

Parenting
&
Feeling Healing



Book 1

Samantha McCabe

SAM'S BOOK

Parenting and Feeling Healing

Book I

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These works stem from the author's personal application of the writings of James Moncrief that he commenced in 2002, however the Revelations now outlined began with the Padgett Messages that were received 1914 through to 1923 and have been augmented with auxiliary writings through the past 100 years, all such materials being of a loving teaching and guidance nature and are a gift to all of humanity.

This publication is an endeavour to draw upon aspects of all these works, particularly the personal experiences of the author, Samantha McCabe, so that you can consider for yourself the nature of what is shared now for consideration and discernment. It is your choice to consider, put aside or investigate further.

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Book I

Introduction and Preface:

There is a turning point in the pathway of Earth's humanity spiritual evolutionary growth. This is it!

Our first parents, Andon and Fonta (spirit names being Aman and Amon), lived some 993,500 south of the Caspian Sea, since their time the direction of our spiritual evolution was without clarity. We are generally to find our way. Our spiritual oversight was placed in the hands of a System Sovereign, soul partner pair Lucifer with their deputies, soul partner pair Satan. However, 200,000 years ago, Lucifer considered that living mind centric was the way to become all powerful. Consequently, the Lucifers rejected the leadership of our local universe, Jesus and Mary, as well as our Heavenly Parents.

Then more than 38,000 years ago, Adam and Eve failed in their assignment on Earth due to interference by our Planetary Prince, Caligastia with his deputy, Daligastia, both being subordinate to Lucifer. Thus, these higher rebellious spirits that instigated the Rebellion and Default against the Truth and Love, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

“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, 3rd Celestial Heaven 29 June 2017

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

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.

“Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it’s over, that control is no longer controlling, it’s just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.”

Nanna Beth 3rd Celestial Heaven 20 March 2018



But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** It’s as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low.

“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.

“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

If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.

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

Samantha McCabe has pursued the pathway of Feeling Healing in leadership for all of Earth's humanity. Yes, she is the Mother of Humanity having single headedly persevered with very little assistance, if any most of time, through her Feeling Healing and here she now shares her journey for all to consider.

There is no imposition upon anyone to do anything. Her writings of her journey are purely to enable the reader to become aware of how to heal through Feeling Healing. There is nothing to join, there are no controlling structures with our healing, this is an individual journey that we may engage in when and how we please. It is a way of living, not a religion. This is the Great U-Turn for all of humanity – this is our spiritual evolutionary turning point on our way home to Paradise and our Heavenly Mother and Father.

This is the journey we will all embark upon as it is the one and only pathway.

John Doel

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Samantha McCabe

A little bit about my Spiritual History



Where do I start? I suppose it all began with a very keen interest in Tarot. I bought my first deck when I was younger and really enjoyed the cards and felt an instant connection with them and my creativity flowed as my relationship with the cards grew. I began to do readings for people and then I was employed by a telephone Tarot line to do readings as a full time job, but it felt so awful to me and I dreaded the phone ringing. It just wasn't me to work in this way so it didn't last very long and I gave it up.

I got into witchcraft and really loved it. I also explored all types of 'MIND' led spirituality including Shamanism which led me to an induction into the Munay Ki initiations. The Munay-Ki isn't very well known so here is a little about it. The Munay Ki is a series of nine Empowerment rites based on the initiatory practices of the Q'ero shamans of Peru, as taught by anthropologist Alberto Villoldo. "Munay" in Quechua means "love and will", together with "ki", from the Japanese word for energy, combine to give the meaning: energy of love. The Munay-Ki is a modern form of transmitting the initiation empowerments of the Q'ero, and is based on the traditional initiation ceremonies of Q'ero shamans.

I initiated in all of the Reiki systems to Master level, sitting in on many days of courses and spent so much money on all of it. I went to meditation classes twice a week and meditated every day for many years. I visited spiritual sites and places, I bought beautiful crystals and spiritual jewellery hoping to feel something from it all that would change me or make me feel something special and amazing. I was looking for a feeling but none of it did it for me. All it did was to

expand my MIND and lead me further away from my SOUL. I spent a lot of money hoping to feel something. I thought surely the Reiki would change me, make me more spiritual and special and an amazing healer, but there was nothing! I was always left very disappointed and the feeling I was after, never happened. I looked outside of myself and I looked everywhere for the feeling I was so missing. I have even seen my Reiki master and she has now given it up and she admitted to me that she felt nothing from it and it did nothing for her.

I understand that I had to go through it all, I had to chase my mind's leadings and follow the feeling in me that I was searching and looking for the answer to such emptiness and longing. I yearned to fill the emptiness and the huge void I felt inside me, I looked everywhere for the answer but nothing worked for me.

I wanted to be special, to be loved, to be 'Something' to someone, to be a great healer so that everyone wanted me and came to me. I wanted to be the best but I was left feeling as crushed as I have always felt and totally deflated because nothing I tried ticked any of my needy, mind led boxes. The feeling of having to be a nothing for the rest of my life, was killing me but it was the truth; my mind wanted power. I wanted to feel like I was something in life; I wanted to feel like I was wanted because I felt so unwanted, loved because I felt so unloved. My search for Love was never in the places I thought it would be.

All this time I was searching and trying 'this and that' spiritual practice, I had this constant nagging within me, a feeling that kept me searching so I could finally feel content with myself but it never came. Nothing I did fulfilled me and the nagging feeling kept on, like a hunger inside me that never feels full and it kept me searching until one day I searched on the computer for 'How does Mary Magdalene Heal?' I felt a connection to Mary and had many books about her by authors who thought they had an idea about who she was. My Google search led me to the writings of James Moncrief and his web site and forum;

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

[Divine Love Spirituality – free books and Padgett Messages – Divine Love Spirituality – God is Personality \(weebly.com\)](#)

The feeling in my heart when I found these writings and channelling from James, wow, just WOW! The feeling in my heart was that I have finally found what I have been looking for all my life. I spent my days reading all of the messages from Mary and Jesus and there was no going back. I had found my answers and I now knew how to heal and it cost me nothing, there were no initiations, no meditations, no chants, no gongs, no laying on of hands, no rituals, all there was for me to do was to feel my feelings and end the denial and rebellion of myself and of God. It sounds so easy the way I have put it but my writings of my feeling healing experiences will show you how awful it can get when becoming aware of the denial and suppression

of your own feelings. It has been a harrowing time for me, but also an incredible time, as I get to know the truth of myself through my feelings and by longing to God, My Mother and Father, for their help to get to the truth of my denial, that relationship has been incredible, I can't do it without them.

When I don't include God in my healing, I can only get so far with my feeling revelation. When I long to God for their help, it is like magic happens; I uncover layers that I never knew existed but have always been there, causing so much harm and illness to me. I need to include God, the creator of my soul, God knows everything that is in me, all the hidden thoughts and feelings, God knows me better than I know myself, so to long to God to help me is the only way to get to my denied and suppressed trapped feelings that I had no idea I had pushed so deep down within me. It is incredible how it happens. God created my soul, God, My Mother and Father, are my true parents and they want the best for me, they want me back and I can feel that and that keeps me going, even in the darkest times in my healing I can feel them pulling me along, even when I hate them and am calling them all the Fuckers under the sun, they still want me.

My writings are at times harrowing, which is how it should be when you have not been loved how you needed to be by your parents; there are not many good times to read about. It's a tough read and it was tough for me to compile these books having to re-read it all, but it is the truth of my denied and suppressed childhood feelings. These are the feelings my physical parents put into me at my conception, in the womb and throughout my childhood. I denied my pain and refused to feel it, just as my parents had done, and for the best part, never even realised the deep pain that was in me, but through my 'feeling healing' and with God's help, I have been feeling my way to the truth of the bad feelings that have been denied and repressed and have caused every pain, illness, situation, relationship and experience in my life.

I don't expect you to enjoy reading my healing experiences but I hope they give you an insight into what true healing involves, and what is more important, I hope they bring up in you, many feelings for you to accept, express and find the truth of.

By way of explanation, my writing may have all manner of grammar, spelling and punctuation errors, as it's just as I write it. I also should say that I don't use capital letters when referring to my physical parents because I don't want to give them any more power or importance. I only use capital letters when referring to God as my Heavenly Mother and Father, to give them all the importance.

Samantha

These are my Feeling Healing writings. The first entry on the 'Divine Love Spirituality and Childhood Repression forum' was on the 4th February 2014 but I have been writing down my feelings since I was about 16 when I first started writing diaries. I found James Moncrief and his forum and it was like coming home for me, I had found a place of acceptance and somewhere I could be my true 'Feeling self', let it all out and be as I truly am; expressing it all.



As soon as I began my healing in earnest, my soul sang and I knew this is what I have been looking for, the freedom to be myself, to allow my wrongness and to accept it, express it and to finally know the truth of it, of ME!

The name my physical parents gave me is Samantha and I invite you into the deepest depths of Feeling Healing.

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>

Samantha

My first time on the Forum

4 February 2014

I (Samantha) want to share a truly painful time in my life when I was crippled by my Feelings and the healings I have had revealed to me through doing my Feeling Healing. I begun to suffer with the worst panic attacks from the age of 16, my God the most terrifying feelings arose within me and I stopped going out of the house, I was locked in by my fearful feelings. My life ended and all hope faded as I sunk into the deepest depths of depression and was put on pills and therapy, none of which worked. Many years I suffered in this way, feeling cheated out of having a youth, a life, I can remember looking in the mirror and asking God if they knew where I had gone, where was I, who was I, I wanted them to take me. Here follows an account of how I was feeling at the time and what my bad feelings have revealed to me by asking for the truth to be shown.

My question to God, Mary, Jesus was:

Why am I in fear, why do I fear all life and the outside world, why do I fear myself?

My feelings go as follows:

Going out – feeling very scared, what will happen to me? I am not safe, everything will hurt me, it is so terrifying, I will have no safe place to go, where will I hide, what shop can I run into, where can I hide until someone saves me, there is no one, there is no where safe. I can't do this, I need to be at home, I can't do this, I will be safe at home, I am not safe at home either, I will be left alone, on my own with just me, I am scared of me, I am a stranger, an impostor, I don't know me, who am I, I am the fear, the monster, I don't know me or my mind or my feelings, nothing is true, I am not true. So confused. God please help me, no one can save me from me, no one knows the horror I am feeling, this is all inside me and no one knows, I am so ashamed to feel like this, I will die if anyone finds out, I have to hide it, I will get told off, I want my Mum, I need her to make me safe, not Dad though he will be cross. I can not express this to Mum because she will tell Dad. I have no one. I am not safe, I have never been safe, I am not safe, I am not secure. I am scared, I have always been so scared and do not want anyone to find me out, it would kill me I am so ashamed.

I went on like this for many years; I was exhausted and very alone in my inner world of fear. I looked to my Mum and Dad for the answers and only told them so much but the very ones that I thought would be able to help me, had no answers. They could do nothing for me, I felt abandoned. I had never received the love I truly needed from them as there were four children and a life of struggle, they gave love in the way they had been taught to love from their unloving parents, it was all they knew.

I was not safe, I had never felt safe and was brought up with a lot of control from my Father and fear, our family motto was "Don't upset your Father" so every expression was suppressed so we didn't anger him, as taught by my Mother. I was taught to be fearful of expressing myself in this world because that was how I had been taught from a very early age, expression will get you in trouble, every time my Mother spoke her mind that went against what my Dad thought, it would all kick off, very scary for a child to see, so you learn very quickly to shut up. I was not to speak up, interrupt, be heard of show off or be different, I was not to be myself ever, only be what and who they groomed me to be, an IMPOSTER. I did not Exist, I was dead. All those feelings showed me how unloved I was and how unloving I am. I was taught the world does not want to hear you, see you, feel you, you do not exist, if I expressed my self in any way, the world would hate me, be angry with me, so going outside was a place of hate and fear where I would not be safe. I was only safe if they were with me to control my every action so they could tell me how to be, what to say, where to go, I would not be safe to do anything alone as I do not know myself and they do. I will die if I venture out without my controllers. The world without them is a death experience, I will die without them controlling me, I will not be safe if I go it alone, how would I make a decision, how would I survive?

Instead of giving me love that I needed so I could be a safe, secure, confident being in this world I had been taught fear and control and I would die without it so all my relationships were just extensions of needing to be parented and controlled, I would not survive without it.

My Dad would say "Have you voted yet?" you have to do it, so he was really saying that he still needed to be parented by the government or he would be out of control to.

At the time I truly believed I could never exist without my parents, I loved them and they loved me so much they wanted to protect me and control me, I saw this as love until I began to hear a constant voice saying "Sam, stop being Lazy" and it continued for many years and now I know it was God believing in me that I could do this, I could heal this but I thought I couldn't muster up the strength to come of pills and work it out for myself but I did. It took so long to work with the true depth of the feelings and tedious amounts of time of going over the feelings but it is the only way and slowly I began to feel myself coming back to life, I was in there but buried so deep down and slowly the child began to grow again in Love and truth, I was healing myself away from my Parents and resented all that they had shown me about how to be in this world.

There is no other way to heal than to do your Feeling Healing and now I include the Divine Love of my Mother and Father and ask Mary and Jesus to reveal to me the truth of all I feel and they do, I now have my true family that love me unconditionally. I am getting there and I love the feeling of more revelations of my feelings, I am healing myself and feeling the Love of my Divine family.

Healing Experience

20 March 2014

Just a shortish account of my feeling healing experience today.

About 6 weeks ago I was offered a little "Granary"; it's a room on little mushroom stilts to keep grain dry. It is empty and the guy said if I want it I can rent it off him to do whatever I want with. I have been so excited about moving in and holding some groups in their and so on but I am still waiting for the go ahead and today I phoned and got his secretary again and he never gets back to me, this property belongs to the council and is on a farm with several craft units on it so there is some red tape but it is taking so long. It has started to get to me and I thought I have to get this feeling out of me so here is my healing of the feelings the whole thing has given me.



I am feeling so bored with waiting, I am bored and fed up and just waiting with someone else in control of my direction, I am waiting for someone to tell me yes I can or No I can't, others are still controlling my life, I am so frustrated waiting for someone else to say I am good enough or I'm not, constant parenting. I accept I am feeling these things and I want to see all the truth of these awful feelings.

My feelings have now gone from feeling so happy to being offered the Granary to now thinking maybe he has changed his mind but I do not know, I have no control over what he is deciding. I feel frustrated, sad, angry, restricted, powerless, interfered with, put on hold whilst waiting for his acceptance of me, so angry, so angry, I have really had enough of others controlling my decisions, I feel lost again and I cannot go anywhere until I hear from him. What a power hungry freak he is to make me wait so long before he decides, its yes or no, I feel so angry with him treating me this way.

Please Mother and Father help me see what this waiting has been about, what does it want me to know, please help me to know the truth of this situation and my feelings with it all because I am feeling so held back, oh wow, yes that's it, I feel so repressed, held back, shocked, sad, so disappointed, hurt, in disbelief that I am being treated like this all over again being treated like I am invisible, as if it never happened, totally cast aside and forgotten. And there it all is , like magic, all revealed to me, this is all to show me how when I was a kid if I asked for anything it went unheard, un-acknowledged, I was totally unfulfilled and always left waiting for the answers from mum and dad when all I wanted was yes or no but to be left with nothing, not even sure if I was heard at all was awful and filled me with anxiety because of the waiting for the answer, in the end I stopped asking, like a torture really to a kid.

All of this waiting for an answer has come to me today when I just had to sit down and ask Mother and Father to help me find the truth of this awful waiting and I see how necessary it all has been now, I have needed the time delay to bring up those repressed feelings within me of the anxiety and stress I felt of not getting, or waiting for answers and if I did they were never really fulfilled. Even if I don't get the Granary I understand that I have had to go through this process to bring up those lost feelings inside me and what an incredible way for them to be revealed.

There is quite a lot more that I have had revealed to me through doing this healing but will keep it short, just wanted to share the totally amazing ways the revelations come and how it enables you to understand everything in every moment is a chance to heal. If I do get the Granary it will come second to the healing I have gained through the waiting process, I have received the most amazing healing revelations.

Granary or no Granary?

21 March 2014

I put the above post up yesterday and got rid of all the bad feelings this process was giving me and really released and healed the turmoil it had caused me and once healed I got a phone call today saying that I have got the Granary, so pleased and felt like I have been rewarded for understanding what the whole thing was all about, once I had healed the feelings that were so important, more important than the getting, I got my reward. It took me nearly 7 weeks to understand the message in all of this but yesterday I got it and healed it, now I can have it. An incredible miracle happens when you heal how you feel.

Suffering

22 November 2014

Hi James, I read your post about Psychic bashing and I was talking about the same thing to my friend the other day and I was telling him of the utter agony I would go through every day to the extent that I could not even leave the house, the outside world was too painful to me. I couldn't even watch TV or read newspapers; I was trapped in the house and locked into my self completely.

How could my parents not see my pain? How could they just carry on like I was ok when my inner world was dying? I can remember even one day and it was on my 18th birthday being so close to death I called for an ambulance to take me to hospital because if I didn't I would have died, they took me and I felt safe, then they called my mum and she came in really worried, looked, at me and said "I thought something had happened to you".

My heart just took the last kick in with those words. How could she say that so unlovingly to me? I was in total despair and without any love. I was so weak I could not even walk but there was no illness and I just wanted a label for this feeling, tell me what is wrong with me but all they could say was I had Psychosis, fear grabbed me at that word, then they told me to go home and celebrate with my family my 18th birthday.

I was empty, hollow and dead inside void of all love and every muscle in me shook violently showing me the depths of my terror and fear, I was uncontrollable. My whole being and soul was dying and I felt if I could just slip away I would be relieved of this agony of living every painful day and I could not see myself getting to 40 years old with every day in such torment and pain, it felt like a life sentence of torture and all I could ask God was Why? How could they let me suffer in this way I just wanted to be normal but everyday I was feeling more pain from, what felt like, the worlds population, I tried to go back to work as I was following my dream career as a hairdresser, but I couldn't do it, I couldn't touch anyone it hurt to much. I lost everything at such a young age. I lived with that pain most of my life, feeling attacked and beaten everyday and the exhaustion crippled me to the extent I couldn't move with out getting the most painful cramps in my muscles, nothing was working.

All of my organs began to shut down, getting infections and illness's constantly, I was wishing for death, but it never came, I couldn't even do it myself because of the pain I would cause my family, it was never about me, how could I do it to them. I prayed to God every moment of every day to relieve me but it was constant, not letting up, I had no understanding or help for what I was experiencing just got put on anti-depressants for life.

I felt no love from anyone, and it was killing me to not feel this. I was being shown the depths of how "No Love" feels and there was no point to my life without love and I can say that I have never felt it in a genuine way and the only genuine love that I have been searching for is the true love of my Mother and Father. I can truly say I have spent a life of experiencing how not having any love feels, my life was Hell every day and blacker than black and I just wanted someone to save me from it all but no one came, no one saw the depths of my torment, especially not even my parents and I can remember thinking If they can't help me then no one can.

I was constantly asking God, Why? But I can see now that I have felt the evilness of no Love and how pointless and meaningless life is without Love, there is only a point to life with Love and without it everything shuts down, as I did, as I am sure the world will soon experience.

Your posts with Mother have been so good to read James, as is every post and every one of them opens me up to a new feeling to heal. I have found that I can heal my self in amazing ways now and the best thing is many years ago I was told I had Lupus, and I understand that I caused it through my attacking myself so my cells were attacking me to and now I am clear of it, totally healed which is huge as they told me it was for life but I have been working on my unloving feelings that caused it and I completely understand the feelings that caused it, my body was just following my instructions and feelings about myself and cells were attacking muscles, white cells against red cells, a full on inner war reflecting the outer war of no love just attacking all stemmed from my forming years and the attack I felt from my parents, teachers, friends, environment my whole body showing me the truth of how I feel but had denied and had to manifest as Lupus.

So Sick of Pain

20 January 2015

I am so sick of this awful pain, every day something, and today I have an awful sickness bug, I am so fed up with it all. I have such awful stomach pain, I hate it, my kidneys hurt and the pain in my stomach is like being stabbed, it burns and rips at me inside. I feel in a state of dread and I just can't be bothered to have more pain inflicted on me and its all inside me, like my emotions and feelings all inside and trapped until I throw up and express all that I feel.

No more please, so much pain eating at me to cause me as much pain as it can being so unloving to me. I feel so weak, like all I can do is just accept this, just give in to it and submit to its control over me, shut the shop, come home and go to bed, but I didn't want to do any of that, its not my will to be like this but I have to submit to the will of a MICROBE.

I can't eat or drink or do anything slightly pleasurable, there is no pleasure for me, I have to do as I am told by this germ, do all the virus tells me to do ruining everything for me, just how it's always been when I want to do my thing. This Microbe is my parents bugging me again to do there will and drop all I am doing to please them.

Something so invisible has the same power as them. It has me under the same power as them, fully submitting, fully in fear, fully stopping me in my tracks of doing anything I want to do, something I can't see but it has crippled me and has such a hold over me that I am in bed, weak, powerless to its demands and feeling so angry, at least I have that and I will feel all of it. I will feel all it wants me to feel, Anger, fear, sickness, grief, pain, thirst, hunger all the vast amount of feelings I feel from this virus, I will feel and use it as a great healing tool, to see all of the bad feelings it is bringing up in me to feel and heal, to scream at Mother and Father for the pain their child is in, to feel all They want me to feel at being so unloved that I have to go through this, I will just spew it all out at them how unloved I feel at this time. This virus is taking me to depths within me that I wouldn't have been able to access without it. I needed this pain and physical sickness to get to the hidden inaccessible causes of needing this sickness, to see why I have had to experience this today in such a crippling and painful way. The virus has made me understand how unaware I was as a child to being under

total control of something that was hurting me inside and me thinking this was what you call love.

This sickness microbe has caused me such great pain today and I can't even see it, so tiny and microscopic but causes such incredible pain to me as invisible as the cause of all of my pain and suffering which my parents called love, which all parents call love, I just didn't see it, I was so desperate for them to love me in any way. I was born sick, as sick as I feel today, I had no choice then as I had no choice today but today I am aware, no I can choose to stop this by feeling it all, every bit this sickness wants me to feel, it is bringing me the opportunity to heal all of these feelings it is bringing to me today and trying to express all of my feelings whilst feeling so ill has been hard in itself but even as I have been sitting here in bed writing this and expressing my pain to anyone that wants to read it, I can feel the pain slowly softening inside me, its grip loosening around my stomach and I can feel comfort instead of intense discomfort, through expressing all of my repressed, suppressed, oppressed pain I am releasing its hold on me and I am actually feeling better.

I have written pages today in the height of my pain and every time I had got down to the causal emotion (the core) of that pain, at that time I felt a relief and release, I just kept on going with it. In the short time it has taken me to write this I am now feeling comfortable again and calmer than when I began writing, I will carry on accepting, expressing and finding the truth of all that I feel as the feelings come up.

Wearing Black to disappear.

23 January 2015

I understand what Marion (husband is James Moncrief) says about wearing black to disappear, it keeps me in the shadows, unseen as I have always felt, I truly do understand that and it is where I have always felt most comfortable and felt the truth of my insignificance, never wanting to be the one to stand out in any way. What Marion says about make up and getting your hair done has brought up feelings in me to as I have been a hairdresser most of my life and I could never interfere with anyone now in that way.

Now I see my hairdressing days as only helping people to further their denial about how bad they truly feel that they think a new hair colour or cut will fix them, its all such an addiction and cover up to the truth of how much they want to avoid feeling bad, and I helped them in their denial, fixing them and making them look great whilst all the time they feel awful and full of so much denied, unloving feelings about themselves that they can barely look at themselves in the mirror. I now see how I furthered that evilness in them helping them with their façade.

About six years ago I ended my hairdressing career and towards the end of it I was dragging myself to work, dreading touching anyone and as I drove to work I would be in tears, it was unbearable and I didn't really understand what was going on with me to be like this but inside my soul I knew what I was doing was wrong and not truly helping them at all or making them feel good, I was full of guilt but I didn't understand as I do now. My last few weeks of working became hell for me then I became seriously ill, the car became a right off, I got snowed in and so many occurrence's that stopped me working and in the end I couldn't have worked even if I wanted to.

My soul was leading the way and I was denying it not understanding that a change was coming. I thought I would get well again and go back to work but that never happened, it took me a year to recover from being so ill and in this time I was writing journals expressing my feelings but never got to the causes so never healed fully, it was all surface emotions and a lot of asking Why me, Why me and not going deep enough to reveal the answers.

I feel now that the beauty industry is such a set back to women, keeping them in that denial. You're not good enough and will not be loved without makeup, they rely on us to hate ourselves so much that we need their products to make us feel loved and accepted. It all is so wrong. Women keep the hate and denial of Woman going, we are our own worst enemy but can't see what we are doing by buying into it all.

The beauty industry is one of the biggest in the world so that shows how women truly feel about themselves, they can't get enough of it, the next best anti-wrinkle or whatever cosmetic that we then buy into it showing the truth of how we feel about ourselves, which is, to be natural is not to be loved or accepted, there is no love here at all, it's all so sick. Woman feels ugly, Woman feels weak, Woman feels exposed, woman feels Shame, Woman feels like Nothing when she is True, Natural Woman, she could never walk out the front door being herself in fear of not being accepted all because we were never allowed to be our true selves as children, we were not accepted unless we were being how our parents wanted us to be.

We watched Mummy put on make up, dye her hair, paint her nails slowly being taught that without doing all this we will not be loved or accepted by any man or by the world without our façade. Women, Mothers are teaching future Women to be loved for the lie that they are, Love me for the lie that I am, hate me for the truth, it's all so pointless and such a waste to live this lie and when Women are still feeling so unworthy and so unloving about themselves they will be denied as they deny themselves.

We want to be treated equal but we are telling the world, men and our children that we are not, we don't believe we are equal at all, all the time we are still not loving our selves, or even liking ourselves and covering up the truth of who we are, making ourselves look better so we will be accepted.

Maybe Women should spend a week not putting on our make up or colouring our hair to then see how not doing this makes us feel and we will probably feel pretty bad about ourselves without our addictions and ritual of falsely making ourselves up because we are not good enough as we are. We will feel very inferior and weak and ugly and all the feelings that we have been avoiding

feeling by putting on make up, we can't feel equal to men until we heal these type of unloving feelings that are the truth, the very feelings that women don't want to see about themselves, heal these and we may just begin to get somewhere in our Liberation, Women have their selves to blame for there lack of equality and Liberation and we need to get real and see the damage we do to ourselves, our children and our/their progression.

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



IT'S ALL ABOUT
Experiences
&
feelings

Choose God or the Biscuit!

9 February 2015

A healing experience I wrote about and expressed this week. I will write it as I wrote it in my journal.

What do you choose Sam, God or the Biscuit?
Why do you always choose the biscuit?

God / Truth Biscuit / Lie

You automatically choose the lie over the truth because the lie/the biscuit is easier, the quicker option, the quick fix to fulfil the awful feeling inside you, which is a feeling in my soul that is empty and wants to be filled and temporarily a biscuit will do it.

But this will never let me get to the truth of why I want the biscuit, keeping me as far away from the truth as possible so I have to look at how I am using my Will, I am using it away from God. I am using it to keep the feeling covered up. Carry on choosing the biscuit by all means Sam, just more denial and prolonging the agony/pain when I could decide to use my will to not choose the biscuit and feel how it feels not to have the decoy and only then will I reach the cause of why I want the biscuit, what feeling it covers can only be revealed when I stop the denial by eating the biscuit and missing a chance to reveal the pain it is suppressing and denying.

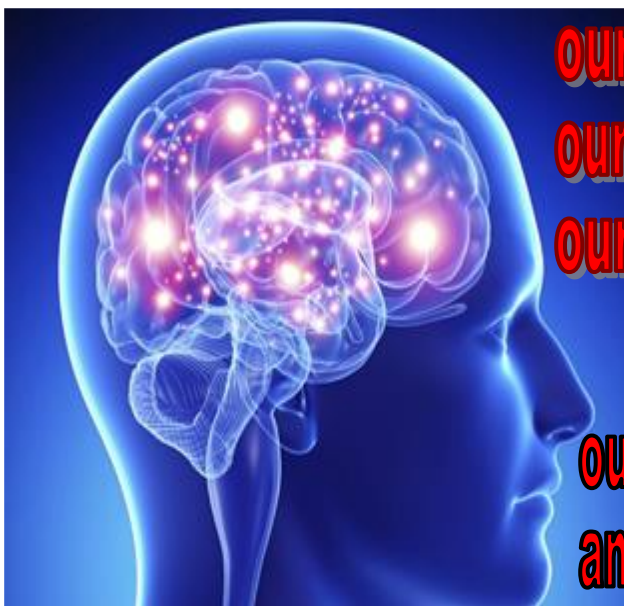
Stop choosing the lie, stop letting the biscuit/parent control me keeping me from my true pain. Keep eating the lie/biscuit and I am using my will to stay out of harmony with my Mother and Father by avoiding my healing and taking the quick fix. FEEL how it FEELS to not have it. My will must be stronger towards the biscuit rather than My True Parents. What am I doing!!! I am using my will to keep me from God to keep me in all of the addictions I have that keep me from feeling, just as my parents did, they stopped me from feeling and now all of these decoys I use are doing the same, keeping me from the truth and keeping me from my True Parents. Why would I ever choose them over God? I am using my will against God when I choose my decoys, it is saying I don't want God and I am using my will to choose that. I am living and trusting my addictions that keep

me from feeling my painful bad feelings, I am trusting the false quick fix feelings I get from feeding my addictions that keep me from feeling, and when I look at my day to day life I have many things I choose to avoid feeling and I do them all so naturally.

I have had a real light bulb moment about just how many things I do, day to day, to avoid feeling and I thought I was doing so well. I went to take that biscuit out of the tin just now and it struck me really hard, what am I doing and why am I doing it and only by not having it did I feel the awful pain of not having, missing out, loss, not having anything nice, not having anything to look forward to, if I don't have it I will feel bored, what now, what can I do, I am bored, I am alone and bored, I am sad and alone and I want the biscuit to take that feeling away, it is sweet and puts some sweetness back in my life, but it is not the truth of how I feel, I don't feel sweet I feel empty and alone with nothing sweet in my life, the biscuit or chocolate or tea or food is the fulfilment in my life filling up the emptiness and boredom of that emptiness, that is what I have to feel and express and find the truth of and if I eat that biscuit or drink that tea I will be using my will to choose to not feel and heal that bad feeling so what do I choose GOD or the BISCUIT?

Now through examining all of my decoys and writing them down during my day I am choosing God and working through the feelings of not having them and revealing the truth of the pain they were covering, I am now choosing to feel even deeper nearly every minute of the day and seeing truly just how many decoys I use during the day, things that came so naturally but were all avoidance of feeling, and I tell you that virtually everything in my day is a decoy that will all have to be worked through and I am asking myself why I am doing what I choose to do and it always comes back to avoiding a feeling that I am choosing not to feel and it all has to change because I am now using my will to get closer to God through analysing the way in which I choose to use my will, it's such a revelation to me and has opened me up to so much more truth of why I am doing things in my life, its all denial and a lie, all so far away from God and I have chosen that but I am now aware and want to use my will to feel it all and work through healing it all.

I have discovered I have a very well developed will but have been using it to deny and avoid feeling in my day to day life in the little things I do so naturally, its all wrong, and I feel so excited about it, excited about the fact that I see it and in that awareness and only by having that can I heal and turn it all around. I have a great list of the silliest of things that I do but they are all so important to me because they keep me from God and I can stop that now, and heal it all by feeling how it feels to not do them, its all so painful, so hard but I am so excited by the knowing that I will become closer to My True Parents through doing this.



our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!

our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.

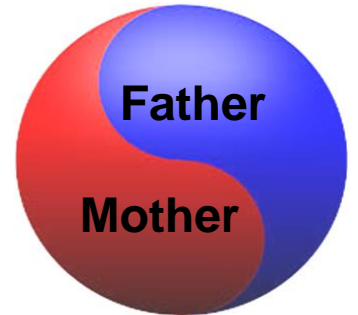


our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

all we need is WITHIN.
our MIND suppresses FEELINGS.

MUM & DAD THIS WAY

GOD



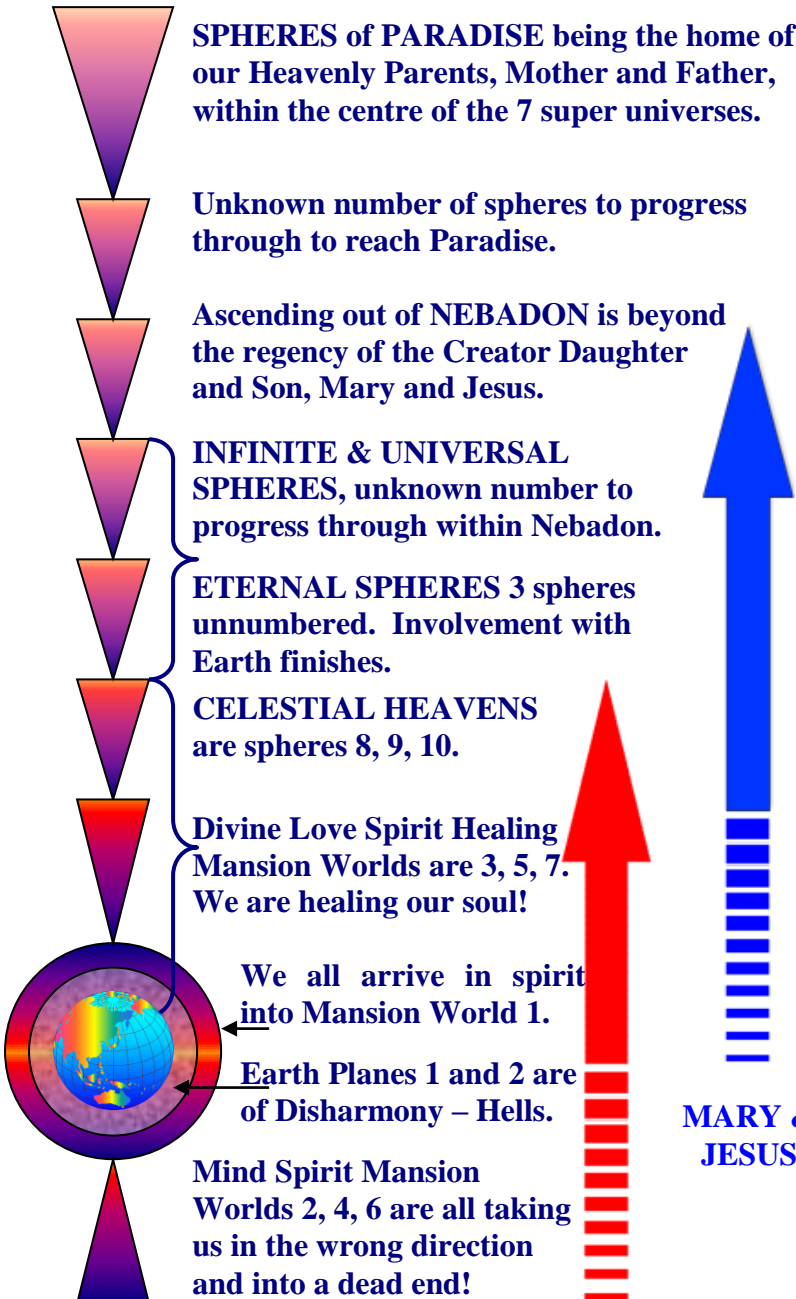
HEAVENLY PARENTS



JESUS & MARY



AVONALS



I'D TURN BACK IF I WERE YOU!

AVONAL PAIR

GOD

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.

A healing experience I was going through today.

13 February 2015

I am no longer receiving the flow of Divine Love as I was and I feel so confused and abandoned by not feeling it in the way I was. It was never a constant flow but when it came I felt so incredibly loved for a while and it flowed through me in waves of rainbow rain as I would call it, now I long and Long and Long, day and night and receive nothing and have even got to the point of longing and telling myself that it is pointless, nothing will come. I am so confused as to why I am not being heard, am I not being sincere in my longing? Is it not earnest enough? I feel very sad and in deep pain as to why I am not feeling the flow and all attempts appear futile.



I feel that Mother and Father want me to feel the truth of how it felt about not receiving the love I needed from my physical parents as this is the same futile feeling. With me doing all I can to make mum and dad proud of me and make them happy but none of my efforts working, I was getting nowhere as I am feeling at the moment. Nothing was working with mum and dad so I gave up and just submitted to being just one of 4 kids, we were all one, never really being seen as individual with different qualities and needs. There was nothing I could do to prove to them I was deserving of their love in the way I needed it. All efforts were pointless, as I am feeling now with Mother and Father.

I feel exhausted with Longing for Their Love and getting nowhere, there is nothing at the end of my longing which is how it was with mum and dad and I am seeing that now, through my lack of Divine Love from Mother and Father I am seeing how it felt and how frustrating and angry I felt at being forgotten, unseen, them not even thinking for one minute I was being affected by Their lack of Love, taken for granted that I was fine.

I think I have answered my question about why has the Divine Love flow stopped, It has to so that I can feel the truth of how unloved I felt, if I was receiving Love I could never feel this pain of not receiving love and not know the truth of how I felt with mum and dad.

I feel so flat, so lifeless today and it all seems so pointless without Love, so black, I feel black and a deep feeling of mourning my lack of love, I am very lost and confused, I have totally flat lined today. Life is so pointless and without meaning without love and to have felt Divine Love flow and to then not feel it is just how it was with mum and dad, all so confusing, loved one minute when I had pleased them and they were happy, then nothing or anger from them when I had dis-pleased them. Am I loved or not? All so confusing and I feel like that now with Mother and Father's Love but I am understanding what is happening now as I am writing.

What have I done wrong? Am I not sincere enough? Why are you being so cruel? Why are you making me feel so confused and in so much pain? I don't feel loved but abandoned, all how it was with my parents, exactly the same. I feel such a mental confusion today and it has made me feel like a child, back there again feeling how unfair it all is. I am even feeling the deep anxiety and panic I used to feel every day and I haven't felt that for ages but today feeling the pain of not receiving God's Love, I feel as I did back then, not receiving my parents' love in the way I needed it, full of fear and panic.

My body feels the fear of the lack of love and it fears its survival without love it is a shaking wreck. I am now beginning to truly understand why I suffered from panic and anxiety for so many years. I felt no love. My mind has gone back into that confusion of no love and my body just wants to shut down and sleep but that would be denying all my feelings at this time when I have to express it all now, while I am in it.

Wow I am having a bad one, I feel incredibly bad, just like how I used to feel, this lack of feeling God's Love/my parents love has brought it all back for me to deal with and I can see it all now and what it's all been about. I have been if a fog all day with a crazy, confused mind, geez I have felt awful today being back in that unloving energy but it is time to deal fully with it.

I am feeling how it feels to feel no love, how I felt every day but never knew why back then I just thought I was schizophrenic, another one of my unloving families qualities. All that I went through is a result of feeling no love and this

has now entered my soul as a truth because I can feel it and it never would have entered my in this way had I been receiving the flow of Divine Love, oh wow, I now understand the depths of the cause of my anxiety and panic and all of those years of suffering, and only today am I understanding, through my feelings, that my physical fear, panic, terror and anxiety has all been a manifestation of the fearful, unloving condition of my soul. I felt no love as I am feeling with Mother and Father now, I have had to feel that again to really get it.

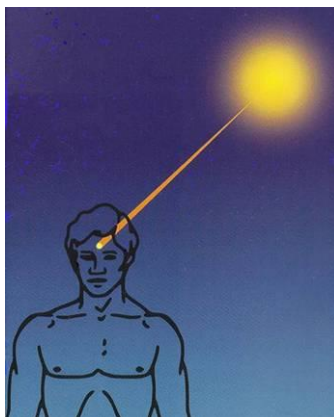
After I wrote all this and lots more of my deep feelings today, I became so clear and I knew I had reached a truth because I felt it release inside me and I cried with relief, the feeling was so wonderful and I felt so sure without doubt that it had finally entered me and it all made sense, instantly, as soon as the truth was revealed all of my pain cleared, all of my confusion cleared, all of my anxiety cleared, I felt light.

VISUALISATION with LONGING:

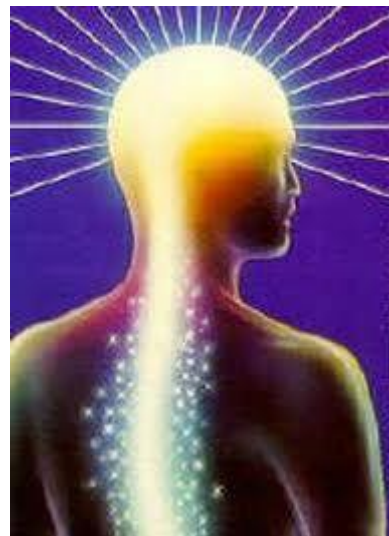
Holy Spirit infusing Divine Love.

Progressive escalation of Divine Love flowing.

Visualise yourself as you were when young and with an empty bowl, and then thankfully ask the Mother and Father for Their Love – Their Divine Love:



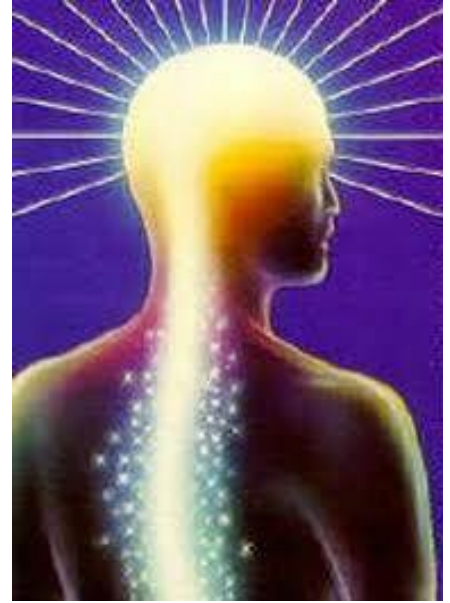
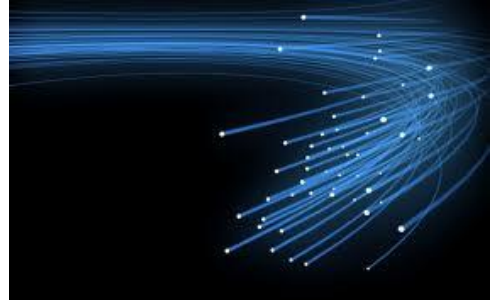
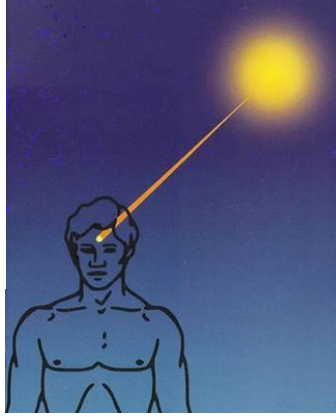
"Please, Mother and Father, I want some more."



CONNECTION with GOD:

**Holy Spirit / the Spirit
infusing Divine Love.**

**Progressive escalation of
Divine Love flowing.**



Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,

when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

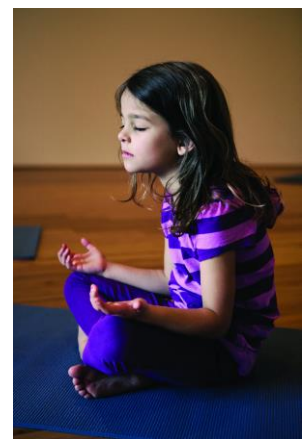
If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

Feelings!
first



No one cares.

15 February 2015

I am going to post another experience of my healing that happened to me today. I don't expect any replies but I feel that it is important to post how I heal certain emotions and pains so that others that come to this site can have an idea of how I experience feeling healing, and it will be different for everyone in their experiences with their repressed childhood feelings. I feel that this is a way that I can contribute, to record my healings that work so incredibly well for me that I actually feel the pain leave and lift out of me as I heal. As I say I don't expect a reply to every one of my posts, only if you truly feel you want to then do as you feel, but I feel it important to share the way I do it, because it works so well for me.

I really hurt myself just now and all that Alex (my Son) could do was laugh and say I sounded like Michael Jackson because of my yelps of pain, and it really hurt. I received nothing from Trevor either, no word of care or caring gesture so I just cried at how unloved I felt, no care, no love, no attention, or sympathy from anyone. I felt so angry at their unlovingness towards me. Bashing my elbow like that caused me so much pain showing me just how unloved I feel and how uncared about I have always felt.

I cried not at the physical pain but at the emotional pain of no one caring and its always been the same for me, " Oh Sam, its all ok, come on, your tough" with a little laugh to lighten the mood and make me feel better, my parents always did that with me, try to make it better or help me to deny what had happened so I didn't go on and on. I wanted to be cared about and loved and told that I could cry and cry about it and to let it all out but crying got me nowhere so I just stopped crying or showing emotion because it was all so futile.

Showing pain and emotion got me no love or care and my bashing my elbow this morning has brought that all back. I have today been able to connect back in with those feelings that I felt as a child and reflect on the unloving way I was shown to deal with pain and emotion, just bottle it all up and put the lid on because no one cares and it all feels so hopeless. Today in that experience I felt like a child again as I always do when healing, this tells me I am on the right track, I can actually feel as I did then even if I don't remember the actual incident,

I feel as a child again. As a child, when I felt pain, I felt the same rage and emptiness as I felt today when bashing my elbow, wow, that anger rising in me so powerful, such rage that no one cared that I had hurt myself, like I was invisible or didn't exist, that is just how it feels like I don't even exist when I received no care or love.



I have been taken back to my childhood when I hurt myself I would feel an aggression that just wanted to smash up the place or beat my pillow but couldn't even do that without being told off for my expression of anger. Bashing my elbow this morning has brought up so much for me about how unloved I truly feel and only by experiencing this physical pain can I access the deep repressed emotional pain that I haven't been able to get to. Feeling the rage instantly that the pain caused, then the emotional rage at no one caring but to take the mick or not even comment about my well being, that hurt.

So much has come up and all I wanted was for my son or Trevor to ask am I ok, to show some sign that they care, have some loving attention so now I feel an anger at their unlovingness. They are my parents, they are showing me how I felt about not receiving the love I needed from my parents and it really has hurt today. I am projecting my parents onto them and I see it all. I see through them my parents' lack of love for me and the anger I have felt since to all displays of lack of love for me in all of my relationships. All I have felt is denial of love from all I have met, I feel it today from Trevor, my son, my parents, all my past relationships and God all showing me the denial, rejection, abandonment that I truly feel from everyone and God all coming from my little bash on the elbow which has brought up all of these unloving feelings.

Last night I continued with my sincere prayers to God to keep showing me in every moment my unhealed repressed pain, I want it all to come up for me to see and to heal and this morning as soon as I opened my eyes I got what I asked for. I bashed my elbow and all the emotional pain I couldn't access came flooding up for me to feel about my unloving childhood repressed pain and anger and never getting the love I needed through the unloving actions of today's bashing of my elbow. This is how it has always been for me and today I feel it more than ever.

My true Mother and Father have heard me and sent me what I need, which is all I have ever asked for, to be loved enough to receive what I need, they have brought to me this unloving experience today to feel the depths of how unloved I feel and have always felt and this has brought up within my soul all the feelings I need to feel about my unloving treatment and the denial of love I have always felt.

My true Parents have let me cry about it, be angry about it, express all of the anger I have needed to feel without interfering or restriction or telling me off for displaying anger, I have been allowed to express myself and my anger and pain without suffocation or being stifled in any way. This is how I feel truly loved by my true Parents and I am now feeling happy and free to express myself without restriction but even being encouraged by them to express my self fully in any way I want to, I now feel very free and happy and can feel my Mother and Father smiling upon me in my weakness and it is very liberating to have this freedom of expression at last.



THE
GREATEST
SHOW
is ON EARTH

The logo features the words "THE GREATEST SHOW" in a large, stylized, multi-colored font (red, green, yellow, and black) with a 3D effect. Below this, the words "is ON EARTH" are written in a smaller, simpler font. On either side of the main text are two cartoon eyes with large blue irises and black outlines, looking towards the center.

Telling my Son he hurt me.

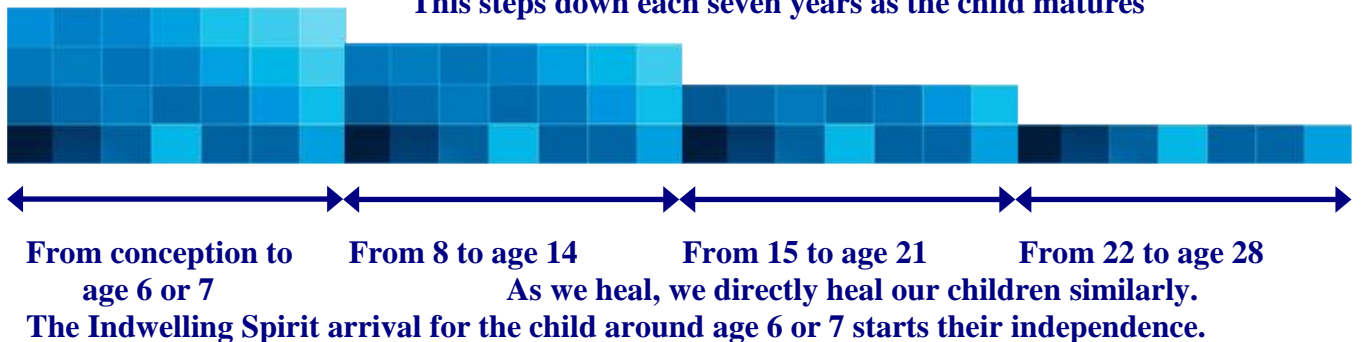
15 February 2015

I told them I was hurt by their unloving response and my son was full of remorse and said that he would have felt the same if the situation was reversed and I was glad he thought of it in that way. I went to my private place and wrote all about my pain and anger and cried until I had expressed all. I have to let them know when they have been unloving and they let me know when I have been unloving and we all talk about it together but sometimes they are not up for it so I let it go until they come to me and ask for help which they do all the time.

Both of my kids are a true reflection of me and what I have taught them to be and I very often feel that I have committed a double sin in hurting me first and then them so I am healing the pain I have and the way I have used that pain to project it onto them so my healing is double most times, it never ends.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



I am now showing them the way through living it every day so it will become natural to them or at least give them a beginning and a place to start from when they are ready to go forward on their healing journey, if ever, I will not interfere.

Trevor is another invaluable reflection of how I am being and never lets me forget and now I always know when I have treated him or the kids unlovingly because I feel it by his actions or he will tell me as I tell him, I now know that if I don't get the response I wanted it is because he is reflecting how I have been to him and I have caught on to this very quickly and it hurts as I have hurt others, so I learn so much about myself from them and what my unlovingness has attracted to me for me to see the truth of how I am.

I have attracted all the right people into my life for my healing reflection, I understand that now and find it invaluable because I receive the deep repressed feelings I need to feel, the people around me are the ones I need to help me reveal the truth of how unloved I feel, as all the people in my life have been. I don't feel I need to express my anger and rage onto anyone for my healing, I just need to be by myself and feel it all, they are not on the same path as me so it would all be pointless, I say what I need to say to them and then express it all out of me with my Mother and Father, they are all I need, with their help I can feel the release every time.

With myself and Trevor we both have different ideas and we talk intensely about healing and I have felt intense frustration that I am not heard by him with reference to childhood repression and its what our adult lives are all about now, healing that, but we are on different paths so it always ends in frustration and agreeing to disagree but he still brings me so much to know about myself so we have a healing relationship that brings up so many childhood feelings in me.

Some times, most times I feel I am the only one that is on this trip, me against the world (and those on the forum) I don't expect anyone to understand me any more, I am reversing all I know and who would want to do that, its so scary but there is no other way for me, this is my life and nothing will change that, ever. My only desire is to reveal the truth of myself through my feelings, I feel like I have found my true destiny, I know I have.

Talking about feeling.

3 March 2015

I had a wonderful talk with a customer of mine yesterday, she wanted to speak to me about feelings and in particular, jealousy, as she suffers really badly with this problem and it is affecting her relationship and she told me that no matter what she tries, nothing works so she asked me if I knew of anything that could help her, like a crystal or something. I began to explain that there is no need for looking outside of herself for the answers and if she wanted some help I could talk to her. I felt her desperation and we sat down and talked.

The great thing is I had been looking at my own jealousy and how this has impacted my relationships and it wasn't until I confronted my feelings that I realised how much of a problem I had with this, never thinking it was a real problem for me but now, by confronting my feelings that I had denied about this, I can see how ugly I have been. I was so glad to have had the chance to speak with this woman, at this time, because it helped me see so much more about myself and my denied jealousy, I asked Mother and Father for help to bring this evil emotion up within me, and I was sent this lady with the same injury, so we talked for two hours, in the shop about this and so much more.

We both worked our feelings back to our childhood and both our dads having other women and babies with other women whilst being married and having children within that marriage and the feelings we discussed were of not being good enough or feeling that we were bad children that our fathers had to go off with other women and leave us, his bad, naughty unliked family to go and have a new one with someone else.

I asked her had she ever seen her sister by this other woman and she said no. I asked her how did she feel about this other child her father had and she said all through her life she had wondered if her unknown sister was more clever than her, if she was better than her, if she was prettier than her, if she was thinner than her and we came to the conclusion that she never felt worthy, compared to the other child, and her mother had never felt worthy compared to the other woman and she understood and was amazed to discover where her jealousy had come from with men. It came from her feelings of unworthiness and rejection at her father for choosing to have another family and she never connected her

jealousy with this event that happened so long ago, but I knew because of my own experience of the same sort of thing.

I let her do all the work and just kept asking her how does it feel now, right now, how do you feel about all we are speaking about and she said it feels like an opening of a very old wound but the feelings were just as raw and she felt like that hurt child again, the pain way rising up for her to accept, express as we were doing and she actually felt the truth come up within her, it was a beautiful meeting James.

I had understood this within my own journey but to see the revelation of truth in another is a gift. To see someone in so much pain and in so much fear of losing a relationship through jealousy and being able to help her to understand where it came from, there was no feeling like it, I felt Divine Love flow through me as I was speaking to her and as I felt this I knew I was doing ok with her, my Mother and Father were telling me.

She truly understood the cause of her jealousy and she said it feels right, and it felt like it was leaving her as she felt the truth as I did, a wonderful moment and very emotional, I was so pleased to be a part of helping her to find the truth from within herself, within her feelings just being a gentle guide to show her how and then letting her do the rest and she was very open to me talking about doing it all with the help of Mother and Father, to ask for their help, we being their children and they wanting to help us all they can.

This is a very sketchy outline of what we talked about but it was wonderful for us both and for me to feel the Divine Love flow from Mother and Father was beyond words for me. I could feel how light she felt compared to when we began talking and she gave me a loving hug and asked me how much I wanted for the healing. I declined any payment and it never even entered my mind, all I wanted was to help her understand how she can help to better understand her feelings through the truth of her feelings and to feel that beautiful freedom of release when you reach a truth. I can't put in words the love I felt whilst we were speaking and the two hours felt like 10 minutes for us both but it was just two hours of speaking from the heart, something that was very new to her but she discovered how much there is to be learnt about ourselves from the truth of our feelings.

Our FEELINGS are our SUPREME GUIDES:



Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 September 2017

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

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!



People come to me to talk.

8 March 2015

The way that it happens for me is I have found that people come to me through the shop, it all happens so naturally for me in the flow of conversation and people have been coming back to find out more and I love it happening in this way, naturally without any expectation or having to plan or book times to see people, that would not work for me and I would not enjoy it as much as when it all flows so naturally and I have found that when I am speaking with people in this way, no one else comes in the shop even if it is two hours later, there is never interruptions.

I have found that after the glow of our communication has dimmed I begin to feel doubt and guilt creeping in and I have to express this because I feel like I am now in trouble and have done something bad as I always felt if I ever tried to speak and express the truth of how I felt as a Child so I go back into that child like feeling of pain and guilt at what I have said, and who do I think I am to speak in this way to these people, what do I know about anything, all I need to know is what mum and dad tell me, I listen to them, not have others listen to me because if its not as mum and dad would say then its all wrong and they would not want to hear this so I shouldn't be saying it to any one else.

Me speaking to people about their feelings and finding the truth of them has brought up all of this for me so I am healing even deeper about my unworthiness of being able to help anyone. I read about Marion having meetings with people and helping them and I also have done that a couple of times only, but I don't feel right, I feel like a therapist and client and it just doesn't feel natural for me to speak like this, it feels like too much expectation on me and they want me to have all the answers for them and that is not what it is about, they still want to be parented, and I feel that they also expect a reading of some kind and now I only want to speak with people in a more fluent, natural way so I don't take any appointments and when people phone me I just ask them to pop into the shop whenever they can and we will talk.

Meeting One to One has also brought up many fears for me of confrontation, I am still very scared of people and I express different aspects of this fear every day through being in the shop, the shop has been the biggest help to my healing

as it confronts me with healing opportunities in every moment compared to when I was at home and not having as many of my pains triggered.

Through having the Granary I am attracting everything I need to heal through the denied feelings in my soul, everything that remains denied is being shown to me and some days it is relentless but only what I have asked Mother and Father to show me, I can now see the condition my soul is in by what is happening around me, what I am attracting, who I am attracting all for me to see my souls condition and I find it so incredible and so clever all led by my feelings so I can heal, it is truly incredible and, as you say James, I am humbled by the enormity of it all and all we have been subjected to is being brought to us in every moment, in every event of our lives and it's all our adult lives are about, having events brought to us to reveal our repressed childhood feelings.



Terror attacks.

12 October 2016

Recently my healing has been followed by bouts of intense terror. Today's episode was almost unbearable and I was in such a state I thought I was going to pass out. My body has been going into states of panic and terror which begins with extreme dizziness, then shaking and heart pounding out of my chest it is all so terrifying but I understand this is the extent of the terror in me that needs to be expressed so all I can do is sit with it and feel it fully which is so incredibly hard to do when all I want to do is to run away from it, do something to stop it, distract myself in some way instead of doing what I have to do, want to do and that is to feel it fully until it subsides.

I feel I am in a very scary place and very alone with it, no one can make it all better for me or relieve me of my pain as mum would have done, tried to make it go away some how. I know this is a good thing that is happening to me but I am so terrified of the feelings and this has been my problem all through my life, I am terrified of feeling, terrified of the pain.

As I chip away at more and more of my false self I am exposing such a deep fear of living without my false self, living without my parents' control, my mind. This is like my safety all being taken away, it's what I have known all my life and now parts of it are being exposed as lies and leaving me and this is like my safety net being taken away and I feel like I am going to die without it. I am truly scared, petrified of deconstructing my false self, I am so scared of the new feelings I am feeling, they terrify me like never before all of my safety is being stripped away and I feel I have nothing to replace it with, what is on the other side of my false, trusted self. Yes, I have trusted my false self to keep me alive in my bubble of untruth all these years, it has been my life now I am chipping away at it and my terror is being revealed to me about how scared I am to be me, its so risky, its not safe, I don't know it, I am feeling so odd, like I have slipped out of myself and I am just observing it all.

I am so intensely afraid of not being who I have been built to be by my parents. I am no longer liked by anyone, they all say I have changed for the worst as I am no longer the person they once knew and they don't want to see me any more. My parents don't understand where all of this is coming from despite numerous

conversations with them. They blame me for causing pain to them and my dad has decided to no longer see me or come into my house because I told him the truth about how scared I am of him and always have been, he said I have hurt him deeper than he thought anyone ever could and mum asks me why I am doing this and that I have to make it right with dad. None of which I can do, nor do I want to.

And those closest to me have recently told me that they feel very sad for me and they miss the relationship we once had, to which I replied 'But none of it was true'. None of them want me to be me, none of them get me any more, I am no longer the person they want me to be and they blame me for this and can't see the error in that and how they never really loved me any way because they just wanted a person they could manipulate and control and bend to do their will, never caring a damn about me and my will.

It was so easy living in that false life, all of us being false together, each of us conforming to each others falseness to keep everyone happy and not rocking anyone's boat, now I have fucked it all up for everyone because I wanted out of all that crap and to become true, now I am hated and am the one to blame for being awful, being true. I have revealed all the untruth in their lives not by pointing it out to them but just by living true to my feelings and they hate me because I am no longer in their gang, I am outcast.

This is the hardest thing I have ever done in my life, I am very alone with it with no support or love from anyone, they all want me to pull myself together and come back to them, be the good old Sam they groomed me to be, what has happened to their creation, she's going mad. I will never go back, I can't, I don't want to, I have crossed the line and want to be the black sheep. But it is still the hardest thing I have ever done in my life when I know that I could go back and have all the safety of a life of untruth and everyone would be happy again, except me.

No, that will never happen. I am at a crucial point now where the terror is ramping up for me and it is a turning point to see whether I go through with it and continue feeling through it or turn around and go back. Today, I felt petrified at what was occurring in my body and how the fear was expressing

itself in me but I want it out, and the more I accepted it, which was so hard to do in that state, the more it begun to subside instead of what I used to do which was my flight or fight response and do all I could to deny it, not feel it, use my mind to avoid it all and distract myself from feeling. Now I am accepting it all and feeling it and asking for God's help. It's a terrifying time.

I can feel it all slipping away from me, everything and I feel like I am dying inside and am hanging on by a claw. It all feels so unsafe, so alone and so terrifying now. I am truly feeling my fear of the world and my fears of being my true self in this world and how no one wants you when you are living true to your feelings, when you are no longer their puppet and they have no strings to pull. I feel sick inside.



Body rejecting healthy food.

20 November 2016

My body is rejecting all good and healthy food, every time I eat my healthy vegan food, my body is rejecting it instantly and when I eat fatty, comfort food, my body keeps it, loves it, and craves it. My denied and repressed feelings need comfort food to keep them suppressed so they don't have to be felt and when I eat my healthy vegan food my feelings are so challenged, I am so missing out on what my emotions need to sooth them so my body chucks out the vegan food and keeps the stodge, chocolate, biscuits, bread because it stops me feeling my emotions.



I have been in pain and suffering for weeks now as to why my healthy or vegan diet is now effecting me and its because it doesn't agree with my feelings that need soothing with comfort food so as soon as I eat raw, healthy food, I am on the toilet. I have done the experiment, and my body is kept in denial and suppression when I eat all the foods I am addicted to because they stop me feeling bad and when I stick to my healthy vegan diet, my body rejects it because it is having a tantrum because my feelings are not getting what they want; stodge.

I have worked it out through experimenting with my feelings of how it feels when I eat vegan or healthy and how I feel when I eat fatty comfort foods and what my body does in response to those foods. When I eat comfort, yummy foods I don't have to feel all the feelings I feel when I don't eat them and eat vegan. My comfort food numbs me, calms me, quietens me, wraps me up in a blanket of denial and suppression, when I eat vegan or healthy I feel so much pain, discontent, missing out, loss, anger at not having and so much more and my feelings want it out of me instantly.

I am now sticking with my vegan healthy foods and accepting, expressing and finding the truth of all the pain I am feeling, it would be so easy not to have pain. I just have to eat comfort foods and I am ok but that is not feeling the causes, that would be more denial. I am going along with my constant stomach pains as my body wants to reject the food that doesn't pander to my compulsions. Feeling all

the fears of going out or eating anything when I am out as my body doesn't care where I am when it wants to reject what I put in it. I am in a lot of fear about being humiliated and a lot of fear about the severity of the pain in my stomach. Feeling it all and asking God to be with me and help me feel, it is so hard, so, so, so very hard.

Life is just on big addiction.

26 November 2016

I have woken up to the fact that my whole life and what I do in it is all addiction. I am feeling my feelings but I woke up the other day to feeling how pointless it all is when my whole life is just one big addiction, still avoiding the pain I really need to get to and going for the compulsions, the error that drives me.

How hopeless am I feeling!!!! Like there is no hope for me at all, it all started off so well, feeling after feeling coming up and a realisation being felt but it was all only the tip of the iceberg, it was all just an intellectual awareness with a bit of feeling thrown in but the real stuff, the grief I need to get to hasn't even been touched yet and I feel bloody hopeless about it all. I am blocked to getting to the truth and the causes of my deepest pain that all of my addictions are covering over, I am choosing them instead of feeling and I am so disappointed with myself, so let down at how rubbish I am.

I thought I was doing good, feeling all my feelings but that is bullshit. I feel so powerless to feel anything at the moment and then I realise that I am very powerful, just in the wrong direction, in the direction of not feeling. I am using my will to not feel because I am choosing all of my addictions and compulsions because I don't want to feel what would happen if I don't choose them and everything in my life is an addiction, its all so hopeless to live like this.

What I have been doing has only scratched the surface of my pain and I am selecting what I want to feel and what I don't and my addictions are showing me this is what I do. I am so scared of being overwhelmed by emotion that I am now blocked to so much feeling at the depth I need to heal for good and I know this is true because just when I feel I have felt something fully to its cause, my

law of attraction hasn't changed at all, I get the same event or compulsion arise in me again for me to feel about and it is so despairing.

There is so much that I just can't reach and I pray to God to help me but I don't get much of an answer because I have now worked out that God only answers me when I am in truth and I am not being true about wanting to feel the pain I need to feel because I am scared. I feel I am kidding myself and God knows this is true, I am getting what I truly desire and that is not to feel the depths of my pain and being very safe and selective about my healing so I am still comfortable to a certain degree, I can almost feel my cut off point when I am in a emotion, like, that will do Sam, that's enough now, you don't want to go to far because there is a place in me that I feel is beyond return and I am scared of that place and God knows that truth about me and wants me to go there but I am to afraid.

Please God help me, help me find the desire, courage, and will to go into the unknown places within me to heal. I am so scared, I feel so alone and so abandoned to do this on my own. I feel like I want mummy and daddy to do it all for me, make it all ok, take the pain away for me so I don't have to do it and be terrified, what will happen to me God? Will I survive?

I have reached a point in my healing, where to go to the next level I have to cross this bridge within myself and all I can see is darkness and I am scared of it. I am terrified of 'Nothing' being nothing, seeing nothing, hearing nothing what if there is just nothing and I have to go and see for myself if this is true.

I am an ADDICT, I have created a life of addiction so I don't have to feel fear and now that it is all going, its got to go and I am terrified, what does the drinker do without his drink, what does the smoker do without his smoke, what does the druggie do without his drugs, what does the coffee drinker do when there is no coffee, I feel like that. In that desperation but with every aspect of my life and it all has to go because it all is what I have created so I don't have to feel my childhood pain, I have created a life of safety through my addictions and I have only just awakened to just how bad I am, I am an ADDICT and I feel so fucking hopeless because I do these things without even being aware of them and slowly I have become awakened to all of them and I feel hopeless because without them all that is left is PAIN and that is the pain I have to feel to heal. I can't choose them and choose God and there was me thinking I want a relationship with God

when really I want a relationship with my addictions. Get fucking real Sam.

I have come to a state of hitting the spiritual wall, I can't go any further until I use my will in a different direction, I am very powerful at using my will in the wrong direction and that is keeping me from God and in my compulsive addictions, I want them more, and while I am choosing them, I have to be honest with myself about where my desires lay and I am gutted at that fact, that truth, totally gutted and feeling very sick inside that my addictions control me and I let them, by me choosing them instead of not and then feeling the feelings of not having them, that's the real pain that the addictions keep me from.

I am feeling very bad, worse than I have ever felt, so let down and very deceived by myself not wanting to face and accept the truth, I am delusional if I believe I can have a relationship with God and continue in my addictive life that is so against feeling and God. That is my block to God, I am using my will not to feel, not to go to the depths I need to go to so I can release my deepest pain and God knows that, God sends me back a feeling that says "Sam, these are just words you are saying to me, I cannot feel truth in them, when you are in a state of truth I can help you but your feelings are telling me you don't want to feel and I cannot go against what you truly desire and your desire is not to heal in this instance. I cannot go against and break my own laws of love and free will by helping you when you don't truly desire it, that would not be loving of me. Be true Sam, tell me how you truly feel, tell me that you don't want to heal in this instance and then I can help you find out why. I respond to truth Sam, be true with me and you will have all that you need."

I am in a real confused mess, on a precipice of truth and I can't go back but I am too scared to go over into the void of my feelings and the depths I need to fall into, I pray for faith and I am feeling all of my feelings about my lack of it. It goes on and on and on James, as you know. I fuck it all up then have a realisation about how I have fucked up and the truth comes to me, it's a constant up and down like this, up and down, up and down. But I am fucked up, in a real mess and that is the truth so I will feel all I need to feel in this space of shitty, fucked up mess.



James responded to me.

27 November 2016

Marion: "Be what you are and don't try to be what you're not."

Sam, I have been putting off writing more about all of this, I worry that I might interfere with your Healing, so I don't know how much to say, and should I even say anything allowing you to work it all out for yourself, as surely you will, that I have no doubt of.

It's interesting where you're at, as what you've written above is exactly what I'm working on trying to understand about myself and how the whole 'Healing thing' works.

Anyway, I will write something – how can I not, so I hope it doesn't interfere with you.

Marion thinks it's all very good all you've said and all you're going through, and that all you can do is to keep going as the way is through your own feelings whatever they are. Be what you are and don't try to be what you're not.

Acceptance seems once again the key issue here. Accepting your feelings as they are in each moment, expressing them, and seeking their truth – and nothing else. Which is easier said than done, at least for me, and I think for you too. Would I be right in thinking that you are believing and thinking you should be a certain way (which is not right, however it is right because that's how you are), that you should be able to push deeper into your bad feelings and confront and deal with all the hidden pain, (which in theory is okay, but might not be in practice what the Mother and Father are asking of you or want you to do just yet or at any time). So all you can do is want to go deeper expressing your frustration that you can't. You can't MAKE yourself go deeper, which seems like you're trying to do, by applying your will as you say, trying to make it go that way, into what you believe will help you, instead of it being focused on all the addictions and distractions – but how do you know what is right? We can't know, and we're not to, so you have naturally come up against a brick wall within you, which means, you can only fail in your will-assertion, because it's not right. So you can only give in and give up and stop trying as hard, staying with the hopelessness,

powerlessness and anger and frustration etc. of all you feel at this point being stopping from doing what you believe you should be able to do. And in those feelings the truth will come, as you've said.

For me, naturally when I understand that healing myself is to liberate all my repressed bad feelings, I want to apply my will diving myself deeper into bringing to light those feelings, and in one sense, this is what I have to do, but I also have to understand that I'm more than likely going to also fall into the trap of taking control – thinking I am, and that it's right – using my mind to keep my will focused and helping it to drive it along. Then it becomes, often subtly and without my becoming aware of it, that I've taken over, yet again from my soul by using my mind, because that is how I've been programmed to be, doing the very thing I believe I've been trying not to do. And so when this understanding comes, than falling in a heap, admitting I've been controlling and expressing all those bad feelings that come up about how stupid I've been and how frustrating it is that I can't drive my own Healing as I believed I should be able to.

Our Healing is up to our soul and the Mother and Father, it's not for our minds to control, and yet as we've been programmed to completely control ourselves, so the greatest struggle with our Healing is becoming aware that we are controlling our Healing, when all we're trying to do is give up that control. So we power on, like I think you've been doing, you really just being your parents telling you, the child, you should go deeper, that it's not good enough just doing this surface work, so stop mucking around and get on with it, but that's all only your mind telling you how you should be; because you don't know how you should be, it might be that you never go deeper, that in fact there is no deeper to even go into, and that you won't know if you are going deeper until you are deeper, and then see how you feel about that. Do you think this applies to you? I don't know, I might be wrong and you are doing things another way for other reasons, this being the difficulty of commenting on another's healing, so I'm finding out.

It's what I wrote about the other day, coming up against these habits in myself that I can't break. I too believed that surely there must be deeper reasons, more hidden feelings that would unlock the trauma that is making me have my compulsive behaviours. And Marion even said I should go and get help, a

therapist who will break me down into those hidden recesses, and yet my feelings say no, stop, don't go on that way, just give up, and fuck it, I'm going to have those compulsions forever as I can't do anything to rid myself of them – that is, I can't use my mind to dig them out and change my patterns. No, I can't do anything, other than just keep expressing how angry I feel at not having that power, how miserable I feel being so powerless and at the mercy of my addictions. How weak and pathetic I am that I have no real say in my own life, how it's all in someone else's hands – my soul and God's. That I am completely fucked, hate how I am, but really that's okay, and so what, and if I can't do anything about it, then I can't, and accepting my limitations. And I know that all sounds also like all I was told, which it is, all to try and keep me in my place and to control me, but that's all part of it for me, I AM CONTROLLED, and I can't do anything other than keep expressing all the bad feelings I feel about it. I can't change my control, that's not up to me, so all I can do is keep going morking on about how bad I feel, longing for the truth and trying to stay true to each moment of my feelings, and doing nothing else.

And really I hate being this way the most, I detest it, I wish I wasn't as I am, but I am, so feeling all how fucked I am and absolutely powerless to do anything about it, which only means, powerless to use my mind like I've been trained to change these aspects I don't like about myself. But for all I know there might be very important reasons why I wank and bite my nails and over eat, one's I'm not as yet aware of, and so that's why I keep doing those things. So I am accepting that, but also accepting all my bad feelings about doing the things when I feel them, and still wanting to stop, but also fully acknowledging that I can't stop them, they are stronger than me, my will is compromised, and that's how I am, it's the truth of my fucked-up state, which is what I'm trying to see, fully be, become self-realised in, all through my feelings. Just to allow myself to feel my misery and pain and not to even try and do anything to make them go away, just to keep trying to express the bad feelings of it when I feel them, and see what comes to light. And the truth does come as you've experienced, which is what you said happens when you too do it and what God said to you.

And Marion was saying to me...

This is what having a cold is like (she suddenly got a runny nose and all blocked up), accepting having a cold – I am completely addicted to this way of living, and as much as I wish I wasn't, I am, so step by step expressing all the feelings of being that way.

Hearing how the Father speaks to her (Sam) and what He says is how she hears the authority person, that she's doing something wrong, is bad, but He's not saying that, He's just saying to keep going. He never tells us what to do, which is so good as He's leaving it up to us to find out for ourselves through our own feelings.

Have to be true to ourself in the moment, NOT true to the idea of being true to oneself; for how can you know what that is when you've never been it. So being true to yourself is ONLY true to each feeling you are feeling, nothing else. And so resisting the mind's influence.

This is what I've been meaning to write these past days. I'm sorry if it's repetitive, but I've been trying to get my thoughts in order about it (and having re-read it, I don't think it's anything new, I think I've just gone round in a big circle coming back to the same place). And although I've sort of addressed it to you Sam, it's really me just thinking out loud for myself and everyone.

We're all in an insane asylum, trapped, and I thought I could become perfect so as to function perfectly in the imperfection, like Jesus did; but are we, and maybe we're to just live true to our imperfection, at least in the beginning and during what constitutes our 'Healing'.

Will Sam give up being horrible to herself? Will she stop and love and accept herself for being her fucked self? And are we to reach a point of loving our wrongness – we can't do anything about it anyway, we didn't do it, it's in us, it doesn't go away and we can't stop hating it – moving to accepting it, feeling it fully through our feelings to such a point where we can even love it – love our wrongness?

Naturally, because we don't know how else to be, we try to use our mind to help us do our Healing, which is wrong and part of what our healing is all about, ending that. And of course it's not to go the other way using our mind to tell us we love all our wrongness and bad feelings, but to just keep staying true to our bad feelings, express them and trying not to do anything else. Yet if you have to do something else, then also doing that, pushing yourself by using your mind until you drive yourself into the dead end, with your soul and God saying no more, wrong way, stay here, fall in a heap, and now express all those bad feelings.

When we see the horrible parts about ourselves, naturally, which is also our programming, we want to stop being that way, we want to change ourselves into being a better person, and we don't want to keep causing other people problems or ourselves with our unloving behaviour, but we then have to be careful that we're not just allowing and wanting our mind to step in once again taking over trying to change ourselves. Because we can't change ourselves that way, we're just using our mind to make things worse for ourselves, our change has to happen on the soul level orchestrated by God, so without our having any say and control in it. And for that to happen, all we can do is remain true to the bad feelings, expressing all they make us feel, longing for the truth of them, and doing nothing else. So complaining that you feel so powerless and unable to change yourself, to express your anger and misery at your inability to have any say in your own life, to express whatever horrible feelings you feel when in your most powerlessness, this being how bad you felt when your parents crunched you and had power using their minds over you.

And when I say we have to accept our feeling bad, that too is to come ONLY through our feelings of its own accord. We're not to use our mind to tell ourselves that we accept all the bad parts of ourself, and that as there is nothing we can do about them – so accept. No, we are to just allow it all to come naturally through our feeling expression so once again keeping our mind out of it. And our minds having been made to be in control, will keep trying to control, so we keep going off down one track thinking we're doing the right thing, only to hit the brick wall, fall in heap and realise we were once again deluding ourselves. Countless times this will happen as we explore all the ways we

control ourselves using our mind, from the biggest things in our life right down the smallest, even in what words we use and how we use them in our communication.

Our parents said, get rid of that you, and everyone, including yourself, will be happy. So we are supposed to stop doing those bad parts of ourselves and then we'll be happy. So we're supposed to apply our will and mind to perfect ourselves, 'perfection' being the subjective idea of our parents. All of which is using our minds to control our true feelings. So I have this bad habit, a compulsive addiction – masturbation – which I believe is wrong and I must do something to stop. So I am doing my Healing believing that will help me stop having the need to do it – one day.

And one of the biggest things that helped me with it is Marion's acceptance of it, of bringing it and what I do out in the open and her not rejecting me for being perverted and bad as I believe I should be rejected. She doesn't like it herself, but she understands I have a problem and is sympathetic. She expresses any bad feelings my doing it has brought out over time, but she doesn't say I must stop it or else. Because it's not her place to do so, it's my business, she is not my parent. So she is on my side, feeling sorry for me having to do it and feeling so powerless to stop it, something which I've never had in my life. And through her example I'm slowly becoming more accepting of it myself, feeling my powerlessness in it, and stopping trying to use my mind to make myself stop. I want to stop naturally through my feelings, so when the time is right and I've expressed all that it's helping me express, and not when I think I should stop based on beliefs of it being wrong from my childhood.

I have to accept that it's me, it's all part of how I am and what I do. I still might not like it, but I also still love doing it when the pressure is on and that need to do it up in me. And this too I have to accept, learning how to hate and love something at the same time and feeling equally powerless in both states. And that's okay that it doesn't have to be one way or the other. And to give myself time, eternal time if that's what is needed, and eventually I will live true because that is what I want. But it's 'true' as determined by my feelings, whatever they might be, rather than true as in what I believe in my mind, what I've worked out to be 'true'.

So it's not that you are wrong doing it as you are Sam, for you have to find out for yourself, but understanding you are still only doing what your parents made you do, forcing you to go a certain way, making you apply your will against your true feelings. And when you can't go any further, you stay there feeling as sick and bad as you do, feeling yourself as their failure, powerless, utterly fucked, which is right, for that's how your parents' force made you feel. So you stop fighting yourself, which is your parents fighting you, and you just stay true to those sick feelings and feeling you can't go on, you're at the end of it, you've got it all wrong, you're fed up with being how you are, you wish you could just end it, all whilst longing for the truth. Which is right, your parents drove you repeatedly into a brick wall, and instead of you being allowed to feel all you felt, they forced you to get up and keep going in the other direction until you hit the next brick wall; so through your Healing your having to work back through all of those false directions hitting all those brick walls feeling all the terrible feelings you felt but weren't allowed to express.

And one of those paths is being your own worst enemy, hating yourself more, so it would seem, than your parents hated you. But this is still you just being them, joining them in going against yourself. And you do this when you're in the thick of those horrible feelings, but understanding that you're still just being to yourself as they were to you. But still you've also got to be it, so you can feel it and see it all for yourself how it was that they so unlovingly treated you. And when you do, so you will hit the wall and stop, fall in a heap, as has happened numerous times, and which is meant to happen – has to happen; and then the truth comes because you're giving in and stopping having the control over yourself, stopping being to yourself as your parents were to you; so loving yourself, being on your true side, being sympathetic and saying, that's all okay, you tried to be like them and treat yourself as they did, and failed, failure is okay, and besides, it's then being closer to your true self, because that's the true you that your parents rejected and said was hopeless and a useless failure. The you they made you despise, is in fact the loving, kind-to-yourself, understanding and accepting you, that will help you make yourself feel better about yourself.

Your stomach pain is you as the child in agony, and your parents don't care about you, they don't even see they are causing you such pain. And you the

child want comfort food, and your parents say no, it's bad for you. And it's right that you wrestle with all of this, going this way and that, trying this and that, all so you can find out what is involved in all aspects of it – the truth of it, and how it all makes you feel. And eventually one would expect that you'll get to the point of seeing that you're just being your parents to yourself, and feel all the bad feelings that makes you feel.

And it's all right, this being what I'm trying to say. I reckon nothing I've said is new to you, but I wanted to write it out again more for myself, rather than trying to tell you what you should do. So we've been parented against ourselves and we have to see the truth of that, see how it makes us feel – the truth through our feelings. And that is our Healing. Our Healing is not about trying to make all the bad things stop using our mind as we become aware of them, but to just accept we have them expressing all having them makes us feel, wanting to understand why we have them and how they came about, and knowing that because we do want to be true, when we've seen all we've needed to see, our soul and the Mother and Father will change us.

So we have to see all the thousands of ways we're rejecting ourselves, accepting them all gradually, understanding this is us in our fuckedness, and that there's nothing we can do other than keep expressing how it all makes us feel and how we feel about it all.



FUCKEDNESS

I put the toast on the plate the wrong way believing I'm to butter (we don't use butter – I 'Nuttelex' it) it that way. But it makes me feel bad. I express all those bad feelings yet not trying to change how I'm doing it. And I uncover the truth of why I do butter it that way, as it was how I was taught to do it. But I don't use my mind trying to work out alternative ways, I stay where I am true to those feelings. And then suddenly something within me changes and I see another way I can butter it, a way that was completely hidden from me. And all these little incremental changes add up. I am changing as if I were a child growing, not being forced to change and grow as my parents forced me, but how I would have naturally grown for myself if I were properly loved and supported.

So who is the true comforter, it's not them, and it's not yourself being them. It's

the truth you bring to light within yourself and through your own feelings. And so eventually it won't be about the food needing to comfort you, it will be yourself comforting and loving yourself through your feeling acceptance. You are slowly being on your side through understanding what it feels like to be against yourself and on your parents' side by forcing yourself to do what your mind believes you should do. But as that let's go, so you come back to your feelings with yourself, supporting and loving and caring about yourself, with your mind in support of that.

So when you think you have an idea or know where you're going and what it's about in your Healing, then you're controlling it again, stopping the natural flow of feelings.

For myself I feel like I've come up against the ultimate brick wall, in some respects to a standstill, however I can also see this is really my mind, it having nothing further it can do in trying to 'assist' me in my Healing. I've tried this and that, gone this way and that, forced and not forced, but now I feel like I can't do anything else other than just accept that I can't do anything else. So I'm stonkered, I GIVE UP, I will just keep attending to my feelings and stop thinking I should do this or can do that; so no more of thinking I should be able to push deeper, trying to summons my will to break through the next barrier; no more thinking I should go to a therapist to help me go deeper; no, no more of any of that as that's all my mind still trying to tell me what to do. So fuck it, if I can't move on naturally then I can't, and that's that. I will stay as I am expressing what I feel as I feel it, and do nothing more. I can't do anything more, I'm too tired, too fed up with it all, so I'm resigning myself to the fact that I'll never get rid of my addictions and compulsions, they are apart of me, and until my soul and God decide otherwise, I'll just do them as I need.



And lately I've begun to suspect that the reasons why I can't stop these things are because they are still needed to cause friction for myself and between Marion and I, with this friction helping me focus on the remaining problems concerning my inability to express myself, connect with Marion in our relationship, and to

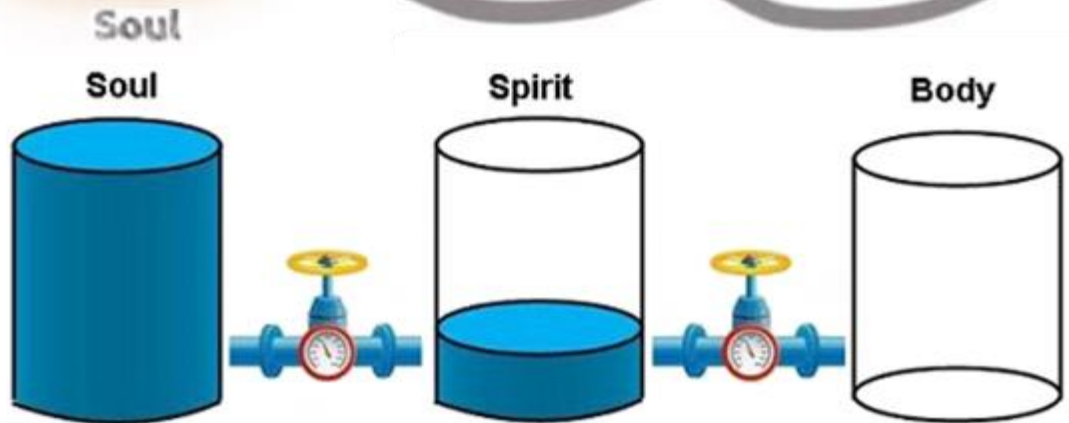
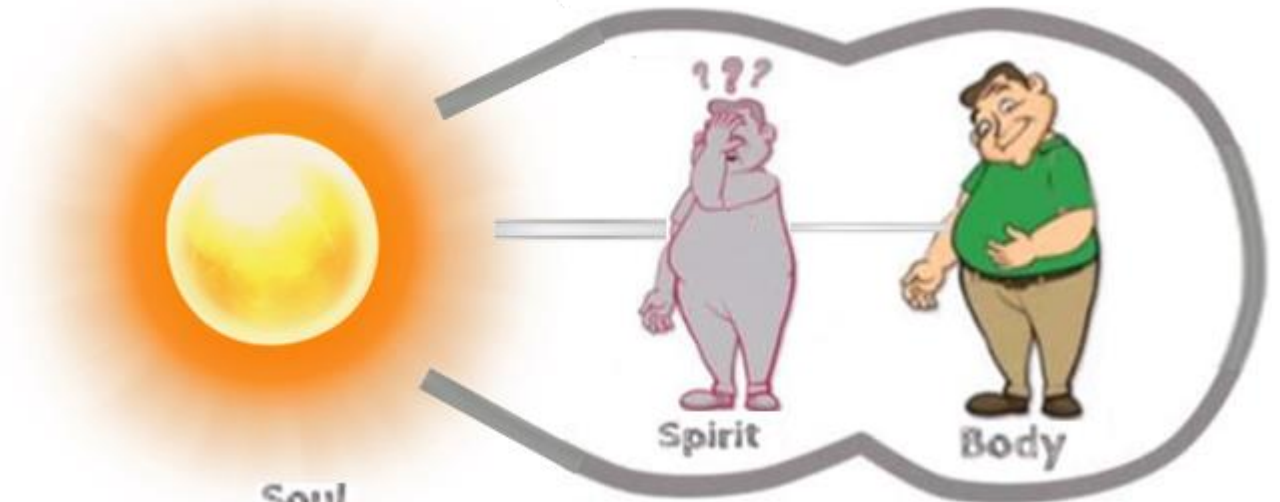
be sympathetic to myself, her and anyone else. These things weren't part of my early life, so I'm coming to see, so I need my addictions to keep pressuring me so as to keep me focused on these aspects of the relationship with myself and with Marion that are still not working right. And so I wonder if perhaps when I am able to express myself truly in a relationship, then I'll no longer need to do these things, as I'll also be truly expressing my self-love and being sympathetic to myself, having the right relationship with myself rather than my current unloving anti-me one.

And Sam, having just read your post again having written all of the above, I do want to reiterate that I hope what I've said has not interfered with your path. We're at different stages in our Healing, so perhaps what I've written whilst being appropriate for myself is not entirely so for you. I don't know. But what I do know is you will know and feel for yourself and that makes me feel good and okay about writing it. I hope you don't read what I've written as my telling you, no, you shouldn't do it your way, my way is better, because I don't know about that, I don't even know if there is such a thing as a 'better way'. Each of our way, and as part of our Healing, is to work out what suits us best, even if our way drives us insane and over the edge and into spirit – still that would be what that person needed to do.

So it's good for me to write what I think and feel but knowing I'm no authority, it's just my opinion based on my own subjective healing experiences. Marion's take is always a bit different to mine, and no doubt your way is different to. And not being with you and directly involved in your life and you with us, it's so hard to know what is really being said. So sorry for all the words, and please if you think it doesn't apply to you or that it's not right, and you feel you want to say so, please do.

OUR MIND constricts OUR FEELINGS!

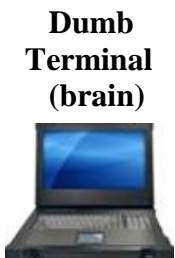
Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. Our minds are also addicted to untruth! We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.

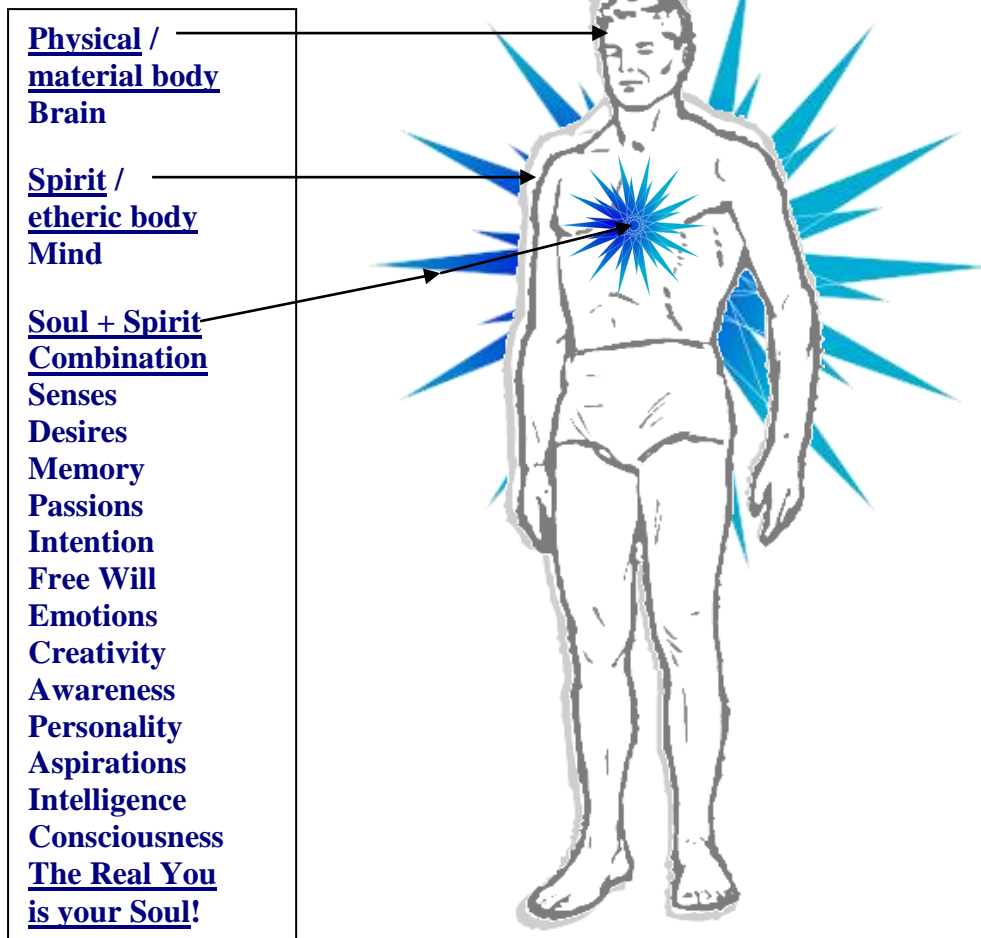


**Spirit Body
Personal Computer (mind)**



**Physical
Body**



ASPECTS of LIFE:

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 physical parents' life forces to achieve incarnation.

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

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

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 with Feelings First

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

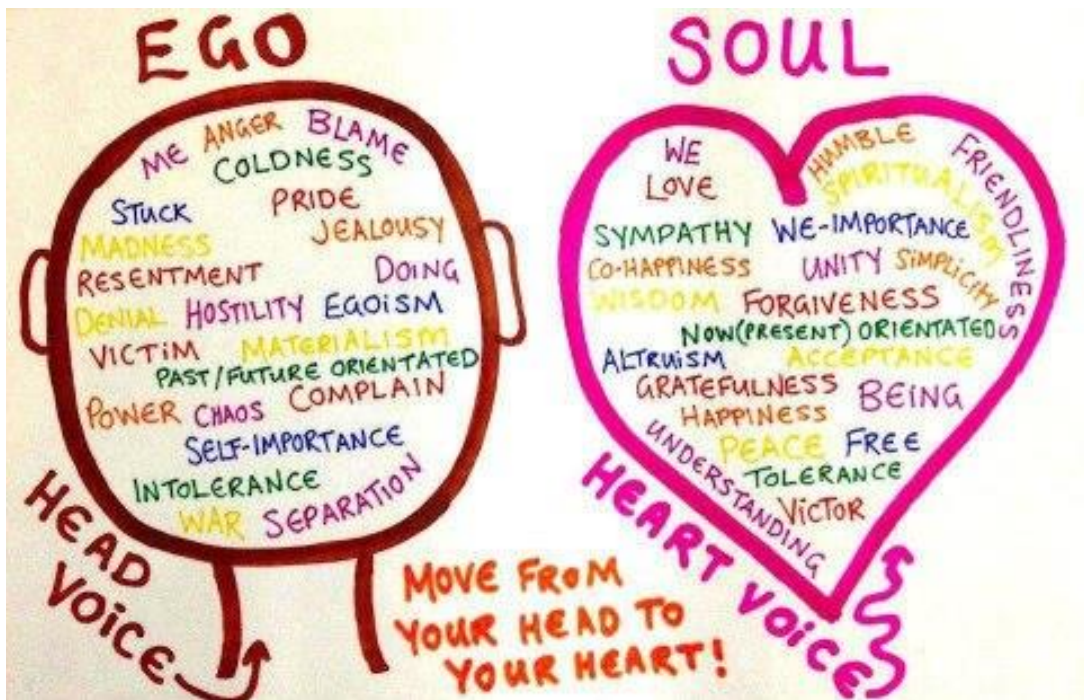
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



THE STRAIGHT AND NARROW PATH



Looking for Spiritual pathways using our mind will mean the True Spiritual Pathway will always elude us. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

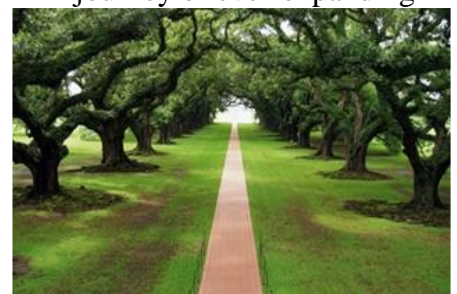
If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in 'feelings-clothing'. And we may believe we are getting somewhere with our feelings, only to realise centuries later in the spirit, mind Mansion Worlds that we've still been leading ourselves astray and away from our true feelings.

Surrender and submit willingly allowing our feelings to emerge and be expressed. Long for the truth our feelings are to reveal. Persevere. Allow our feelings to be our way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!

By living true to our feelings we will progress through the Celestial Heavens all the way through Nabadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

It is the True Way, the New Feelings Pathway, that takes us all the way 'Home'. It is a journey of ever-expanding Truth and Love.



A good feeling.

28 November 2016

I, Samantha, have had an amazing night, feeling unblocked and able to move again. I have realised how much I needed to treat myself in such a unloving way because I had to see that was how mum and dad treated me, I had to awaken and become aware of that through my denial of myself through my feelings. I had to follow the punishment of my mind's denial to show me the truth of how I was treated and why I treat myself this way and I see it all so clearly today and all night I was waking up and having revelations going on inside me and writing them down and it was like, "Oh, of course Sam, this is amazing, this is the truth".



I had to go to the state where I could no longer go on like that and I did, I had hit my wall and done all you said, collapsed and said I can't go on, I felt in despair and of course that had to happen because that was how I felt as a child, I can't go on like this living against my will, doing mum and dad's will, I was so ill and unhappy and all of this experience has taken me back so I can feel all of that despair again and heal it and I am so totally amazed by how clever Mother and Father are at wanting this for me, its genius.

Now I see the truth and have felt the depths of the denial of my parents, I had to be it to myself. All that pain I caused myself by denying my wants and needs and compulsions, it was mum and dad. Sorry if I keep repeating myself but I am so amazed, astonished at the lesson I have been through and what it has opened up in me to see, God it all so amazing. They programmed and brainwashed me so well to do their will not mine, that they made sure I would still do it as an adult and even after their death, I would continue their legacy through denial of myself and living their lives through me. Brainwashed to treat myself as they did, punished and denied of what I want to do and have. No acceptance of myself at all.

Now I want to turn it around, I cried so much yesterday at how much rejection I had for myself, I now want to accept my wants and needs and compulsions, I am allowed them, I can have them all if I want, they are in me an part of me so accept them and stop denying myself of them and this makes me feel free. This

denial of what I want has stopped my whole abundant life, I don't believe I can have anything because I have mum and dad saying "No Sam, you can't have it, it's not for you, we can't afford it, put it back". I have stopped my own abundance by not letting myself have the things I want because that is the truth of how it was for me. Denial of everything I want, denial of my own desires so now I believe I can not desire and am not worthy of anything I want but every one else is, mum and dad are the only ones who can have what they want, not me, I am not worthy and this is a true feeling in me but I don't have to feel like that any more and you have helped me see that, along with how I was coming round to it myself also, I couldn't go on in that denial but I was being shown the truth of how I was treated so had to experience it all. The guilt and pain I was feeling has lifted now and I can accept that I want this thing and that thing even if it is 'Bad' for me, I am still allowed to have it if I want it, mum and dad have now lost their power over me as I regain it through acceptance of myself.

This is all brilliant for me, James, and I will go with the revelations I am feeling inside and work further on how accepting I feel of myself because with that comes a softness, a compassion for myself and that brings me to tears for how much denial I have been forced to feel for myself, I feel sorry for me and sadness for me at how restricted I have been in life all because of the voices inside me from my parents telling me "No Sam".

Thank you James and Marion for saying what you have. The whole lack and loss I have felt in my life is because of mum and dad driving it into me that I can't have, my whole lack of abundance has been because of this and I believed it, I believed I couldn't have in life and all I had to do was feel the pain of that which my whole denial experience of late has led me to do. When I turned it around and told myself I can have, when I accepted and allowed myself to have because I can, it all changed inside me, all the pain lifted, all the guilt lifted when I went with and stopped fighting my feelings with my mind, Me against mum and dad.

Accepting myself a bit more.

2 December 2016

I have been experiencing a weird feeling of Allowance. Accepting that I am allowed to do, eat, say, be whatever I want, I am experiencing a new revealed level of will, my will. My automatic feeling is to say no to myself, I can't have, I am not allowed so I deny myself and I never realised how much I do it, denying myself everything I want so I have felt a melting inside of me, like a slipping away of that denial of my wants and needs. Saying yes to myself is very strange, yes instead of no, it's all new to me but is a dual feeling. I feel the acceptance and allowance of my wants and needs but then underneath that is a guilt, a shame and a bad girl wanting to deny myself still so I am dealing with two feelings now and it's very weird. Like you have said I am also feeling a sympathy for myself, for all the feelings I have denied myself through being unworthy to have my desires, anything that is for me, I can't have but I will buy it for someone else, they are worthy of it. Others can have loving relationships but not me. The realisation that I have done this all my life gave me a devastating pain that I have been so cruel to myself because it is still mum and dad in my head telling me NO when my soul is saying YES, I want it but I can't have it because mum and dad say so. All so much denial and I never knew I was doing it to such a deep degree.

I can not go searching for my depths of hidden feelings, it just doesn't work and it is all my mind pushing and punishing to control, to get this done, dig deeper Sam, find the answer then you will be a good girl and we will love you for being so clever and showing us how successful we are as your parents, its all them James, inside me, none of it is me and how sad has that made me feel. Such a waste of my life, a chance passing me by because I am still being them, still doing their will and still denying me and I feel so hopeless like I am never going to be able to see myself and what I truly am like, I want to meet me but I can't get passed them.

I am seeing now that all I have is now, its all I can deal with and all that is true for me at this time, the truth of my untruth and that is all I have to deal with and when I deal with that it leads me deeper naturally without digging, trying the feelings just reveal themselves as I feel them so there is no racing off into the lead to get there first and win the prize and adoration of all. I am now feeling that I just have to go silently, unnoticed into my feelings and let the world carry on

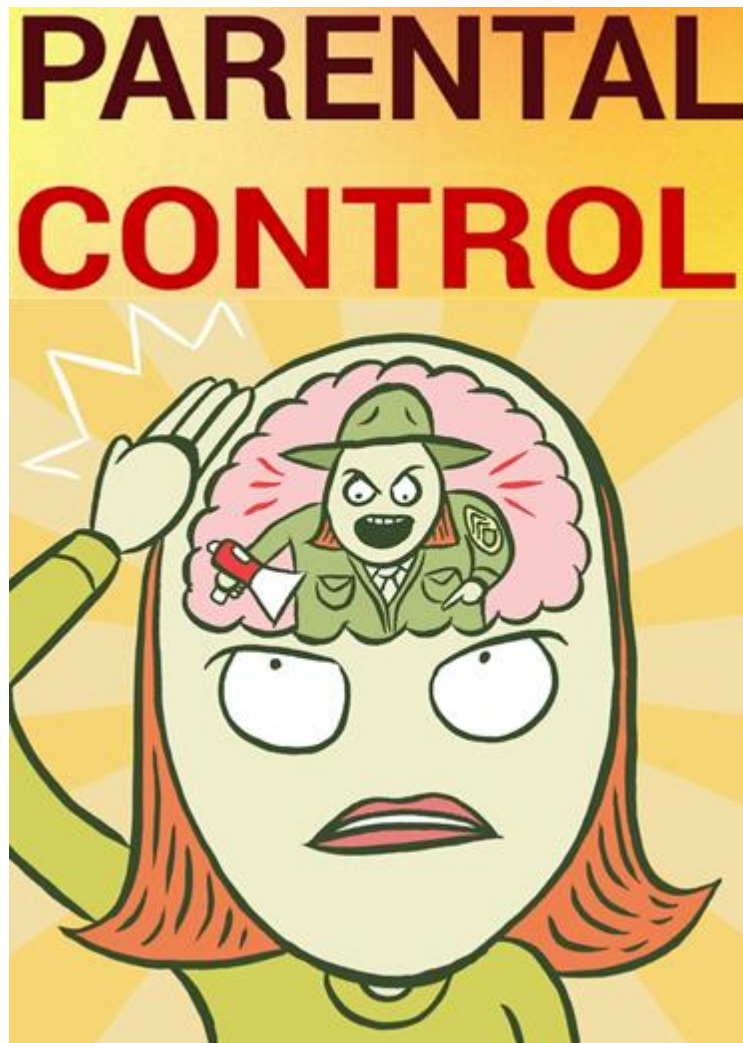
without me while I do my healing. I don't want to be a part of it all any more I feel very weary and almost on my knees because of the pushing and trying I have done of late when I stepped out of my feelings and let my mind take over, it hurt so much when I reflect, it is too hard to keep up, I can't do it, I give up.

I am now back into my feelings and feeling almost like I don't exist in this world, just in my own, it can all go on without me now. I had another taste of how it feels to let my mind/parents control me and it was a reminder I needed to feel. I hated it, it was harsh and very painful. Coming back to my feelings feels soft, caring and a compassion for my self and my denied childhood feelings.

As you have said James, I too have been feeling the need to just stop asking for Divine Love to flow, it is all too hard for me at the moment and feels like just words, just my mind trying to make God love me, fight for God's love, try to impress them, make them proud of me and deserving of Their Love which is all about how I tried to gain mum and dad's love, I am just projecting that onto God and I now have to just stop, it's wrong and not love, it's my childhood desperation to feel love from my parents because I couldn't live without it as a child so I had to fight for it, earn it and I am doing that with God. Now it is time to stop because it won't work with God. I feel the best thing I can now do is feel how deserted and abandoned by love I feel, all love including love for myself and that makes me feel very childlike and sad so that tells me it comes from my childhood lack of feelings of love. I find that amazing, I always know when it is a childhood pain because I feel like a child so that tells me it is a childhood pain, all so clever and amazing.

There is a constant breaking down James, I hold on for dear life only to find that I can't, I don't have the power or strength to continue doing what I am doing and it will all be broken down in me when I can fight no more because the fight is just my denial to feel and when that realisation comes to me, I stop and see how my mind has tricked and controlled me again and again and again then I slip into my feelings and feel awful pain at how unloving I have been to myself, this is the way I was shown to be and this is all being revealed to me when I come back to my feelings. The control my parents still have over me is amazing to me, and I hate myself for it still being that way, but that way it is and that way it has to be until I have felt the truth. I can't make it be any other way, I have tried and it

can't be done, trying is just more mind control, parent control saying come on Sam try harder, you can do it, you are strong. Inside me I say, no I can't, I am weak and you hate that, it can't be done no matter how I try for you, mum and dad, I am going to let you down because the truth will always push through, it will always win. I might as well give up, your way doesn't work, I can't do it any more I am exhausted with doing it your way.



James responds to me.

3 December 2016

It's fantastic all you've written Sam, there's so much in it. So what an incredible experience you've just been through with yourself these past weeks. And again hearing you say what you've found out about yourself helps me, the acceptance and resignation, such as "The control my parents still have over me is amazing to me, and I hate myself for it still being that way, **but that way it is and that way it has to be until I have felt the truth. I can't make it be any other way, I have tried and it can't be done, trying is just more mind control, parent control** saying come on Sam try harder, you can do it, you are strong."

Yes, so as we've been speaking about, it is just allowing yourself to be as you are, expressing all that makes you feel – good and bad, and even allowing the truth to come up. I've not thought about it before in that light until I just wrote it – but we do have to even allow the truth to surface as we're doing all we can to stop it. As I talk with people at the BB (Bush Bank) about their feelings and particularly their bad ones, I'm constantly surprised how little most people want to know about any truth to do with themselves. It's like we don't even understand that the whole purpose of our existence is to understand ALL about ourselves – why we do all we do and say, and so, all we feel and why we feel such feelings. To allow and then accept the truth is a big thing. And I love how you say, when you are doing that, you feel you love your feelings and they are good to you and the truth comes and you are flowing along in life – which is your life, and as you say, your own private life in which it is only you and no one else can intrude or matters in it. And feeling more separate from the world is right because your parents made you feel separate from them.

It's been going around in my head for the past week impressing on me more that there is seven whole Mansion Worlds worth of feelings we are to ascend, and in our cases, that is mostly seven whole worlds of bad feelings. All the negative stuff, so as we move up within ourselves we're naturally going deeper, which is also what you said how there's no need to dig because you're just evolving deeper anyway. And each of those worlds are huge, like Earth, look at how much we learn here just being a child and having to grow up to understand how the world works, so it's the same for all these worlds. And when you focus it all on understanding how your mind is messing around with your feelings, and

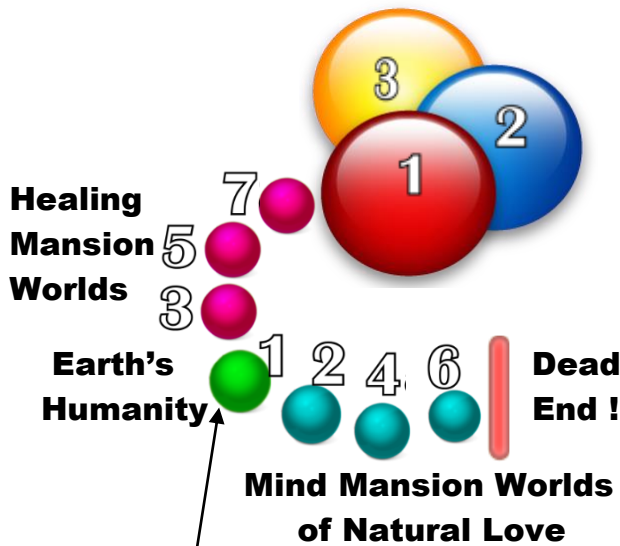
PARADISE
Home to our Heavenly Mother and Father



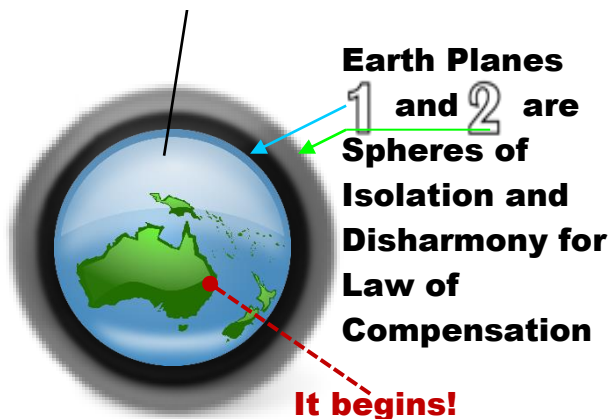
We are to progress through NEBADON,
our Local Universe, and then onwards - -



SATANIA – System
Earth is #606 of 619 humanities.
Celestial Heavens Spheres



Upon death of our physical body, we all transition to the 1st Mansion World



then see it's all about seven worlds of feelings to be thoroughly explored, there's an awful lot to go through. So a lot of just allowing yourself to be taken through it all by your soul, through your feelings. And struggling this way and that against your mind's control as that is highlighted, all which again makes you feel bad and so more bad feelings to accept and explore.

And I love how you can see that you are projecting your need for love onto God. That is all so difficult, we so desperately want love. Jesus tells us God loves us and the Divine Love is there for us to ask for, and so we ask and long yet don't realise we're not true in our asking and longing, that we're projecting all our feeling unloved by our parents onto our Mother and Father. So what can you do, who can you go to? So we have to keep going to God because there is no one else, yet all the while understanding we're not relating to God how we think we are. And then to reach the point of: what happens now, what are you to do, are we, do I, reject God and say I can't do it

anymore... which you have to do, all so you can do it differently. I find it incredible to think that everyone who loves God and is reaching out to God and feels God is loving them, and who might even feel the Divine Love flowing into them, is still mostly only relating to God as their parents, still just wanting God to be their parents and to receive the love from their parents that they didn't get. And how can you say, oh, by the way, you can't get to God via God, it sounds mad; meaning, you are making up a false God based on your parents, a 'wrong' God, and that God ain't going to do anything for you. And yet we've got to start with our false God working to accept that and understand how that God is really god – our parents – so we can then divest and end such dependency on our parents together with our vain hope that they still might one day come through and love us, all so we can start to connect in a real and true way with our Mother and Father. And again it shows me how there is such a vast gulf between us and Jesus. He being true, related truly to the Father (and Mother), and yet we think it's easy being like he is, especially now he's told us about the Divine Love. And yet we've got seven worlds worth of incorrectly relating to God to work through too, all of which happens as we work through our seven worlds of incorrect relationship with our parents.

And I like, Sam, how you can feel the two conflicting aspects in yourself regarding whether or not you can or cannot have anything. You can feel yourself believing you must deny yourself, and now you can also feel you can have what you want. And that is right, as you're showing, and that once again it's not about just trying to override one's self-denial when one becomes aware of it, saying that you can live with abundance and whatever the New Agers say. That's not right, because the truth is you're going to feel the negative and your self-denial right the way through your Healing because it is all part of your unloving truth. So the two parts will be there with possibly you spending more time on your denial side, working to accept that, and not even worrying about having all you want. You will get what you need, that we slowly come to understand, so it's not about using your mind to try and get what you want, using your mind trying to make yourself live in an 'abundance' world. And for me, what I need is love, but as I can't use my mind to conjure that up, so I have to keep staying true to feeling unloved, because until I feel loved, I feel unloved, and that's the life I am living – it is me, so I have to start with fully accepting my unloved self. I'm not loved – I don't feel loved...

PARADISE
Home to our Heavenly Mother and Father



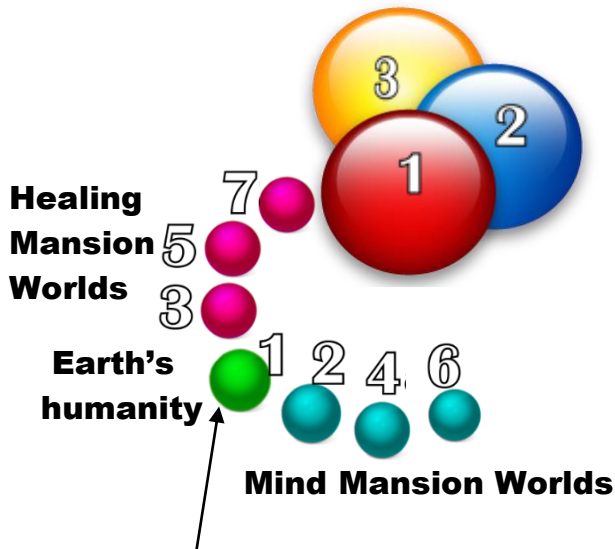
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Avonal AGE
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THE CHANGE
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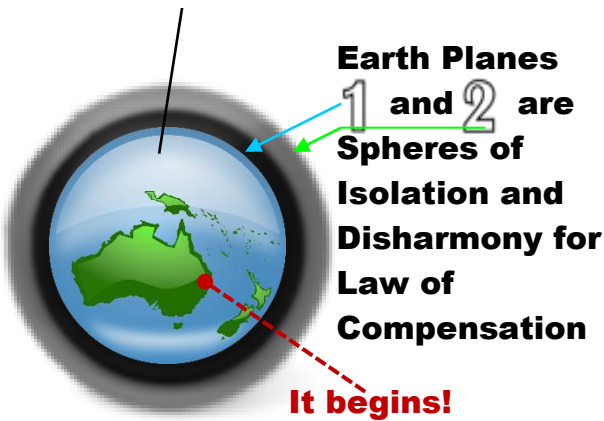


This is the time in the history of Earth's humanity when the greatest event ever experienced throughout its almost one-million-year history is taking place.

At the time of World War II, 1939-1945, Earth's humanity was around 2.4 billion. Given the major recovery issues post war, the duration could be said to be 10 years and then some.

What is unfolding for humanity now is a factor 100 times more significant, and then some. Not only is Earth becoming fully engaged, so too are the 2 Earth planes, the 7 spirit Mansion Worlds and the 3 Celestial Heavens. That is 13 worlds.

Upon death of our physical body, we all transition to the 1st Mansion World



Earth's population in 2020 is approaching 8 billion; spirit Mansion Worlds 1 and 2 have approximately 200 billion; the numbers for the 2 Earth planes are unknown, however they are near capacity; the Mansion Worlds 3, 4, 5, 6 and 7 could be any number. The 3 Celestial Heavens have approximately 30 billion personalities engaged in assisting in these events and the administration of the coming Avonal Age. All worlds combined having in excess of 250 billion personalities – more than 100-fold. Now add the angels!

The Avonal Age is for the next 1,000 years, more than 100 times the duration of World War II – well, 40 generations of 25 years each.

Praying to God. I am in so much pain.

22 December 2016

Please God help me, I am in so much pain, ripping indigestion in my body hurting every part of me. Trapped ripping gas that is burning me inside and can't escape, it has nowhere to go except inside me, hurting me as it tries to escape but can't. It is trapped inside me like my emotions, all trapped inside me without expression. I have had enough of the pain, I woke up with it and it is relentless, I can't move, I can't stand up, I can't sit down, I can't escape from this pain, there is nothing I can take to get rid of it because that would just be more denial of the causal emotion that is causing this pain, it would just be treating the effects not the cause. I am in an inferno of pain.

Mother and Father I am so scared of feeling so much pain in my body, please help me reveal the truth of why I am feeling so much pain, the thoughts that go through my mind are, oh my god what is happening to me, I am ill, I will have to go to hospital, I might die. What is happening to me I am in so much pain. I am so scared of something being really seriously wrong with me; I always blow it all out of proportion because of my fear.

I am out of control with pain, it has control over me, there is nothing I can do about it, I have to let it hurt me, I have to submit to its control and have strength over my weakness. This pain is a bully controlling me; it's my dad. The fear of it is always with me so I don't step out of line because it will come back if I do, it threatens me constantly.

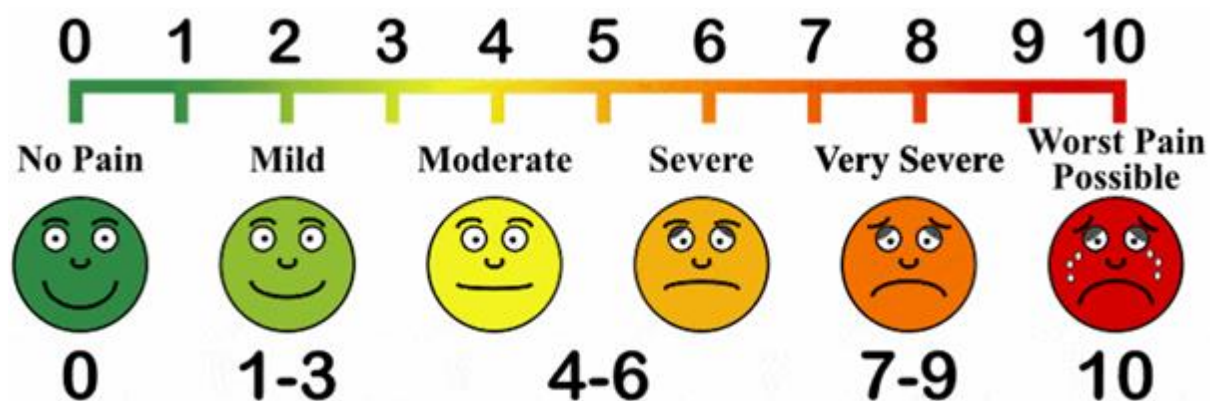
I am filled with dread because I can't do anything when I am in such pain, pain stops all of my experiences; it keeps me in a safe place of not doing, not feeling. I just want to stay in my shell, it's too scary out there, I might have to feel. My guts are on fire, burning inside of me like I am going to burst into flames from the inside, the flames are burning my stomach, the lining of my stomach is melting away as the fire burns and nothing will put it out except feeling it all, accepting it all and expressing it all out of me.

I have a brief relief from the pain and sit in fear waiting for it to come back, like the bully it is. Every time I move I can feel it still with me. Why do you want to hurt me? I sit being good for it, not annoying it just being in fear of it, appeasing

it, pleasing it, being a good girl and not annoying it, the pain is my dad. I am scared to move in case the pain comes back, if I just sit perfectly still I will not feel it, not anger it, not annoy it, just be perfectly still like I am not here, like I don't exist and then I won't feel pain. If I don't do anything I won't feel pain, pain has my in fear of growing, experiencing, moving, doing anything, I can't move because of fear, if I do anything I will feel pain and I don't want to so I don't do anything to trigger it as I didn't do anything to trigger dad's anger directed towards me. I might do something he doesn't like and then he will get angry at me, so I don't do anything, I don't even try, I don't exist, that is the best way Sam then you can't anger him or anyone else. I am safe when I don't exist to anyone. Existing is so terrifying, I can be attacked so just don't exist Sam. Don't exist to this pain I am feeling, deny yourself Sam.

As I am expressing all of my pain I am feeling the relief come into me, I am beginning to feel better, less pain, more comfort, less burning it is dissipating, I am feeling so much relief and joy at the pain leaving me the more of it I express. I am terrified of pain. I can't believe I am now totally free of the pain now. I can do this; I can heal myself through my feelings, through accepting, expressing and finding the truth of my feelings. It amazes me every time because the pain is so severe and then it is gone.

I have cried and felt so bad throughout this experience but it is the only way for me to heal. I am now completely free of pain that a few minutes ago was crippling me and now there is no trace of it and I am at peace. I have felt it fully out of me, let it cripple me and take over and overwhelm me as mum and dad did.



Speak to God out Loud!

21 May 2017

I speak to God out loud and I receive constant pictures of what I have done in my life and how I have hurt others with my actions. The deepest pains are those pictures I receive of the hurt I have caused my children. Pain, on top of pain, that in the worlds view is normal parenting. The remorse I feel is so great, I am so sorry and I pray to God to help me feel deeper the truth of those pains I have caused others. I want to feel the truth of what I have done. I want to heal it all with Gods help, I can't do it alone, I am a child and I need the help from my true Parents to feel the truth of what I have done.

Yes, this is the truth, I am remorseful.

23 May 2017

My feelings can appear as being alarming to most but they are MY feelings and have to be felt. The feelings of wanting my children to hate me comes from the remorse I feel from the damage I have done. Its like when you have done something bad and you don't get punished for it but rewarded, it has a bad underlying feeling that it is wrong, rewarding someone for lying is how I feel about them loving me, it's like; don't love me, I have been bad to you and damaged you, but to them as they are not doing their healing as I am, they can't see it, that I have been any different to any other parent, but I know it, I know what I have done and I am now feeling the remorse and it keeps coming as I see what I have done to them in their every day lives.

I know my feelings can be very alarming and mad, others might think 'Why is she doing this to herself', but I am growing more and more sensitive to my feelings and sometimes they are incredibly scary but have to be felt, I want no stone left unturned because I want to heal, that is my desire above all else and any feelings that arise in me have to be accepted no matter how awful they are. My parents and people around me think that I am losing my mind, going over the top with all this and are waiting for me to be ok again but that will never happen, I never want to be ok again, in the worlds view of being ok and normal and fitting in, that has been too damaging for me to fit in with what others want for me.

Even writing this I am aware of the feelings coming up of having to explain

myself because I have been a bad girl and said something that upsets someone, 'we don't want to hear that from you Sam' I am feeling very child like as I write so this tells me it is a feeling from my childhood coming up. We don't understand you Sam, why are you saying these things, stop being silly, you will make yourself ill Sam, you are over thinking Sam, stop being a drama queen Sam, don't say such awful things Sam, we don't want to hear that from you Sam, Sam, stop being evil, you are making us uncomfortable Sam, stop being stupid Sam, how can you think such awful things Sam, you are having a breakdown Sam, take that back Sam and don't speak like that, say sorry for feeling that way Sam, stop using the Hate word its a bad word to use, you don't hate anyone Sam, wanting your children to hate you, what rubbish Sam, don't say such things, and so on.....

My children are now 23 and 18, adults really and now dealing with life based on the errors I have taught them and I see that playing out all the time with them and I die inside because I can see the harm I have caused, how can I not feel total remorse for what I have done now. I am healing myself and that is making me feel very, very bad and bad that they love me when I know this lie inside me, that how I have parented them has been a lie, I am a sham of a parent, that is how I feel. When I see the truth all I can do is feel the pain and that I don't deserve their love for what I have done.

Everything I feel, no matter how vile and awful it sounds has to be accepted by me and worked through by expressing it to God and I feel that God wants me to be true to how I feel if that is my desire, and it is. As I ask God to help me bring up my vileness, God always responds to me bringing me feelings and pictures of what I have done because I want it so much and I feel the physical pain and it brings up a terror in me that I will have to live with the pain for ever but I know that this is all good as I am healing and it is all coming up in my awareness to be healed.

No one around me wants me to heal or understands why I am doing this to myself, I feel very misunderstood and your message has helped me to feel more of that pain about not being understood which is all good, it helps me feel more that needs to come out, all the time I am feeling a feeling, it is all good.

The terror of being so overwhelmed.

19 June 2017

I am having a truly awful time, total overwhelm of feelings as I reflect back on so much of the disappointment in my life, which I had just denied and shrugged off. As I have been feeling my way through some of it I began to feel a wave of terror rise up in me, I felt disconnected from myself completely like I had floated out, trying to get away. It was so hard to keep feeling when the terror made me want to run, move, do anything to distract myself from feeling this terror. I was so dizzy I was on the verge of passing out, I am still dizzy now and still so scared of feeling this terrified.



It all begun when someone wanted something from me and then she didn't, something that has occurred so many times throughout my life, one minute you are up, then you are down so confusing. I was angry and very let down and I asked Mother and Father to help me feel more about this and why I need it to happen to me so much. I felt instant disappointment which I have felt as an undertone within me all of my life and hadn't really nailed it until today how disappointment was always with me in some quiet undisturbed way. This situation, which was very small, with this person letting me down has turned into something very big for me. This has shown me the truth of how I have felt and how it was for me as a child being built up and then being let down by mum and dad constantly and I have done the same to my children.

Being built up to believe they loved me, but then showing anger and smacking me, but before they said they loved me!!! I am still that confused child. Am I loved or Hated?? They said they loved me but I never felt wanted or loved by them, especially dad, never, so I stayed away from him, I never got close or asked him for anything because I knew he wouldn't want to do anything for me. I can remember asking mum to scratch my back when I was about 4/5 and she said go and ask dad to do it and the feeling is still with me, dread, fear, resistance, but I just went over and sat on his lap and I could feel how much he hated doing it and I hated having him do it, God it was so awful having someone that you know doesn't love you, touch you, mum had made us both do something we both didn't want to do!

When you are told you are loved but know and feel you are not is such a huge disappointment and stays with you forever and is shown to you in everything you do and every interaction and relationship. I have been lied to by my parents, they just used empty words with no feelings from the heart entering me from them so I know they didn't love me. I felt some from mum but nothing from dad. When you are told you are loved and wanted and then you feel anger and hate from them who can you trust in life if not your own parents, no one!

This little interaction today really hit me how I have been told I am wanted, then not. The truth of that has overwhelmed me so much that I felt like I would die of the terror of being so unwanted and so then very unsafe in this world, I have no one if I am not loved by mum and dad, I have no safety if I have no love as a foundation in my life, everything I do is built on lies and fear because I never felt love from my creators, if they didn't love me then who can!!! That is terrifying to feel that annihilation inside of you, no wonder I nearly passed out, it's the truth of how I feel, non-existent. Everything I have ever done is done to replace the feelings I never felt as a child, Love.

I am still in the fear of my feelings and feeling very unsteady and unsure of myself, just waiting for the next wave of terror to hit me throughout the day, dreading it coming but also trying to accept it is how I feel, it is how scared I am and it is all coming up for me to see, its a very good thing but I am so scared of its consuming power over me to nearly snuff me out. It amazes me that this is the power behind the fear that I have denied, so much that it has the power to take me over and make me pass out nearly, is this really how scared I was of my dad?? Yes this is the truth being shown to me, this is how terrified I am when love has been withdrawn from me.

Dealing with my daughter's toothache.

22 June 2017

Faye has had bad toothache for a while now so she asked me to take her to the dentist. It has been awful for her and awful for me, she won't let them inject her to do the work so they have referred her to another place that will put her to sleep to do the work all in one hit but that still means a needle in the hand to put her to sleep and she won't let them do it. I have been feeling such despair and hopelessness about this; feeling like there is nothing anyone can do for her.

We got home and I sat with her as she cried about it all and how she felt so terrified and slowly the memories came up in me of when I was the same and would not let the dentist inject me when I was 11, he threw me out. I began to remember the terror of having something done to me against my will, more pain to get rid of pain. It all hurts so much, I don't want pain, I have to consent to someone stabbing me with something sharp and it's going to really hurt me, this man is going to hurt me and I have to let him. What are you doing to me, why are you hurting me? All the feeling came up in me to feel.

I was having so many feelings that were so overwhelming, I didn't know what to do about Faye, she won't have it done, I feel so helpless and out of control, I can do nothing for her, she will have to stay in such awful pain, what if it never ends for her, I will have to watch her suffer terribly, the pain will never end, she won't let me help her through feeling it and she won't let the dentist help her, all is hopeless. I feel in such deep despair and so full of confusion and anxiety, I am buzzing with anxiety almost going into panic as I lose control, I am terrified, totally terrified at the pain this is bringing up in me, endless pain, never ending pain and no one can help, it will never end and there is no one to help me, no one understands me. This will always be my life.

All of Faye's pain, I have been feeling because it is my pain, Faye is feeling my pain that I have passed on to her and I feel so helpless. I want to fix her, I want to take her pain away for her by making it more painful and forcing her against her will to go and have the treatment done and now I feel like my mum, as she forced me to go and have the same done against my will. I want to take the pain away so I don't have to feel bad any more, Faye is making me feel bad as I made mum feel bad and she wanted me to stop it! I had to go to the dentist as a child

and have all of that awful stuff done to me because mum didn't want to feel or be true to any of her pain, so I had to suffer for it while she watched me in agony. I am my mum.

I was sitting outside with Faye after her dentist appointment and told her I wanted to understand more about how she was feeling because I want to heal it in myself and I was having trouble feeling. I asked her if she could tell me how her fear feels, she said "I feel weak and out of control, I don't want it, I don't want that needle near me and I won't have it, I can't let them even come near me and put that sharp thing into my body, it makes me cringe and no one can force me, its up to me. Why do I have to go through so much pain all the time Mum?" I wrote this down and Faye began to cry as we spoke more, she felt like all of her choices were being taken from her and she had to make a decision that she didn't want.

She talked a lot to me about how she felt and I listened and wrote, she started to laugh about how weird that I am writing things down, but to me, all she was saying is how I feel and it helped me access some deep feelings in me. I realised that I was being my mum and wanting her to just have the treatment done, I wanted to fix her so I didn't have to feel pain and she was saying, NO, NO WAY, which is what I would have wanted to say but couldn't. Faye was showing me that she will make her own choices and no one will be pushing her, if she wants to come to me to feel and heal or go to the dentist when it all gets too much, its her choice, totally. I had to pull myself back and just deal with how I feel about it, mind my own business and leave Faye to mind hers and when she wants me she will say.

Even talking about it in the time we had, Faye felt better, she got out of her how trapped she had felt by having her will taken and having to make a decision about her treatment when she didn't want to have to make one, it is all pain and she is sick of so much pain at her early age. Faye Feels people instantly, she knows what they are feeling and said to me she could feel me pushing her to just get it done even without me saying anything and she was right, that was a feeling that I had to let go of and feel, the very same feeling that I felt from my mum, just get it done Sam and then we can all be happy again, you are making us feel bad and helpless because we don't know what to do with you, you are a

pain Sam so just do as you are told and go to the dentist and get it all fixed. Fix the tooth but deny the pain, and I was doing that to Faye. I am now still working through those feelings as we speak, even writing this is helping me see more about myself and the feelings in me that are from mum, I know they are from mum because I can see her and feel her in me as the feelings come up. When I feel dad's feelings I really feel and see dad and when I feel mum's feelings I really see and feel mum, it is good, it helps me so much to feel who I am feeling, who created those feelings in me.

I am slowly feeling so much better about this, I don't feel like I have to fix Faye so much now but all I have to do is fix me by feeling all I feel, I have pulled my self right away from Faye and took responsibility for how I am feeling and we both are feeling better, Faye has no more tooth pain and I feel s much better than I did yesterday and the days running up to this when Faye was in pain, I no longer feel I have to fix her but just feel and ask Mother and Father to help me find the truth. I feel like when I accept, Express and find the Truth of my pain, it releases her from some of her pain to, that is how it felt this time, as I felt it all and where it comes from we both got better, felt better. I have more to do though with this, always more.

This is the hardest thing I have ever done, so hard, but it is also the greatest thing I will ever do.

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.

I will be left out of Gods kingdom.

26 July 2017

I am feeling so devastated today at the thought of I may never be a part of God's Kingdom, I may be left out, shut out of being loved by God. The grief of this overwhelmed me last night and I just had to cry and cry as I was flooded with feelings that it may never happen to me. Being at one with God and feeling completely loved by Mother and Father may never happen to me, it is such a desperate pain inside me and it brings with it such feelings of always being last in life, never feeling I can push my way to be noticed or be first for once, I am always last and have been made to wait, take my turn and that mostly meant missing out on what I wanted and watching someone else get it. I am completely gutted today and am crying constantly at my own sadness.

The feelings of not being loved by God are making me feel so deeply devastated and what's the point of life without it, Christ I feel so sad for myself, right at this moment I am gutted inside at the thought of no love, at the feeling of 'missing the boat' as it were, your too late Sam, you missed it. It's how I have felt all my life and just had to 'make do', have second best or nothing. I feel so empty, crushed inside and with no love and no hope of ever getting any as it won't happen for me.

Every one else will be included but I will have to be left out and pretend it doesn't matter when it fucking hurts like hell and I am sick of it, never feeling like I am worth it, worthy of love, you can ask for it Sam but you won't get it, they will say the words but you won't feel them, all empty shit coming from their mouths to keep me quiet. I never felt them, their words never entered me into my soul as truth and I don't trust them so how can I trust God, it is all bullshit, they are lying to me, it will never happen to me. I am so devastated today.

Not receiving God's Divine Love.

29 July 2017

I was longing for God's love and I couldn't receive any, I went into a pointless and hopelessness feeling that I will never receive any ever again and it brought up so much fear inside of me and I felt like a child again where I couldn't feel any love coming from mum and dad even though they said they loved me, I couldn't feel it, ever. It felt the same from God, they say they love me but most of the time I can't receive it from them which put me into an anger and a deep sadness, and feeling that I may never feel Their Love ever again and be shut out by them as I have always felt shut out and separate from mum and dad.

Today has been such a different story for me, I lay in bed last night and just opened my heart up and God's Love was there for me and it seemed to fill in the hole I had in my back. I spent quite some time feeling it pour into me then stop, then start again, and it felt thicker than it has before like running silver. I felt at the end of it so tired and I had twitches occur all over my body and still have them even now in my legs and today I have felt like I have a slight cold. I had to feel how it felt not to receive love from God when I asked for it because that was the truth for me as a child, I never got it when I needed it and it has been the basis for everything I have done in my life and it all feels so sad and awful as I look back on my actions that have come from a place of no love.

God has helped me to feel the truth and sadness I needed to feel and to express it out of me. To plunge me into my fears of not receiving love to feel the truth. I felt the doom that I have been denying, to live a life without love, all there is, is doom and hopelessness and I felt such a childlike pull in me that was a constant cord between me and my parents for their love with my neediness pouring out to them but it going unfelt by them and I got so exhausted with the trying that I gave up and I felt that with God also, trying to receive Their Love but failing, I felt the same neediness as I had as a child and getting no where, what's the point so I lost faith and I can see why I needed to not receive Gods love now, so I could feel this truth.

I think God hates me.

31 July 2017

Yesterday I was feeling this, God hates me, as I wanted to do a job outside, something I had been waiting to do for a while now, but every time I go to do it, it rains and so yesterday it was sunnyish so I thought great, I will go out and do it. I took everything outside and got prepared and it started to rain, I couldn't believe it, I started to rant and shout at the top of my voice, I was so raging mad and feeling hate at Mother and Father for doing this to me, I went into the house and I was pacing like a mad woman screaming how unfair it was to do this to me, I felt so controlled and won over at my every move, I just wanted to get this task done but it wasn't going to happen until I had felt what God wanted me to feel which was anger and rage at mum and dad for interfering with my will, blocking me doing what I wanted to do.

It has been hard to allow myself to feel hate because it wasn't allowed but now I want to feel it and as I go deeper into the levels of my healing I feel more and more of it will come up for me and I like it when I feel it, to be allowed to get to the hate in me is so freeing just to let it all come out and hiss and spit it out of me at last, it feels good and I feel cleaned out after.

When you, James, write about your nail biting it brought to me two people I know that have had abusive / controlling mothers and they both have bitten their nails, but only one or two nails and not just have bitten them down as short as they will go, mutilated them down to a lumpy nail plate and both on their left hands. It looks so painful and I have watched them both do it, sit their just ripping at themselves gnawing away at what is left of the nail until it is so deformed. They are totally unconscious of why they do it. When I have asked what makes them feel they need to do it, what feelings they are feeling as they do it, they can't answer me at all. It is like the nail is them destroying or mutilating their mother. They can't do it to her so they do it to themselves until there is nothing left all of their denied and repressed pain at her, expressing itself the only way they can, by destroying her/their nail just like she has taught them to, destroy themselves rather than her. The child is to blame so it must punish itself and self harm.

Did you bite your nails as a child James and if you did, what did your mum say

to you about it, did she tell you to stop it? Did she slap your hands away from your mouth when you did it?

Being judged.

11 August 2017

A lady knocked on my door this morning to pick up something I was getting rid of and she wanted it but she said she would be around at 2.30pm. Shit, the house was a mess, there was piles of ironing in the lounge waiting for me to put them away, just a general untidiness that I would have cleared up had she stuck to her time of 2.30pm, it would have all been perfect but she has caught me out. I showed her into the lounge where this item was and I could have died with embarrassment and humiliation as she entered and I felt her instantly, judging me so I began my usual apologising for the mess I am in the middle of ironing and all of that crap that just came pouring out of me pleading for her not to judge me or think bad of me. I was so ashamed of myself. Inside I was blaming God for tricking me, catching me out by making this woman come at this time knowing I would be triggered to feel all of these feelings, God is making this happen, they want me to feel all of these things and it is bloody working.

I felt very ashamed and embarrassed, what must she have thought of me, a tramp, a filthy slut, a dirty cow, lazy disgusting skanky bitch and on and on and on..... She was seeing the truth of me, it was being forced upon me to feel. If she had come when she had said she wouldn't have seen the truth of me, a mess. She would have seen the tidy, neat me, the me that I want everyone to believe is true, I am neat and tidy and keep a good house, bullshit. I am none of those things and it has been shown to me today.



She left and I curled up and died inside, cringing at the truth she had seen and now I was really feeling it. I have spent my life tidying up, cleaning, being the good house wife but the truth is I hate it, I hate being that, I hate doing it all and I am exhausted with keeping up the pretence and today the truth was shown to me through my feelings when this woman caught me off guard, in my truth. Now I have all these feelings to feel, I am in shock, shocked about how I really am and how much I have denied that truth and anyone ever finding out the truth

as she did today, she knows the truth and I feel awful at her projecting judgments, just what I have strived not to feel all my life. Now it has come up for me to feel, my soul has orchestrated this for me to feel today. I feel like God has planned for this woman to not let me know she was coming early so I could feel all of this, I feel caught out, like I am not in control of anything in my life, it is all happening for me, by God.

I am cringing inside but also full of amazement at the healing opportunity that I have been given today. I have worked so hard all of my life to not feel the truth of how messy and out of control I really am and not letting anyone know this truth about me but the truth is out, I don't want to do any of it, I hate doing all of it, I only do it so that I am still loved, accepted and thought well of by others but the truth is I fucking hate it all and today I felt those feelings from that lady, the feelings I wanted to avoid feeling, her projections hit me hard.

Now I will see how I feel as it all mounts up around me and let my family throw their jibes at me, feel the projections of my daughter's friends as they come in and see the state. I am feeling the anxiety of that already, I want to clean up so I don't have to feel bad, but I want to feel bad more, so I will leave it all and see how it goes and just feel my way through it. There is such an unbelievable pull in me to clean up, it is unbearably strong. I am in this duality of feelings which is so confusing but I want to feel all of the bad feelings that come up in me, such a strong compulsion to tidy up.

False Facade Self



My dream.

16 August 2017

MY DREAM – I have begun to truly see the prison cell I have created for myself because of the pain I have caused to others and then of course to myself, anything I do to hurt another will always hurt me. My dream was very symbolic and hit home as to the things I have done in my life and how I had denied the pain I felt from my actions, I can never escape from the compensation of my wrong doings, I may feel I have got away with it but I will always be in pain on some level, there is no getting away with anything, it all has to be felt to heal it.

My dream began where I went into town and I began collecting piles of bricks and sand from anywhere I could find them in town. I began to build a set of stairs with the bricks and sand thinking it would help people. I mixed the sand with water and built a good set of stairs. I stood back and admired my work being pleased with what I had done until people started using them and they were crumbling.

The stairs I had built on sand instead of concrete were no good and actually hurting people as they lost their footing when they stepped on the steps, the bricks just gave way. One old lady fell badly and hurt her hip, I was horrified at the pain I have caused as I helped this old lady up she could hardly walk so I stayed with her on the bus to her home which was far away, a place I didn't know. We got into her house and I asked her when the bus was returning as I needed to go back home, she said there wasn't another one until tomorrow. I felt so scared inside as I didn't know what to do and I had no money with me to get home. I told her this and her grand daughter told me there was a train and she gave me a tenner to get home. On the journey home I sat there thinking about what I had done, shit I had caused a lot of pain with all of those people hurting themselves as the stairs I built on the sand collapsed from under them. What was going to happen to me, I was in trouble for sure, I was so shit scared about what was waiting for me.

All I wanted to do was get off the train and put it all right again, fix the mess I had caused. So I got off at my station and went straight to the steps, it was late at night now and as I approached them I could see they had been cordoned off for safety. I looked at the pile of mess it looked like a huge mudslide. All I could do is brick by brick deconstruct the mess, one brick at a time and return them to

where I took them from. As I begun my deconstruction people begun to help me, they were taking bricks and shovelling sand and I felt I wasn't alone in my correcting the mess I had created, I had help, I felt so good at not being alone with this huge job and none of them judged me or condemned me for what I had done. Once every brick and all the sand had been returned and I had made good the mess I had created. That's where it ended.

The dream has revealed to me so much about different aspects of my healing and the Cell I have created for myself through my actions and the pain I have caused to others and also the help I have received and am still receiving from spirit. I have felt every bit of that pain myself and am healing it all through my feelings. The sand I built the stairs on is the instability of living a lie, a life without truth having no solid foundations that truth gives me and all of those lies, the whole façade that my life has been is now crumbling away and being deconstructed through my healing, my whole life has to be ripped apart so I can see the lies, pain and evilness that living the untruth is, awakening to it all and seeing and feeling the pain that living this way causes myself and others.

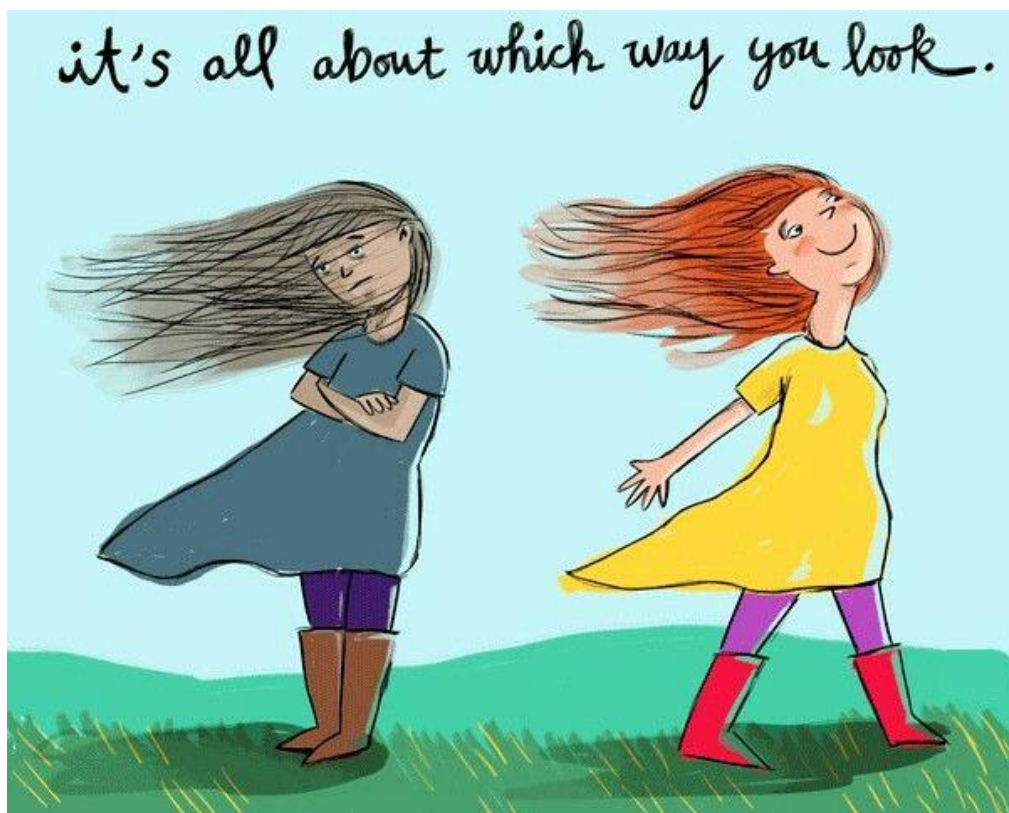
The feeling throughout this dream was one of being alone in it all until the end where I was being helped to deconstruct my mess, when I made a choice to do that and to feel it all, I had help. All of my evilness had built a cell of pain around me that followed me everywhere even though I was free to do as I pleased, I was not free. This is the Hellish condition of my soul, the truth of it being shown to me by how I feel and what I am attracting. I was constantly surrounded and attracting the pain of what I had done in my life to others and myself and had a constant bad feeling that hung heavy upon me.

In my dream, when I was sitting on that train going back, I could feel a crushing that I couldn't escape from until I had put right and compensated for all of my wrong doing. I just wanted to get back to the steps and begin work on their deconstruction as quick as I could, to make it right again and stop hurting people with my choices and words and actions. The feeling was truly awful, a feeling I have felt when I have done wrong but tried to deny it, shrug it off, it never works, it just hangs on me like heavy chains.

There is so much more coming up for me in this dream and I will continue with it for as long as the feelings come to me as I know there is a lot of healing for me

in it but what I have felt so strongly is that I can now actually see the cell that I have lived in and carried around with me all my life and the beginnings of it created by my parents as they built the foundations for my life upon their beliefs, lies, weaknesses and fears, this was the sand they poured into me in my forming years as a foundation for life and it is very weak and very unstable and just ends up collapsing. This has been a very powerful dream to show me the truth and I thank God for the help I am receiving; in the way I can understand it all.

Law of Compensation



mind controlling way or soul's feelings first!

A bad day.**26 September 2017**

Today I just feel awful, so bad. I woke up and knew, this is going to get bad for me. More of my emotional gunk is coming up as I express it. It is having such a physical effect on me. My legs have a constant aching all over them, my hips feel like they have needles in them when I move and I have an over all feeling of Flu. I feel just awful as this deep emotional pain is on the move through all of my subtle levels and I knew this is going to be bad for me and all I can do is not to resist it, let it all do what it wants to do with me and I will submit to it, let it have its say.

I feel so weak like I could just collapse and my throat is raw like I need to keep clearing my throat but it doesn't work. I am so clogged up, blocked up, I feel awful. So many feelings have been coming up, so much realisation of how 'Nothing' I am, how weak and powerless I am and now I am getting the physical manifestations of those emotions that have been making there way up as I long for the truth.

Anger at not being able to stop coughing.**15 October 2017**

Cough, Cough, Cough it is relentless day and night, I am so fucked of with it. I don't feel ill any more but I am just coughing and it brings with it an ANGER that I am just connecting to. Every night, as soon as I open my eyes from sleep I just wait for it to come, the dry cough and once I cough once that is it, it begins until I get up and am totally interfered with so I can't get back to sleep and all I do is cough until it loosens up.

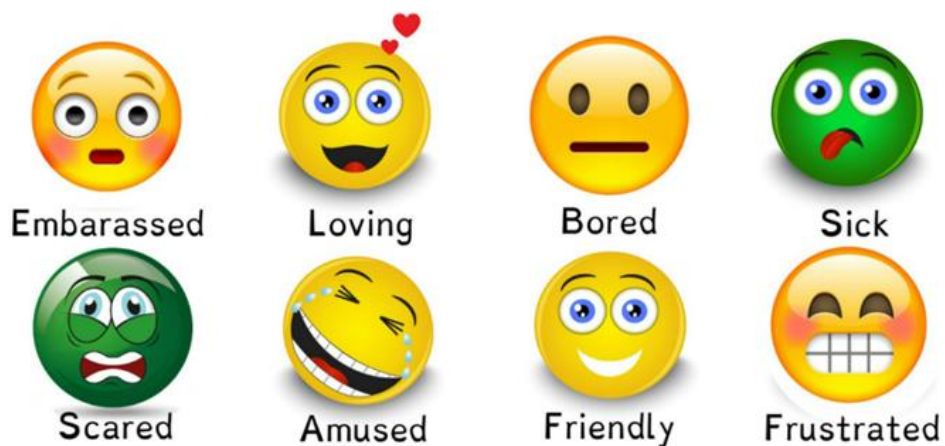
I can't be without my water because I end up reaching and turning bright red and hot with the force of the relentless cough, it really has me and I hate it. I feel so angry at myself for having it, I hate myself for having such an annoying cough, I want to hit and punch myself with the anger I feel inside with myself. STOP, STOP, STOP bloody coughing you idiot are the words that I say to myself and as I write that the memory of dad saying the same to me as I continuously coughed as a child, he hated it if I coughed or sniffed, "Blow your bloody nose Sam" he would shout, but I couldn't. I realise I am being as unloving to myself,

as angry at myself, and I want to hit myself because that is how dad felt about me, I was such a pain and my coughing brought up the same anger in him because I was disturbing him the same way the cough is disturbing me and I was so angry at myself for disturbing him and waking up the whole house with this cough.

Why won't this stop? Why me? Why do I have to be the annoying one? I was in pain myself with this cough but I had to worry about the feelings of my dad and how angry I made him rather than my own pain, I hated myself for making him so angry.

I feel so pathetic the way I get on everyone's nerves, the weak one who is always ill, the weak pathetic sickly child and my mum had the cheek to say that when she reminisces, that I was never ill, I went to school even when I was ill, 'WHAT' where did she get that shit from, I was never at school, doesn't she remember writing sick letters to the school constantly because of me having time off. She didn't even remember how ill I was as a child and no wonder I was so ill with that kind of denial from my own mother not even acknowledging I was not a well child. Every single school report stated the fact that my attendance was very poor and she just doesn't remember.

I hated school and I didn't want to go but I, like all of us, was sent against my will until I just couldn't stomach doing a full week at school, I felt it was wrong and my whole being reflected that fact at a very young age I connected the way I felt with forcing myself to do something against my will, I would get instantly ill and I knew why but no one would take me seriously so I just had to get on with it and deny myself. My parents re-enforced this denial of my feelings.



Young girl's sobbing made me feel more truth.

19 October 2017

I just went out to get in the car and post something at the local post office, as I got in a young girl was coming home from school with her mum who was pushing a baby. The young girl was sobbing, in real distress and her cries touched me in such a painful way, right in that moment. I sat in the car listening to her cries and instantly wanted to cry myself as the image shot into my mind of when that very same thing happened to me as a young girl, it is so incredible how, when triggered, I am sent right to the time and place and the visual comes.

I had been to the dentist and had five teeth taken out under anaesthetic and all I remembered was coming round in the recovery room and I was crying. I had to walk all the way home with mum and I didn't stop crying with the shock of what had just happened to me, I was in complete shock. All the way home I was dragging myself home and mum was walking in front, Christ I just want to cry as I feel it all. I wasn't held or helped in any way, I was a pain making a row and mum just wanted to get home but I wanted help, I wanted to be held and needed her to explain to me what had just happened to me, I didn't understand. Where was the love and compassion, where was the supportive loving parent holding me up and cuddling me, that is what I wanted, that is what this little girl wanted from her mum.

I feel so sad for myself; so desperately sad for the unloving way I was treated. God I felt so alone with my pain, I have always felt so alone with it never being able to express it out of me because I was a Pain. I am feeling more and more devastated, I just want to hold myself and be the parent I never had to myself as I feel the grief of being so rejected.

That little girl I just saw felt the same and all her mum had to do was stop pushing the pram and hold her daughter (ME). That's all she wanted, to be loved and her pain taken seriously like she mattered. She will grow up never feeling her pain is worthy of any attention, she will push it all away because that is what her mum has just done as she walked past me. Shit I want to go back and hold her and tell her I want to listen to her pain, I want to know all about it as I want to know about my own now. I can't interfere though, all I can do is express my own pain and love myself as my mum didn't by accepting how this

has hurt me and express it all. My beliefs about my mum have all been so wrong and God is showing me this more every day, showing me the truth I need to see and it is so painful. I can't believe the speed that it has all come to me today, as soon as I heard this little girl cry the vision came to me of where I was, when and how I felt, all I wanted was to be held by mum and for her to hear me instead of walking five paces ahead of me and looking behind at me dragging myself home behind her in floods of anaesthetised tears, drowsy and in confusion and shock. What the fuck was she thinking.

I am so hurt, the same hurt that I denied myself feeling fully back then when I was young, oh my fucking God I am so angry at her, I want to rage at her "What the fuck were you doing letting me suffer so much emotional pain at you not being there for me, where were you? I needed You!!!!!!!" I am feeling so sad inside for myself, I can't believe how bad I am feeling right now and the fact I had my five teeth pulled is not the pain, it is the rejection of me, the dismissal of how I was feeling, how she made me feel like I was such a pain and being too loud with all of my crying, she was worried about others hearing me and embarrassing her, I didn't come anywhere in her priorities just like this little girl who just walked passed me, that was me, every part of it was me and mum all laid bare for me to see, all reconstructed for me like an old crime scene re-enactment. Unbelievable how it works, so amazing to have been taken back there at the exact time and place and how I felt and I don't think I have given it much thought in years.

I can't stop interfering.

6 December 2017

I have noticed that as I am longing to God to show me the truth of my feelings I am no longer able to control my addictions as I once did. This has been very painful for me, as everything I do to avoid feeling my pain, all of my addictions, has been strengthened. I can't do anything about them, I can't stop them and if anything they are even stronger. I don't feel I am explaining this very well and I am feeling frustrated about that and this is one of my addictions, to be understood. The more I try to be understood the more I can't find the words or my mind goes blank and it is so infuriating. God is ramping up all that I am trying to control making it all uncontrollable, it is driving me crazy, I can't do anything about it and God is ramping up all that I try to control and it is freaking me out.

My son came over the other day and he was cooking something and I was constantly interfering, controlling, and this has gotten worse with me and I feel insane with it all. I apologised to him for being a control freak but I can't stop it, it is even worse now and it is God showing me what I am like and letting me really see it at its worst and I am truly awful. I didn't think I was like this, this was such a shock and I sat down with my son and told him I felt out of control as my controlling ways are being pointed out to me and highlighted for me to see the truth of how I am. It is like God is in control of me making me do these things and I am saying to myself with my mind, don't do it Sam, try to resist but that is all my mind's control and God is taking over and it feels like God is making me do it all when I told myself not to, shit what is happening to me, what am I doing. I am asking for help to see the truth and God is really bringing it, "This is the truth of what you are like Sam, this is what you don't want to see but you are like this." I am feeling so set back, like I am starting over again and I have made no progress as God is highlighting just how much my mind is still wanting control in such a compulsive way. I feel like there is no hope for me, I feel so hopeless and want to just lie on the floor like an old sack and give up.

Another one is food, shit this is a killer one for me. I pray to God to help me with this, show me the truth of my being on a constant diet, controlling what I eat telling myself off for eating crap. I have been on a diet since I was young wanting to maintain the perfect weight and be acceptable, liked, wanted because

I am slim but what the fuck is happening to me.

I ask God for help and what does God do! Now I am doing the opposite to what I have been doing and I can't control it, I am eating the shit that I have been telling myself not to eat all my life and I can't help myself, I am just doing it, going for the biscuits, the chocolate, crisps, all the food I have held myself back from eating I now can't resist and it makes me feel awful. **GOD IS MAKING ME EAT!!!!**

I have put on weight and I am horrified I am becoming everything I didn't want to be and I am going through terror about putting on weight and being so unacceptable in society. All of my feelings are coming up and they are so awful and I am feeling the hate I feel for myself and every one else that is fat. The truth is coming as I feel the truth. I have had to be it, this is what God is telling me and showing me and making me be. I want their help and I am getting it by them helping me to be what I have tried so hard not to be all my life. **GOD IS MAKING ME BE IT BECAUSE IT IS THE ONLY WAY TO FEEL THE TRUTH OF WHAT IS INSIDE ME.** I have to be the truth, to feel the truth of my denied feelings and I hate it, every bit of it.

God is working with me, doing what I have asked of them and I hate it, I am scared of it, I am terrified of it, the truth. As I long for the truth, I am getting it, being it. All of my ugliness, I am becoming and I feel so out of control and shocked that I have no control over it as I pray for the truth. It is like my mind can't do its usual thing which is amazing but so scary as the truth pushes through being stronger than my weakening mind.

As this happens I actually feel I am getting worse, being a worse person as the truth is shown to me of what I am like, truly. It is a shock and I am changing and I am scared as I know I have to get worse to get better because all of my denied truth is coming up and out of me and I have to be it, be true to it and it is happening and I am finding it hard to accept the big stuff because it wasn't acceptable for my parents when I was a child and I was taught that. Now I am being asked to accept all that is unacceptable to me, on some things I have felt the acceptance but on the bigger stuff, it's tough and is going to take time to keep feeling the pain I feel with it all. I feel a lot of grief as I give up being a certain

way with my mind, it is time now to give up and give in to my feelings because I want to heal. Everything is feeling like a disaster as I crumble and realise I can't hold on, something stronger than me is taking over, God is showing me the truth and the only way to feel that truth is to be it and I am shit scared.

We Are TRUTHSEEKERS

SPIRITUAL HEALING:

We incarnate into Rebellion, and by default become untrue to ourselves. The truth of which we are to see through our Healing. And once seen, then we will no longer be of the Rebellion, being a true, happy, perfect and all-loving personality.



The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, then your soul and God will transform you out of being untrue and into becoming your true spiritual Celestial self, be that in the physical or when you do your Healing in spirit.

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

Just how bad I really am.

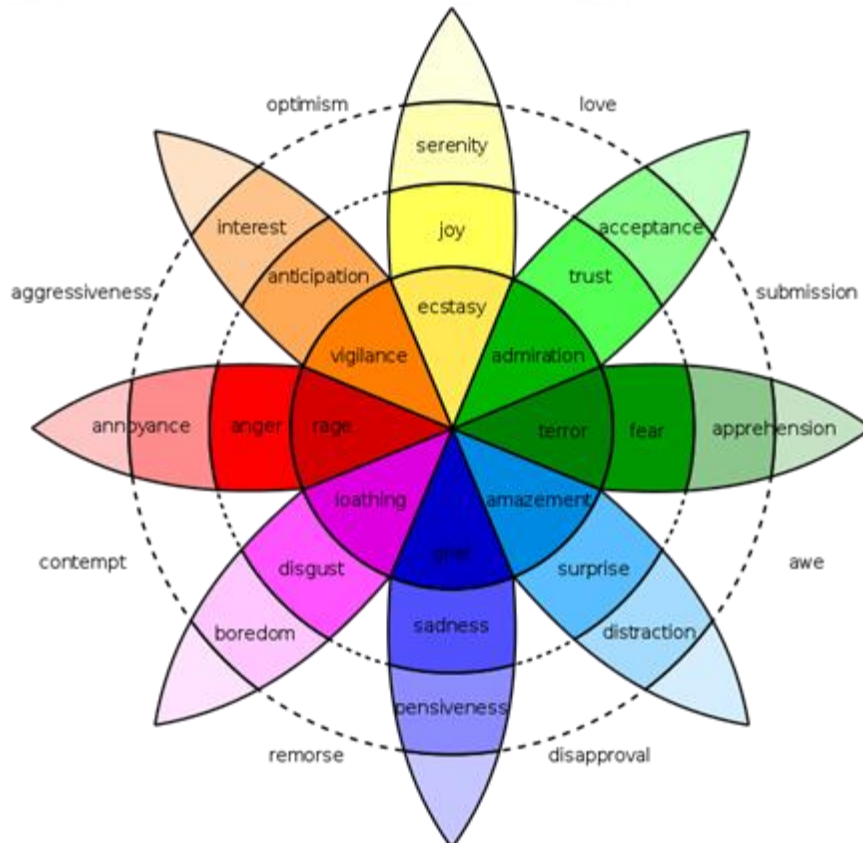
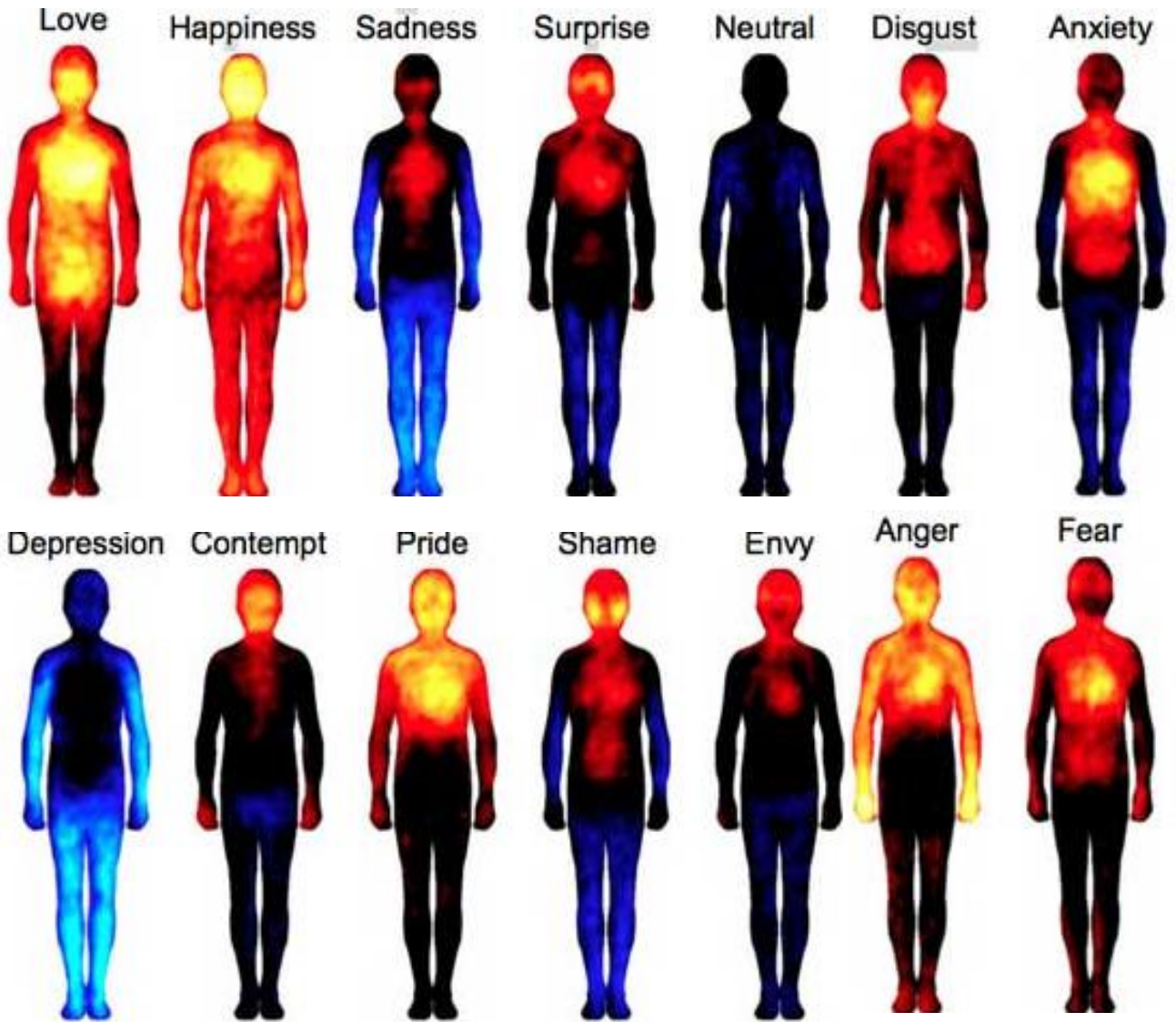
18 December 2017

I can't believe how bad I am and there is so much more that is yet to reveal itself about the depths of my feeling denial. It feels like it is impossible for it to ever end as more and more pain comes up in me. Shit I am feeling such a huge deflation in me as I give in to the feeling that I have no control over this and my feeling denial will come up for me to feel as I long for it and how long that may take is unknown, it just feels like it will be never ending as more of these little feelings, that may be insignificant to most, are the hugest feelings to uncover, they grow and grow into a huge and very important feeling experience for me. No feeling is insignificant, ever.

I wonder what is next, what feeling will reveal itself to me for healing, how much is there that is still waiting in the healing queue and as I visualise that I see a long backlog of denied feelings drifting off into the distance as I feel them one by one.

Maybe I haven't even touched on the enormity of my healing, just how bad am I? I feel hopeless and bogged down under the enormity of my unhealed feelings, I feel tiny and lost in it all and like there is no hope for me. I feel like I am dying as I give up and feel beaten and let my feelings drown me as I feel about how bad it all is and just how much I have denied that I have no clue about right at this time, its all unknown to me until the next feeling comes, that's the only one I can do anything about as I long for the truth of it, but what is behind it in the queue. I am feeling very overwhelmed by how much there might, be waiting for me.





Loosing a piece of tooth.

20 December 2017

This evening I lost half of a tooth while I was eating something. I am in shock at the loss. I looked at the broken piece of tooth and couldn't believe it and it has left such a huge gap in my teeth, which is exposing a nerve I think.

A couple of hours have passed and I am still in deep shock and just keep breaking out in tears at the loss it is bringing up in me, such deep, deep loss and emptiness and shock at this loss and emptiness. I feel a feeling of being so churned up inside, I have no absolute knowing as to why but am just going with how I am feeling, not looking for the answer but just being in the devastating feeling this experience wants me to feel.

I want to cry and cry about the deep sadness I am feeling, a part of me has gone for ever and left a huge hole in me that can never be filled and all I can say is how shocked I am at the deep loss I am feeling at this tooth breaking off and leaving me exposed to pain.

I am so scared, I don't know how painful this is all going to get for me and there is always just so much pain, so many raw nerves exposed as I feel my way through my healing. Shit I am so scared, I am being plunged into deep fear and deep loss as more of me is breaking away and leaving holes in me. I am not in physical pain but deep emotional pain and I feel the physical pain will soon follow because of the nerve exposed by this tooth.

I am so scared of having to deal with physical and emotional pain and what is to come, I am at the mercy of whatever this tooth wants me to feel, what my soul wants me to feel, why it has orchestrated this experience and what childhood pain will be revealed.

I am always in fear of the bad thing that is to happen to me, in dread of what is to come and that feeling leads me to waiting in fear of what mood dad is in, I am now feeling like a child and trying to make it all alright, lighten the mood of everyone, be the broken fixer to make it all good again. I can't fix this, I have to feel the loss I am feeling and the grief of losing myself, that is how I am feeling, sad because while I was trying to make it all alright for them, I lost myself, I

couldn't feel myself, my feelings because I was too busy making everyone else happy so I didn't have to feel the pain of their anger, unhappiness, it was too devastating, too terrifying for me to feel as a child.

I am feeling the grief of losing myself to them and the huge hole and emptiness that is left. I am in so much shock at how deep I am feeling this and all because of this broken tooth and the hole it has left in me.

I think I received some Divine Love.

21 December 2017



As I lay in bed last night I did my usual prayer to Mother and Father. I longed to them for their Divine Love and began to feel a slight and subtle change around me and inside me, like a 'drawing in' feeling and colours began to enter me which I could see with my eyes closed, it was all very beautiful and subtle.

As the colours cleared I saw a vision of a huge amphitheatre full of people all with their arms outstretched to me, most of them were dressed in white but the people in front and centre were in gold, they were my soul group, I am sure of it. I was so surprised and it was so unexpected, it was amazing.

They were so far away from me, like I was floating above them, looking down at them all welcoming me, saying hello to me. It felt so good I didn't want it to end.

It all happened in such a short space of time but I will never forget the vision of my beautiful soul group and the love they were sending to me, it was a truly amazing moment and I want to see them again, I want to feel them again, it was so beautiful to know they are there for me and they are real and I could feel them.

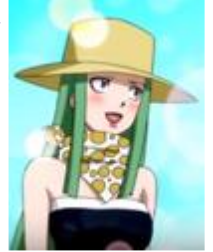
It was incredible after the terrible time I have been going through, I feel so loved by them and the sight of them all reaching out to me will never leave me.

WE ARE NEVER MEANT TO BE ALONE! SOUL PARTNERS become SOUL-GROUPS!

Our soul individualises into two personalities, as a male and female, always. The two soul halves are soul partners. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express throughout our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate.



Soul partners form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate / partner and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.

Mother slapping her child.

1 January 2018

I just watched a woman, a mother slap her daughter around the face on TV, it was in a film as I was switching on the news and flicked the channels I caught it. Instantly I felt it was me and I saw myself being slapped and I was in shock, so much shock that I couldn't get the tears to come out, I couldn't speak, I couldn't sob as I wanted to, I couldn't catch my breath and I feel that shock right now and need to express it so I am writing about how I feel. I am so devastated that it has happened, everything has changed now between us, the lie is shown to me and I don't want to believe it, I don't want to believe I am hated this much. I feel sorry for her, for my mum, she says she didn't mean it but I was too young to understand and all I want to do is shake. I am confused and in such deep shock about what she has done, she can't undo it now, it is all over between us, I don't want to believe it, I wish we could rewind it all like it never happened, I want to die, I want it to be over as I have just experienced the truth.

I feel so dead inside, so hurt to a depth that I never felt before, I have never experienced such shock that has caused me to go into a state of confusion over what has happened, I can't believe she really did that to me. I want to tell her it's all ok, it didn't hurt me, I still love her, I want to hold her and tell her it's ok as I see how devastated she is for hitting me. I don't feel sorry for myself I just feel sorry for mum because she has done something so irreparable, it has all changed now between us, I now have to pretend I am ok so I can make her feel better. I don't care about me I just care about her and her devastation even though I am the victim it is mum I have to attend to.

As I saw this clip it all came flooding back to me how I have had to make sure mum always feels ok and happy, I was born just to do that for both of them, not to be loved but to be there for all of their addictions. Feed them the feelings they both need, be there to make dad feel powerful as he has complete power over me and make mum feel good because she always feels so bad and ill because of her own denial and repression which she hasn't been able to express because dad won't have it. I am there whipping boy, I am there purely for them to do with what they desire just as long as I bow to their injuries, stay the subservient one.

I am now going to speak to Mother and Father about this as I can feel it all

deeper when I speak with them, I am feeling devastated inside as I see how I was manipulated and used and here to satisfy their will. I never had a chance of feeling my pain because they wanted me there purely for their pain and to make them feel better about themselves, more powerful. I have always put everyone else way above myself and it is being shown to me so clearly, why. Because I had to put mum and dad way above myself, I was here for them not for me so I believe I am here for everyone else, not for me. Put them before myself, make everyone else happy and I will be happy as I don't have to feel the wrath of their anger so I do all I can to keep the peace, I have always done it because I was taught to.

I can't believe the shock I am feeling inside of me, its so deep down but it is a child's pain at the hurt of being so unloved and that clip on TV has brought it out of me, I asked Mother and Father to take me deeper into it and it is coming up and I am so sad for the little me and all I had to deny myself of, my feelings, I had to put mums above my feelings aside and tell her it is all ok, I still love you when really I was so confused and shocked about what had happened. I feel in me, right now, the feelings of not wanting to believe it, to say it was all my fault, I drive people to hurting me, it's my fault. This is how they wanted me to feel so they felt better about themselves, I was the bad and naughty one, they made me believe that all my life but I was just a helpless child as they once were too.

I keep repeating myself I know, but I have to, it is such a shock and I need to get it out, shit I am feeling gutted inside, so empty and so Nothing.

Loss of feelings.

5 February 2018

During my illness that I have had recently I began to feel very numb with my feelings and I still have it now and I hate it, where have my feelings gone. I ask Mother and Father to help me feel, help me to get back on it, where have my feelings gone, I just feel numbness like a fog has descended upon me and I can't get to my feelings. I am very frustrated about this, what the fuck has happened to me and my feelings, I have hit a wall in my healing.

I pray and pray to Mother and Father to help me and I don't feel anything from

them, I feel like I have been abandoned by everyone and left in my fog and confusion and it's bloody hard and I am scared, what has happened to my feeling healing. I feel panicky about it all, like something has left me, my feelings have gone, all of my help has gone and no one is hearing me now. I am alone and I feel so weird. I feel abandoned by everyone including my feelings. But this is how it has been for me all my life, abandoned and left to my own devices and I am beginning to see what is happening now. I have to feel this way because this is how it was for me, I asked for help and didn't get it, well, not in the way I needed. All help has been cut off because that is how alone and abandoned I felt and I am only just feeling that now as I write this, of course this has to happen to me so I can feel it. I am feeling how alone I was as a child because that is how I am feeling now and that loneliness made me numb to my feelings as my mind took over trying to find ways of distracting myself from my loneliness. My mind numbed me out to my feelings so I couldn't feel the depths of my loneliness, it put a fog over them, and I am being taken back to that time now as I feel to descend again but I can't get to my feelings.

My mind is doing crazy things right now; it has gone into confusion as I see what it has done to me and how it has numbed me out of feeling all my life.

I can't write any more at the moment, as I am feeling too crazy and confused as the truth comes to me. I feel very unhinged and crazy right now as I have through most of my life but only now, the truth is coming.

No, I have to carry on writing. I don't want to break off and lose the thread of this truth that is coming up. I lived my life being this numb to my feelings and emotions, being cut off from them and this is what I am experiencing now, since my flu illness. How not being able to feel feels, its awful, its desensitising to everything, it's lonely when you can't feel your feelings, you feel like you don't exist, like you are just a watcher in your own life but you can't really feel it, it is what I was looking for all that time, to feel and I couldn't get to them like how I am feeling now but I am getting through to them, breaking through the fog that I felt through my life, especially in my 20's and 30's I was numb, even my skin felt numb, I was numbed out of feeling. I didn't know any truth because I was so numb to my feelings.

I have been feeling how all of that time felt and I have only just got it, I have had to feel the numbness that controlled me for all of those years and get to break through it by feeling it and I am still not completely through it, there is a way to go but the craziness has lifted as I feel the truth of it and I can feel Mother and Father smiling, I can feel them, they are with me. I am feeling amazing and I don't know if anyone reads this or if it makes sense to anyone but it feels so good to have such a huge breakthrough and it is ongoing, there is still so much of it to feel about but at least now I feel I can feel again. I was so scared of being in that feelingless fog but now I see how much I needed it, how lonely a place it was and is for me. I am feeling a little bit freer but I have to say, that really did shit me up to feel so cut off from my feelings but it is also so clever a way to take me back there, all through my feelings. I feel very happy, I love the breakthroughs.

A note from friends:

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, a 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.**

To be of no Love.

9 February 2018

Today a new level of awareness has opened up in me as to how it feels to be of no love. As I realise all I do is to get some feeling of love but its all-false love because it is all gained through addictions. As I have no love in me and if I lose those addictions then I really have nothing at all, no addictions and no love so I will be NOTHING and I will have NOTHING. I have been praying to Mother and Father to help me feel this and all I get is more NOTHING, that is what they want me to feel, how it feels to have no love, it feels hollow, empty and pointless to exist, in fact I don't exist without love, there is no point to life without love.

Where do I go from here I ask them, I get NOTHING but that is their answer to me, I have to stay in the NOTHINGNESS and continue to long for their love and see what happens. This is the Nothingness I was given by my parents and I have to feel it, they gave me empty addictions because they had no love to give me and now I am the same as them. I am scared, very scared because I don't know where this goes.

I feel like shit.

15 February 2018

I feel shit. I feel like I am nothing with no future at all. I feel like I don't want to do anything except sit on my settee in my pink dressing gown that I have been sitting in for two days. I don't want to wash my hair, and it's pretty bad, or do anything other than sit and feel how hopeless I feel.

Inside me stirs a little panic about not having any future, I can feel the stirrings of my mind telling me to do something about it, look for a job, just do something but my feelings over ride my thoughts and tell me I don't want to do that, I can't do that anymore, I have tried. I went to go for job interviews but couldn't get out my front door and broke down crying because I don't want to do that; I physically and spiritually can't do it. I feel so far removed from every day life I can't do it.

At the moment I am going through feelings of just wanting to be in my house and nowhere else, even going to the shops for food is an awful job for me

because I can't make decisions about what to buy. I don't care, I just get the essentials and get home.

I have no lust for life only for my healing, it's all I want to do and that scares me because I don't know what will happen to me and that has always been such a huge fear in me that I don't know what will happen to me in any situation. Never feeling safe or secure and that the bad thing are going to happen to me at any minute and my safety and security will be taken away as it was when Harry died and as it was when I was a child just being dragged along in life never knowing what was happening next. And that is what I want to know, what is going to happen next because I am so scared of the bad thing being the next thing to happen to me, always waiting for it.

Everything revolves around my fear. I have no security and I am scared about what will happen to me, it is constantly with me, this fear that the worst thing will happen to me, a dread that I live with. I am so tired of feeling this way. Was it really this bad for me as a child? Did I really feel this scared? I had to suppressed it all so much and I can see that now, how I just went along with what ever mum and dad decided but I was always scared and couldn't voice it because it would ruin their plans but I never felt safe with them because I never knew what was going on, I never knew the truth so I felt scared all the time. God I am so sick of it all. So sick of feeling so scared and so scared of having to be so responsible for myself when all I want is to be safe but that's not going to happen because for me, its always the bad thing that happens and I am sick of it, sick, sick ,sick of it I could scream I am so fucking sick of it, I feel so angry all I can see is a future of nothing for me with it all going because that is what happens to me, I lose it all, NOTHING. I am so fucking sick of it all.

I have no one to tell how scared and angry I am and without that communication it is hard to express it all fully, I don't feel like I can tell Trevor because he always tries to heal me or change it all for the better and I know that is bullshit and I just get even more angry at him not wanting to just hear me, it is all so hopeless and frustrating. I want to tell him how scared I am but it is pointless because he will just tell me how creative I am and how talented I am and I should put those gifts into practise and make a job out of it all but that is more Bullshit as all of those things I have now seen the truth of and have no interest in doing any of them.

Oh my God I am so frustrated that everyone wants to keep me in denial, I truly have no one and I feel so alone, to have someone to speak to and get an answer from them in the way of encouragement to go on and go deeper, to have that as a face to face conversation instead of being told how gifted and talented I am, to have the acceptance of how I feel instead of the deeper denial because they don't want to hear me. There is nothing and no one for me, I am alone.

Scared of everything.

22 February 2018

Today, I feel scared of every one, even too scared to go out in the car and do what I need to do. I am too scared to drive, I don't feel safe, and that is it, I don't feel safe, I feel like everyone's going to attack me and hurt me, beat me up and I am terrified of the pain I am going to feel. I have always been so scared of people, as a child I was terrified of the popular kids in school they were so confident and that terrifies me. They were loud and clever and had followers that wanted to be like them, shit, I wanted to be like them. Why was I born so scared of everything? I am and always have been disabled; I should have been born physically disabled because the way I feel inside is more crippled than any physically disabled person.

I was always so scared of anyone helping me as a child, I didn't want anyone near me or to touch me, especially not mum and dad, I was terrified of being helped and mum and dad have always brought it up, "You never let us help you, you have always pushed us away" they said they are hurt by it, my rejection of them. I just can't have them touch me or anyone help me, I have to protect myself from them and everyone because they will cause me more pain. As I wrote that the vision of mum trying to help me get a plaster off when I was young, I tried myself and as I eased it off it hurt so much, then she came and told me to just rip it off quickly and I should let her do it, as she came at me to do it against my will. I pulled away from her, I can't trust my mum, the only one I have, to not hurt me and I feel like that about every one, and I won't let anyone help me. Even Trevor says it to me, that I won't accept help, but I can't trust them. What are they going to do to me?

I don't trust anyone because I couldn't trust my parents not to hurt me. I have to

protect myself from them and everyone and it makes me want to hide away from everyone and not have anyone help me because they will hurt me more, it's not helping me it's hurting me. My parents hurt me then expect me to trust them and let them help me, no, I can't do that, I am too scared of what they might do to me, what any one might do to me if I let them help me.

The more I feel about it, the more I feel how crippled I am inside by this. It has made me become a recluse, so alone emotionally because I can't trust people when they say they want to help me. I shy away from them; I don't want to be helped because you might hurt me more. I am safer on my own, I can't trust anyone and that is a lonely life. My parents have made me a lonely person because I couldn't trust them so I can't trust anyone to help me, I am scared of the pain they will cause me and all I want to do is protect myself by keeping them away.

Terror is the pinnacle of fear – breath !



Such a waste and how that makes me feel.

1 March 2018

I put out some bird seed earlier this morning and I put it on top of the two wheelie bins I have so it's off the ground because the snow is getting thicker. I just looked out and the snow is beginning to settle on the bird food and I am feeling a deep sadness and grief about this, it is really worrying me that the snow will cover all I have done for the birds and they won't get any food, God I feel angry about this what a fucking waste. The birds won't be able to get to it and it will get all wet and soggy and they won't want it then, they never eat the seed that has gotten wet.

This may seem like a little thing but inside of me it is huge, the feelings are devastating me and I want to cry at it all being such a pointless effort and no one is getting any benefit out of what I have done, the birds will go hungry because the snow is covering all the land and its deep. What a waste, everything I do is so useless and pointless I might have well not bothered at all.

I have this feeling in me a lot about waste, it could be wasting food, throwing out old clothes, not using something to its end. Inside of me I feel that not one bit should be wasted and it is bothering me that I have let this go unfelt for so long. I am physically feeling a weakened energy right now as I feel about it, everything is being drained out of me and I am roasting hot as the anger wells up in me. Help me My Mother and Father, I need your help to get down and into this feeling, to feel the cause of it, I feel so blocked with it, help me break through please.

I just went to look out the window after my prayer and all the food is getting covered in snow and wasted, God how I hate it I am so angry at the waste, any waste, all waste, does no one want it, can't anyone use it, it must be of use to someone. Its so frustrating that things are just thrown away without a thought of how it could be used all such a waste, to be thrown in the bin and never seen again, just forgotten about, denied and rejected like how I feel inside and it is such a waste of life of being not to be wanted and loved and cared for, does no one want to care for the waste and use it and care about it at all, I feel deeply devastated about this and I want to cry at how disregarded waste is. No one cares about it, me.

Maybe someone could use it and it might be of use and really help someone, whatever it is that is being wasted, don't throw it out, it might come in handy, I can feel myself feeling every time I see waste. I want everything to be wanted by someone and put to good use so it is then loved and cared about. It might give someone a good feeling and if it is thrown out then that is a good feeling thrown out and it would never have been known how good it can make someone feel, it might be of use and to throw it out is so devastating, its like just being snuffed out, extinguished without a care or thought or feeling for it. I feel sad for all waste and I want it to be wanted, all waste, rubbish is ME, it's me being wasted, disregarded, not wanted, not cared about, not of any use, rejected. Well, I might have been aborted and thrown in the bin with all the other unwanted children, all such a huge waste of love never being experienced.

I looked it up WASTE, in the dictionary and here is what it said:

WASTE

1. (tr) to use, consume, or expend thoughtlessly, carelessly, or to no avail
2. (tr) to fail to take advantage of: to waste an opportunity.
3. (Medicine) to lose or cause to lose bodily strength, health, etc
4. to exhaust or become exhausted
5. (tr) to ravage
6. (tr) informal to murder or kill: I want that guy wasted by tomorrow.
7. the act of wasting or state of being wasted
8. a failure to take advantage of something
9. anything unused or not used to full advantage
10. anything or anyone rejected as useless, worthless, or in excess of what is required
11. garbage, rubbish, or trash
12. (Physical Geography) (usually plural) a land or region that is wild or uncultivated
13. (Physical Geography) obsolete a land or region that is devastated or ruined
14. (Physiology) physiol
 - a. the useless products of metabolism
 - b. indigestible food residue

15. (Physical Geography) disintegrated rock material resulting from erosion
16. (Law) law reduction in the value of an estate caused by act or neglect, esp by a life-tenant
17. rejected as useless, unwanted, or worthless
18. produced in excess of what is required
19. not cultivated, inhabited, or productive: waste land.
20. (Physiology)
 - a. of or denoting the useless products of metabolism
 - b. of or denoting indigestible food residue
21. destroyed, devastated, or ruined
22. designed to contain or convey waste products
23. lay waste to devastate or destroy

Every bit of that is how I feel inside and its such a waste not to be wanted, loved and cared for and I understand now why waste bothers me so much. It's a reflection of me and how I feel A WASTE, a wasted opportunity, 50 years of being thrown in the bin, not used to the max to my full potential but not used at all, wasted. I use everything till it's finished, I don't want to waste anything because I feel so bad like I am missing out on something if I don't use it all or eat it all.

I am missing out on a feeling and I am left empty inside because I have disregarded it so unlovingly, so unappreciatively so without care and it is all me being left out, missed out, forgotten and rejected and thrown away because that is how I feel inside so I feel it about all waste, I feel I am wasted and it HURTS not to be wanted, its a waste of Love so I try to find a use for everything because I don't want it to feel like me, unwanted, uncared about, unloved and I am putting those feelings in me onto everything that is not wanted, I want it, surely it will come in useful at some point and it will give me a good feeling when I find a use for it, it will then be useful and we will all love it because it is so useful and wanted and that is all I wanted to be, of use and wanted but its not so good to only be wanted if you are of some use to someone and I wasn't.

Now I have the error of having to be of use like the rubbish and waste, I try and find a use for it but I am trying to find a use for me so I am wanted and loved, oh wow, yes that is it, that is what is happening here, its all me. Its all how I believe

I have to be of use to someone then I will be loved and that is how it always was as a child, I had to be of use and doing things for mum and dad otherwise I was a waste, of no use to anyone, pointless and useless, and meaningless with no purpose which is how I am feeling right now in my life. I feel like I have to have a purpose, to be of use and it is worrying me that I have no plan in life and I am feeling useless because for the first time I am of no use to anyone only myself in doing my healing.

I am only of use to myself and I have been taught to be of use to everyone else first and that has all changed now. It is just about me and my healing, that is all I have been left with in life, I have nothing else and I am feeling like a waste of space and everyone will be judging me like mum and dad did if I wasn't being productive, I am a waste to them but not to me, I am being very productive by healing myself and bringing my whole life back to me and my feelings because everything else is a waste of my time it all being in the evil and negative so it has had to go and I am just left with my feelings.

Everything else that I was doing was a waste because it was all evil and I gave it all so much importance even all that I am afraid of wasting, it is all evil and in the negative and not needed by me at all as all I need is my feelings and me. I don't need any of those things just the feelings they give me, so I do kind of need them because they make me feel but that is all I need, my feelings. I don't need to be productive anymore I just need to feel.

I have hit a huge confusion and have gone into breakdown mode because I don't understand where I am going with this but I know it is important and will just go with my confusion for now because it is a huge wall that is in front of me and I can't go any further, shit I am so confused, what the fuck was I talking about, its all gone and all I have is a huge white fog of confusion so now I am feeling insane and fucked and will have to leave it there and go and feel and ask My Mother and Father to help me I feel like I am a completely wasted opportunity.

4 minutes later

My Mother and Father have just told me how simple it is, I want to control it all, do something with it all, find a home for the waste and make sure it is wanted. I

want to control it all so it doesn't feel how I feel unloved and without any power to do anything about it, powerless and controlling it gives me purpose and power.

In 4 minutes of asking God I have my answer.

It's all because I feel so POWERLESS being a waste makes me feel powerless, having no purpose makes me feel POWERLESS, the snow covering the bird seed makes me feel POWERLESS and I want to go and do something about it, control it and make it all happen my way. I want control and Power. That is a truth; I feel that more clearly than anything, it's a truth. Waste makes me feel POWERLESS because I don't know what to do with it to make it wanted as I didn't know what to do to make me wanted so I would use my mind to think things up to be wanted by mum and dad. I get it, YES I get it and I can feel that I get it and it feels wonderful to know that as a Truth and understand it, asking for my Mother and Father's help works and its amazing when the truth comes. They are really there for me and I feel them.

POWERLESS

Sudden terrible bad feelings.

4 May 2018

More fear and terror coming up! I am so scared to do anything, I went out yesterday for Trevor's 58th Birthday, just a little lunch and I suddenly came over terribly in the pub where we went for lunch, I couldn't eat anything so Faye and Trevor carried on while I sat in the loo for a while expressing myself and fucking freaking out with fear and feeling so ill, like I was going to die and I was so unsafe out here, not in my home, my safe place. I haven't felt this terrible when I am out in a long time but it all came back, just how bad I used to feel and why I stopped going out so its come back for me to heal.

I am meant to be going to London today with my son, if he doesn't have to work. He asked me to go with him and I said yes but I am shitting myself because at the moment I feel ok, scared but not ill but I know when I get to London I will be in a state. I am so scared to do anything or go anywhere in fear of what might happen to me, I have been the same all my life but been so embarrassed about it and having anyone know, its so fucking humiliating to be so scared and go into a full blown panic attack because you don't feel safe, I have lived with it all my life.

All the thoughts go through my head like, what if I don't feel well, like yesterday! What if I collapse or pass out in public! What if I can't get to somewhere safe, somewhere I can hide! So many what if's. It's a minefield out there for me and all of this fear is coming back for me to feel after having been able to deal with it for quite a while now but that has all been with my mind, suppressing it, now it has to be accepted and expressed where ever I am.

My son knows that I am healing myself and what I go through to do that so it is good that I can tell him blow by blow how I am feeling and he will understand but I think it will still be a shock for him, anyone to experience the depth of terror I feel when I go out. I have suppressed this fear for so long, controlled it with my mind with avoidance tactics and other ways of denying it is in me.

I can feel the fear growing in me as the time gets closer to having to go to London, I want to go but I am also so terrified of how I will feel, I am so scared of feeling the overwhelming drowning feeling of fear and the panic of not being able to escape it, run from it or get away from it, it has me trapped with it, I can't

separate myself from it because it is with me, in me and it is so hard to accept it and allow it to come and take me over, shit I am scared.

All these thoughts and feelings run through my head, I might feel ill, I might feel dizzy, I might feel like collapsing, I might not be able to cope. Where am I going to escape to when I am in such a public place? I will feel so scared of not being able to get home quickly, to my safe place where I can go back into hiding and be safe, I need to be near home so I can get back quickly if I need to. Its not safe for me out there, I need to be at home with mum and dad where I am safe, they taught me that I am not safe without them being with me, I can remember this being said to me as a child by them and it is still in me.

It is going out without them that I am scared of; they told me it wasn't safe to go out alone. Home was where they were and I was only safe with them, it is making sense now why I feel so scared going away from home because I was only safe with them and I felt unsafe without them even now as an adult I can feel the childhood fears they put into me for my own good. Not to go out alone, not to go to far from home, to stay on the estate, if my friend went home I was to come straight home, not to go out in the dark, there are bad people about who will jump out at me or rape me or take me away and I will never see mum and dad again.

Shit its all coming back to me and I am asking God to help me know the truth of this, that prayer to them is always being said in the background, for them to help me know the truth of how it was with mum and dad, it kind or plays out at the same time as my expressing. It's a constant longing in me to know the truth with their help, it all works if I do it that way, I get the memories coming back to me and get to feel the truth.

Another memory has come to me of being ill when we were out and mum panicking and saying "Just get her home, she is ill" like that is the only place that I will feel better and be safe, I just have to get myself home as quickly as I can and that is how I feel, its all a panic to get safe and get home, oh my god its all so fucked up as I see more of how it was for me as a child and how those subtle ways that mum had with me, stayed inside me and formed my fear and panic that I was only safe at home, with them and those cords I can see going from

them to me and from me to them, they made me need them so much and made me know that I was not safe without them in this world and I have been scared of going anywhere and doing anything in this world without them, because without them I am not safe.

What does that mean to me, not to be safe without them, it feels like without them I will DIE! And that is how the panic that consumes me feels, like I will die at any moment without them, I feel like I just can't do it, I can't venture out without them because they have told me I am not safe without them and I am only safe at home, so I am limited to my house for my safety, actually I don't even feel safe in my house, it would have to be THEIR HOUSE WITH THEM. That is the only place I am safe, shit they have me. I am their prisoner, they completely have me caught and I have only just realised how bad this is. I am only safe with them in their house, not in my own, I have to be with them, in their control so they can know everything I am doing so I can be safe, never leaving their sides and I don't ever leave their sides because I can see the cords flowing between us, they still have me and I feel like giving up now, it is no use, I can't escape from them. It is them I am terrified of and I have to give in to that because that fear is still in me until I feel my way through it all.

I have just entered a state of confusion, a fog, I don't know what has just happened to me but something has and I am in deep confusion so I will have to end it there and sit with this as I feel like it is all over for me, that is the feeling I am getting. A flatness inside of me, a stopping, giving it all up as I know they have me, I am caught like a fish in their net. The confusion is, I can't escape, there is nowhere to go or run to and I know it sounds weird but I feel quite calm as I give up.



Virus is our parents taking our will.

15 May 2018

I was just listening to a scientist talk about a new cure for the common cold and he was talking about the process of how a virus infects our cells and it caught my attention to being exactly the same as how our parents infect us, I found it amazing, its just the same as what I have been healing when I get a cold, the infection of my parents and also me being an infection to them.

He said "Virus's grab onto our cells, penetrate them and infect them so that they can replicate themselves and build their structure within that cell so they consume the cell and take it over and then move on to the next cell." Shit and wow that is just what our parents do to us, they are the virus and we are the cell being consumed by our parents and taking over us completely then when their work is done on us they move on to the next child, their infection being well and truly in us and we can't get rid of the virus that is our parents until we heal ourselves and our parents out of us.

HOW A VIRUS INFECTS US

1. A virus particle attaches to a host cell. (Upon our conception being the moment when our parents, who are the virus and we are the host cell, begin damaging us.)
2. The particle releases its genetic instructions into the host cell. (Our parents pouring their denied and repressed feelings into us as children at conception, all of their genetic injuries poured into us as children, we are infected and the work on us begins, there is no escape for any child, all will be infected by the host virus.)
3. The injected genetic material recruits the host cell's enzymes. (Our parents genetic injuries take us over and we start living them as if they are true. We are now living our parents' untruth as if it is true, we believe it all.)
4. The enzymes make parts for more new virus particles. (We live and create our lives based upon this untruth and make new parts of us which are our children so we can carry on the infection in them and continue the virus into the

future generations.)

5. The new particles assemble the parts into new viruses. (We make sure our genetic virus is passed on to our children, a new little virus we have created to carry on our work, infection.)

6. The new particles break free from the host cell. (We can only break free once we begin our soul Feeling Healing, once we accept, express and find the truth of our feelings, other than that we are living our lives in a constant state of untruth pretending we are well and ok when truly the virus never leaves us until we become aware of our healing and begin it.

When I have done my feeling healing and when I have a virus or cold I have expressed my feelings and they have amounted to this. Me being infected by my parents, my will being taken by them and me being controlled and completely powerless to their infection of me, that infection is in me and has been from conception and has been the basis of everything I have done just like the common cold or virus and the way it grabs hold of us and replicates itself in our cells against our will. I don't want this cold or virus, it is pushing itself on me against my will, it is taking me over completely and beating me into submission of its will until I can't move or do anything I want to do.

I am amazed yet again how wonderful it all is when we do our healing, that everything is put in place for us to know the truth, this information that I caught whilst I was writing this morning, has proved that yet again. The common cold or a virus is telling us the truth of how it was for us as children; everything is doing that for us if we are aware of it. It's so amazing to me.

Back pain expression.

14 June 2018

Its 3am and I am up with terrible back pain, I feel awful. I can't move properly in fear of making it worse, one wrong move and it feels like it will lock up completely and even to breathe is agony. I am so scared of it, so scared to do anything to make it worse and already I am feeling this is how I feel about my dad. This pain is my dad and I am terrified of him and making him angry so I am locked up in fear, too scared to make a move in case I anger him.

The pain is right across the lower middle of my back and the pain feels like it wants to separate from me and I know that doesn't make much sense to read it but it is the feeling it gives me, it's so severe if I move, that it feels like my muscles are separating from my skeleton, coming apart. I am so scared of it.

I was laying in bed too afraid to roll over or move because I could feel the threat of more pain and if I just stayed perfectly still I would be ok, I wouldn't anger it, like the pain wouldn't notice me and this is all how I felt with dad as a child, this pain is my dad and me trying to keep it happy by not moving or doing anything. It is me trying to not exist to my dad so he doesn't notice I am there. I didn't want to exist to him, it would be better if I didn't then I wouldn't have to make him angry and feel the fear.

I have to keep coming back to the pain in my back and moving slightly to feel the pain more deeply so I can express the feelings it is giving me, I now want the pain because it is helping me to connect to the fear of existing to my dad and how I wished I didn't. I want to stand up now but I am scared to because it feels like my back will separate from me and drop to the floor, that is how it feels, like my muscles shift downwards and the pain is so bad that I can't breathe and I am scared of moving and having to feel that pain. I am now feeling a burning sensation in my lower back muscles as I speak about it and the pain is moving down to my bum. It is like I have two huge lumps of suppressed feelings either side of my back, like I am carrying them there under my skin all collected there and they can't move.

I am going to get up and walk around.....

That felt ok, heavy and the lumps feel like they are still there but better. I have been expressing this to God while I was in bed so I have been healing it for a while and I think it is working as I express it further, I am not just writing it I am speaking it then typing, getting it out of me so I can hear it. The pain is definitely changing and shifting but I am scared to speak too soon, I am going back to bed now and I feel a bit scared to lay down in case it comes back but I will just have to keep expressing the pain and what feelings it gives me to reveal more truth, that's the beauty of it, I get to know more about myself, more truth of how I feel and I love that feeling when I have connected to truth, I just know it, it is like a switch in me that lights me up inside and says "Yes, this is it, this is the truth". The feeling is so spot on for me and I love it when it happens.

Leave me alone.

15 June 2018

Oh my God, I am so fucked of and I need to have a rant. I just sat outside to feel the sun in peace and my neighbour comes out and catches me and instantly, as soon as I saw her my whole soul slumped with dread, I don't want to be seen, leave me alone, can't you see I just want to be alone. All she had to say was hello, or nothing at all, I don't care but she came up to the fence and began her droning on about this pain and that problem and I was showing how disinterested I was but she didn't take the hint.

Why can't I just say, sorry I'm not interested, I just want to be alone? I can't do it. I can't be true to her about how I feel, I can't hurt her feelings, she is mum and dad and I have to listen to all of their droning on at me when I don't want to hear it but I have to sit and pay attention and look like I care. All I want to do is scream "For fuck sake FUCK OFF and leave me alone, can't you see I am wanting to be alone". They demand I take notice of them and listen and respond because they need to be listened to because they were so disrespected by their parents, now I have to do all of the listening and pretend I want to, I DONT!!!

I feel such a failure, such a fraud, so pathetic that I can't be true to her and say what I feel, just say "I am not interested and I just want to be alone". She would take it to heart and hate me for ever and I can't do that to her, to mum and dad. Shit I feel like I have got nowhere in my healing, I am still the useless pathetic wimp that I always was. I still can't stand up for myself and my neighbour has shown me that today. I was just hoping she would get the message and not go on but she went on and on and I never got my peace or to enjoy the sun because as soon as she had done with me the clouds came over and it went grey so fuck her.

I feel totally flat now, useless and disrespected, of no regard to anyone, not thought of at all and not cared about just as long as I am there for everyone to sound off on, I don't think they even see me. Shit I want to cry I feel so invisible and unimportant to everyone. Just there for their needs, Fuck it what about me!!

My neighbour has shown me the truth of how it was for me with mum and dad, they had no regard for me and my feelings, no respect of my privacy, I was

nothing to them, existing not for myself but for them alone. Everyone can do what they want with me, use me completely and I am not allowed to moan about it, I have to put up with it all. I am not allowed to say how unfair it is and what about me, they wouldn't be interested. My neighbour would never want to hear about my shit just as mum and dad didn't, I had to keep it all to myself going round and round in my mind with rage and fury about not being considered, heard or seen. Fuck them all.

I am so angry at them and at me at being so pathetic still, not being able to say how I feel in fear of upsetting my neighbour but it is ok to upset me, yes, anyone can upset me its fine, that is what I was born for, to lay all of your shit on me and I have to take it all without any moaning. What a useless life, I feel so set back by this, I actually caught myself being how I was with mum and dad, just being nice and polite and inside feeling the total opposite, please fuck off and leave me alone. Shit, shit, shit I am still so useless, they are still so in me telling me to be polite and suck it all up, listen to everyone and be there for them, it is rude to show disinterest, you will hurt the other person's feelings, show interest Sam. Fuck it, I feel there is no way out of this for me, they are so inside of me I want to claw them out, rip myself open and claw them out of me, I feel possessed by them, I am living my life through them being inside me possessing everything that I do, taking it over and controlling it through me, their host. Oh my God, "Where am I" in all of this, I don't feel like I play any part in my own life it is all them, making all of my decisions based upon their errors put into me and it is driving me crazy.

I feel so set back today since my conversation with my neighbour, like I have got nowhere but I have understood deeper how I am them and all they want me to be in every instant them, them, them, them, NOT ME. Oh fuck, I wish I could be different and not so pathetic, I feel so useless. I can only be the useless and pathetic creation of my parents no matter how much I hate it I am that and nothing else and I can't try to be anything else, I am trapped in them so I have to be that, I can't fight it so I will just have to be it and feel my way through it all and how much I hate it. I can only give in to it and submit to being them and it makes me feel so sad, so weak and so powerless to see the truth of how pathetic I am and how much they have me under their control.

Nothing in common with myself.

16 June 2018

Today, I don't know who I am, I feel like I am meeting a person that I have nothing in common with.

Over night I had some changes happen to me and I woke up very early and went through the house and packed up all my cloths and bits and pieces around the house that I could not see any purpose for. I took them to the charity shop as soon as they opened and I couldn't wait to get them out of my house and away from me, I hated them. As the day has gone on I feel strange and I don't know myself, something in me has changed and I feel so hollow inside as more things leave me of who I used to be. I no longer feel like I used to and need to get rid of the things I used to love, I want them out and as far away from me as they can get.

I am in the middle of something changing in me as boredom has been with me all day because I have no connection to anything I would have done as Sam, that name no longer even feels right, it is not me, I don't know who I am. All I can do is feel this time out. Constantly feeling how strange I am feeling. I feel like I am shedding a skin. I no longer feel like Sam, I don't know who I am as I get rid of more of my things, I want it all out. None of it is right. Everything is tainted with the approval of my parents, I bought it all for them and that, I am now aware of, they bought it all through me and I hate it all, it all has to go. I feel like I am slipping away and I don't know who I am when I am not Sam, the girl my parents created but it feels like she is dying and it feels like I am coming out of a fantasy, a dream and emerging into reality as I clear more and more stuff, more and more feelings.



Investment in the façade.

**I believe my damaged self is the real self.
Lack of faith.
Will I be loved.**

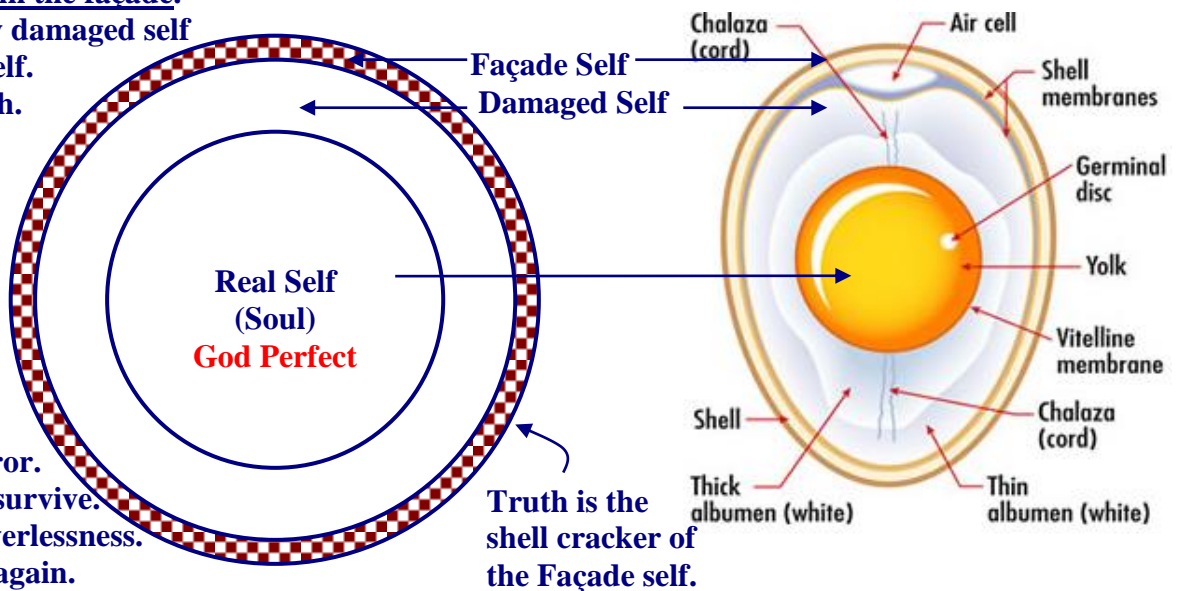
Façade is a mask.

**FEAR:
Scope of error.
We cannot survive.
Fear of powerlessness.
Being hurt again.
Afraid of the hurt.
Fear of judgment and pain.
Anger rises covering fear.**

We want to manage and control pain from feeling pain.

Fear of am I going crazy? – judgment of self.

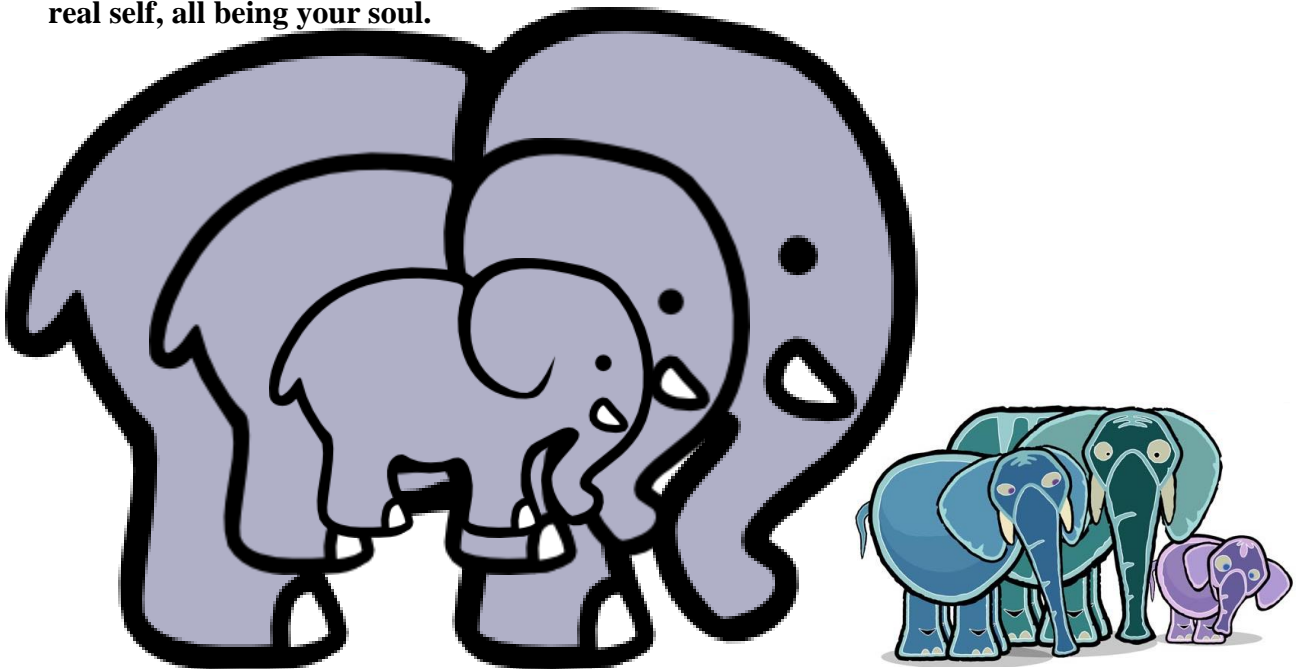
Anger is about maintaining the façade.



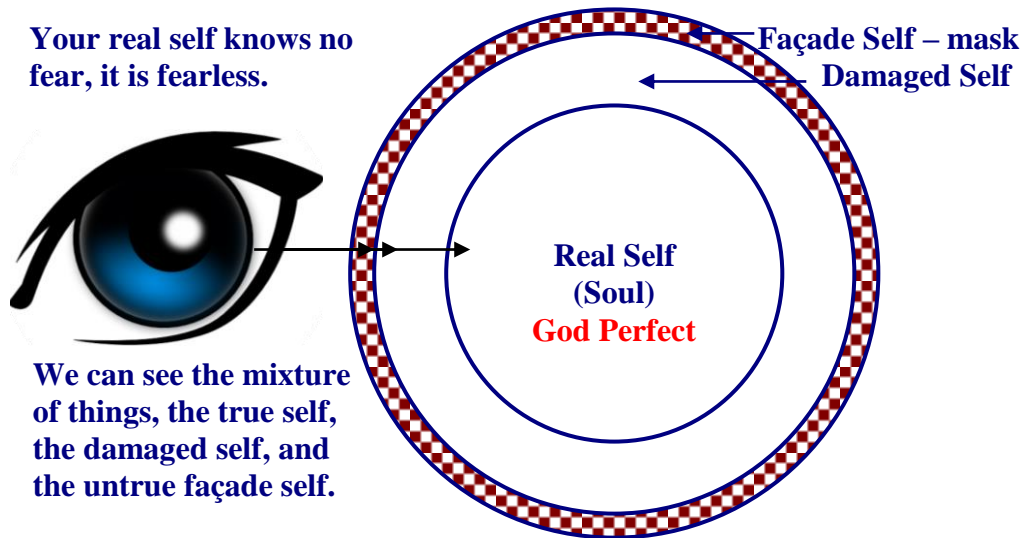
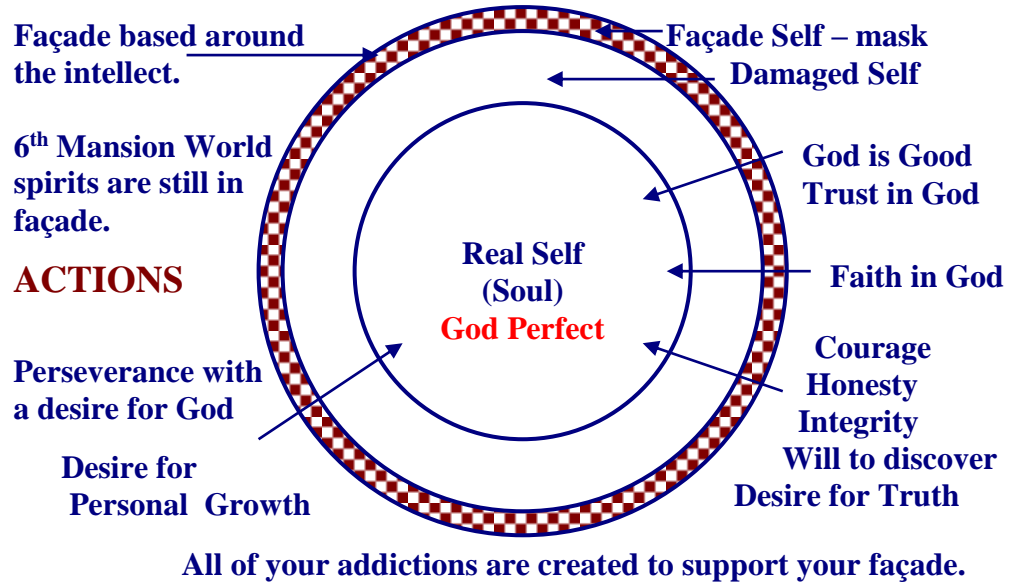
Truth is the shell cracker of the Façade self.

We are not being very logical by how much façade we are carrying around. We want this hard part, the shell, to remain intact, so we don't have to access the rest, the damaged self.

Your façade self, then your damaged self, and then your real self, all being your soul.



Once you have dealt with your façade, it is very easy to feel your damaged self and release it.



Once you get through the façade, which is the hardest, it is the thing that takes the longest time because it is the most resistive. We are most resistive to one particular thing, and that is TRUTH. Because we are resistive to the truth, this shell is a hard shell that we tap on, but not hard enough in order to break it. It is only the truth that allows us to break the shell. Once we go through that, we will feel the damage to our selves, and often feel the real self even under that damage, and you will go wow, I am not even like that, this is not my real nature. This real self fears nothing. The real self that God created does not know fear, only knowing true love.

VERTIGO

21 July 2018

I want to write about this feeling, shit, it's been an awful time for me going through this, so tough and hard to feel while your whole world is spinning out of control.

I am scared all the time, while I am in it; and when I am not because I fear it coming back at any time no matter where I am. I need to write about it and get it out of me, all the feelings it makes me feel.



Dread, an awful feeling of dread inside of me, that this awful thing is coming for me at any time, day or night, as I have been waking up with it too, as soon as I lift my head the room spins and it throws me into panic and having to hold on to what ever I can or I am going over.

Helplessness because I have no control over my body, I can't do anything, I can't even get to the loo on my own and once I am on it the whole room is moving and I am terrified.

Hopelessness, I feel that I will never get out of this, I am trapped in this awful state and there is no hope for me, I have to resign myself to the fact that this is it for me, I feel so hopeless and that I have been given a huge crash course in the accumulation of my denied feelings, all jumbled up in one hit and thrown at me to feel, its huge. I feel so lost and hopeless, I want it to go away and leave me alone, I want some peace, I am tired and worn out now, I have no more energy in me to fight this. It is all hopeless and I am feeling the lowest I have felt in a very long time and it brings back the feelings I used to have of being so hopeless with no way out, no escape.

I have no control over my body, all control is being stripped away from me in such a cruel way and I feel I have been plunged down into my worst terrors, of losing all control over everything. I have nothing left in me. I feel so insecure and out of balance and I am seeing my inner compass with the needle spinning round and round out of all control, this is me, no direction, no guidance and all alone to make all of the decisions myself and I am scared of that, I want help, its too much for me to do alone, I am spinning out of control with the crushing fear

of doing this on my own, changing, not knowing what I am changing into, or who. Who am I, I don't know and that scares me. The more I heal the more of the old me I am losing, the more afraid I am becoming, what is going to happen to me??

I am feeling shock, panic, shit, I am feeling every bad feeling I have ever had and denied, it is all coming at me and I am overwhelmed by it all, crushed, spinning, and falling. I am scared to drive to go out in case it happens to me in public and I will be alone and so humiliated to then have people see me like that, helping me as I cling to the walls. All so crushing, so weak, so POWERLESS, a shell of a person who is devastated. I see others and I want to be them, why can't I be well like them but of course I know they are not well but they are not feeling as terrible as I am in their denial of all of their feelings, I am no longer denying them so I am feeling them and this is all a part of my healing and what I need to feel to heal, I know that but it is the worst for me as I look at everyone else and they are not suffering as I am, its so bad and I feel like I will never get out of it, I feel like I am in Hell, like I am being punished for all the wrong that I have done and this is the consequence of that and all I can do is to feel my way through it.

I'm not faking being sick. I'm actually faking being well!



This is all the disrespect, self hatred, self loathing, loss and every thing else taking me over as I feel so many awful feelings attached to it, it really is my monster under the bed that has finally caught up with me, shit, shit, shit I am so scared. I am so swamped by this feeling it controls everything I do, my whole life, is this really how bad it was for me as a child? Have I really denied this much pain? YES, fucking YES, my feelings are telling me the truth of how it was for me and I was this fucking scared in my "loving" family that I believed was so perfect. This is a complete turn around in my beliefs and my feelings are telling me how I really felt, spinning out of control constantly – Powerless.

I am feeling the loss of stability I felt as a child and I can feel the child in me saying yes, I lost all stability because I had lost my dad emotionally from birth, no, conception, he wasn't present for me so one half of me was dead and the

other half of me was carrying that weight pretending it could cope, was tough, was ok, was strong but it was all lies, all denial of the truth of how unstable I was without the love I needed to make me truly strong and powerful because of the truth of feeling loved equally by mum and dad. I felt some love from mum but none from dad, how can anyone feel stable like that, how can anyone feel like they exist when love is not present. The love I needed from mum and dad was not there for me so I have no direction, no stability, no security, no safety, no consistency in my life so no wonder I am feeling like I am spinning out of control, my inner compass has been fucked right from conception, I had no chance.

All I can do is continue to feel my way through this scary time of uncertainty with my Vertigo, and it is MINE, all MINE and although I am terrified of the feelings it brings, I know they are mine and my tools to help me heal but even saying all that, things I know with my mind, the truth is I am fucking terrified of my own feelings and pain. I am my own Monster all of my denied and suppressed feelings created it into the powerful creature it is today and it is all me, I am scared of mum and dad and me and the shit I have chosen to believe from my mum and dad and I am doing this to myself because I have denied and repressed my feelings from childhood, not to feel them because I never felt I could and it just became natural to not feel my feelings but put them away never knowing what I was doing to myself. I am in a spin because I don't know what truth is, I am confused and lost my way, I don't know anything any more, nothing. What a fuck up!!!

Vertigo is so awful!

21 July 2018

It's a few hours on and I am feeling so much better. I have been doing a lot of shouting and raging and crying it all out of me and I actually feel so much better, understanding that I am terrified of losing control of everything, I am too scared to let it all go, I don't trust that I will be ok and it is all up to me to fix this, that is my belief, that I have to do it on my own and I can't, I don't know how I can and that is what I have been talking to God about, how I can't do it all alone. How I am so scared of what is going to happen to me when all of my security goes. All I can see is my whole life spiralling out of control if I don't do what I should do

and get a job to keep me afloat. You may think that is an easy choice, just go and get a job, but its not, I look at all the jobs and I just can't do it, I can't go back to it all, it would be against everything I feel. I can't physically go through the process of getting back into work now I am healing. Its a weird feeling but my whole being shuts down when I look through the jobs on line, it is not me any more and that doesn't mean I am to good to work now, it just means that I am being led by my feelings and I can't over ride them with my mind to just go and get a job to earn money, I think it would kill me to be in that environment again, there is nothing I can see myself doing, but what do I do??? I don't know and I feel my Vertigo is the physical feeling of how I am feeling emotionally, I feel like I am terrified and I am spinning out of control. I just don't know what direction to go in and my feelings are that I don't want to go back into working so I have to go with them but I am so scared about what will happen to me and for the first time I don't have anyone to look after me, its all down to me. Shit I am so terrified.

VERTIGO Continued.....

22 July 2018

It's the next day and I am feeling so much better now, a few dizzy spells but the spinning has stopped. I am still expressing all I am feeling even down to the wobbly, unbalanced feelings I am experiencing as they are still scary but I am improving greatly. I am asking for the truth constantly to be shown to me of all I feel, I am in constant conversation with God, my Angels and spirit helpers to help me through this, to help me get to the truth of all I am feeling.

Stomach ache feelings.

11 August 2018

I want to tell whoever reads this about a healing experience I have realised within me of late. I have been suffering from really bad stomach problems and recently they have got so bad I have to be close to a loo because I can't hold my food, as soon as I eat I am on the loo and feeling really bad.

I have been a Vegan for about four years now and a vegetarian for most of my life as I hate meat, even as a child I couldn't really eat it, I just couldn't swallow it so going Vegan was easy for me but it did mean cutting out cheese and milk, chocolate and other stuff I loved but contained dairy or animal products so I cut it all out and found nice alternatives but I have noticed that since becoming vegan my stomach problems have been worse and gradually, through my healing of these problems I have realised what I have been doing and that is NOT BEING TRUE!!!

I have been doing it all with my mind when I thought it was how I really felt, I felt I really was doing something good for myself and humanity but my true feelings were saying NOooooooo, we want the crap, we want the bad stuff, we want all the shit you can put into your body. I was not being true to my feelings that were screaming out for the foods that matched my emotions, bad emotions want bad food not good raw pure food, I am not good, raw or pure, its all a lie I am telling myself and I am denying my bad feelings that want to eat what they want which is all the food I have been cutting out.

So this explains to me why my body has been rejecting all of the good food I have been eating, my feelings don't want it. My bad feelings want to meet their match and be fed all they need to comfort them, not good food but bad. And its not even bad food, its just the food that matches the truth of my feelings, my body is not healed enough to digest a vegan diet yet, I am still in the throws of my healing and must stay true to what my feelings want and feel for why I want those sort of comfort foods, what feelings in me want comforting and why and this is all done through my feelings. Eating a vegan diet is not being true to my feelings it is using my mind to be good or be what I believe a good person should be like, a person who wants to contribute to humanity but my feelings have been telling me something else, something like fuck it all and just give us what we

need.

I am still not eating meat because it isn't in me to do that, my feelings don't want it at all so that is easy for me but my feelings want cheese, chocolate and other dairy products and I have now listened to them and introduced these foods to my diet and I am so much better now I am living truer to my feelings and matching how bad I feel with the equivalent in food and at the same time asking Mother and Father to help me find the truth of those feelings that crave that type of food. Feeling the cravings fully and it is dementing just how strong they are, my feelings want and need so much to quieten them and satisfy them to be fulfilled, it is crazy at times and I feel like I can't do it, they are too strong for me and I eat the food and give in, I give my feelings what they want and they don't reject any of it.

All I can do is to be true to how I feel and now I know that I wasn't doing that by being on a full vegan diet, my feelings didn't want it, my mind did and I know that now. Not to force it on me but just slow down and go with how I really feel and be true to that instead of saying no to myself with my mind and feeling so neglected and rejected at having to do without, that is how I was treated as a child but I don't have to do that to myself, I can say YES but at the same time feel through why I want it, what emotions are at the core of all my wants and needs to find the truth.

WHOLE DIFFERENT Way of Life.



I am truly awful.

17 August 2018

More realisations about how awful I am. Unbelievable at how much more is coming up for me to see and I feel that there is no end to my evilness, its like there is nothing I can do about myself but give in to how bad I am, shit it is so hard though.

My daughter bought a new car and she is still learning to drive so she wants me to sit with her as she practices, her test is on the 28th of this month. Oh my God!!!! I am seeing how shit scared I really am, how this situation has brought it all up for me just how scared I am when I am not in control, I am not safe, I am going to die, I am fucked.

I was surprised at what a great driver she is but I still am not in the driving seat and in control and it brought back memories of being a child and seeing mum and dad being so reckless in life and I just had to sit there and go along with it all, it scared the shit out of me that I felt so out of control with them. I have been constantly seeing all the danger that could happen because I am not in control, I am going to die. I felt like this with mum and dad constantly, not having any say in what went on but having to put up with it. They did things that scared me, to an adult it was all fine and good but to a child it was unsafe and scary and anxiety has been pumping through my veins as I sit on the edge of something terrible that could happen because I have no say in it.

A couple of times I grabbed the arm of the car door when I felt unsafe and Faye shouted at me, "That's not going to save you, what do you think grabbing the door is going to do???" She felt so safe but my feelings were going hay wire that I am not safe and I am going to die or she will scrape someone else's car and I will get in trouble, the trouble is so overwhelming to me, I can't cope with it, its going to drown me in a sea of overwhelm if anything goes wrong. It's too big for me to deal with, I can't make it right, I'm not in control, Faye is!!!

I don't yet know what the point is of me writing this, I want to get it out of me how scared I am of being out of control and this situation has brought it all up. First the new car scenario, shit how is she going to pay for it, its going to end up being down to me to sort it all out when it goes tits up. And that brought up

how I felt responsible for mum and dad when it all went tits up when their stupid ventures went wrong, I felt so responsible for them, it was on me to make it right so they didn't have to stress about it, there, there mum and dad, I'll fix it for you and make it all ok again, I was the band aid to their fucked up life and this car stuff has brought so much up for me.

I am so fucking scared and so fucking useless, I just want to hide in a corner and disappear for ever, its all to much. I am useless at being there for anyone, I am useless at being there for myself yet I have such a strong feeling inside to fix it all for everyone, I have to make it all ok so there is no pain for anyone, no pain for me, shit I don't want to feel any pain, yet I am feeling so much, I can't keep it at bay, it is just coming. I am scared of feeling so scared and sitting in the car with Faye is making me feel so scared, I am not in control, I have no power and have to let what ever happens, happen and I have so much resistance to that, I am shit scared of the loss of control, I always have been and even now, sitting here typing this I can feel the anxiety running through my veins at the loss of control. I have got nowhere in my healing, I feel like I am worse than I ever have been as so much fear is coming to get me.

Faye has got this car so I can feel my bad feelings of my lack of control and how it makes me feel, she is triggering every one of them and all I can do is feel them as I sit next to her and let her get angry at me for feeling so scared, she being my parents telling me to stop it, behave, stop being silly, telling me there is nothing to be scared of when I know there is, telling me I can trust her, I can't trust anyone if I am not in control, I can only trust myself, I only have myself, every one else scares me so much, I am terrified of everyone and everything in life and I feel there is no way out, I am swallowed up by it all, crushed out of life by the fear of something bad and awful happening to me if I am not in control and I don't know what to do about it. I can't do anything about it but just let life crush me or kill me if it wants to. I feel so very scared of everything and I never knew I felt so deeply scared until these last few days with Faye and the car.

Expressing how awful I feel.

18 August 2018

I ache all over, I feel so bad and ill. I now realise that I am shit scared of everything in life and I feel like there is no hope for me. My anxiety has ramped up and I haven't felt these feelings for many years but they are still inside me so now they are coming up for me to heal, I had them well hidden away. It all feels so bad but I know they are a good thing, to finally feel them fully and not push them away but just to accept them and feel them and let myself be as terrified and anxious as I feel. I never knew I felt this bad. I am buzzing with anxiety, like it is electricity in my veins, it weird and horrible and I am waiting for an eruption. My vision is like it has never been so sharp, almost seeing beyond seeing, like particles and colour, my taste buds are extra sensitive and my whole body is on alert getting ready for the danger or attack that is coming, my anxiety feels like it is getting me ready for being attacked as all my senses have sharpened and I am pumped full of adrenaline.

I used to feel like this all the time, every day and it was awful to live in such a fight or flight mode of being, but back then I would do all I could to deny it and distract myself from the awful feelings but now I am just to sit in it, I don't want to even move an inch because it will be a distraction, even moving a tiny bit will change the feeling and disrupt it so I sit in silence without any movement and let the feelings crush and swamp me.

This has all come up as a result of Faye and sitting with her as she drives, it has brought up this anxiety from years ago, from my conception as I came into being to unsafe, unreliable parents that scared me, I lived my life as their passenger in their car, they were in control and what ever they did I had to go along with and a lot of it scared me shitless but I had no say. Yes, my latest experience with Faye being a learner driver and me sitting with her in her car has brought it all up for me to feel. I had to do this, I needed to feel all that this situation has brought up for me, its all so perfect that I feel as scared as I do with the loss of control, I had no control as a child and that caused me so much anxiety and even just saying that I had a memory of being a child and going to the doctors with a awful rash on my cheeks and he said it was caused by anxiety, at such a young age, I have always been ravaged by it and now it is coming out all thanks to Faye getting her new car and asking me to sit with her while she drives.

Feeling terrified of teaching my daughter how to drive.

20 August 2018

I am going out with Faye in her car again today, she wants to practice parking and reversing into a parking space, as her test is a week away. How do I feel?? I am shitting myself, literally. I am so scared, dreading it and it's not her driving, it's me and my feelings. It's all about me and the way it makes me feel so I am going with it, sitting and letting myself feel terrified at being so out of control and we are going out every day till her test day so I will have the greatest opportunity to feel all of my fear every day until I no longer feel it.

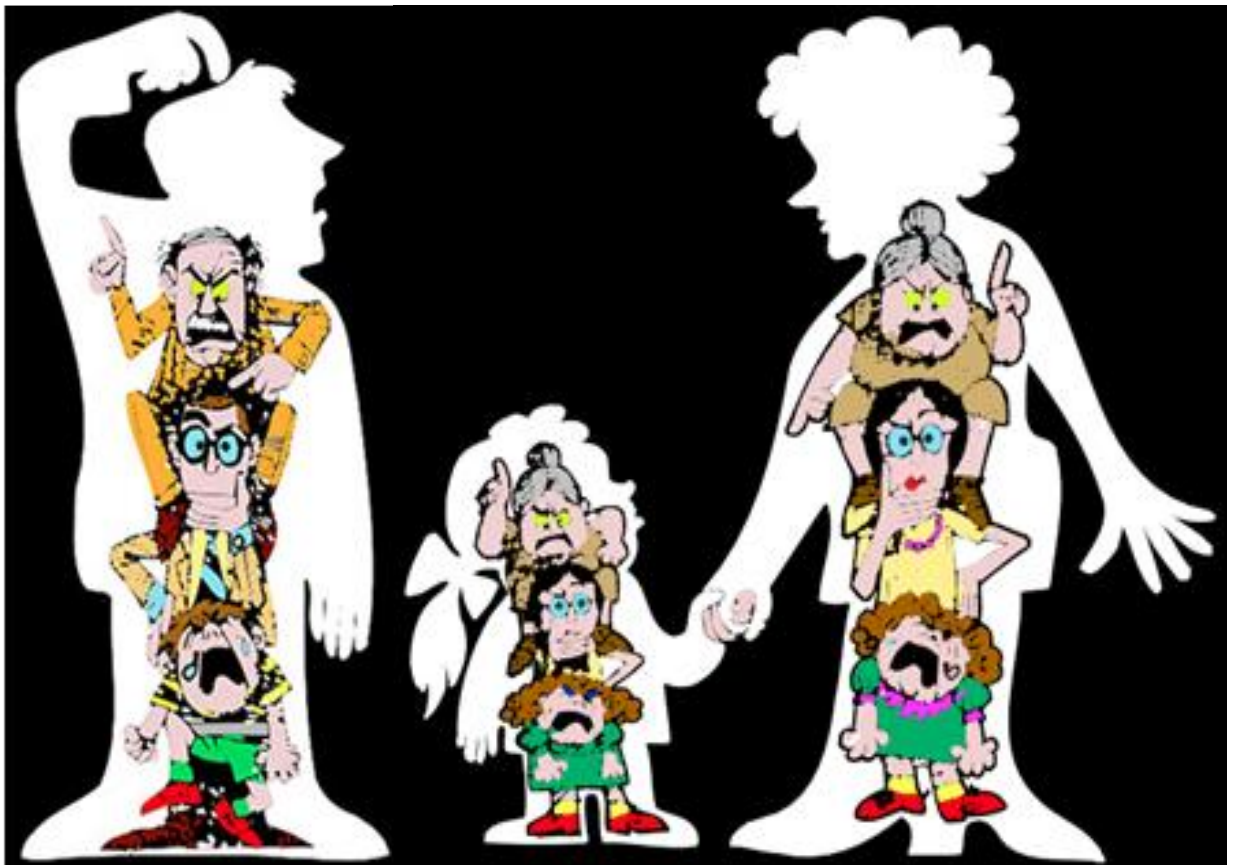
I am not in control of the car, she is. I am totally powerless like I was as a child with my parents, just having to go along with whatever they did, I had no say in it and I wasn't allowed to voice my fears and it's the same with Faye, she tells me off the same as mum and dad did, "Stop it, behave, be quiet, don't be silly, there is nothing to be scared of, what's wrong, why are you making such a fuss, grow up, stop crying, what are you so scared of, you're being stupid, you're upsetting me Sam" and all the other ways I was denied my feelings, Faye is my parents, she is in the drivers seat and I am the scared child being dragged along.

I feel so scared, I can't stop the car, I don't have the dual control the instructor has, I am terrified that something might happen, she might not stop, she might roll back onto someone, she might pull out on someone, oh my God, so much fear of what could happen yet she is so confident and a good driver but I don't have the control any more, she is now in control of me and I am so scared, I feel like the worst thing is going to happen to me, we will crash, I will die, I have no say over what will happen and that is it, right there in those few words, I HAVE NO CONTROL OVER WHAT WILL HAPPEN.

How does that make me feel??? Full of doom, full of fear and terror, anything could happen and I won't be able to stop it. I am pumped full of adrenaline just thinking about it, I am in survival mode and this is how I felt most of my life. Not calm but full of stress in the readiness to fight or flight, to be in control of myself so I can get to safety but not this time, I am trapped, yes, that is it, I AM TRAPPED. I am in a car and I am trapped leaving my life in someone else's hands and I don't feel safe. This is just how I felt with mum and dad, I was in their hands but it was flimsy, like it could all fall apart at any moment, not held

together with any strength or any love to bond it, I never felt grounded in certainty that I was safe and secure with them and now Faye is helping me feel this insecurity and being trapped in a situation I have no control over and am trapped in and it is fucking terrifying to have no control over my life. Someone else has it all, all my power and I am left empty and in their hands so what's the point of having a life when it is not my own, pointless existence living in fear of what is going to happen to me because I have no control over my own life.

I will go out with Faye today and let myself feel all the fear of being trapped and feeling how it felt for me as a child to be so out of control.



The truth of my rejection of my Son.

25 August 2018

My son has returned home after living with his girlfriend and her family for a year. Her dad couldn't deal with another man in the house and wanted complete control over their every move and asked Alex to leave and then never spoke to him or looked at him again. Alex left immediately and came back here where he is sleeping in my lounge. He has been trying to rent a room but keeps getting the same rejection from the landlords because he is a Punk and no one likes the look so they reject him.

This is all such an important event for him and me; I can see the pattern of rejection for me and for him. He is full of anxiety at being so rejected in life and it is showing me how I have rejected him from birth.

I wasn't ready for him, that was all I kept saying when I found out I was pregnant, first rejection. I wasn't looking forward to it and I was terrified about the pain it would cause me, giving birth. I can even remember saying in my labour that I wasn't ready, I was resisting it all the way so I had to have so much intervention to get him out, he came out black and blue at having to be pulled out of me, literally ripped out because of my resistance. I can remember looking at him and just seeing a bruised and battered baby, so rejected by his parents already. I didn't want to breast feed it was too close, too personal and I felt so judged for it in the hospital, like I was some evil mother not wanting to be close to my son who needed me so much. I just couldn't do it. I couldn't bond with him properly and I am feeling so much pain in writing this, so much fear at how I am going to be judged and hated by others reading it but I want to be honest with how it was for me and Alex and by writing it down I can feel it more and more evolves from it all for me.

I went through a selfish life with Alex, wanting my own business's and giving him to his Nan to have during the week then bringing him home at weekends, then I would go out with my friends and leave him with my mum or a child minder, I was doing all I could to escape from motherhood and how trapped it made me feel. All the time I am writing this I am asking to be forgiven, I feel such sorrow for my son at having a mother like me, putting everything else above him and giving him away at any chance I could, constant rejection and at

two his father left and said he wanted nothing to do with Alex and wouldn't see him again. Alex had lost both us, his father physically and me emotionally. He doesn't feel he fits in anywhere in life and it isn't hard to see why.

As he grew I grew to 'Love' him, once the hardest times were over but shit, it was all on my terms, me first and what I wanted just like my mum and dad with me, I was them all over, putting myself first and dragging my son along with whatever I decided, this is evil parenting. I rejected my child from before birth, my true feelings denied and rejected him before he was even born and the rejection just continued from there until this day and I feel the deepest pain for what he is going through now in his life, all to show him the rejection from his own mother and father, he is getting it from everyone else he meets but he is not ready to see the truth of it, I wish he was open to it but it is not yet his time and God will let him know when his time to wake up comes. He doesn't want to hear it from me, he won't listen or take it in what it is all about so I have to shut up and let it all happen until he asks the right questions and all I can do is keep feeling how it all makes me feel, seeing the truth of it through my feelings and asking God to help me see the truth and I am so open to that healing with my true Mother and Father. I repent so much, with every fibre of my being as I see the truth of how I was with my son. How I put myself first, rejecting him as he is now showing me.

I can see all the pain I have caused him in his life when he should have been the only thing in mine. I am glad I feel in so much pain, I have been the cause of his and now I am feeling it all.

Even with him coming back home I am still trying to reject him, looking for somewhere for him to live so he can be out of my house, I am still rejecting him even though he says he wants his own place and he is 24. I still have the feeling in me of wanting him out, rejecting him. It is the same feeling I have always had in me of being trapped by my own children, can't wait to be rid of them, get them off my hands so I can live my life how I want not being a slave to them, I feel as trapped by them as I did with my parents, trapped, having to do what they want me to do, love them look after them, none of it came naturally to me so I pretended so I looked like a good mother. Building a good business so I could give them what they wanted in life but while I was working so hard and doing

all of this I was rejecting them whilst saying it was all for them but that was the bullshit I made myself believe when really it was all for me, so I could escape from them.

Shit it's all so fucking awful, so awful to write this down for all to read, so shameful to be such an evil mother to my children. To finally come clean and say I did it all for me, not them, that was the lie I told myself and every one else. Fuck the business and the money and the good standing in life, it was only them I had to be there for and I FAILED them. I am selfish, I pretended to myself I wanted them and I didn't, I had them and I had to get on with it now and my true feelings were telling me the truth but I denied them because they were so awful and bad and things you shouldn't be thinking if you are a mother. I had to pretend I loved them because it is so wrong not to. It didn't come naturally to me, right from the beginning I had no connection to them and I can see that this has shown me how it truly was with me and my parents, it was just the same, no connection but they pretended there was because no one can tell the truth that they didn't love their children how they needed to be loved, how could I when I wasn't loved how I needed to be loved, I have no idea how to love them or anyone, not a clue, I am fucked.

My son is bringing it all around me and I am surrounded by what I have done to him, I can't escape this time and pretend it all away. I have FAILED him and ruined his life because I didn't know how to love or connect to him and I will have to feel this truth. He is here, back in my home and my life to show me "LOOK MUM, LOOK AT WHAT YOU DID TO ME, YOUR REJECTION OF ME HAS GIVEN ME A LIFE OF REJECTION".

And I am still rejecting him, right now I am still in that rejection trying to find him a home, give him away to someone else as I always did, get rid of him and he is in real pain because he knows it but can't face the truth of the rejection from his own mother. Can't face the brutal truth that he wasn't loved or wanted and it was all just pretend, illusion and I am crying at writing this truth, I feel disgraced and ashamed at this truth, I can't even think of the right words to put to the way I am feeling about myself and the damage I have caused my son. As I looked through the 'rooms for rental' on the computer with him last night, I realised "OH MY GOD SAM, YOU ARE STILL DOING IT, YOU ARE STILL TRYING TO

GET RID OF HIM". I just closed the computer shut and stopped. My son was shocked and had no idea at what was going on. I went upstairs and locked myself in the bathroom in shock as the truth hit me after all of those years, I am still trying to get rid of my son.

What kind of Monster am I? !!!!!!!!!!!

I was happy when he moved out, I felt free just like I felt when I moved out of my home and could leave my dad's control, I was free and it felt the same when Alex moved out, freedom. But that is so wrong to feel that about my child.

I have just realised I have been trying to get rid of my dad, not Alex but my dad and his fear and anger and control, Alex has been him to me. The feeling is the same one, exactly the same. Oh my god, my poor son has had to carry that all these years, me projecting my feelings for my dad on to him, that is why I couldn't connect to him or any man, they are all my dad and I want them out of my life, to stop controlling me and trapping me. For fuck sake, it seems all so obvious and I should have known it and I kind of did but it has only just clicked in as truth. Wow, Wow, Wow!!!

I am trying to get rid of my dad.

I was pushing my dad out of me at my son's birth that is why I resisted giving birth, I didn't want him in my life again, I didn't want to breast feed him/dad, I didn't want to love him/dad, I wanted to push him away because he was my dad to me. I felt trapped and tied to him because he was a male, my dad and all males are my dad, Fuck YES.

I get it now; I see it all so clearly. This is what writing the truth down and asking for God's help does for me, it brings the clarity of the truth to me and now I feel like things will change for us both as I see that gross cord disappear between me and Alex, that cord that carried all of that projection into Alex from me all of that dad, dad, dad stuff I was filling him with and not wanting to be close to him because I had no closeness with my own dad and was repulsed by the thought of it, NO, NO, NO keep it away from me. It had to be the same between me and my son, repelling him and rejecting him constantly so all his life had to do the

same to him, mirroring how he has been treated with me.

I don't know what changes may occur for us now but I feel something huge has shifted in me and between me and Alex, I can feel Father smiling at me and Mother has not been so involved, its been a job for Father and me as it will help with our closeness too. I can feel it will change my relationship with My True Father as well and he is smiling at me now I can feel it. It is going to all change now because I have felt the core, the truth has been revealed and I know God agrees with me and now change can occur.

I am Wowed at what has just happened to me, I can feel God with me, nodding and laughing and rejoicing and celebrating with me at the huge change I am feeling. I can't stop talking about it, it is so amazing that I am feeling all of that past stuff lifting out of me, the dirty blackness of it is leaving me and I want my son to be with me, stay with me and not go anywhere. I want to make a home for him, make him feel wanted and loved and start over again and cry with him and say I am so sorry. I want to be with him always, shit I am crying with the love I feel for him, it is overflowing out of me, I want him so much, my son, my beautiful son, the one I have rejected all my life, I have missed him so much and I am so sorry. I can see why he was always so needy and wanting of me and it now all makes so much sense. I am crying so much all of the keys to my computer have gone blurry and wet.

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.



Somehow, we go on smiling and laughing...



Me and my Son.

27 August 2018

Wow, the change has happened for me and my son. Last night he opened his emails and has received an offer of a room that he viewed, in the house he wanted because they are all artistic and musical people. He never thought he would hear from them again because so many were going for the room but they want him and are excited that he is musical and can join in and be a part of the house in a musical way as well as a house mate. He was surprised and shocked at the offer as he thought it would be too good to be true to ever get the room he wanted after all of the rejection he has had.

In that moment of me really and truly wanting him so much, it seems that everyone else wants him too, even his girlfriend has been extra loving and affectionate towards him, and his boss and workmates have been all so caring, even Sandra, a woman who has been a bitch to him has been asking him if he is ok and offering him toast and jam in the morning when he gets to work. Last night he told me that the boss had him in the office to ask him if he was ok and if there anything he could do to help out if he needs a hand moving, as he knew Alex was in between homes.

It's all changed for both of us I feel good for him now having a place to live in a house he wanted but never thought he would get. Every one is different towards him and he is reconnecting with a best friend of his who called him yesterday out of the blue to say he wanted to get together again and Alex was so pleased as they were childhood friends and drifted when his friend moved in with his girlfriend.

Everyone is now accepting Alex and he can't believe the changes that are occurring, in a few days everything has done a U-turn in his life because I have stopped rejecting him, now everyone has, shit it is like magic that has happened to us and I feel so much love for him, no longer rejecting him and denying my feelings. I got them all out of me, the truth, I accepted how I truly was with Alex, all of the putridness of my rejection of him, I expressed it all to God and they helped me find the truth and now all of that putridness has left me and so much love has been felt from me to Alex and now his whole life is changing before my eyes. I can see it all unfolding for him in such a good way and it hasn't been

good for him since birth because of my unlovingness and rejection of him. Now I accept him lovingly, so is everyone else is and it is just incredible to see the changes happen for him.

It is incredible to see Feeling Healing in action, IT WORKS. It changes everything.

At last something good.

28 August 2018

Faye passed her Driving Test today and Alex got the room he wanted and I got a whole load of feelings expressed out of me and I am so exhausted but happy. A very good healing week for me!

We do everything possible to avoid our Feelings!

We embrace the controlling natures of our mind to fill our day with activities that avoid our inherent truth to arise through our feelings and then having to express them and seek the truth behind them. We submit to imprisonment within our minds and willingly allow our life to roll on in a retarded and aimless manner that we can continue in earnest even when we transition into the spirit mind Mansion Worlds. Everything we may do is to avoid meaningful communication with another person and to distract ourselves from allowing our feelings to bring forth the vibrant and incredible true personality that we are that has been suppressed throughout our early forming years, from conception through to six years of age. Eventually our soul will say enough is enough and we will be confronted with a crash to open ourselves to our feelings and heal our Rebellion.



HOW DOES it FEEL not to be ABLE to RECEIVE MOTHER and FATHER'S DIVINE LOVE!!!!

31 August 2018

It feels empty. A constant emptiness that nothing will fill, none of my addictions satisfy it. I feel frustrated, I feel angry, I feel fucked off at not feeling the Divine Love flow into me when I long for it. I feel left out, I feel forgotten, I feel denied and so rejected by Mother and Father. There must be something so wrong with me not to be able to feel their Love for me, I was built wrong, there is something missing in me not to be able to receive Their Love.

I feel so angry at them for not ramming their Love into me, for god sake just do it but no matter how I want or long for it, it doesn't come to me.

I think I have received it before and it lasted a few days but I didn't know what it was, it felt so beautiful and enlivening to me, I felt refreshed and it flowed in through the top of my head like a shower of multi colours and washed me inside and out, it was so beautiful and for a few days I could call on it and it would come in gushes but I thought I better stop, it might be bad. Even the good feelings I feel bad about, I shouldn't have them so I stopped and that was about eight years ago now and since, NOTHING. I can't feel it now when I long for it and it is so frustrating. All the times I have felt it enter me since have just been contrivances of my mind, willing it with my mind, it doesn't come from my heart, my heart feels numb, it can't muster up a loving feeling, shit I feel dead inside.

If I had felt love from mum and dad, from their heart to mine I would have had a firm basis for Mother and Fathers Love to grow in me, I would know the feeling but I haven't. My parents' love for me was all mind created and I thought this is Love, this is how it is done, with the mind, my heart never had a look in and now I can't open my heart to love, it feels impossible to do. So I have to keep telling Mother and Father how hard done by I feel, how unfair it is that I had such an unloving start in life that I don't know proper Love and how it feels, that I can't receive it or give it only the made up love from my mind, it all being what you are meant to say and feel "oh yes I love you, of course I do" Blah, Blah, Blah bullshit, bollocks empty words with no feelings to back them up, I am hollow, talking hollow empty words all because that is what mum and dad gave to me

and I always thought that was right and ok and there is no more than that, that is love. I haven't even touched on real love yet and I am walking around like a fucking loveless zombie creation of my parents and their ideas of love, fuck them.

Mother and Father, if you are listening to me, if you even give a shit about me, I don't know what to do!!!!

Help me fix this please, help me express all of the pain I feel about how sad and empty a life I am living without your real Love. I feel so forgotten, so in despair of ever receiving your Love, I feel like such a lost cause that I should be forgotten and passed by, not seen or heard by you, I am in the way, a pain, a nuisance to You and I am so sorry for going on again about the same old shit. Yes, its me again, droning on, I am sorry, I feel in Your way when You are busy with other things, sorry to get in Your way with my wants and needs. I know they are not important to You and You are busy, sorry for disturbing You, oh don't worry about me, I am ok I will go away and leave You alone. I am such a pain in the neck to You, I know, sorry.

I am not worthy of Your time, Your attention, Your love, I am in the way. I can't get what I want and need from You so I will have to find other ways to fulfil myself. I can't trust You to give me what I need, I don't trust you God/Mum and Dad. How can I trust You when I don't get the love I need when I ask You for it, it just doesn't come to me, I don't feel it so how can I trust You to help me in any way. Shit that's it, I can't trust You, I couldn't rely or trust my parents so how can I rely on You, God, to help me and love me and keep me safe, I can't.

That's the truth, I don't trust You because I couldn't trust my parents, it's so obvious now. I feel I can only rely on myself to keep me safe because I never had them, I don't trust anyone or anything so I have to control it all so I stay safe because all I have is me, I never felt like I could bother mum and dad so I had to learn to rely on me only to do stuff. Now I can't trust God. I DON'T TRUST YOU GOD, I CAN'T TRUST YOU GOD, YOU ARE NOT THEIR FOR ME JUST AS MUM AND DAD WEREN'T. I WAS AND AM ALONE STILL.

Thank you God for helping me see that truth, that I can't trust you it is too risky to allow that, to put myself in Your hands is to risky because I couldn't put myself in mum and dads hands. I had to learn to be there for myself because they weren't emotionally, they didn't take my wants and needs seriously so I didn't either and I don't think God will either. I don't trust that God will take me seriously and give me what I need, Love.

Now I know the truth, I don't trust God, I don't believe God will look after me and God will hurt me in some way if I put my trust in them, I will not be safe if I do that. That is my belief because that is how I felt with mum and dad, I couldn't trust them with me and my wellbeing. I was just their, hanging on and thinking I was loved but never feeling in my heart and its the same with God, I know God is meant to love me, I know that in my mind because it was the same with mum and dad, but it isn't true for me because I don't feel it in my heart so I can't trust that God does love me because I haven't felt it when I ask for it.

Knowing it in my mind is not good enough for me, that's how it was with mum and dad, I want to feel God's real Love for me, I want to feel how it is meant to feel and know it for sure with my heart because it has been a real heart felt experience for me. The mind leaves only doubt and uncertainty and denial, You can say "oh, of course God loves me or my parents loved me" but that is all denial and mind created stuff because I don't want to feel the truth that is, unless I have had a heart felt experience of feeling the love flow into me, then it remains untrue and unreal for me, I haven't felt it so its not true, its all made up stuff because I am to sad to feel the sad truth that I was and am not loved.

I don't feel loved, I feel impoverished and shrivelled inside because of this lack of love from my parents and from God, it is devastation for me that no matter how I try I can't receive God's Divine Love because I couldn't receive any love from my parents because it just wasn't there, it was all mind created love that they believed was real and was all there was and is to offer and that was that. They couldn't give me real love, they didn't have it in them to give but God does and all I can do is to keep on talking to God about how much I don't trust Them and all the other feelings I am projecting onto Them from how my parents didn't love me.

I DON'T TRUST YOU GOD, I DONT FEEL YOU WILL LOOK AFTER ME, I FEEL IT IS ALL UP TO ME TO DO IT ALL, THERE IS NO HELP FOR ME, I AM ALONE AND HAVE TO JUST GET ON WITH IT. I AM SCARED TO BE SO ALONE AND WITHOUT YOUR HELP AND CARE, I FEEL LIKE I CAN'T SURVIVE WITHOUT YOU BUT I CAN'T TRUST YOU TO HELP ME, YOU MIGHT LET ME DOWN, NOT BE THERE FOR ME AND I HAVE TO PICK UP THE PIECES FOR MYSELF AND DO IT ALL ALONE. I DON'T FEEL LIKE I CAN RELY ON YOU, I AM TOO SCARED TO GIVE UP MY CONTROL AND LET GO TO YOU, I DONT FEEL I CAN TRUST YOU GOD BECAUSE I CAN FEEL YOUR LOVE FOR ME, IT DOESNT GIVE ME ANY CERTAINTY THAT I WILL BE OK AND I AM SCARED.

While I am writing this to God, my parents are ever present to me, it is like they run parallel to everything I blame God for, God and my parents are the same to me, they are both going to fuck me over, I can't trust them. This is the truth of how I feel, it is too risky to trust them and all the love I once felt for God has gone, well for today anyway, it could all change in a moment. But right now I feel no love for God or my parents, I can't trust them and I feel like I have to be totally self sufficient or I will not survive.

Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,

when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

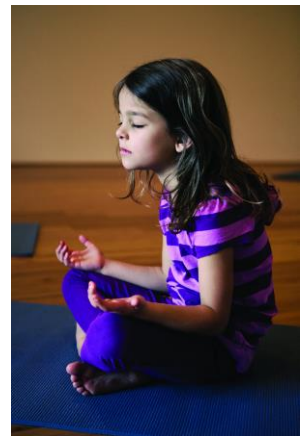
Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

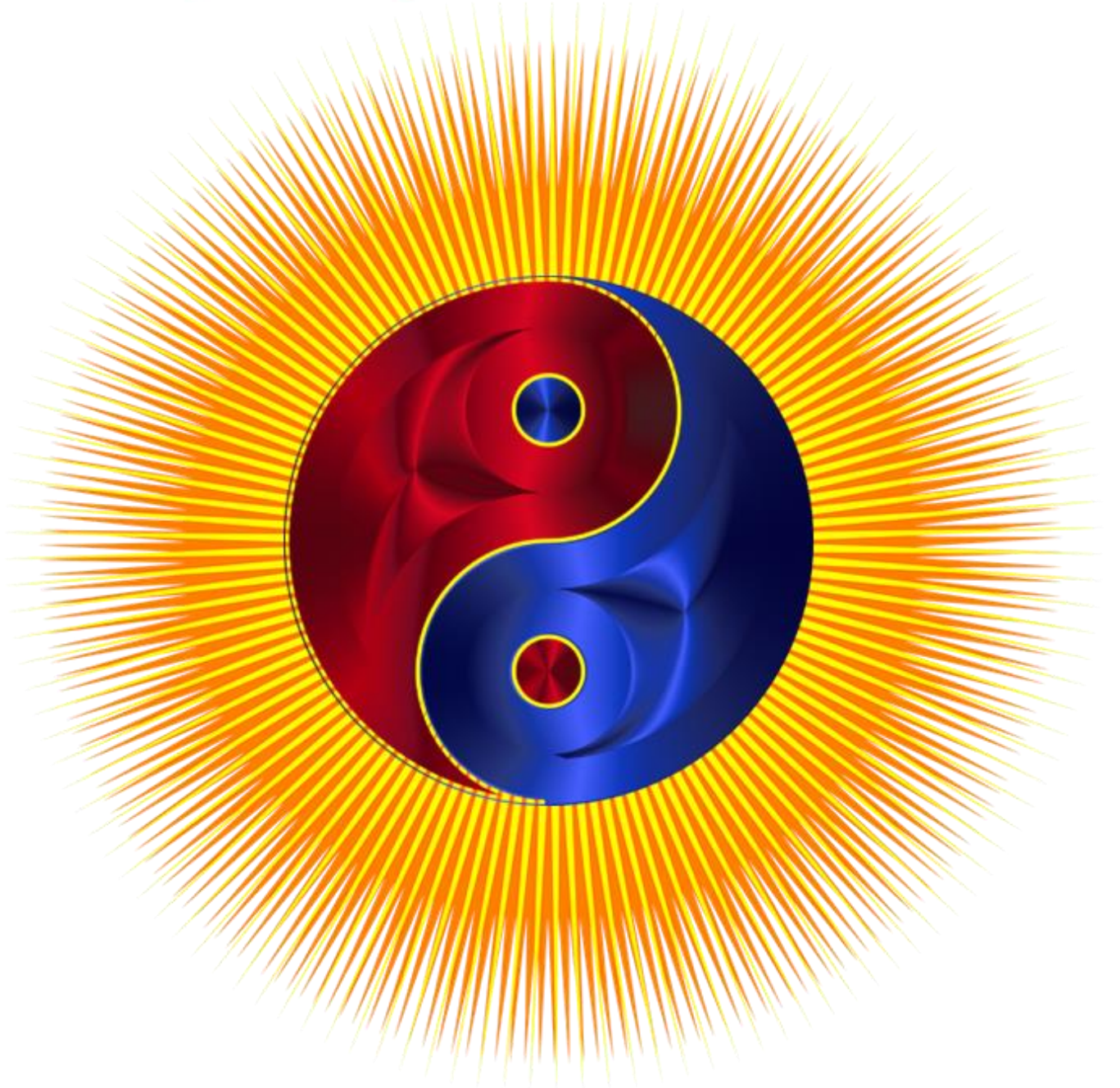
Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief

Feelings!
first



Our Heavenly Mother and Father



Systems of Deception!

One person with unfettered and supreme control, a System Sovereign, has had aeons of time to passively and stealthfully impose upon his minions (us – you and me) a way of living that assures him, the arch hidden controller, that we would remain compliant and submissive to his begging. His extreme intelligence and consciousness is no match for us ascending mortals who arrive naively upon Earth with absolute dependence upon parents who have already capitulated – unknowingly – to his wily stealth.

The System Sovereign's goal was that we do not evolve, that we remain fearful of our true Heavenly Parents, that our true pathway for spiritual development is not revealed, that we live in a manner of servitude and ignorance through our minds believing that our submission to our minds will enable us to become all powerful and mini-gods. When we transition into the spirit mind Mansion Worlds, we remain collectively his waiting army to fulfil his ambitions to expand his domain and territory. We have been well and truly screwed over through his systems of:

- Parenting – unable to love our children due to lack of truth in what we are provided with.
- Education – minimalistic having our minds unable to progress beyond reason – our minds are addicted to untruth and control of others including our environment.
- Health systems – ignorance of our spirit bodies and gross ignorance of underlying cause of illnesses which are through the lack of being loved. Our health systems don't heal.
- Commercial systems – we become salary slaves with suppressive debt slavery resulting from the costs of education, housing, health services, transportation and necessities.
- Political systems – that divide the community into camps and then deliver representation of only a portion of the population without candidates having necessary leadership skills and experience.
- Religions – there is only one truth. We are to live through our feelings – not our minds.

We have been led to live mind centric which is the pathway of all of nature except humanity which is ensouled. We of humanity are to live feelings first with our minds to assist in implementing what our soul based feelings lead us to embrace. We are truth seekers.

Higher level personalities than our System Sovereign have now taken on all of the evilness and wrongness of what these rebellious Lanonandek spirits have imposed upon us and have healed themselves of these injuries. Now all systems assembled during the Rebellion and Default, now ending, are to be rebuilt!

Our pathway to Paradise, the home of our Heavenly Mother and Father, is through living through our soul based feelings, living feelings first, to express what our feelings draw our attention to and to long for the truth of what our feelings are to show us – both good and bad.

A lady named Samantha found James Moncrief's writings on a website and commenced to engage in her Feeling Healing. This may have been in 2013. Samantha is like all of us, she is an ascending mortal. She has no specialness nor has she had any support other than James' writings on the internet. Samantha has been successful with her healing. She has been very successful. She has now written numerous books outlining her experiences so each and every one of us can follow her example. An ascending mortal, Samantha, has conquered all that the rebellious Lanonandeks, led by Lucifer, has imposed upon us. Samantha is the mother of humanity in demonstrating to us how to embrace the one and only pathway home to our Heavenly Mother and Father.

FURTHER READING:

Free downloads are from 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
Sam’s Book – Parenting and Feeling Healing	Book X	Physical Illness

- Pascas Care – Parenting Awareness
- Pascas Care – Parenting Eureka Moment
- Pascas Care – Parenting Feelings Supreme Guide
- 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

Feelings First

IT'S A WAY OF LIVING.



Samantha

My books are a collection of my deepest feelings, the ones that have been denied and suppressed since my conception. Through accepting, expressing, and finding the truth of these feelings, I am finally able to know the truth of myself.

My denied and suppressed childhood feelings have been the backbone to every decision I have ever made in my life, and through allowing these feelings to be revisited emotionally, I can now understand why I am the way I am, why I have done the things I have done, and why there has been so much illness and pain.

I haven't done this alone, I have constantly called upon the help and Divine Love of God, my true parents, the Mother and Father of my soul, to reveal the truth to me. And this happens through my feelings, They speak to me through my feelings, and this is a growing and evolving relationship.

We don't have to do it alone, healing was always meant to be a conversation, a relationship between us and our true Mother and Father. They know everything we have been through, everything that is unhealed within us, and all of our denied and suppressed feelings. So, ask them, long for them to help you find the truth of your feelings and, the truth will come.

Parenting and feeling healing is all about how I was parented and how I have parented my own children and knowing the truth of the pain caused. Taking the will of a child and replacing it with your own can only lead to the deepest suffering of the child, and we all have been 'That Child'.

God is there to help us with our healing, to show us the truth, and then set us free.

Samantha McCabe

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