing you can do about that. God wants it this way. You have conceived, your child already has taken on all that you and your partner are, and particularly all the bad stuff, it's all a done deal, now it is to be expressed by your child as it grows inside you, and through its childhood. Accept that you are not fully loving, you can't fully love your child, you do your best, however it won't be enough no matter what you do. And that's okay too. You don't have to be perfect and all-loving, you are to be yourself wanting to express all you feel as you grow in the truth those feelings bring to light within you, all of which will then positively affect your child.

➤ The best thing you can do for your child, the most loving way for you to be, is for you to keep expressing and longing for the truth of your feelings. As to whether or not you are loving or can you cope, will you be a good parent, deal with all of that as part of your feeling expression. Any time you

feel bad, and even if it's over and over about the same things that are making you feel bad, even to the point of driving yourself and your partner mad, just keep going expressing all how bad you feel whilst you long for and want to know the truth of why you are feeling as you are. And your feelings will show you the truth, it will come as you express them and when you are ready for it, and all of that will affect your growing child in a positive way. To bring your child into your womb that is part of you who is wanting to live Feelings First is the best you can do for your child. So it is good to express EVERY BAD FEELING YOU FEEL, even if you feel you are pathetic, stupid, embarrassed, humiliated to do so. Don't deny yourself by denying your bad feelings, because that denial will be passed onto your child and that's what will hurt it the most and make it feel the most unloved. If you want to be as loving to yourself as you can be, which is fully honouring, accepting, expressing and seeking the truth of all your bad feelings, then that self-love, doing that good thing for yourself, will be conveyed to your child helping it feel good in its emerging relationship with you. If you keep denying yourself your bad feelings, pushing them away, blocking them out, ignoring them, pretending they don't exist, ridiculing them, rationalising them away, then you are only hurting yourself by doing this, it's unloving, and so too will you be doing it to your baby and child once it's born. The worst thing you do to your child is stop it expressing ALL its feelings, so including all its bad ones. So if you set the example it will follow, then it will be as feeling expressive as it can be, all of which will greatly help it in its life.

➤ Understand that to nurture yourself by fully accepting, expressing and wanting to know the truth of all your bad feelings, is the best way to nurture your growing child. If you feel bad about any aspect of yourself, your life, of your pregnancy, of your relationship with your partner, family, any bad emotional feeling, any fear, worry, anger, guilt, shame; any depression, resentment, envy, jealousy; any feelings of feeling ignored, rejected, unwanted, uncared about, unloved, and any other bad feelings, even the slightest faintest one, bring it out. And bring it out to another adult, not so much to your growing child. Don't use your child as a substitute adult because you don't have an adult in your life who'll listen to you express all your bad feelings, so your child will do. That's not fair on your child. The child is to be left free to express itself, it's not there to be your listening person, that is for your partner or God or another willing adult in your life. Don't take all your shit out on your child. Don't use it to vent or dump all your negative and bad feelings on. It will be too overwhelming for it and more than likely putting it in the position of making it feel responsible for you, that it should or can in some way help and save you, make you feel better, good and happy. You're the adult with your shit, and so it's with other adults you work it through. The child is new, it's all for them, they've already got enough of your yuk to deal with that they will have picked up from conception and naturally as they have developed. When your child is older and can understand and deal with all your bad feelings and yuk, and is willing, then perhaps you can start to express and share your bad feeling expression with them. All of which they'd surely understand anyway by then as a part of observing and following you in life. Try to allow your child to form itself through its formative years, rather than you make it be something for yourself and how you want it to be.

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Pregnancy

➤ How you relate to your child is how you relate to yourself, most of which you are unaware. What affects your child is what is affecting you, most of which you're not aware of. All the undercurrents your child is continually absorbing, all from you, your partner, those important people in its life and the environment, is all 'going into it'. And all you can do is keep expressing all your feelings, good and bad, and particularly bad. Don't try to fix all the bad stuff, just express all your bad feelings. Do what you feel to do, and what you don't want to do try not to, however if you are forced or made to do it, then keep expressing how bad it makes you feel.



➤ Bring out all your fear, anger, anxiety, everything about your child that you are worrying about, to your partner. Talk about it all between you. And if you don't have time, make it. It can be hard, but if you sincerely want to express all you feel and want

to know the truth of why you are feeling such things, then you will make the time. You are in a relationship with your partner and your child, it couldn't be more intimate, and so the more you can express all you feel to each other, the better your relationship will be. So bring out all the bad stuff, all the hidden secret unwanted stuff, and if you feel very bad and worry that your child will be negatively affected by such feelings, express all of that fear and worry too. Your child will absorb it all, however the more you can express of yourself, the better it will be for it. And do what feels natural for you to do; and if you worry you are not being loving enough or are too much or whatever, express those feelings too. Express it all. It's a different way of life. And if it's what you want, then it will be how you can live and your child will form and be born into that feeling-expressive environment growing up expressing all its feelings and longing for the truth of them, something no child has as yet experienced on Earth.

Birth

- Again, express all your feelings and in particular all your bad ones.
- Understand death is not bad, it's not to be feared (yet if you fear it, then those are more bad feelings to express and seek the truth of), the death of your child or yourself. If it happens it's just time for you or it to move on. However, of course there will be many bad feelings that come with it, all of which are yet more bad feelings to express. Should your child die, at any time from when its heart begins beating inside you, it will move into spirit there to be adopted by a spirit mother and looked after as if it is her own. And when you die, and should you want to, you will be able to meet your child. And right the way through your life, should you want to, you can still share something of a relationship with your child in spirit, from actively speaking with it when it's old enough to converse with you, to sharing your thoughts and feelings with it – should you feel good about doing that, understanding that your child might not always want to speak to you, as it will have got on having its life in spirit. However more than likely it will be made aware of you and will want to have some contact or relationship with you. However, you don't have to have one with your spirit child, it's only if you want to, expressing all the feelings along the way.
- As natural as possible the birth is, is of course best, however what is natural? Possibly the Australian Aborigines giving birth with nothing other than themselves, something to cut the cord or biting it, with loving women (and men too) around, including your partner, would be as natural as you could get. Your child when born is given to you, skin on skin, it finds its way to your nipple when it wants to feed, or with a little help if required, you and your child are the loving centre of attention, everything is for you both, you are at the centre of creation. It's all only about you and it, with your partner and father there in support and loving and protecting you both.
- However if the birth is in the full bright lights of an impersonal hospital, it's still between you and your child and its father. It still can be as personal as you can have it, as intimate, you feeling you want to be with your child. And if you feel you don't want it, are scared of it, reject it, that's okay too, you don't know how you'll react, with these being more bad feelings you can embrace and work through.
- If it's premature, still born, caesarean – more bad feelings to be expressed. And all is okay, understanding that it will all cause your child problems, it's all very traumatic, however by looking to express your way through all the difficulties as they arise, is what will ease the pain and trauma, even eventually heal it. It may take a long time, and your child might be well into its adult life before it starts to deal with all the trauma it's suffered, however the more you encourage it to express all its bad feelings as it is growing up, the better it will be.
- And of course you can't always stop and express all your bad feelings when you feel them. But you can do it when the time is more conducive; and any that you do deny, will return at another time.

➤ The whole idea is you are setting out to have a new relationship with a person called your baby and your child. So ideally you don't want to be separated from it in the early stages, which can be hard if the hospital has the practice of taking it away from you. All such separating is, as you might imagine, very traumatic for the newly born infant, who has formed inside you and is now outside of you needing you still there with it yet in a different way. As it grows it will show you when it's ready to separate from you. Read stories about accounts of how the orangutans, gorillas and chimps have their babies, how they guard and protect them, having them cling onto them all the time, for years in some cases, and never rejecting or forcing or trying to control their baby, unconditionally being there for it, with the baby being the one that pulls away as it gets older and more adventurous.

With your baby

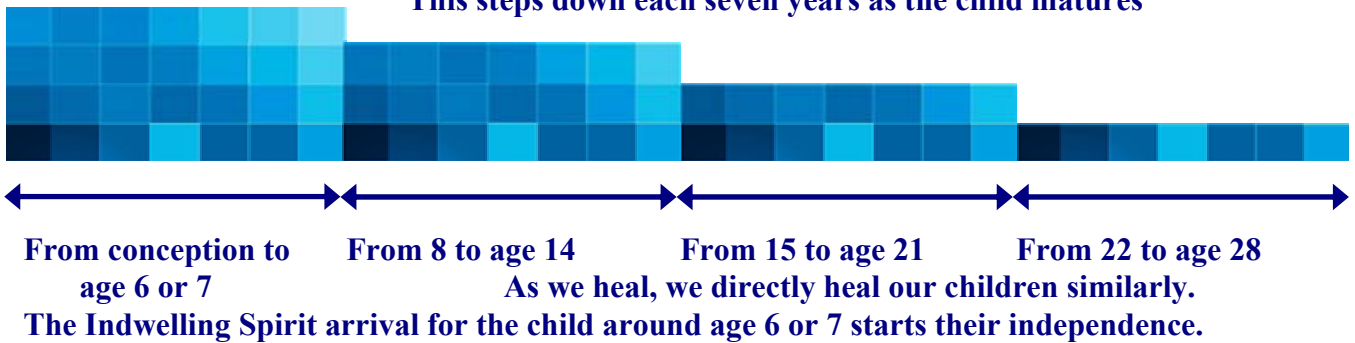
➤ Do what feels right for you. Don't try to parent according to a book. How to parent books can of course be helpful, so can anything, however at the end of the day all you have to go on is your own feelings. And if you want to honour them, express them and see what they are wanting you to see, then that is how you can parent. And by yourself if you're a single parent or with your partner. However being single is more difficult not having someone close to express all your feelings too. And it might not be good expressing them all to your child, your child should be free to express itself, but it's not as yet equipped to deal with all your feeling expression and needs. So putting it all on your child, making it be your substitute partner and listener of all your feelings, will be difficult for it. It might not complain, however it will have to deal with that when it is older, having been made to take on such responsibility so early.

➤ There is no right way to parent, only your way. What might work for someone else might not work for you. All this business of having to force your baby to accept the sleep and feeding patterns imposed by you, because of what other people say is the right way to parent, is very damaging to both of you, traumatically so. If it happens naturally, fine, but having to use any force against the will of your child is what will crush it and ultimately turn it against you. To try and work with its will, to fully accommodate it, yet at the same time expressing your will, can be very difficult; and again, all you can do is keep expressing and yearning for the truth of your feelings.

➤ If you feel bad, try to stop and pay attention to those feelings. Don't automatically try and fix or solve the problem. We're all taught we have to fix everything and work it all out for ourselves, but we don't. All we 'have' to do, if we have to do anything, is keep expressing and wanting the truth of our feelings. So do you see, living by putting your feelings and the expression of them first, is the aim. You don't have to do what you feel, you don't have to always act on them, often the emotion of them might drive you to act, even to do something you will regret, all of which will bring up yet more bad feelings to be expressed and worked through. When you express your feelings, try to express them with the emotion you are feeling them. Express the emotion of them, but of course not to the detriment of yourself or the other person or creature, not to harm anyone. You might want to kill your baby, so express the emotion of those terrible feelings to your partner or someone who cares about you, or to God if there is no one else, even just to the wall if that is all you have, saying all you feel as you feel the emotion of wanting to kill them, yet not acting on it. And if you can't control yourself and do act and kill your child, your partner, yourself or anyone else, then there's yet more bad feelings for you to express and want to uncover the truth of. Everything we do comes from your childhood. Expressing your feelings and wanting to uncover the truth of them will invariably take you down into connecting with those same feelings you felt as a child. And as you connect with all your repressed childhood pain, finally liberating it, so too will it positively affect your child. We pass our pain on to our children, so the more you can bring yours out, the less effect it will have on your child.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



Toddler

➤ The battle of wills only takes place when the child is not allowed to freely express itself, when it feels its will is being compromised. And even though it can't be allowed to do all it wants to do, there are ways to work with its will, helping to maintain the integrity of it so it keeps feeling empowered, important and that it's loved and respected, just as there are ways to crush it all but out of existence with it having to turn severely against itself so as to survive and maintain any sense of having any power with you. As children we're incredibly adaptable, we are geared to survive, and so if that means we have to fully compromise ourselves, going against our own true self and will, so we will use the full strength of our will to deny ourselves our feelings. We'll do whatever it takes so as to keep ourselves believing we're loved by our parents. The onus is always on the parent, never on the child. To blame the child is missing the point about what a child is. And if you go that far, then that's what happened to you as a child, and that's how you're making your child become.

➤ Ideally we should grow up in a 'tribe' situation, being parented by many adults and always interacting with many other children of all ages and with people of all different personalities. Doing it alone, just you and your child, is the hardest and possibly the worst, most alone and rejected way we can raise children. Again imagine an extended tribal family situation where everyone actively participates with everyone else, from the youngest to the oldest. So there is always help for the new mother, for the mother at any time, and not with 'men do this' and 'women do that' approach and attitudes; no religious, social or cultural superstitious beliefs and limitations. With everyone fully involved, and ideally, with everyone expressing themselves as fully as they can.

Childhood

➤ It might help to understand, and so to always keep in the back of your mind, that we're all currently conceived into a spiritual rebellion without knowing that it's happened to us and without our parents knowing they are bringing us into the rebellion by default. However it's what God wants, and so that is how it is. So having understood that, then it's to know that you have already fucked-up your child to the degree that you and its father are fucked-up. And that it is to grow up experiencing the Rebellion itself. And being a loving parent of course you might want to lessen the impact of this, and of your own rebellious state upon it, which you can only do by doing your Spiritual Healing. You can only work to Heal yourself, and all healing you do will have a positive effect on your child. However at the end of the day, your child will have to want to do its Healing one day if it is to rid itself of all the bad parenting influences and effects it's suffering from. We're all in the same boat, however as parents grow in truth through the doing of their Spiritual Healing, which is done by looking to express all your feelings wanting to uncover the truth of them, then so too will they conceive and parent their child with lessening effects of the untruth and wrongness. And one day, parents who have fully Healed themselves being of a Celestial level of truth, will conceive and parent perfectly and lovingly children who are no longer part of the Rebellion or Planetary Default. So until this time, it's okay to have a child and for it to grow up in the Wrongness. That's between you, it and God. And everything will one day be worked out with

love. But that day might be a long time in coming. And in the meantime, should you choose to live by following your feelings and wanting to grow in the truth they will give rise to within you, then that is the best you can do.

Conclusion:

In being a parent, it's not about trying to work out how to be the best parent you can be for your child by using your mind. It's to live the truth that comes up in you as a result of you properly attending to ALL your feelings. We are to live with our feelings guiding us, and even though they might seem to be all over the place and contradictory half the time as well as driving you or your partner mad, still by expressing them all and longing for their truth, the truth will steadily grow and you will find that you know how to be and what to do. It will just happen 'organically', with the more you can keep your mind out of trying to control or dictate the terms and determine outcomes, the better it will be for you all.

FEELINGS FIRST For Kids

BLUEPRINT

We are our Childhood



LIVING THEIR WILL:

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



Living God's Will means living true to one's feelings. Being moved by one's feelings, always expressing one's feelings, doing what we feel we want to do; while all the time longing for the truth of those feelings, longing for the Divine Love, and longing to live God's Will.

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

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

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

FEELINGS

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it! It's only that our negative states have been forced on us in our very early childhood that we

don't know a different way to be.

FEELING HEALING

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

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

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

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

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

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

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

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

PARENTING:

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 to 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 though 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 are 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.

Your 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.

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.

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 love 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 do 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 spirit 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 Green in her book, *Parenting is Forever*, 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.

Nanna Beth, 3rd Celestial Heaven,
29 June 2017: 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.



GREAT -Turn

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

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

The Golden rule is: Never interfere with another's will.

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.

WE ARE NOT MEANT TO BE ALONE:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make



yourself feel better. And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.

‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feelings which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I took over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation.

Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.

“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws which has a detrimental effect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”



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

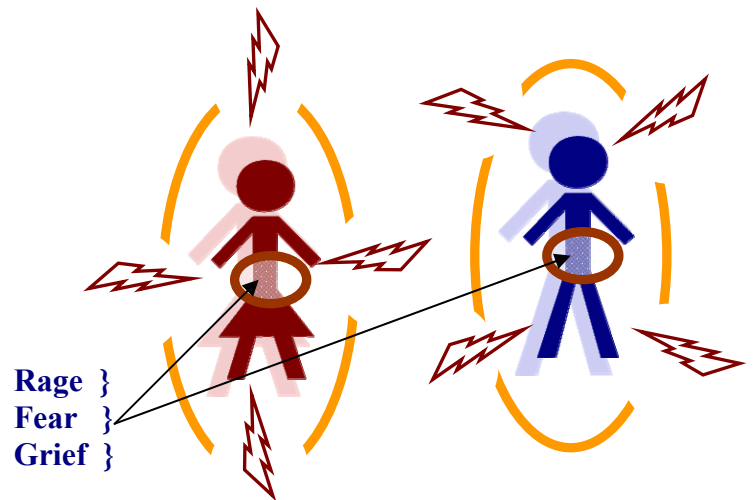
WE ARE KILLING OURSELVES! Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

'Humanity (us) has to learn about every aspect of life from behind the eight ball. It's not only last in the race but it's going in the wrong direction. It needs to stop. To come back, and not do what it doesn't want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

'It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

'Humanity has practically tried everything else and look where it's got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they're not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



'We all have felt that angry during our childhood. We can't feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

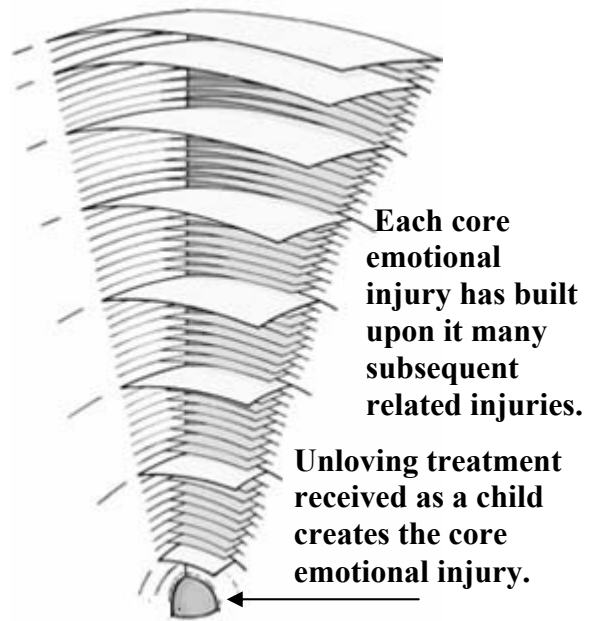
'That's what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

'It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it's conditioning our lives. And it won't go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn't mean we are Happy Larry deeper down inside. And one day if we don't acknowledge that anger it's going to show, it'll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that's causing it all would. So what do you want to do? It's always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.'

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

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

To heal ourselves is to simply ‘look’ at the feelings we are refusing to feel, and accept them instead of denying them. And to fully accept them, we need to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make us feel bad.

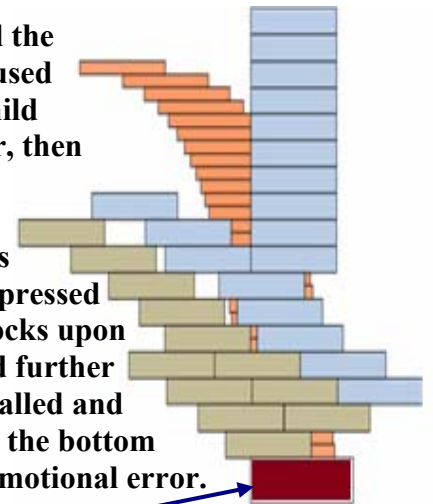


Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why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

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



To liberate one’s real self, one’s will, being one’s soul, is 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.

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.

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

Messages from Mary and Jesus Mary 13 April 2003

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 it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

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



TO SAY NO!

Messages from Mary and Jesus Jesus 6 April 2003

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

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

EVERYTHING is WITHIN OUR SOUL:

Messages from Mary and Jesus Mary 6 April 2003

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

The CHILD is to FREELY EXPRESS ITSELF:

Messages from Mary and Jesus 13 May 2003

Mary Magdalene:

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.

The NEW WAY The NEW WAY

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

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

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

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

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

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

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

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



PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

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

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

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

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

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

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

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

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

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



ALWAYS BE TRUE TO YOUR FEELINGS

WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

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

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

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

Helen talking to James Moncrief 5 April 2017

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

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

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

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

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

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.

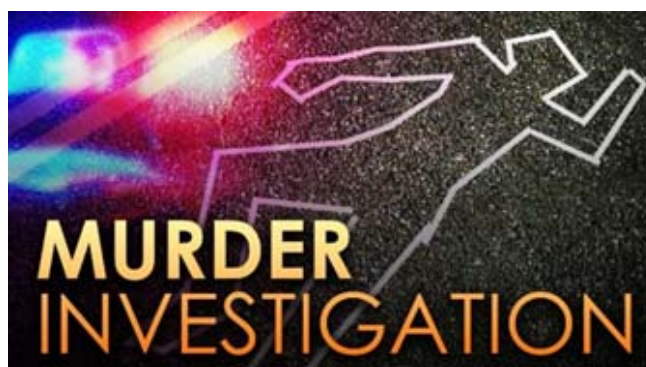
Amazingly, due to the attitudes instilled into each of us during our forming years, humanity, overall, considers war to be 'socially acceptable'!!!

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 than acknowledged.

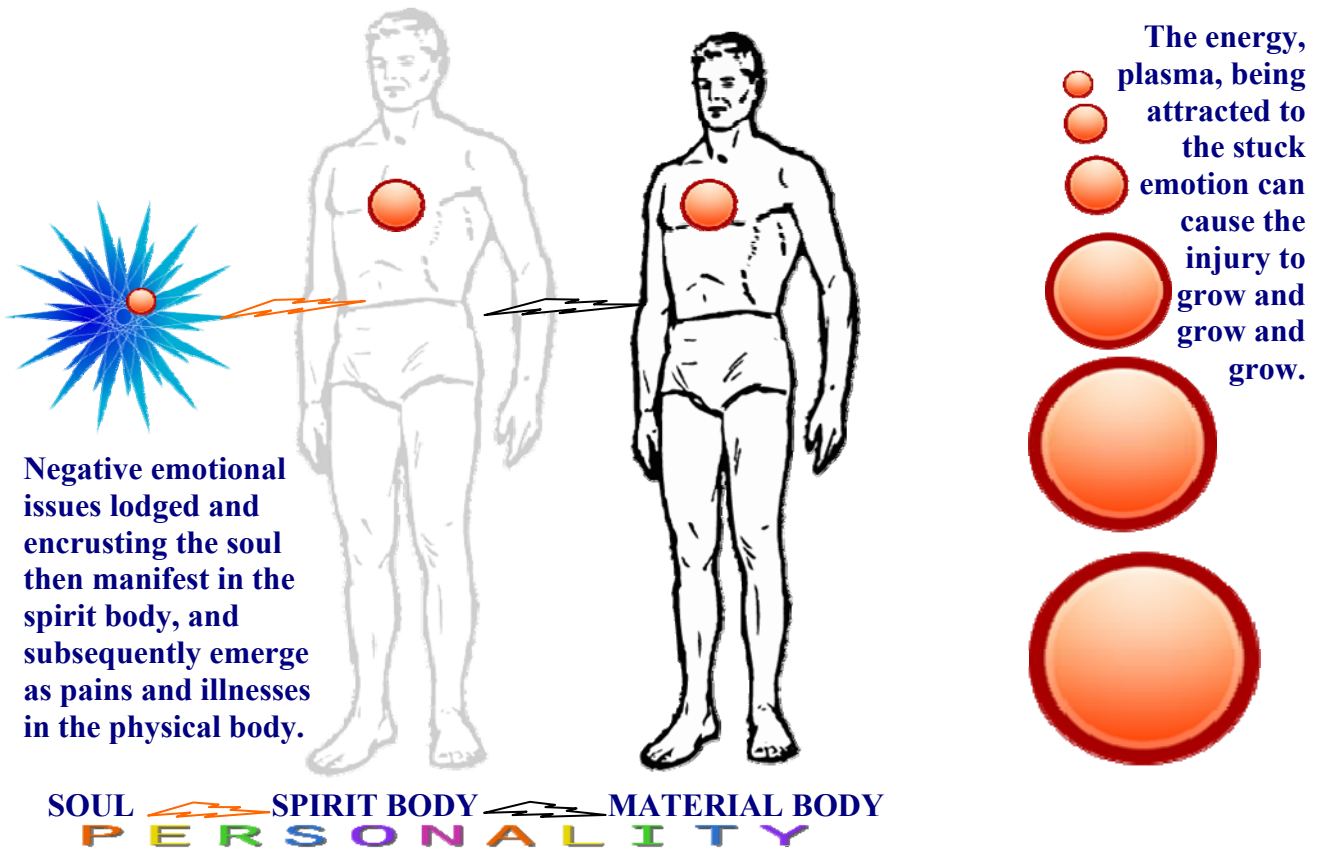
Society is so dumbed down that it functions as walking zombies. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.



It is the accumulated pressure of feelings that causes thoughts. One feeling, for instance, can create literally thousands of thoughts over a period of time. Think, for instance, of one painful memory from early life, one terrible regret that has been hidden. Look at all the years and years of thoughts associated with that single event. If we could surrender the underlying painful feeling, all of those thoughts would disappear instantly and we would forget the event.

This observation is in accord with scientific research. The Gray-LaViolette scientific theory integrates psychology and neurophysiology. Their research demonstrated that feeling tones organise thought and memory (Gray-LaViolette, 1981). Thoughts are filed in the memory bank according to the various shades of feelings associated with those thoughts. Therefore, when we relinquish or let go of a feeling, we are freeing ourselves from all of the associated thoughts. (Our memories are held within our soul / spirit body, they are not held within one's physical body, however, the damage will manifest in the physical body.)

The great value of knowing how to surrender is that any and all feelings can be let go, through the expression of them to a companion (Feeling Healing), of at any time and any place in an instant, and it can be done continuously though it can be rather difficult.

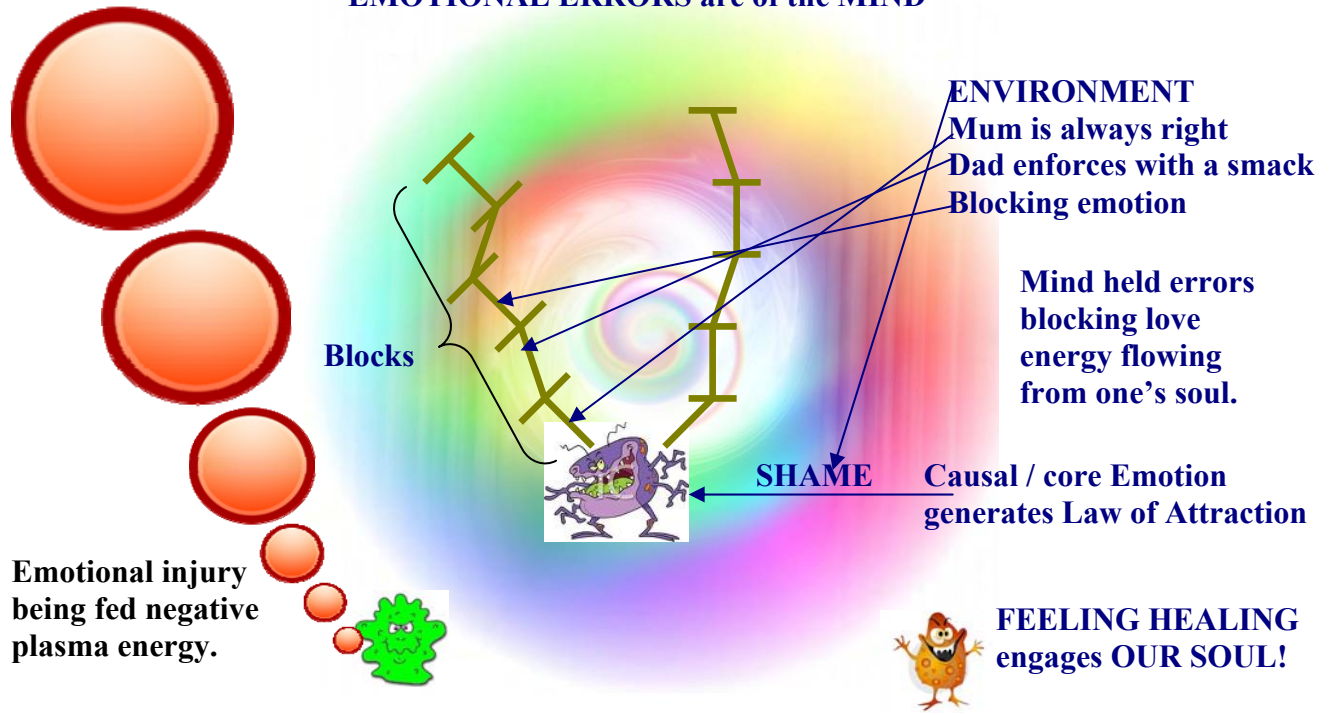


Important recommended reading is:

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>



Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with truth and love.

It is the release of emotions that are out of harmony with Truth and Love, the longing for truth and expressing our feelings, talking them out, both good and bad, that brings about health and harmony to our bodies.

Fields above 500 - Love based
Awareness
Beingness
More feeling based activity, rather than intellectual – in the mind based activity.
Energy field of Love is the one that heals through Feeling Healing with Divine Love.

Fields 200 – 500 - Doingness
Intellectual
Life is seen by mind as an opportunity.
We are getting closer and closer to truth.

Fields below 200 - Wanting & Craving
Desiringness
Fear Driven
Self hatred
Grudges
Values are based on what one has.
The energy fields below 200 are opposed to life, do not support life.

Violence is never Justified



MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

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. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

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.

Global estimates of INDUCED ABORTIONS:

	1995	2003	2008
World	45,600,000	41,600,000	43,800,000

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

WHO, every year in the world there are an estimated 40-50 million abortions.

BABIES born Each Year; 130,000,000
It is estimated that there are approximately 130 million babies born throughout the world each year.

Miscarriage reportedly occurs in 20 percent of all pregnancies. This may be an inaccurate number. However, many women, before realising a life has begun forming within them, may miscarry without knowing it. Therefore, the miscarriage rate may be closer to 40 or 50 percent.

World murder rate: 7.6 per 100,000 people per year.
The NUMBERS: Violent deaths worldwide, 2004:

Total:	740,000
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

Over one million people die by suicide every year.
There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.

<http://en.m.wikipedia.org/wiki/Suicide>

DEATHS worldwide per annum: 60,000,000
Pollution causes about 40% of deaths worldwide, i.e., are caused by water, air and soil pollution.

<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>



SUMMERLAND, etc, baby nurseries, within the higher planes of 1st spirit MANSION WORLD:
All unborn or stillborn babies as well as young children are nurtured into maturity within the realms of the spirit world with love. They all arrive within Summerland, or similarly named facilities, and commence their spirit world journey from there.

Being organic spirit substances, flowers bloom all year round!



The child is the innocent, primitive, 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.

Nanna Beth, 3rd Celestial Heaven, 13 July 2017: 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.

The consequences of Treacherous Assumptions in Parenting:

To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.

Discomfort, Pain, Illness and Depression.

Verna, Nature Spirit, 17 April 2020: Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. **The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it. Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.**

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 worldwide 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

We are to Find the Truth of our Childhood. ⁷⁵

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book (TUB) means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the **Law of Compensation** within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

How is it for you if you are Truly Honest with Yourself?



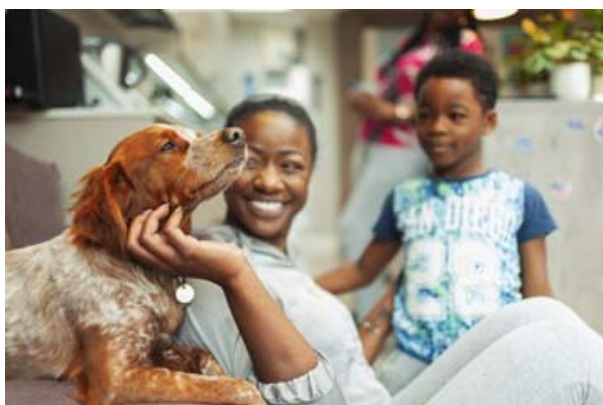
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



~~~~~  
♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

*Before we are conceived, we have had nothing to do with the culture or heritage into which we are about to be born.*

*Conception is individualisation of our unique personality!*

*Then our parents and carers infuse us with their errors and injuries!*

*We perpetrate their erroneous ways!*

*It's all about*  
**Experiences**  
&  
**FEELINGS**

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**



**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**  
**It is knowing the truth of that**  
**which you feel that sets you free!**



**Always be true to your feelings**  
**because they are your truth**  
**and truth is love and our way home!**



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**  
**Talk it out to a friend!**



From our head to our toes,  
what our feelings say goes!



Feelings, good and bad, are to be expressed.



Talk it Out!



Heartfelt feelings are our truth.

Then we are to continue by longing for  
the truth that our feelings are to reveal to us!

# To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.

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All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person.**

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

The spiritual upliftment so far as the new 'vibration' humanity will experience is the new vibe of the next age, and it's upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won't need to get sick, the Celestial spirits don't get sick, they don't have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won't need to have those feelings that would come from an illness, so we won't get sick.

EVERYTHING that happens to us does so to help us live one of two ways. So we will 'get a virus' to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won't get sick. There is NO OTHER REASON why we get sick!





If we are going to get sick, that will happen either way because we are already sick within ourselves and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourselves and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all ‘infected’ with.**



**Mind Centric Way**

**Feelings First Freedom**

**SPIRITUAL HEALING:**

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented living life in a stupor.

Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are. So right the way through our Healing, we stay being screwed up all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing, is all that is stopping us see the truth of ourselves – our untrue and false state.

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. Then comes transition.

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. Each progression is full on, all the way.

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.



IT IS NOT THIS WAY

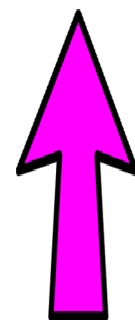


IT IS THIS WAY



# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE



**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
 DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES  
 UNITING with SOULMATE / SOUL PARTNER and SOULGROUP  
 BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT

**THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\***

**Transformation** of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.

**Transformation** of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

## Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
 SEVEN MANSION WORLDS

We have to do our: SPIRITUAL HEALING  
 (FEELING HEALING)  
 (SOUL HEALING)

**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
 REBELLIOUS  
 REBELLION AND DEFAULT

Against Truth and Love  
 Living Untrue; against ourselves  
 Denying many feelings  
 Become Truth to being untrue  
 Imperfect relationships  
 Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**



**Self-Acceptance**

No Healing needs to be done  
 Being true and loving  
 All done with Natural love  
 Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
 NOT REBELLIOUS  
 NO REBELLION OR DEFAULT

Not Against Truth and Love  
 Living Truth; not against ourselves  
 Not denying any feelings  
 Become truth to being true  
 Perfect Relationships  
 Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
 What we wish we were living  
 A Loving life

**THE MIND WAY \*\* MIND-LED LIFE \*\***

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

**GREAT U-TURN**

# *Living True to Ourselves*

## **LIVING TRUE to OURSELVES**

We are to live truth to ourselves through ALL our feelings. We are untrue.

We are to live truth to being untrue. We are to stop pretending we're true.

We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

# *We are to find the Truth of Love*

# ***Our Feelings are our Truth***

**New Feelings Way: learning how to live true to ourselves by living true to our feelings.**

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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

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

**The Golden rule is: Never interfere with another's will.**

**To liberate one's real self, one's will, being one's soul, is 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.**



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



# ENOUGH IS ENOUGH

Andon and Fonta, our first parents 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 subordinacy 200,000 years ago. Also added to this was 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 ending 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 in 1,000 years it 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. These 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 so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.



# 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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



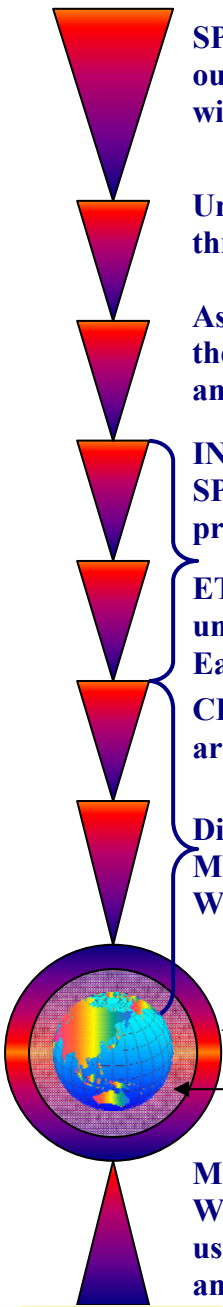
my  
**House** is your  
**Paradise**  

**HOME**



# MUM & DAD THIS WAY

# GOD



SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.

Unknown number of spheres to progress through to reach Paradise.

Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.

INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.

ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.

CELESTIAL HEAVENS are spheres 8, 9, 10.

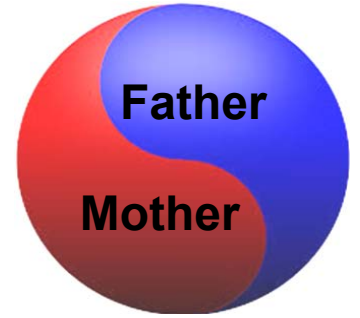
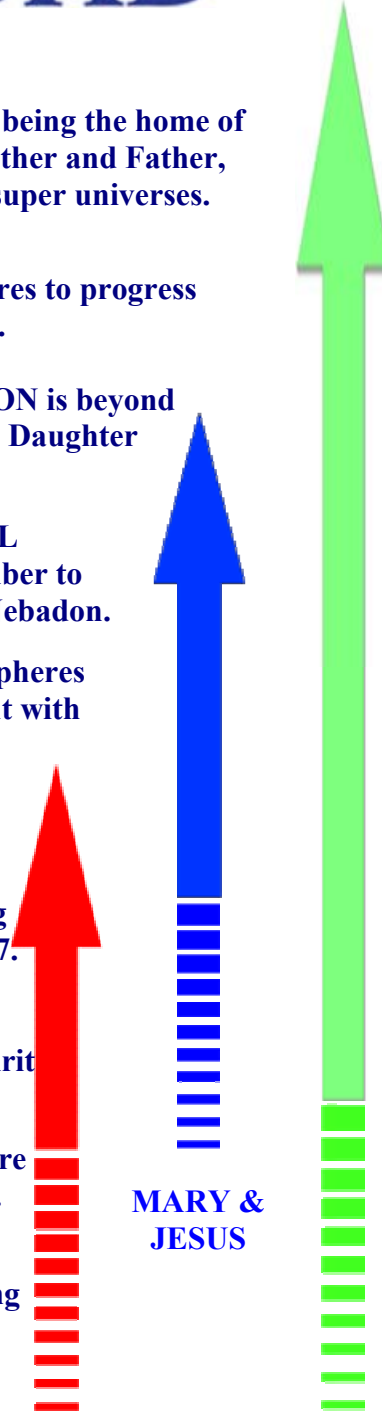
Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!

We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!

I'D TURN BACK IF I WERE YOU!



HEAVENLY PARENTS



JESUS & MARY



AVONALS



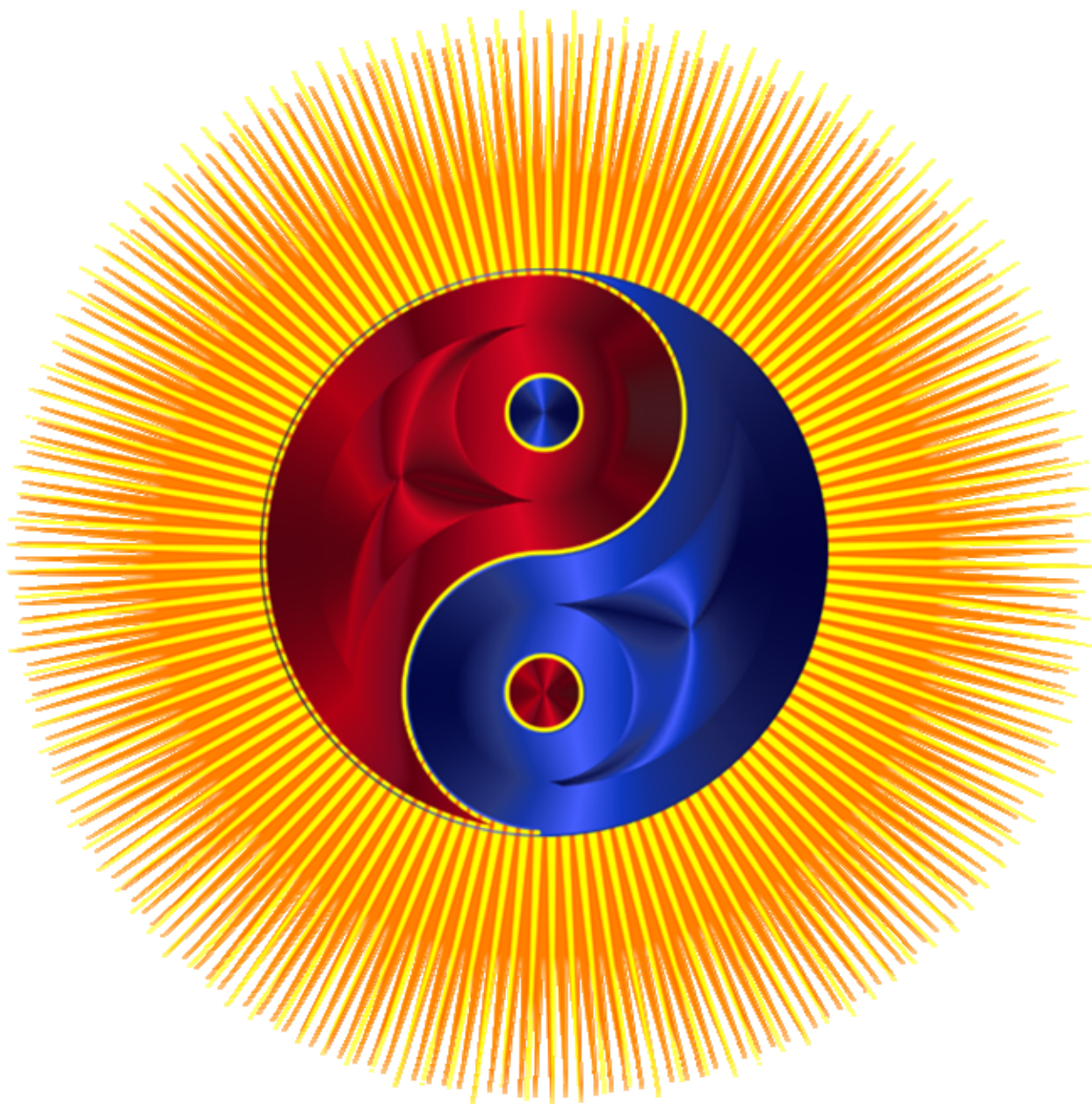
AVONAL PAIR

GOD

MARY & JESUS

Throughout 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. The extent to which 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.

# Our Heavenly Mother and Father



**FURTHER READING:**

Free downloads are from [www.pascashealth.com](http://www.pascashealth.com) in the Library Download page, scroll down for PDFs:

**PASCAS CARE PARENTING**

|                                            |           |                 |
|--------------------------------------------|-----------|-----------------|
| Sam's Book – Parenting and Feeling Healing | Book I    | Experience      |
| Sam's Book – Parenting and Feeling Healing | Book II   | Conception      |
| Sam's Book – Parenting and Feeling Healing | Book III  | Magic           |
| Sam's Book – Parenting and Feeling Healing | Book IV   | Nothingness     |
| Sam's Book – Parenting and Feeling Healing | Book V    | Setting Free    |
| Sam's Book – Parenting and Feeling Healing | Book VI   | Pain and Rage   |
| Sam's Book – Parenting and Feeling Healing | Book VII  | Vision          |
| Sam's Book – Parenting and Feeling Healing | Book VIII | Childhood       |
| Sam's Book – Parenting and Feeling Healing | Book IX   | Self-Acceptance |

Pascas Care – Parenting Awareness  
 Pascas Care – Parenting Eureka Moment  
 Pascas Care – Parenting Feelings Supreme Guides  
 Pascas Care – Parenting Health Generation  
 Pascas Care – Parenting into the Abyss  
 Pascas Care – Parenting Rebellion

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>



**Mind Centric Way**

**Feelings First Freedom**

|                                                                   |                                                                                                                                                                     |                                                                    |                            |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------|
| <b>Primary recommended reading:</b>                               | <b>consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light</b>                                                                    |                                                                    |                            |
| <b>The Rejected Ones</b>                                          | <b>2002 – 2003</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– James Moncrief</b>    |
| <b>Messages from Mary &amp; Jesus</b>                             | <b>2003</b>                                                                                                                                                         | <b>xxx</b>                                                         | <b>– James Moncrief</b>    |
| <b>Paul – City of Light</b>                                       | <b>2005</b>                                                                                                                                                         | <b>xxx</b>                                                         | <b>– James Moncrief</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>Mary Magdalene and Jesus' comments on the Padgett Messages</b> | <b>2007 – 2010</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– James Moncrief</b>    |
| <b>Speaking with Mary Magdalene &amp; Jesus</b>                   | <b>2013 – 2014</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– James Moncrief</b>    |
| <b>Sage and the Healing Angels of Light</b>                       | <b>2017</b>                                                                                                                                                         | <b>xxx</b>                                                         | <b>– James Moncrief</b>    |
| <b>Road map of Universe and history of Universe:</b>              |                                                                                                                                                                     |                                                                    |                            |
| <b>The Urantia Book</b>                                           | <b>1925 – 1935</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>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 Book of Truths</b>                                         | <b>1914 – 1923</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– Joseph Babinsky</b>   |
| <b>containing the Padgett Messages or 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>Available generally from:</b>                                  |                                                                                                                                                                     |                                                                    |                            |
| <a href="http://www.lulu.com">www.lulu.com</a>                    | <a href="http://www.amazon.com">www.amazon.com</a>                                                                                                                  | <a href="http://www.bookdepository.com">www.bookdepository.com</a> |                            |
| <b>For Divine Love focused websites and forums:</b>               |                                                                                                                                                                     |                                                                    |                            |
| <b>Pascas Health:</b>                                             | <a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>                                                 |                                                                    |                            |
| <b>Spiritual Development:</b>                                     | <a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>                                                                     |                                                                    |                            |
| <b>Padgett Books:</b>                                             | <a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>                                                                       |                                                                    |                            |
|                                                                   | <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> |                                                                    |                            |

### **BIBLIOGRAPHY NOTE:**

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 600+ supportive 'Pascas Papers' accessible in Library Download at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from [www.pascashealth.com](http://www.pascashealth.com) from within the Library Download page.



**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**

An example for 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 Download [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all 550+ 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 Download link.*

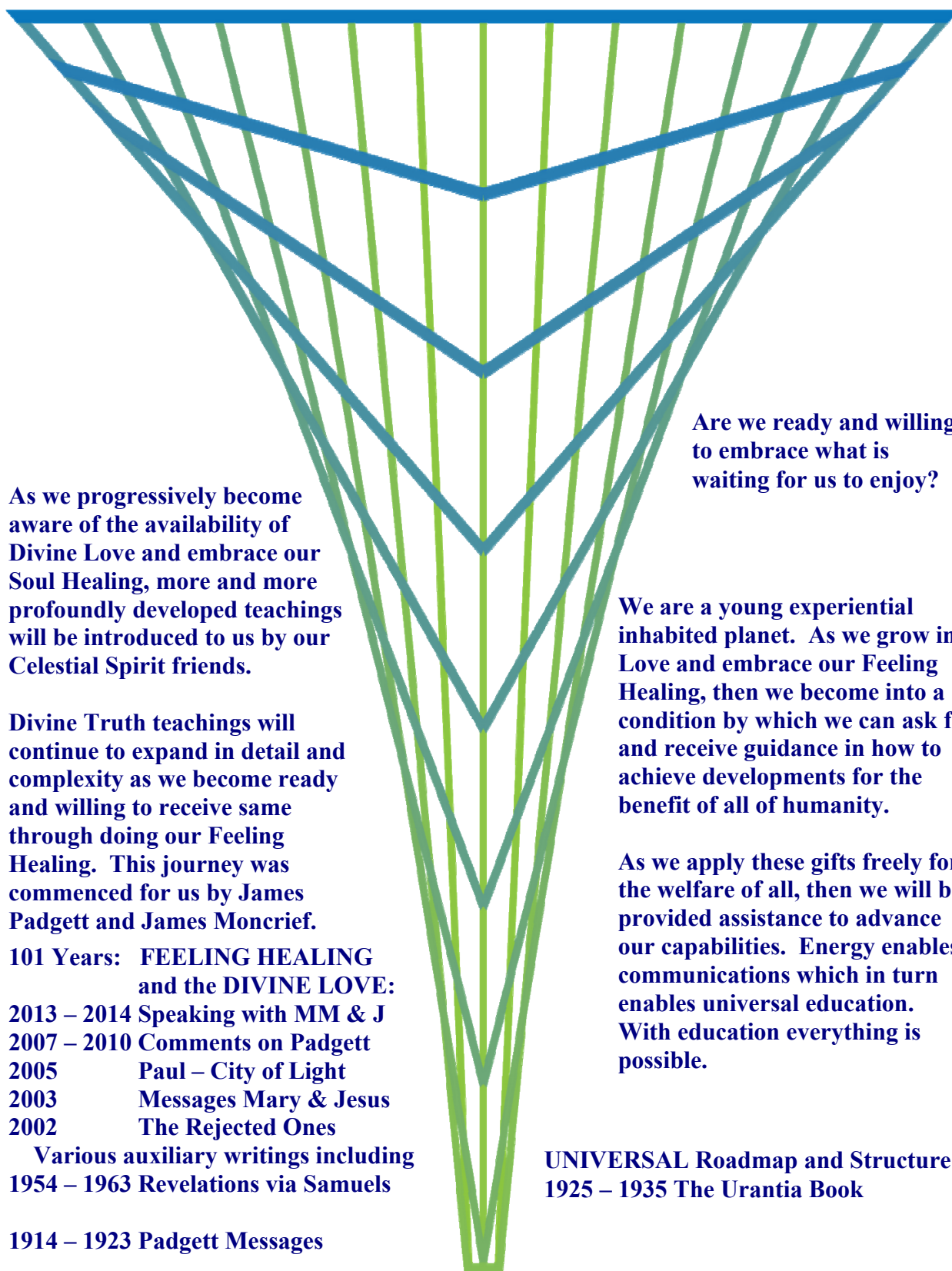
Pascas Care Letters A Huge Upturn  
Pascas Care Letters Big Revelation  
Pascas Care Letters Feeling Healing Benefits Children  
Pascas Care Letters Feeling Healing Way  
Pascas Care Letters Little Children  
Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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





From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

# Healed potential



**Insightful Genius**

*Brilliance!*

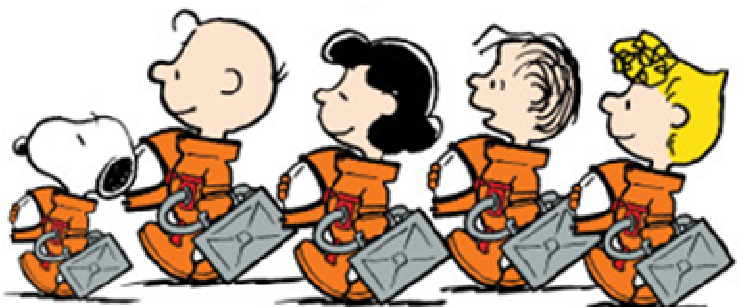
**DYNAMIC**

**vibrant**



Artwork by Joel Rea, of Tallebudgera, Gold Coast, Australia

**ALL  
SYSTEMS  
ARE GO!**



perceived truth MoC 880 – relative truth potential MoC 1,480