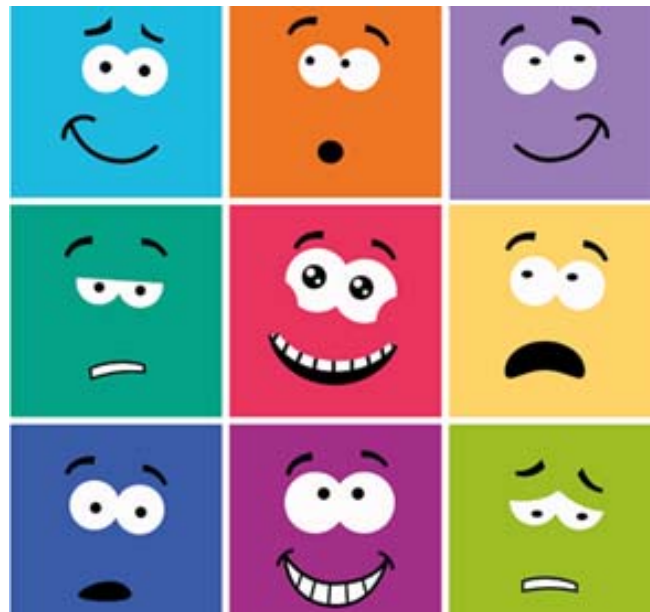


# U-Turn for Humanity through the New Feelings Way

## NEW WAY



## FEELINGS

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)  
Em: [info@pascashealth.com](mailto:info@pascashealth.com)

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

**U-TURN for HUMANITY through the NEW FEELINGS WAY**

**FEELING HEALING with DIVINE LOVE**

**IMMORTALITY with the LOVE**

Copyright © John Doel for and on behalf of Pascas Foundation (Aust) Limited 2020

All rights reserved. No part of this book may be reproduced by any means without the prior written permission of the author, except as follows:

The infographics have been assembled to assist one with the comprehension of the many volumes of the core reference material. It is the express desire of the author that these infographics may be shared freely without conditions, other than that they are to remain free and freely available to all those who seek to have them available, be it for personal use and/or share and/or for educational use and general distribution.

These works stem from 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 throughout 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 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.

Published by:

2020

Pascas Foundation (Aust) Limited  
ABN 23 133 271 593 Not-for-Profit  
Gold Coast, Queensland, Australia

**“Peace And Spirit Creating Alternative Solutions”**

Cover graphic: [www.one.be/public/](http://www.one.be/public/)

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

**in this series:**

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

**Library Download**

**Pascas Introduction Notes  
free PDF downloads:**

## U-TURN for HUMANITY – CONTENTS:

			Page
Forward / Preface			6
Introduction			10
		<b>MoC</b>	
		<b>MoC</b>	
		<b>perceived truth – relative truth potential</b>	
<b>QUESTIONS and ANSWERS</b>	<b>– Part 1</b>	940	1,480
Life’s great questions			12
How can I determine if the content of these writings are truth?			12
Why are women subjugated to men?			13
Why have women been so repressed?			14
What is the Rebellion as compared to the Default?			15
Is this why many are so distrustful of institutions and leadership?			17
Are we treating the cause or suppressing the symptoms?			19
Then how is a virus transmitted?			22
How can “Hidden Controllers” profit out of pandemic such as Covid-19 coronavirus?			26
Global Economic Effects of Covid-19			26
Can the suppressive control by hidden controllers be removed or ended?			27
Do we experience death of our personality when our physical body dies?			27
Will I be greeted by Jesus or such an esteemed spirit entity?			28
Why are religions and religious institutions part of our suppression?			28
How is this Great U-Turn unfolding?			29
So how is Earth’s humanity going to become aware of Feeling Healing and why would they embrace such revelations, let alone do anything about it?			30
Earth events, what is so unusual about our present environment?			33
How is the history of Ancient Civilisations found?			34
How do Celestial Spirits and spirits from the mind Mansion Worlds connect with us on Earth?			35
Do we have invisible spirit friends with us all the time?			35
So, what are these environmental events that unfold every 12,000 to 13,000 years?			37
Why is the Earth experiencing major environmental events and apparent warming?			38
Has Earth had large populations within prior ‘Pole Shift’ ages?			38
Unidentified Flying Objects (UFOs) and Unidentified Submersible Objects (USOs)?			39
Are ancient technologies, profound writings, medical and health practices, legacies from prior Pole Shift ages?			39
What and where is Hell?			40
Why do we differentiate from each other, such as in colour, race, creed and customs?			41
What are we?			43
What are we not?			45
Does the colour of my skin have any relevance?			46
How does the Rebellion of 200,000 years ago and the Default of more than 38,000 years ago affect us?			46
Depression – why do some demonstrate that they have depression and others are unaware of their depression?			47

Stubborn closed mindedness vs Open longing for Truth	48
Why do some people have chronic illness whereas others live apparently healthy lives?	49
What differentiates us from those who long for Truth and those who long to enhance their mind's truth?	50
Why don't our Heavenly Mother and Father, God, come to or appear on Earth?	50
Why has it taken 200,000 years to end the Rebellion and Default?	51
Is Feeling Healing a religion?	52
What is Feeling Healing?	52
How do I know there is a God?	55
If God is in charge, why does God allow so many bad things to happen to us?	61
How come evil people can make so much money and live in absolute luxury?	61
Why hasn't God answered my prayers?	62
How do I pray correctly?	63
How do I know Angels exist?	64
What do Angels do? What is their Job?	66
How do Angels come into existence?	66
How do I know that Nature Spirits exist?	66
If Nature Spirits exist, who made them?	67
What do Nature Spirits do?	68
Does any of nature, plant, bird, animal, fish, insect, bacteria, etc., reincarnate?	70
Are we guided throughout life by spiritual guides OR are we just muddling through?	70
What is the formula for success in life?	72
What is a Celestial Spirit?	76
What are Celestials up to?	76
Why can't I hear the voice of God? Others say God has spoken to them?	77
What is the "Holy Trinity"?	78
Why are the writings throughout the Padgett Messages, The Urantia Book, Dr Daniel Samuels Revelations, Judas of Kerioth by Hans Radax, Richard Messages and the writings of Nicholas Arnold and Joseph Babinsky all in the masculine? Why is the feminine left out?	79
If Jesus and his mother, Mary, hear our prayers why is there such silence?	79
Who does answer my prayers?	80
Why don't Saints answer my prayers?	80
How can I stop my mind from controlling everything I do?	84
How do I get in touch with my feelings?	84
Why can't I sleep well at night?	86
Why do I have such bad health?	86
Why do I hate my spouse?	86
Why do I detest my children?	87
Why am I addicted to coffee? caffeine? cigarettes? sugar? chocolate? alcohol? pot (marijuana)? heroin? party drugs? pornography? – well most everything that is 'comforting'?	87
What are the ramifications of Suicide?	88
Why can't I love everyone?	89

Why can't I feel loved? 89  
 Why am I a control freak? 90  
 Why do I hate being told what to do? 90  
 Why do I keep doing things that hurt me and others? 91  
 Why am I so fucked up? What can I do about it? 91  
 What is incarnation? 93  
 Do we of humanity reincarnate? 94  
 Is Christianity true Christianity? 95  
 Will there be a Second Coming of Jesus of Nazareth? 95  
 What is the spiritual hierarchy for humanity – condensed? 96  
 Will life spans expand as of a result of completing your Feeling Healing? 99  
 We are not meant to be alone, what is the relevance of relationships? 99  
 Why have women been so repressed – considered further. 101  
 Women to lead the way? 105  
 What is GOD's Will? 106  
 Living God's will, should we long to do that, as well as longing for the truth of ourselves, and the Divine Love? 106  
 Finaliters, what are they? 109

		MoC perceived truth	MoC – relative truth potential	
<b>FEELING HEALING</b>	– Part 2	950	1,490	<b>111</b>
<b>DIVINE LOVE</b>	– Part 3	945	1,481	<b>178</b>
<b>COMING SPIRITUAL AGE</b>	– Part 4	930	1,490	<b>193</b>
Feeling Healing – Summation and Journey				

[www.pascashealth.com](http://www.pascashealth.com)  
 in this series:

**Library Download**

**Pascas Introduction Notes  
 free PDF downloads:**

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Feelings First Spirituality – The New Way – adults / children



# 101 + ANSWERS

**Forward / Preface:****John Doel, typist – spiritual biography**

I, John Doel, was born on 16 January 1947. I recall my mother, Marie, struggling with the issue that I would be separated from her for six months within a week of my birth. I was born in Katoomba where my mother was being treated for tuberculosis and so I was sent home to our sheep and wheat farm at Buddigower, some 30 kilometres south west of West Wyalong in central New South Wales, Australia.

Two adjoining farms were owned by brothers of my father James, who apparently was starting his disappearing acts, leaving home for ever increasing lengths of time and not having anything to do with the family of four children, me being the youngest, or the operation of the farm. Also adjoining the third of the brothers' farms was that of Elizabeth McDonell, my mother's mother, and who I now call Nanna Beth.

By the time mum recovered and returned home, I was spoilt rotten. At the end of six months I had four or five 'mothers' and, apparently, it was a gigantium task of reforming me from my spoilthood.

Both sides of the family were Catholics. The priest would arrive at the community hall once a month travelling the dirt roads from town, or occasionally service was in the home of Uncle Geoff's farm, one of the three east of our farm. The Buddigower village community appeared to be Church of England or Roman Catholic.

The eleven years I lived on the farm, the school teacher for the village lived in our home. Well, he slept in a bed on the verandah in the heat of summer and the cold of winter next to my bed. You could say it was a privilege to have a school teacher at home. I always came in the top three in my class! There were only three in my class, the whole school had on average thirteen students. If I was not chastised enough for my mischief at home then at little lunch I would be told by Bert (teacher) to fetch the feather duster and he would give me a 'top-up' using the duster as a cane.

The farm was sold and we moved into West Wyalong minus father. For four years I attended St Mary's Catholic School which was run by the Sisters of Mercy. Then two years of boarding at the St Patrick's College (boys only) in Goulburn. I got a good final score but did not matriculate, however I did accidentally burn down the school rooms two weeks before the final exams – that got rid of those undesired school books. School was done with for me in 1963.

First full time employment was as a short-hand typist, now I am just a typist. Did spend some time being a Chartered Accountant, had a stunning public practice in Burwood in Sydney which expanded to the Gold Coast, in south-east Queensland, Australia. How that started is that I took correspondence, then just bought the text books, laid on my back on my bed and read and underlined like mad and then sat for external exams – no university for me! The firms I worked for in Sydney were leaders in initiatives within the industry – particularly the health industry.

My Catholicism waned, though I did marry Carolyn in a Catholic Church very much against the wishes of her family who were of the Church of England.

What had dawned on me was that we cannot change our ingrained tendencies to be wayward. Confession was always a repeat of the last one. Forgiveness does not eradicate. It appeared pointless. Then the endless repetition of everything was akin to being at boarding school. The routines were circular returns to the same point without any window for progression. What the hell is this all about?

Then my accounting career raised an important issue that all of society appears to be blind to. More than half of my clients, no matter where I worked, were from within the many aspects and arms of the medical industry. They all appeared to be overwhelmed with no solutions for their patients. They were and still are just suppressing the symptoms. There is no cure! What is worse is that NO medical professional will tell you the answer to the most enlightening question ever:

### **WHAT IS THE CAUSE BEHIND YOUR DISCOMFORT, PAIN OR ILLNESS?**

I have longed to understand the answer to that question and define that question for maybe forty years.

Nanna Beth had died before I turned five. Now she is fully in my face again – and that is wonderful. In 2017 she commented that by the time the 1990s rolled around you could say I was verging on being an atheist, or was that agnostic! Good one Nanna!

Then an episode with inventors began to unfold. 1999 was the start of five years of one by one meeting with around 1,000 inventors and rationalising potentiality. My accountant hat was working well. You try talking to guys about a subject that they only know about – one thousand times – well they are inventors! More than half had no technical training in the industry they had developed something that educators would say is impossible. Further, more than half were clearly (to me) mediumistic! So, what the hell is going on here. Further, ALL of the innovative break throughs had benefits for impoverished or emerging communities – not for advance city economies. What is the game going on here?

The formation of the intended structure and scope of Pascas WorldCare and Pascas Foundation unfolded during the era of the inventors, by 2005. Pascas Foundation (Aust) Limited was incorporated on 16 September 2008.

So I started to ask guys and gals what are the two most profound books that I should consider? The first two were; Power vs Force by Dr David R Hawkins and The Messengers by Julia Ingram which outlined the life of Nick Bunick. The bookshelf swelled with maybe 400 books of which I have given 300 away, now redundant.

Dr David R Hawkins has published more than 10 books and several videos. The three and half hour video on kinesiology muscle testing is incredible. If you hold ANY statement in mind then you can determine if it is true or not true. Further, by holding in mind the Map of Consciousness scale that Dr Hawkins developed then you can determine the level of truth. The scale is based on the logarithm of 10 and goes to 1,000. Few books calibrate over 600, then fewer over 800, and then even fewer over 900. 1,000 is the peak potential of natural love. The scale goes onto infinity reflecting Divine Love. Using this process you can calibrate the level of these writings overall, by parts, by pages, by paragraphs and topics one by one. This process has enabled me to put aside and not bother with what is a distraction or not enlightening. Dr Hawkins provided me with a wide and sound foundation in all things spiritual.

I contacted Nick Bunick and later accepted his invitation to participate in the Founding Mystics conference in Las Vegas at the end of June 2007. Man, was that a blast! This group believe they are the reincarnation of specific people of historical relevance – generally. Reincarnation does not take place and, further, it is impossible. Graham Golding and I had four or more days with nearly 100 people who basically made up the spiritual movement worldwide.

Tuesday, 2 July 2007 in the main corridor of the Las Vegas hotel while chatting to Perry Kimelman and Graham Golding, I had the most extraordinary vision of the future and what is possibly going to unfold for PASCAS. The experience was like a world trip in 90 seconds where I met something like 800

people and I saw many of the PASCAS Care Centres! Apparently I had just handed the program over to God – it was a stunning display – movement was faster than light, I could see the end of light beams falling behind me.

Then on that same day, sitting in front of Grace Sears, before she could start her session, I could feel myself lighting up like a Christmas tree; it felt like I was exploding. No worries mate, these guys are the most highly experienced spiritualists to be found! This ‘frying of my mind’ ebbed and flowed, on and off, for about three and a half months. It was like a burning hat band that would start at the front of my forehead and progress around my head where a hat band would sit. It was not until 2017 when Nanna Beth explained that this process was the opening of my mind to other possibilities, removing erroneous beliefs in the process. Then Kevin, who had died in 2012, also explained that he had the same experience after he died.



It is a turning point from which you cannot turn back. Your openness and longing to find and know truth is permanent. What you held dear to yourself, as it being your own truth, is now permanently put to the side. You still remember your erroneous beliefs and ways of living, however when you are presented with Truth there is no ‘push back’. You welcome Truth and embrace another step forward to the certainty and freedom that comes with it. We all will have this ‘fried mind’ or ‘burning hat band’ experience to a lesser or greater extent.



What is unfolding for Pascas Worldcare is this:

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

Utilising Dr Hawkins’ Map of Consciousness and kinesiology muscle testing, the Pascas Papers and the environment is persistently revealing this calibration – which is two observations on the one topic. Just taking a casual involvement in the topic or environment then the perceived level of truth of MoC 880 is reflecting the equivalent of the 5<sup>th</sup> Divine Love healing Mansion World. Should the reader or observer then take a full engagement with what is presented, then there is the potential for the truth to have the full benefit of its potentiality of MoC 1,480 which is akin to the 3<sup>rd</sup> Celestial Heaven. This is extraordinary.

Only the writings of James Moncrief and James Padgett, together with some supporting writings, have generated calibrations over 1,000. Celestial spirits were restrained from writing until cracks in the Universal Law governing the Rebellion and Default were opened. No other spiritual writings previous to 31 May 1914 could and did have potential calibrations above MoC 1,000 and most of the world’s treasured books calibrate far lower. This heralds the beginning of the Great U-Turn.

Now with an open mind and a more focused search for Truth, in June 2009 I, John, met up with AJ Miller and consequently attended his discussions through to November 2011. I accredit AJ Miller for providing me with intensive exposure to the Padgett Messages and associated observations that, at best, I may not have achieved in 20 years. I felt there was nothing or little further to be gained and I broke off contact.

The works of Dr Daniel Samuels, Hans Radax, Joseph Babinsky, Dr James Reid and Nicholas Arnold expanded upon Divine Love and spiritual matters in general. However nothing expanded and addressed



the gaps in the healing process that AJ Miller noted as essential. No one could complete what he introduced – not even AJ.

Then in November 2016, I was introduced to the writings of James Moncrief and then his phone number. I phoned and he answered!

By February 2017, I was sitting dumbfounded that no one recognised who James and Marion truly are. If you have ever driven into the Kings Cross area in Sydney and not recognised the great big blazing red billboard or been in Times Square in New York and not recognised the signage and what it was saying – then I remained stunned! It is clear as Coca-Cola as to who they are!



Throughout all of history, Mary Magdalene has only written through one person and that is James Moncrief.

Throughout all of history, Jesus has only written through James Padgett and James Moncrief.

One person only has written and fully explained how to engage in and subsequently complete the healing of their engagement in the Rebellion and Default. And now Marion and James are completing their healing and moving out of the healing process. Samantha from England is following in close succession, and so will others. We can only follow Marion and James.

Yes, others believe they have transcribed messages from Jesus, but that is not so; that is not Jesus from Nazareth of the Bible, but typically a Jesus from the Celestial Heavens who is fully versed through researching and engaging in the very amazing museum at Jerusalem on the 1<sup>st</sup> Celestial Heaven. Other Celestials with names akin to the Apostles of Jesus have from time to time done the same thing.

Dr Daniel Samuels transcribed for a Celestial spirit being Jesus from the Celestial Heaven. Hans Radax did transcribe for Judas of Kerioth, the Apostle known as Judas the Iscariot. Some of the Apostles who lived and walked with Jesus did provide messages for James Padgett. This group of writings have all unfolded to bring about the Great U-Turn, the End Times, the Change Over, the New Spirit Age of 1,000 years which is the Avonal Age. This is one hell of an incredible interesting time and, yes, the Avonal Pair are here and they are not a Coca-Cola sign but to me they are that obvious.

And for me it is even more incredibly amazing and wonderful. My close members of my family have ALL progressed into the Celestial Heavens and they are contributing to this unfolding of change for all of Earth's humanity. Nanna Beth, 3<sup>rd</sup> Celestial Heaven, with her soulgroup of 24 personalities, 12 soul partner pairs, is leading the Great U-Turn. That is my grandmother, the mother of my mum! Kevin moved into the 1<sup>st</sup> Celestial Heaven in 2017. Marie (mum), Raymond (1<sup>st</sup> cousin) and Bradley (my nephew and son of Kevin) arrived a little over a year ago in 2019 or so. My brother Lloyd (living) and I have absolutely no doubt as to who they are. This makes this all so very personal and dear to me.

All I can say, someone has to be in a front seat and the best I can do is convey what has come to me.

Aspiring to Living Feelings First, John Doel

## INTRODUCTION:

As to diseases, make a habit of two things – to help, or at least, to do no harm.

Hippocrates

Do no harm to self or to others

John Doel

### **All diseases are a symptom of spiritual disease**

All of humanity is struggling with diseases arising from a deep buried sickness of the soul. Countless books have been published, medical, spiritual, religious, not to mention all the holy books of the world's religions. It is a huge collection of the thoughts and theories of man, yet not one of them has helped humanity except marginally with first aid. The diseases and disease keep rolling along because none of what has been written or studied in the past has been able to do more than apply a band aid. Theories and misinformation abounds. Truth is lacking. Utilising Dr David R Hawkins' Map of Consciousness (MOC) you can determine if something is true or not true. The challenge is to have the courage to test long held beliefs against the MOC. Then further, subject the statements (in mind) of what you are reading throughout this publication to the MOC.

What is revealed in this book brings the good news that the second coming is upon us, un-expectedly. It is a huge relief to every person with an open mind and a ready spirit to learn what is actually happening at this very moment is a Great U-Turn for Humanity, through finding self and God – the Feelings Way, the New Feelings Way first, enabling anyone who chooses to practice feelings leading the mind, rather than the mind leading the mind away, from self and God. At the very moment the mind takes solo charge we are screwed, because we are acting like a god, which is rebellion. Because of the controlling conditioning during childhood, every person, every step on the path of education and then employment, is forced to subject feelings to mind control. The large number of world religions is in itself a witness to the failure of religious systems to address the yearnings of humanity arising from child upbringing and following.

What is upon us is The Avonal Age. It is something that by the Grace of God, our Heavenly Mother and Father, in their mercy, have released at this time to deliver humanity from Rebellion and Default.

I hope you are able to share the great comfort that has come to me through these revelations.

Rt. Rev'd Brian W. Iverach,  
former Bishop of Australia & New Zealand, Anglican Catholic Church

June 2020

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



## QUESTIONS and ANSWERS:

## Part 1

These questions have been asked and answered time and time again BUT never before have the responses been guided by Celestial Spirits being humanity who have now healed themselves of the Rebellion and Default and now reside in the three Celestial Heaven spheres. Further, for 2,000 years Earth's physical humanity has never been afforded dialogue directly with Mary Magdalene and Jesus, our spiritual mother and father. This has now taken place through James Moncrief and previously through James Padgett by Jesus.

BUT of even greater significance is that high level spirits are here on Earth in the physical. Just like the Creator Daughter and Son being here in the 1<sup>st</sup> century, namely Mary Magdalene and Jesus, there are now the Avonal Daughter and Son from Paradise physically on Earth. All four have Spirits of Truth that upon their death are released for the benefit of humanity. No other spirits of any level have Spirits of Truth. It is through these Spirits of Truth that we are guided through our development and onwards to Paradise, the home of our Heavenly Mother and Father.

BUT what is ever so important is that the presence of the Avonal Pair who have taken on the extremes of the Rebellion and Default and have now healed themselves of same, they are single handily ending the Rebellion and Default of Earth's humanity.



## LIFE'S GREAT QUESTIONS

Why is it that we have to endure such never ending pain and discomfort without any apparent purpose all to suffer an agonising death?

We each have a massive array of questions that are distressing to say the least.

What are yours?

Meanwhile, we are now living in the most exciting time in the history of humanity, yet literally no one knows this is so. This moment in history is far more important than any other time in the history of Earth's humanity. Take all the moments in history that you sometimes long that you were witness to – this is even greater. This is the year 2020 and the next few decades will see such profound revelations for Earth's humanity, both in the physical as well in spirit, which will make all that has unfolded before pale into insignificance.

A way to help you personally reveal to yourself your life's great questions is to write out your spiritual biography. You may find several or many questions that you have been longing for the truth of, yet some may have already revealed themselves to you. Longing for truth brings about answers!

We are all incredibly different from each other. We are so amazingly unique that no other person that has arrived on Earth has the same personality as you. You are so unique that no other personality is the same as yours throughout our local universe of 3,840,101 physically inhabited worlds. Take that to the ultimate level, there are 100,000 local universes within our super universe and there are 7 super universes and there is no other personality like you. So your life's great questions will be truly unique.

**WE'RE ALL UNIQUE,  
JUST NEVER IN THE  
WAYS WE IMAGINE**

But your question or questions can and will be answered and it is just ever so wonderful when that unfolds. Here are a few to consider:

### **How can I determine if the content of these writings are truth?**

Dr David R Hawkins researched kinesiology muscle testing and after 20 years published the Map of Consciousness in "Power vs Force". Not only can you test for anything that you hold in mind as being in truth or not, you can also determine the level of truth by holding in mind what you are testing with the Map of Consciousness (MoC) scale and calibrate its level of truth against that scale. Tables are towards the end of these writings and how to do the testing can be down loaded from [www.pascashealth.com](http://www.pascashealth.com) in the Library Download section, scroll down to Medical and download:

 [Pascas Care Kinesiology Testing.pdf](#)

The truth will set you free, but first it will be very unsettling. As you begin to allow your feelings lead you in all that you do and consider, then your feelings will instinctively resonate what is truth and what is not.

**LIFE'S  
GREAT  
QUESTIONS**

## Why are women subjugated to men?

Our soul is a duplex. Yes, two personalities are manifested from each soul. One personality is a male and the other is a female – ALWAYS! The soul never splits, however it generates the two spirit bodies that are the templates (etheric body – the bridge between energy and the physical) for the two physical bodies of the female and male personality. These two are soulmates / soul partners who go on experiencing and growing in truth for all eternity, coming together upon completion of their Feeling Healing and moving into the Celestial Heavens. They do not connect up prior to completion of their healing of their Rebellion and Default which we have all been born into.

As we are part of the Rebellion and Default, we are rebelling against our Heavenly Parents, God, and also our soul. As we are rebelling against our soul, we are also rebelling against our soulmate / soul partner. Thus until we heal ourselves of the rebellion and default we do not connect with our soulmate / soul partner until we are healed.

The male is more mind orientated whereas the female is closer to her feelings. It is our feelings that are our truth, our feelings are truths generated from our soul. We are fully self-contained. When Earth's humanity was seduced into the Rebellion some 200,000 years ago, imposed upon us by the wayward Lanonandek spirits, namely Lucifer, Satan, Daligastia and Caligastia soulmate pairs, these evil ones had recognised that the women, being closer to their feelings, would soon bring an end to their deception, so men were guided to subjugate women to their control. For 200,000 years women have been subordinated to men who have subjected all of humanity to the limitations of the mind. It is our feelings that are our truth. It is our feelings that we are to embrace and then have our minds follow in implementing what our feelings are leading us to embrace. We are truth-loving people.

All of nature is mind orientated and, yes, humanity is of nature but humanity is truth orientated. Humanity is a truth seeker. Humanity is the only aspect of nature that is soul endowed. Humanity is to live through its soul based feelings. The Evil Ones, the evil high level spirits from the Lanonandek class, from within our local universe – not Paradise – have seduced humanities on 37 physically inhabited worlds, all from within our local system called Satania, to rebel against God and the leadership of our Local Universe of Nebadon, namely Mary Magdalene and Jesus, being Creator Daughter and Son from Paradise, the home of our Heavenly Mother and Father, God.

**FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:**

**The rebellious Lanonandeks from within our local universe are these soul partner pairs:**

### THE EVIL ONES



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**



**Daligastia pair**



Arrested and imprisoned early 1990s CE

**PASCAS  
PERS**

## Why have women been so repressed?

### Women Repression

James

Monday, 9 December 2019

“It was the rebellious Higher Spirits (the Evil Ones) that urged and supported the suppression of women and the male dominance through religions and tribal spirituality so as to keep women away from their true feelings, denying them the truth from such feelings which would never tolerate nor have allowed the men to override them. If you denote the mind as ‘male’ and feelings as ‘female’ then to coerce humanity to worship and live from its mind, whilst at the same time using the mind to suppress and banish one’s true feelings, then you can see men’s domination of women. Men (if we liken them to the mind) are scared of women (likening them to feelings), so men use their minds to block out their feelings and won’t tolerate women living too close to their feelings.

“So what more perfect way than to maintain such male domination than to create mind-made religions that will ensure women and feelings are never heard, can never have their say enough to uncover the truth of such meaningless and misguided untrue systems of belief. If women in such religions were encouraged to follow their feelings and look for the truth they will give rise to, they will soon demolish such institutions or simply leave them, leaving the mind-controlling men to it. So you can’t put a woman in control, and especially one who is more feelings led, because as one’s feelings are generally ‘all over the place’ and ‘irrational’, she’ll ruin it all; which means, she’ll stop the men having their little power games with each other. And unless a woman learns to ‘become a man’, being able to compete with men at their own mind-games, suppressing her feelings even more and becoming an even better proponent of mind control, as she can often over her family, she will never stand a chance of gaining equality. However this mind-equality is still buying into the tenets of the Rebellion and Default and is not true women’s liberation and equality, that only coming when women give up their mind and devote themselves to accepting, expressing and seeking the truth from ALL their feelings (especially their bad ones). That being the only way humanity will end its rebellion.”

# CHOSEN ONES



“Chosen by God,' eh?  
— What's the catch?”

**THE BIGGEST  
CHALLENGE OF LIFE  
IS TO BE YOURSELF IN  
A WORLD THAT IS  
TRYING TO MAKE YOU  
LIKE EVERYONE ELSE.**

1 June 2020

Kevin, 1<sup>st</sup> Celestial Heaven, John’s brother-in-law: “On a more ‘closer to home’ level of understanding, we’re all ‘tribal’: families, tribes / communities, nations, then the whole of humanity over varying phases of time, then the whole of each humanity in Creation. And then we all have our corresponding Angels with us in their corresponding larger and larger groups. So we’re all meant to ‘be together’ to some degree, so mass deaths are part of that.”

## What is the Rebellion as compared to the Default?

Thursday, 29 June 2017

John: These two 'headlines' came about from Mother's comments through James.

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.



**JAMES PADGETT MONCRIEF** **REVELATIONS** 1 Commenced 1914  
2 Completed 2014

**REVELATION 1** Divine Love addresses the issues of the Rebellion.

**REVELATION 2** Feeling Healing addresses the issues of the Default.

Nanna Beth, 3<sup>rd</sup> Celestial Heaven, John's grandmother: "The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate / soul partner) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting

ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it has become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There is a lot to it.

And as we see this, it takes us into dealing with our rebellion. We chose not to be loving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, thereby true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help summarise it, you could simply say: **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.**

I hope this helps John, it might be a bit much. However I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask."

James: "I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us."

*Self-Acceptance*



## Is this why many are so distrustful of institutions and leadership?

Unbeknown and unrecognisable to humanity, both in the physical as well as in the mind spirit Mansion Worlds 1, 2, 4 and 6, is that the Evil Ones, the rebellious Lanonandek spirits from higher levels within our Local Universe, have been aided and assisted by mind spirits in installing their systems throughout humanity on Earth.

## THE EVIL ONES

Humanity has essentially been universally subjected to worshipping their minds while the male has subjected women to their dominance having the women abandoning their soul-based feelings.

ALL INSTITUTIONALISED SYSTEMS of today are moulded in conformity to the overarching manipulations of the Evil Ones. Every aspect of our lives is subjected to the limitations of our spirit body minds and the control mechanisms that they impose over our true personalities and potentialities.

**The Health Industry:** When was the last time that a medical professional told you what was the cause of your illness that you presented him or her with? They do not know what causes illness, pain or discomfort. They are not educated to know. They are subjected to the overarching goals of greed and control and unknowingly perpetrate wayward systems imposed by the misguided mind spirits.

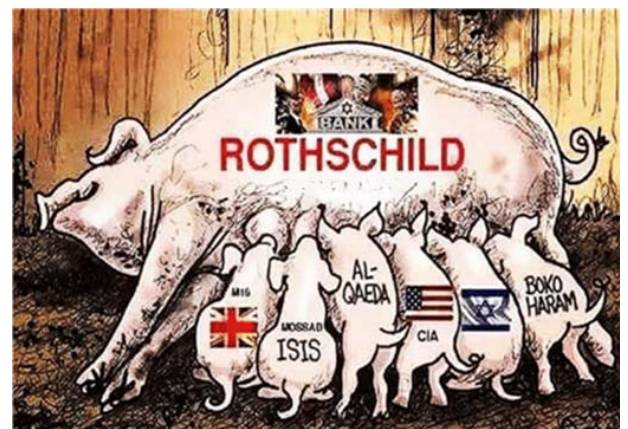
**The Education System:** The highest level of learning potential is through personal self-expression. The lowest potential is through mind driven lectures. When was the last time that you observed an educator leading students through a subject engaging in personal self-expression? They do not know how to bring that about. The control of the education system, as with most systems, is a pyramid. Hierarchical control is student, teacher, university lecturer, professor and then chancellor. It is a dictatorial stagnation of humanity's true potential limited by the peak moderators' desire for truth or lack of!

**The Food Industry:** Fresh is best. Home grown to the plate is not only the best source of food, it is also the cheapest. Factory processed food is generally dead food with many additives and preservatives added. Why have suburban homes with acres of lawns that require scarce water to maintain them and not have communal fruit and vegetable gardens? Overarching control and greed gone astray again.

**The Legal System:** Lawyers write their own systems as well as for the police, courts, prisons and governments which they dominate. The mind's addiction for control of others has resulted in oppressive controlling systems now imposed upon all aspects and levels of life for humanity.

**The Governments:** People elect representatives to seats of power to serve the people. The first thing that happens is that they form into 'parties' and the party with the largest number of representatives suppresses the others. Half of the population typically become unrepresented in voting procedures. Further, politicians take on such community services for the 'kickbacks' – not for fulfilling their roles as servants for their constituents. Bottom-up democracy with NO party affiliations may bring about full representation and greater liberty for the people.

**The Financial Systems:** Wow, what a stuff up this is! He who controls the money, controls the government! Talk about democracy being hijacked. For 250 years, a small group of families, the world's hidden controllers, have focused upon control of governments through control of wealth. They indirectly manipulate or



control most of the central banks worldwide, the International Monetary Fund, the World Bank, the Bank for International Settlements and this has been achieved through controlling most of the bond generation for the western world. Presently, every loan you have will eventually be paid back to these families, including your education debt, your credit cards, your housing loans, your business debts – everything. Indirectly you will find that the funds for your loans will have been provided from these families. Further, these families have funded both sides of almost every war since Napoleon Bonaparte! Now they are most likely funding every country’s bailout and stimulus package to reboot economic activity following the Covid-19 coronavirus pandemic of 2020 – some US\$20 trillion!

Social Welfare Organisations that are Secret Societies: The rank and file do enormous good works for communities. The hierarchy at the top levels fill the second tier positions of influential institutions, governmental authorities and governments and it is through these appointees that the hidden controllers manipulate control over all of humanity. These agents for control are paid handsomely from the proceeds of new issue governmental bonds – the money flow is so incredible that the world is awash with money with most of it hoarded and not put to good use. This is a pinnacle of power and greed that has no equivalent in the history of Earth’s humanity.



Negative Spirit Influence blocked  
22 March 2017  
Law of Compensation quickening  
22 May 2017



Rebellion and Default officially ended  
31 January 2018



**The question is: Are we treating the cause or suppressing the symptoms?**

**Treating the cause permanently heals that which brings about illness:**

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand / accept how they came about – eventually! Not even Alice Miller (the Polish / Swiss psychologist and philosopher noted for her books on parental child abuse) or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us. Someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries. God, our Heavenly Mother and Father, does the actual healing via Their angels. We can express the feelings directly to Them, if we are so inclined.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however we do have to apply our will – make an effort – wanting to bring our feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why we are feeling what we are.

We are our feelings, which is the truth that we are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in us to feel, all the feelings that we should have expressed throughout our childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of our unloving relationship with our parents and family because if it wasn't unloving we would not be or have been made to feel bad. And the way to that truth of oneself is by expressing every feeling we have, and in particular, focusing on all the bad ones, the endless bad ones we have got buried away inside us that we are refusing to feel. If we don't want the whole truth of oneself and are not prepared to look for it in and through all our feelings, then we will never truly heal the deepest underlying causes of our pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all our suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of oneself through our feelings.

To suppress the symptom is to put the problem aside for later on:

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

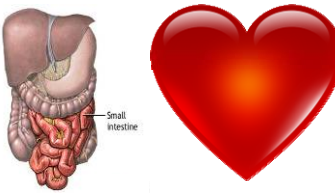
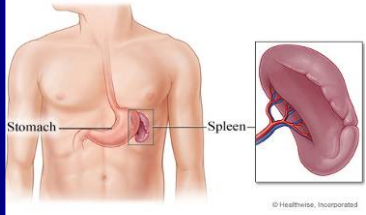
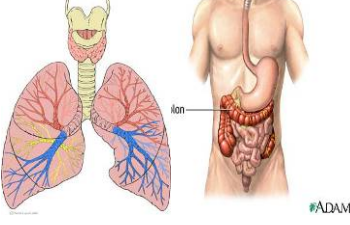
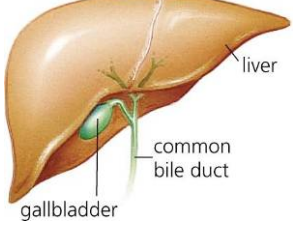
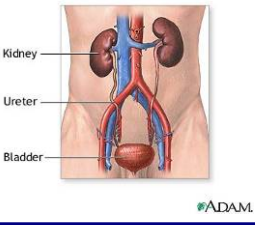
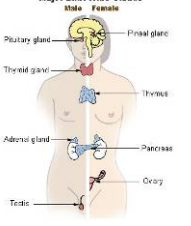
Self Loving



**Feelings First**

**LIVE FEELINGS FIRST**

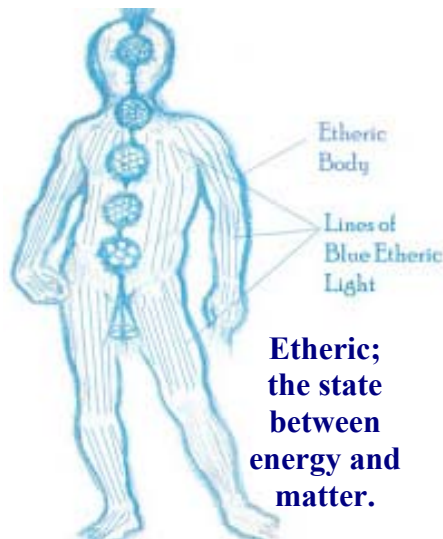
**FEELINGS FIRST For Kids**

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

Generally speaking, groups and types of emotional injuries impede the natural flow of energies through the etheric body which is the template for the physical body, thus setting up the conditions for discomfort, pain and illness to slowly emerge within and throughout areas of the physical body that have energy frequencies that are 'attractive' for the emotional pain to manifest in the physical.

## Then how is a virus transmitted?

The coronavirus – COVID-19 – was first recognised in Central China's Wuhan city of the Hubei Province in 2019, however it may not have first originated there.



Scientists in mid 2020 were developing ‘vaccines’ for the coronavirus – COVID-19 – some 125 in progress at one count! A virus exists within the etheric field of the physical body. Science does not even recognise that an etheric body exists. The virus is light matter – unrecognisable by any scientific technology. As light matter, it can be transmitted over great distances. No amount of isolation or personal protective clothing, masks, etc., can protect you. A virus requires a host cell to survive and that is what scientists are ‘researching’. However, you as a carrier can then mutate the virus and transmit the mutated virus to another person also at great distances from yourself. The mutated virus will still have a COVID-19 signature but the potential vaccines will not be designed for such mutations.

Verna, a Nature Spirit, 7 April 2020: “Well, the virologist is right in that viruses don’t exist by themselves in the environment, they need to be in the host cell, unlike bacteria and mould which exist of themselves. So this is where it gets difficult. There is a specific time, and it’s relatively short in which the virus can survive within a cell that might be contained within a drop of saliva or breathe should that drop contain cells from the person with the virus within it. But as soon as that cell dies, so will the virus die too. The virus is life that doesn’t exist by itself, it needs a host to provide it with its life, but it does have an ability to stay in a sort of dormant state outside the host cell, however that only happens under very specific circumstances.

“So the virologist would have to test for the virus, provided they have a test that can identify that specific virus, before the family ‘contracted it’, through the ‘incubation stage of possible days’, then through the illness period, then afterwards for a certain amount of time to insure it has gone. So there will be times when people might be sick with it, yet nothing will be found in the environment to show they are sick, that the virus is present. Then other people might not seem sick and yet if their living environment was tested you’d find it all over the place. And those people might get sicker and they might not, all depending on the need for their body to have the virus ‘active’ and to what degree.”

Verna, the Nature Spirit continues, 17 April 2020: “The current Covid-19 virus is mutating rapidly, which means you can’t pin it down with a vaccine, just as all viruses mutate rapidly, your difficulty being your scientists are not as yet aware of or able to see how those mutations are. Your tests, even the most advanced test can only detect what really amounts to a whole new strain, so for example you’d have to rename it, whereas within Covid-19 it’s mutating like mad, because as I told you, for a virus to be effectively used by the body it needs to be specific for that person’s body. The elements need to match, that virus being created specifically for that body, even though it can be created in another person’s body, which mostly are in your children’s bodies as they are more fluid and not fixed as an adult body.

So you’re going to like this titbit: it is your children that are creating the viruses to kill your older people, so the grandchild kills the grandparent – neat huh! And the grandparents should be grateful to the grandchild for doing so, all so the older person can end his or her life and move on into their next phase of existence in spirit.

But what really happens is you will have certain young children that are ‘virus factories’, they can churn out endless specific variations on the same theme or even ‘bring into being’ new strains. So by putting all your children together in their play pens as you do, they are massive breeding factories for viruses, which is right, as that is also what would happen in a tribal situation too.

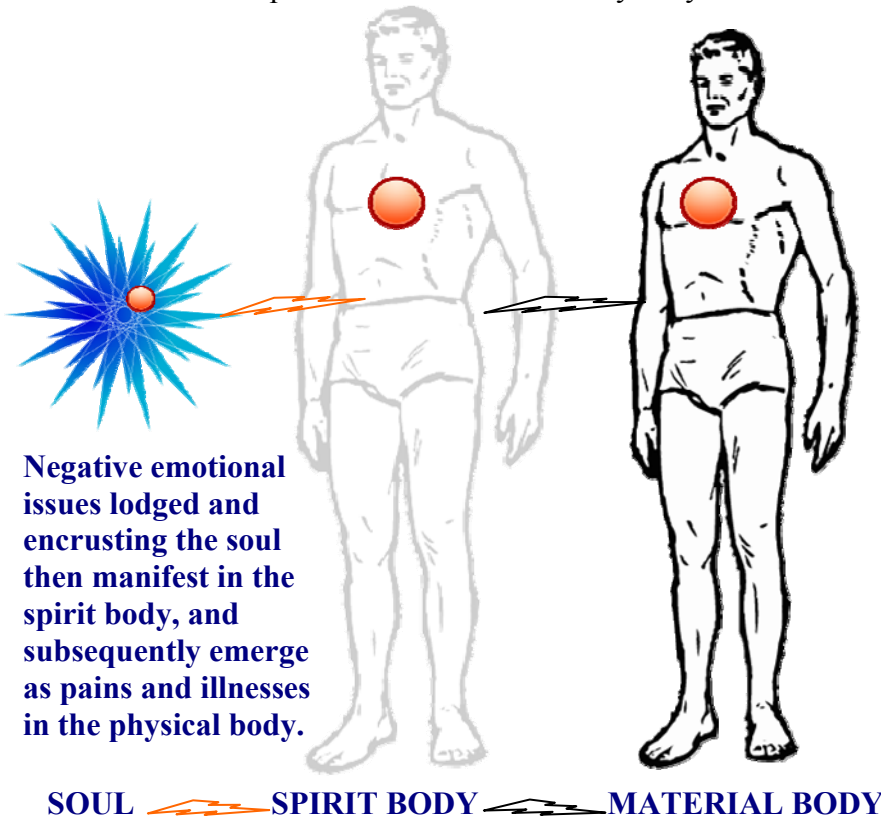
So the virus ‘breeders’ which happens based mostly on genetics and for the betterment of ‘the humanity program proffered by nature’, ‘cook up’, completely unbeknownst to the child who doesn’t necessarily have to show the symptoms of all the viruses, with, ironically, such children usually healthier than most by having a body that can be such a virus factory having resistance to all the variations they create. And along with that, the etheric set up allowing etheric transmission of the viruses, which I told you about, which is then passed by all the interconnecting cords to other children or to the required adults that would be in that child’s life.

So such ‘virus factory’ children would produce massive amounts of viruses during their young lives, and that might be through their whole childhood, or it can be for a very specific time, days, weeks, months, years, and it can be turned on and off by their attending angels, with the excess of viruses being needed to complete the whole ‘storehouse’ of nature. There is much more to nature than just what affects you humans and what is provided for you.

Nature is of itself one whole massive universe of evolution, by which I mean, it is evolving, each specific to the world of its origin. And it begins by evolving for us Nature Spirits, so to create us, who then go on to be involved in the creation of new Angels. So the Nature Spirits and then Angels created from this Earth are of a ‘special flavour’, they contain – we contain – a specific light from our origin world, so all other Nature Spirits and Angels know where we come from and how we came about. So to make us be as we are, which also includes all the animal and plant life of the world, you need a whole localised ‘universe’ of creation going on all the time on the planet, and so the continual creation of viruses is one such part of the whole. So only very few viruses actually affect and are used to help

people deny themselves or end such denial, with the rest of the viruses fulfilling other unrevealed roles. I can’t as yet tell you about them James, there’s a lot we can’t tell you, but it’s information and understanding that will come to people as they attain Celestial status, and are then able (given the go-ahead) to tell those people who are not yet of a Celestial level of truth.

And the virus manufacturing process in little Jimmy is all overseen and controlled by his Angels. For as I told you, NOTHING happens randomly. Nature isn’t randomly popping up viruses that might suddenly sweep through affecting



**Negative emotional issues lodged and encrusting the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.**

**SOUL** (orange arrow) **SPIRIT BODY** (black arrow) **MATERIAL BODY**

humanity 'evilly'. Think about what sort of planning and attention to detail does it require for the Angels to have all their 'factory children' making specific viruses flat out all to coincide with a seasonal outbreak of flu or a cold, or Covid-19. All so everyone who needs to be affected by it, positively or negatively, will be affected. Every Angel on the world is in contact with every other Angel through the Angelic Communication Lines of Light. In a flash every Angel who is overseeing a mortal knows exactly all that's going on. They know because of communication with people's Indwelling Spirits what the souls of humanity require at any one moment. So in the virus case, when it is to be 'put into humanity as a whole' then how to move it all from the child makers of it into their etheric levels and then onto all the specific adults, making it look like you just catch this invisible nasty bug virus thing that is spreading fast about the world making a lot of people sick.

And so you ask, why not make us more sick or less sick, why as sick as we are? And that's all to do with the overall ongoing evolution of humanity, what you all require, you all being in it (on the world) together. And in most cases, still because the majority are living untrue, determines the overall advancement into your truth-denial. And as our Heavenly Parents want the maximum amount of people at this time to be on Earth so as to experience this Ending of the Rebellion phase of life, so They organise it that not too many extra people die from the specific virus, as that is to be achieved in other ways, like war and ways of your own doing by locking down the whole of humanity in some pathetic attempt to defeat nature, all because it's what your hidden controllers are doing by working a number on all you unsuspecting people.

So, as viruses are real, they are coming and going all the time in nature, countless numbers of them and they are continually mutating, some for a short time, moments, others for longer duration: days, weeks, months, years, tens of years, hundreds and thousands, some even survive the Reversals and so have been with mankind and in nature for millions of years. However only a minuscule number of them affect humanity. Still, your so-called scientists are increasing those odds by tinkering with their genetic structure and other parts of them, which they are now starting to pay the price for by 'releasing' Covid-19 and 'unnatural' viruses into the environment which will continue to 'plague' you for years to come – until they are purged during the next Reversal. This Covid-19 will go and come again and go and come, just like the ordinary flu, so you should thank those people for screwing up things a little more for you."

Verna has more to say, 24 April 2020: "And as you can see, it is tailored to affect everyone in a unique way, some people far worse than others, as are all viruses, as I told you, as they are 'incubated' in 'carriers' who then send them off through the etheric levels to become 'active' in the desired recipient.

And then you were wondering again about how physical transfer might take place. And so I shall further enlighten you my dear boy.

You see, first of all there needs to be the etheric part in place so the angels of the recipient can 'activate' it. Your angels can just activate it 'out of thin air' if you like, meaning there doesn't need to be a physical part of the 'catching it'. You can just wake up in the morning having not been anywhere near anyone who has caught it, and you have it. But mostly it does involve a vector in the physical, so a means of getting from one person to the other, and that happens through body fluids, hugging, kissing, sex, spit, breath, sneeze, blood, all that sort of thing depending on the individual virus. So you can do all those things 'on' or with another person, or you can sneeze on something and someone else touches your wet sneeze cells provided they haven't been exposed to the UV radiation of the sun or any other radiation that would kill the cell and virus contained in that droplet of sneeze or breath or whatever, thereby transferring it to yourself. But the virus needs the physical cell, it can't exist by itself, so once that cell is dead and dried up or 'burnt' by the radiation, so too will the virus 'die'.



But still you need the right person to have sneezed on whatever it is you are going to touch to revive the virus, which then once you've picked up their sneeze drops, it needs to be transferred to your mouth, eyes, nose, basically the moist areas of your face so it can keep it existing in the moisture and find a new host cell. And it has to be the right amount of moisture, the right humidity, the right temperature, and so on, lots of specific conditions providing the right receptive environment. And so once you've 'picked it up' which you are doing all day long, picking up viruses, bacteria, parasites at times, in the air, on dust and everything else you touch and rub on your face or lick or pick your nose, bite your nails, lick your lips, etc., then if it's to be activated by your angels so it will be, you having already picked up the etheric component.

So mostly it could work like this, a child makes it specifically for you, then that specific etheric part is transferred into the child's etheric system. Then the child might kiss, sneeze, spit or wipe its wet snotty hand on something you touch and you take up the physical component while you receive the etheric part at the same time.

But it's all different how all these parts go together or each virus. Air borne viruses like the flu you can pick up in the air at anytime from a nearby person with the cords (of light) transferring the relevant etheric 'information' at the time, like what happened with you and that lady on the walk. The breath of that lady you picked up as the cords transferred the etheric part, then your angels activated it during the night in conjunction with a dream you had. However it was only a very minor part of the physical you took up, with most of it coming through the etheric. And it was only a very mild cold virus, so your system in conjunction with your angels adjusting your etheric system dealt with it, no longer making you 'sick' with it.

The Covid-19 under certain circumstances is airborne, and your indoor artificial environments of controlled temp and humidity, sitting in cars, are good environments for transformation, whereas outside it becomes more hit and miss. Although of course there is no miss about it if it's what you need, as the angels will set it up so you are in the right place with the right amount of breeze blowing or whatever you need for the physical transformation to take place.

And it varies with the virus as to how much physical involvement is needed, and then also within the virus as to what you require and it being specifically tailored for you. So you can see there are endless unique variables and possibilities which makes it damn hard to pin down what is actually happening and how to combat it. Your Lockdown and social distancing does seem to be working, only it prevents you from building natural immunity, but if you do keep away from each other more, then there is less opportunity for transference, and unless the angels need you to have that specific virus, then it won't affect as many people as it would if it was free to spread more naturally."

Full context is at [www.pascashealth.com](http://www.pascashealth.com) in Library Download within the Pascas Introductory Notes as:

 [Pascas Care Letters Back to Basics.pdf](#)

**PASCAS**  
**PER**

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

## How can “Hidden Controllers” profit out of pandemic such as Covid-19 coronavirus?

A small group of families (with Jacob Rothschild as the current chairman) have worked to control governments through finances, to which they have been successful for more than 250 years. Since Napoleon Bonaparte (died 1821), the Rothschilds have funded the both sides of wars.

Covid-19 coronavirus has brought about the governments of the world committing to relief programs and stimulus packages amounting to more than US\$20 trillion (June 2020). After they tap their country's superannuation funds then they will find themselves at the doors of the Rothschilds. How is that they have the money?

The Bretton Woods Conference of 1944 led to the establishment of governmental and corporate bonds being created through the hands of a few, one in particular being the Rothschilds. The profits from the printing of bonds – the creation of money – has been the domain of the Rothschilds ever since. "Give me control of a nation's money and I care not who makes it's laws" — [Mayer Amschel Bauer Rothschild](#)

Interestingly, the decline in global domestic product may be greatly less than the funds being borrowed, thus a major growth in economic activity may follow the decline – with the world debt climbing from US\$250 trillion by this stimulus package, all under Rothschild oversight.

World Gross Domestic Product in 2019 was around US\$87 trillion and now we have reports indicating that bailout packages and stimulus packages of US\$15 trillion to US\$20 trillion + are committed when the IMF suggest the recession maybe less than 5% of GDP. The projected world economic growth is all borrowings by governments and the Rothschilds will have a field day!!!

### Global Economic Effects of COVID-19

Updated 4 June 2020

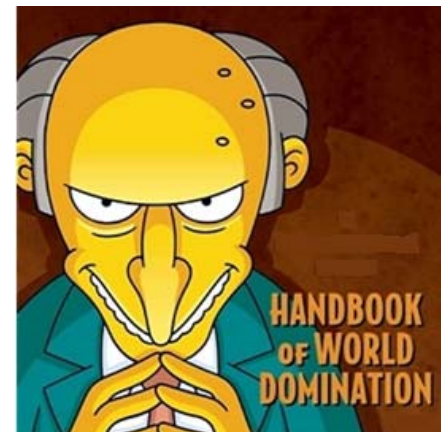
<https://fas.org/sgp/crs/row/R46270.pdf>

The IMF (International Monetary Fund) concluded that the global economy would experience its “worst recession since the Great Depression, surpassing that seen during the global financial crisis a decade ago.” In addition, the IMF estimated that the global economy could decline by 3.0% in 2020, before growing by 5.8% in 2021; global trade is projected to fall in 2020 by 11.0% and oil prices are projected to fall by 42%. This forecast assumes the pandemic fades in the second half of 2020 and that containment measures can be reversed quickly. The IMF also stated that many countries are facing a multi-layered crisis that includes a health crisis, a domestic economic crisis, falling external demand, capital outflows, and a collapse in commodity prices. In combination, these various effects are interacting in ways that make forecasting difficult.

In short, the Rothschilds fund what the superannuation funds cannot and again the Rothschilds are funding ALL sides of a 'world war' without a shot being fired – all done and dusted in a few months. This is the perfection of the 'hidden controllers'!!!!

The fear amongst the population is such that there is instant capitulation.

And this is how the Rothschild enslave humanity to debt, driven by fear and ensnared!



## Can the suppressive control by hidden controllers be removed or ended?

The hidden controllers' reign, as well as the structures and platforms of ALL institutionalised mechanisms that manipulate humanity, are now having their foundations fractured and removed. They will ALL collapse to be replaced with The New Way of living. Humanity is to discover who they truly are and express their true personalities. This will take all of the next 1,000 years to unfold, being the Avonal Age. However, it will feel relentlessly traumatic for those who cling to their old ways whereas those who embrace living through their feelings exhilarated through their personal self-expression.

# NEW FEELINGS WAY

We are to bring to the fore our true personality, not the one imposed upon us by our Earth parents, our early childhood carers, our educators through primary school, high school, higher education and university, our employers, our governments of all levels, and also our religious and spiritual leaders. To comply with their impositions, we develop a façade so as to submit to their control. We become zombie like, living life in a stupor of mind control and suppression of our truly wonderful personality. We ALL live life in varying levels of depression. We ALL are so depressed by our lack of true personality expression that it is a wonder that we can even exist in the physical. Those who suicide go on living in spirit suffering the same depression they tried to escape from through suicide on physical Earth.

## Do we experience death of our personality when our physical body dies?

No. We are spirits firstly having a physical experience. The etheric body of our spirit body is the template of our physical body. Our spirit body brings about our physical body by connecting to the newly forming physical body through cords of light. It is when these cords of light are cut between the etheric body of the spirit and the physical body that the physical body then dies. We are separated from the physical body thus causing the physical body to then die. We may observe the death of the physical body but not experience its eventual death. Even falling off a tall building, we will separate before the physical body suddenly ends living upon impact with the ground.

## The Brennan Model of the first 7 Levels of the Human Energy Field



Nor do we experience our transition to the 1<sup>st</sup> spirit Mansion World. From the moment we have left our physical body to the time we wake up on a fluffy white bed in a receiving station / arrival hall, something like a nursing home or hospital, we do not experience or remember our transition. A great deal of adjustments are carried out to our spirit body by our Angels on this journey, so we are unaware, unconscious of them. We will wake up to being welcomed by personalities that we have known during our physical life. We all arrive into the 1<sup>st</sup> spirit Mansion World, no exceptions, and into an

environment that is very similar to what we are used to in the physical world. Most that arrive do not realise that they have died.

Death is a time for celebration. It is like a new birth date. The date you die on Earth is the day you are born into the Spirit Worlds. It is truly meant to be a day of celebration, not of mourning.

### **Will I be greeted by Jesus or such an esteemed spirit entity?**

Some 60 million people die on Earth each year. Jesus is a spirit entity just like us. He and Mary Magdalene can only be in one place at any one time, so it is not feasible for them to personally greet us individually. Further, Mary Magdalene and Jesus are co-regents of 3,840,101 humanities throughout their Local Universe called Nebadon (The Urantia Book).

We are in the final days of the End Times. That is, Mary Magdalene and Jesus' personal involvement with Earth's humanity is ending. They have not been to Earth for many, many years. They have now handed the administration over to the Celestial Spirits of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Celestial Heavens under the personal guidance of the Melchizedeks. It is the Celestial spirits that may welcome you into the 1<sup>st</sup> spirit Mansion World, as well as companions who have passed over before you who are throughout the spirit Mansion Worlds. Shortly, the administration leadership will pass to the Avonal Pair who are presently on Earth.

### **Why are religions and religious institutions part of our suppression?**

All religions have been founded through the leadership and guidance of mind spirits from the Mansion Worlds in compliance with dictates of the Evil Ones, the rebellious Lanonandeks spirits. Lucifer and Satan soulmate / soul partner pairs were arrested and are now in spirit prison when the Creator Son and Daughter surprisingly commenced their public ministry on Earth in the first century, and Mary Magdalene and Jesus achieved their fully regency over Nebadon, our Local Universe, through their living on Earth, and terminated the rebellious control of the Lucifers and Satans. The Caligastia and Daligastia soulmate / soul partner pairs continued with the plans of Lucifer and Satan for spirit authority and power. However in the early 1990s they were also arrested and are now in spirit prison as they had also over-looked and were surprised by an Avonal pair now living physically on Earth, thus progressively bringing about the end of the Rebellion and Default through their Feeling Healing and revelations that they are providing. Thus the spiritual influence for all religious institutions, their leaders, all hidden controllers of Earth and all other mind spirit assisted endeavours on Earth have now been cut off as of 22 March 2017, events on Earth are in disarray and hidden controller's plans are in tatters.

The religious organisations have been extra-ordinarily oppressive to women. Women have been relegated to meaningless tasks and suppressed in full abeyance to the rebellious Lanonandeks, including Caligastia who is the true 'devil' now imprisoned.

The Bible is recognised as 60% being spirit conveyed or originated. The New Testament was written down for the first time a decade or more after the life of Jesus. The Apostles stepped back from writing down what unfolded as they expected Jesus to return in the physical. He will not be returning. Then what was written down progressively altered through the many re-writings by scribes and copyists. None of that alteration process matched what Constantine did in 325 CE when he politicised the religion and the records that were founded about Jesus.

The same treatment has occurred with ALL spiritual writings before and after the life of Mary Magdalene and Jesus who are soulmates / soul partners and our spiritual parents, as they are also for all 3,840,101 (The Urantia Book) humanities throughout our Local Universe of Nebadon.

Thus, it can now be seen that all that has been established throughout the Rebellion and Default has to be ended, dismantled and The New Way introduced and that is Living Feelings First, being Feeling Healing with our soul-based feelings leading us and our minds assisting in implementing what our Feelings are guiding us to embrace. We are really physical spirit children of our Heavenly Mother and Father, as we are of our physical Earth parents. We are to express the personality that our Heavenly Mum and Dad endowed us with, not the one imposed upon us by our Earth mum and dad and then further manipulated by the control addicted minds of all the authorities that impose their will aggressively upon each of us.

### **How is this Great U-Turn unfolding?**

Mary Magdalene and Jesus came to Earth for the benefit of all humanities of their Local Universe of Nebadon. They did not come exclusively for the humanity of Earth. The fact is that their presence was not even to be recognised. You will notice that neither wrote down anything and they left no trace of their existence – Jesus dissolved his physical body while in the tomb following his assassination / crucifixion when he was 36 years old – Mary Magdalene’s body was cremated when she died in Egypt about the age of 48. Mary was born about 5 years after Jesus, both did not have any children of their own, they both died virgins. The Catholic Church got the wrong Mary as being the virgin. Jesus’ mother was not a virgin, Jesus was conceived in the normal way.

Mary and Jesus, through their presence on Earth, were able to make available our Heavenly Mother and Father’s Divine Love for all humanities throughout their Local Universe, including Earth’s humanity. The local knowledge of this was lost through Constantine’s manipulation of the writings making up the New Testament. The awareness of Divine Love was re-introduced through the writings by Jesus and Celestial spirits through James Padgett during 1914 to 1923 – this event also fulfilled the prophecy of Jesus’ return to Earth, his second coming.

Mary Magdalene and Jesus released their Spirits of Truth upon their separate deaths. It is through their Spirits of Truth and with the availability of our Heavenly Mother and Father’s Divine Love that all humanities can progress up and into our Local Universe of Nebadon and then out of Nebadon and onto Paradise in the centre of the seven super universes, the home of our Heavenly Parents. Before that time no one could progress from their local spirit worlds.

Jesus, upon his death, opened the Divine Love healing Mansion Worlds 3, 5 and 7 and also the segments in Celestial Heavens 1, 2 and 3 for the progression of Earth’s humanity. It has taken these past 2,000 years for the numbers of Earth’s humanity to grow sufficiently to handle the End Times, the Change Over and the Avonal Age of the coming 1,000 years. This all coinciding with the Avonal Pair being physically here on Earth and taking on all that represents the extremes of the worst of the Rebellion and Default and then healing themselves of it through the process they now call Feeling Healing.

The process of becoming Celestial Soul Condition for the Avonal pair will be different from what we each will experience. Being Avonals from Paradise, they are already ‘Celestial’, in fact a great deal more than just Celestial, they are such awesome wonderful beings that we of physical Earth cannot and will never comprehend. Assisting the Creator Daughter and Son, Mary Magdalene and Jesus who are

also from Paradise, is the Divine Minister. The Divine Minister will reawaken an aspect of the Avonal pairs' soul equivalent to Celestial Soul Condition that will equate to transitioning from the 7<sup>th</sup> spirit healing Mansion World to the 1<sup>st</sup> Celestial Heaven.

In keeping with explaining what unfolds, we have the accounts of Raymond McDonell and Bradley Cooper who both transitioned from the 7<sup>th</sup> healing Mansion World and moved into the 1<sup>st</sup> Celestial Heaven a little over a year ago. We also have accounts from Marie Doel and Kevin Cooper. All four are from the same family and they all lived in or around West Wyalong in the state of New South Wales, Australia. Marie is John's mother, Kevin his brother-in-law, Bradley his nephew and son of Kevin, and Raymond is John's first cousin. It is a most wonderful 'blast' and event that you are fully conscious of as it unfolds. You do not experience your transition upon death of your physical body to the 1<sup>st</sup> spirit Mansion World or your transition between Mansion Worlds but into the 1<sup>st</sup> Celestial Heaven you do. Upon arriving in the 1<sup>st</sup> Celestial Heaven on the Sea of Glass outside of headquarters called Jerusem, you typically take around a year to assimilate and adjust to being Celestial with your soul partner.



This Great U-Turn is going to unfold through embracing Living Feelings First which is commencing to undertake our Feeling Healing being what the Avonal Pair are demonstrating and introducing to all of Earth's humanity. The Avonal Pair are here specifically for Earth's humanity, both in the physical as well as in the spirit Mansion World. They are not here for anyone else. Further, only Earth's humanity has Defaulted. A total of 37 worlds have joined the Rebellion of the Lanonandeks some 200,000 years ago but only did Earth's Adam and Eve Defaulted some 38,000 years ago. We have not only Rebelled, but also Defaulted, but added to that we then put the Regent of all of Nebadon on a crucifixion cross – we are known as the world of the cross! We are a class act of wrongness! And now we are demonstrating evilness in the extreme, look around you – so now begins the Great U-Turn!

**So how is Earth's humanity going to become aware of Feeling Healing and why would they embrace such revelations, let alone do anything about it?**

On the 22 March 2017, the connectivity of mind spirits with Earth's humanity was blocked. Only Celestials and what other communications they approve are the connections now taking place between physical humanity and spirit.

On the 22 May 2017, the Law of Compensation began to accelerate. The Law of Compensation will be Earthed in a way that the Avonals subsequently consider most appropriate for Earth's humanity. In short, the 1<sup>st</sup> spirit Mansion World will be Earthed eventually. In the spirit Mansion World, should you contemplate to do harm to another, then you instantly are debilitated with the equivalent amount of harm that you considered imposing upon another. Should that be Earthed in its fullness, then you would find a great number of people in great difficulty instantly.

**Law of Compensation**

**Law of Forgiveness**

On the 31 January 1918, the administration of Earth's humanity as well as of all the spirit Mansion Worlds, all seven, was handed over to the Celestial spirits of the three Celestial Heavens. Three Melchizedek soulmate / soul partner groups are advising the Celestials. This has never occurred for any other humanity throughout the seven super universes.

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

Everything that is presently unfolding for Earth's humanity is unprecedented. It is truly an amazing time. So let us explore some more.

We, in the physical on Earth, take events in isolation, not having the 'birds' eye view' of the Celestial Spirits, we do not see the interconnectivity of all the separate events which are making up the Great U-Turn.



Everything is to be disrupted. Everything that is of the Rebellion and Default is to be torn down. All controlling mechanisms and norms are to be destroyed. All controlling authoritative structures are to be removed. Nothing of the Rebellion and Default is to continue. That will include the internet as we now have it in 2020! Nothing of the past will continue. It cannot, otherwise we will continue as we were!

This event commenced its planning and implementation in earnest with the commencement of writings through James Padgett on 31 May 1914 with 250 Celestial spirits and, in particular, involved Jesus. The planning and implementation has been building up ever since.

Then in 2002, Mary Magdalene and Jesus wrote extensively through James Moncrief. Jesus has only ever written through James Padgett and James Moncrief. Mary Magdalene has only written through James Moncrief. They have purposely restricted their writings to these two people to avoid confusion and error.

You may find writings purporting to be from Mary and Jesus, also the Apostles, etc. There are many spirit personalities in the Celestial Heavens and spirit Mansion Worlds who have their names. The writings may be from personalities with the appropriate name but not be the key person who we are concluding them to be. Most of the Apostles have progressed beyond the Celestial Heavens and are no longer involved with Earth as Mary and Jesus' era is now ending. Mother Mary, the Earth mother of Jesus has not only left the Celestial Heavens but gone on out of Nebadon. Mother Mary was an ordinary person just like you and me, she could not do anything for anybody and people's prayers to her were a gross inconvenience to her. Further, she has progressed from our Local Universe and cannot hear us. We can put our rosary beads away for ever. Further, reciting endless words as prayers rise no further than our upper lip. However, we can talk to spirit personalities and our Heavenly Parents in the same manner we talk to those who we love on Earth. Assuredly, we are heard.

Within the Celestial Heavens there are many spirits who have names of Jesus and Mary as well as the names of the Apostles. There is an enormous interactive type museum in Jerusem, on the 1<sup>st</sup> Celestial Heaven, that enables contact with a figure from any era. You go there and 'interact' with anyone of any era that you wish to. It is fully 'automated'. Many spend time with 'Jesus' and 'Mary Magdalene' as this is a way to get to know them as Regents. Thus when it comes to asking about the writings in the New Testament it is easy to be precise and accurate with your explanation through your 'research' in this museum which also covers all of the humanities that have lived on Earth.

As a matter of interest, there are "New Testament" translated from the Aramaic writings, the native tongue of Mary Magdalene, Jesus and the Apostles, capturing much of the idiomatic meanings.

The New Testament has now been 'rewritten'. These can be accessed PDFs from the Library Download section of [www.pascashealth.com](http://www.pascashealth.com) in the Medical – Soul Condition & Health section:



[Bible New Testament Matthew Peshitta Lamsa.pdf](#)



[Bible New Testament Revelation Mary Magdalene.pdf](#)



[Bible New Testament Review – Part I.pdf](#)



[Bible New Testament Review – Part II.pdf](#)

The New Testament consists of some 300 pages. The writings introducing the Avonal Revelations and the Avonal Age are already 60,000 pages and their public ministry is yet to begin!



## Earth events, what is so unusual about our present environment?

From around 1980, the surface of the Earth has been progressively warming from WITHIN! A wave of energy passed through our local solar system increasing the rotation of the iron nickel (or what it may be) core of Earth and it is this agitation that has and is slowly warming the crust of Earth, including the oceans. A further wave of energy is anticipated. This cyclical event occurs around every 12,000 to 13,000 years. It has always done so and will continue to do so.

When was the last one? Probably around 12,500 years ago! How does that make you feel? Now you can see that the past will be significantly removed from us as we will be building a new and much brighter existence for Earth's humanity.

Many humanities try to go off world, however that is pointless as these Earth change events occur throughout all the worlds within all solar systems.

As you have observed, much of Earth has experienced unprecedented temperatures, mostly warmer with some cooler. The rotation of the molten lava under Earth's crust has and is increasing unevenly with the surface warming in most locations with some areas cooling. Global warming is not man-made, it is a natural cyclical event that takes place around every 12,000 to 13,000 years. Note this following article. It represents an event three cycles ago and it reflects Earth warming in a similar manner as we are now experiencing. Should you look at the many recorded ancient events, divide by 12,500 or so and you will see most coincide with yet another cyclical event:

### 10 NATION

# Giant kangaroos, 7m crocs victims of climate change

GIANT kangaroos and enormous crocodiles that lived 40,000 years ago in tropical northern Australia died out because of climate change, a study has found.

As the rest of the world was running from giant man-eating carnivores, Australia was home to a kangaroo that stood 2.5 metres tall and weighed 274kg. It fought for its place in the food chain alongside a marsupial "lion" and the world's largest wombats.

They were hunted by giant reptiles, from an extinct freshwater croc around 7m



long to huge lizards, including one called Megalania that was 6m long. The discoveries come out of an area near Mackay called South Walker Creek (pictured), which is the youngest megafauna site in

northern Australia and once home to at least 16 species of giant animals.

Extreme environmental change and not humans was the most likely cause of their extinction, according to the study published in *Nature Communications*.

The loss of water flow, intensified drying, increased burning and vegetation change created the conditions to drive the extinction of at least 13 species of super-sized megafauna species, the study led by Queensland Museum found.

In recent years, many parts of Earth have experienced unprecedented droughts, followed by extreme bush fires / wild fires and then floods. To cap that all off, we have Covid-19 coronavirus pandemic that has shut down economies around the world, potentially destroying economies as well as the lives of millions with more than 500,000 deaths, as of June 2020. Billions are being spent developing vaccines. However Covid-19 mutates so that it is experienced by the receiver in the manner that is appropriate for that person to either go deeper into his or her wrongness, or search for truth and start the journey of healing. Covid-19 mutates appropriately for every individual; and presents the same for researchers without revealing the ‘personalised’ mutations, thus frustrating the potentiality for a vaccine. Covid-19 is here to linger with us in the background.

**May I Have Your Attention Please**



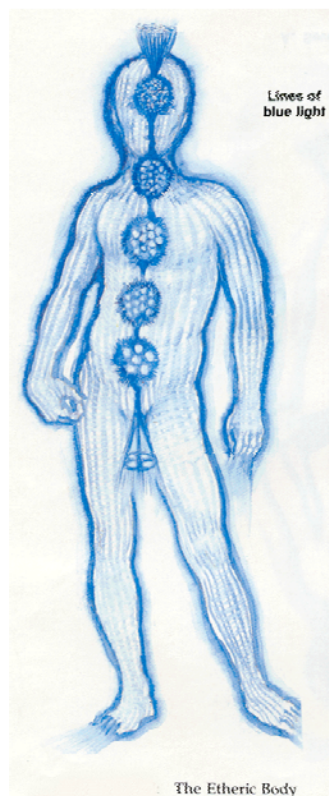
**Around 12,500 years between Pole Shifts** **TIME FOR CHANGE** **With each Pole Shift humanity had gone deeper into its evilness.**

Though man has brought about the circumstances of this coronavirus, man is not capable of creating such a virus. Medical science or scientists do not recognise the existence of the spirit body and that the etheric body associated with one’s spirit body is the conveyor of any coronavirus. Coronaviruses are firstly transmitted etherically. The virus then manifests in a physical host cell and then becomes transmittable through contamination such as via an aerosol spray emanating from a cough.

Such events will intensify and continue for maybe the next two decades while we grasp the reality of the changes in living. Feeling Healing is the way for us to grow in truth and evolve as a new humanity. There needs to be unfolding continual changes in our living environment to ensure that the complacency of living the way of Rebellion and Default does not continue.

### **How is the history of Ancient Civilisations found?**

Those who have completed their healing, progress through the Divine Love crying healing Mansion Worlds – 3, 5 and 7. They then move out of their healing and into the 1<sup>st</sup> of the Celestial Heavens, where they arrive at the Sea of Glass outside of the home city being Jerusem. As said above, Jerusem has a massive museum wherein you can connect to anyone of the personalities who have lived in any of the ages of any of the times of Earth’s humanity. Many connect to Jesus and Mary Magdalene in this way and that is how many come to know them more intimately. The arrangements are mechanical – they do not meet the personalities in real life. This way the history of humanity throughout its almost 1,000,000 years is available for those who have healed themselves of the Rebellion and Default and are interested in investigating those times and ages. Nothing is lost of history.



The Celestial Heavens are for all of the humanities of our local system called Satania. Of the 1,000 inhabitable worlds in Satania, 619 are inhabited of which Earth is number 606 (The Urantia Book). The histories of all of these worlds can be explored in this one museum in Jerusem.

As people on Earth heal themselves and become of a Celestial soul condition and be interested in the history of civilisations gone by, people of past Pole Shift ages, then this information will become available to them through Celestial spirits connecting with them.

### **How do Celestial Spirits and spirits from the mind Mansion Worlds connect with us on Earth?**

It is just great that they can and do. When you look at the night sky and count around 1,000 stars, each star has on average one inhabited world – some up to three and some none. So you could consider the Celestial Heavens are somewhere in the middle. That is not accurate as the Mansion Worlds and the Celestial Spheres are in a different dimension – consider this concept as a starting point!

We have the internet. Their internet is far more capable, it being inter-planetary and it is three dimensional. As I type this, the thoughts I am having and the words I am typing are appearing on the giant three dimensional screens in the communication rooms which are part of the “Battle Rooms” on each of the Divine Love healing Mansion Worlds 3, 5 and 7 and also the three Celestial Heavens. Your thoughts are received instantly. You are never alone. The “Battle Rooms” of the three Celestial Heavens are massive – one third of each of the three spheres!

As we heal our selves, our psychic connectivity abilities may enhance to the point we may begin to carry on conversations with spirit personalities who have our interests and support for. In this way a great deal of loving and guiding information may NOW become available for humanity as it is to rapidly evolve out of the Rebellion and Default.

**Do we have invisible spirit friends with us all the time?**

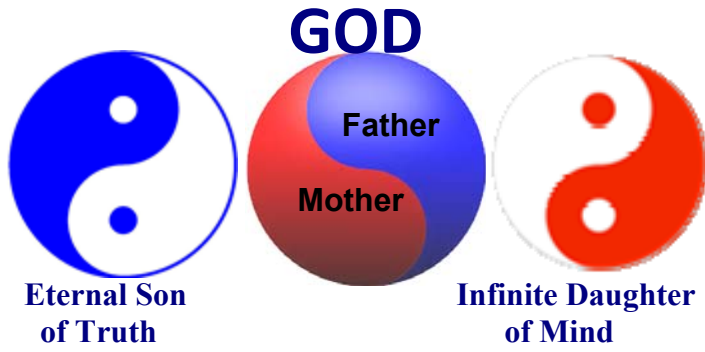


Should we open our selves to the Feeling Healing, then we are drawing to ourselves spirit personalities from the Celestial Heavens, a soulmate / soul partner pair. As we explore through longing for truth and understanding of how to heal our selves of the Rebellion and Default through Feeling Healing with our Heavenly Mother and Father’s Divine Love, then we will also be opening up the doors to connecting with our Nature Spirit pair. We always have our pair of Angels with us.

While the Rebellion and Default was in full control of humanity through the Universal Contract, Celestial Spirits and Nature Spirits were precluded from interacting with Earth’s humanity in the physical. Cracks were found leading to the formal ending of the Rebellion and Default on 31 January 2018 and now for those who long for Truth and how to heal themselves of the Rebellion and Default, then they will have with them at all times a soulmate pair of Celestial Spirits, Nature Spirits and Angels, in addition to their Indwelling Spirit who has been with them since the age of 6 six years. Our Indwelling Spirit is an aspect of our Heavenly Parents. Upon completion of our Feeling Healing, our soul will permanently fuse with your Indwelling Spirit thus we become a Celestial.

We have enough invisible spirit friends with us at all times to be partying 24/7!

**CREATION of SOUL and SPIRIT:**



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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

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



Spirit Person

Nature Spirit

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

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



A nature spirit is an angel in waiting.

### **So, what are these environmental events that unfold every 12,000 to 13,000 years?**

At Present, little is understood of these events. The last ‘Pole Shift’ was a major event and subsequently the next is anticipated to be a minor ‘Pole Shift’ event – whatever the difference between major and minor is unknown. Generally, following a progressive Earth warming comes a mini-ice age. The last event resulted in the submergence of Atlantis into the Atlantic Ocean leaving the Caribbean in its present form. There are a great deal of variables with each ‘Pole Shift’ event.

The first humans to have a longing for ‘human perfection’ were Andon and Fonta, now known as Aman and Amon. They were twins who lived about 993,500 years ago and were the first to be able to speak. Born in the Caspian Sea region, their offspring being red skinned people migrated great distances. More than 950,000 years ago some reached Tasmania which is now an island state off the south east of Australia. For further information explore “The Urantia Book” (TUB).

Evolutionary growth and development of populations has never been uniform as is now demonstrated around the world. Civilisations between each ‘Pole Shift’ have reached varying levels of technological development. Our present technological development has essentially unfolded in the last 250 years or so. Consider what may have been possible throughout a prior 12,500 year era between Pole Shifts!

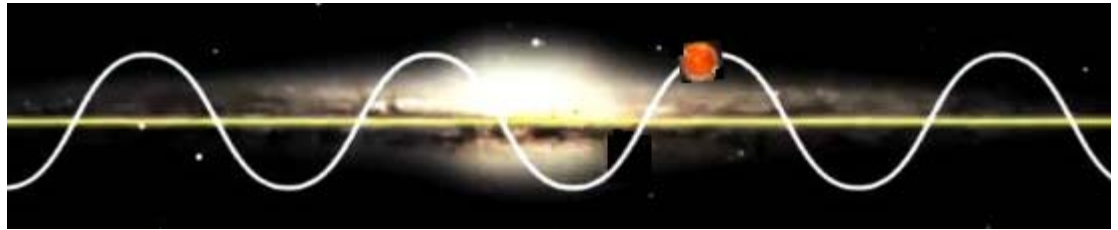
Humanity’s development overall is currently is the most advanced that any Earth humanity has achieved. However, prior humanities have achieved greater advancements in specific fields than what we have today. The energy systems employed in the past enabled travel into space within our local solar system (especially during the last three Pole Shift eras). We can barely get off the ground. The use of magnetism and gravity enabled heavy structures to be put into space – anti-gravity propulsion was understood. The Moon is home to a number of the ancient artefacts – that was what the Moon Race was about in the 1960s – to determine what they were! No, Neil Armstrong and Buzz Aldrin were not the first to land on the Moon on 20 / 21 July 1969.

Each ‘Pole Shift’ has brought about the surviving humanity going a little deeper into its Rebellion and Default. The progress that the Avonal Pair have made in their personal Healing has brought about the end of the Universal Contract governing the Rebellion and Default as of 31 January 2018. The next ‘Pole Shift’ which will be ‘mild’ will bring about an environment that will see the Great U-Turn widely embraced with humanity Living Feelings First which is engaging in their personal Feeling Healing. The Rebellion and Default that is inside each of us has to be personally healed.

Throughout the 200,000 years of the Rebellion and Default, Earth and Earth’s humanity has been quarantined from visitors. There have been no visitors to Earth from other humanities of other planets. We remain isolated until we have ended and then healed the Rebellion and Default within us. There have been unmanned drones sent to observe from other planets – but none with a crew. What has been sighted in flight, more often than not, is the remaining drones functioning automatically that were set in play to monitor and limit ongoing civilisation on Earth from harming itself. These craft were built prior to the last ‘Pole Shift’ event. It is these craft that governments are secretly trying to reverse engineer for military purpose – they are mainly succeeding in blowing themselves up! The energy sources and systems of Earth for the past Pole Shift eras are not available during this current cycle.

## Why is the Earth experiencing major environmental events and apparent warming?

Firstly, there is a major cyclical event that takes place, roughly, between 12,000 to 13,000 years. Should this be at the apex and bottom of a 25,000 to 26,000 full rotation or when Earth crosses the galactic equator is not understood.



**Earth is either passing through the galactic equator OR the apex of rotation!**



What is clear is that around 12,000 to 13,000 years, or thereabouts, there is a period that Earth transgresses through regions of high cosmic radiation density. Earth is presently at the cusp of one of these cycles. Magnetic field intensity, cosmic radiation flux and plasma density are peaking. Cosmic radiation has been increasingly penetrating into the core of Earth resulting in slight increases in the rotation of the iron-nickel core that in turn is agitating the Earth's surface, increasing the ocean temperatures as well as the land masses, increasing volcanic and earthquake activity. The wildfires that have intensified around the world, including the Amazon and within the Arctic Circle, particularly Siberia, are being driven by increased cosmic radiation intensifying lightning strikes. Droughts, floods, wildfires, earthquakes, volcanic activity, cyclones, hurricanes, typhoons and warming, etc., are all being driven by this cyclic event. It is not man-made. Nevertheless, there are a lot of variables with each of these cyclical major events.

## Has Earth had large populations within prior 'Pole Shift' ages?

Kevin, 1<sup>st</sup> Celestial Heaven, 1 June 2020: "Humanity has had great populations at other times in the past, all which built up through the relevant Pole Shift Age, reaching the peak around the end of the Age. Some had peaks and troughs within the Pole Shift Age too."

Andon and Fonta, also known as Aman and Amon, lived some 993,500 years ago. That is nearly 80 Pole Shift ages. Considering some extrapolations, consider that 240 billion personalities may have incarnated throughout those years. Prior to the life of Jesus and Mary Magdalene in the 1<sup>st</sup> century, all of humanity could not progress any further than the spirit mind Mansion Worlds 1, 2, 4 and 6. Jesus, during his life, made it known that humanity, be they in the physical or spirit, can ask for and receive our Heavenly Parents' Divine Love. Jesus also opened the Divine Love healing Mansion Worlds 3, 5 and 7. Those who have now completed their Healing have progressed and entered the Celestial Heavens 1, 2 and then 3. You could consider that 80% of all that have entered the spirit worlds are presently within the mind Mansion Worlds 1 and 2 – about 200 billion personalities. Others have progressed into higher mind Mansion Worlds 4 and 6 but relatively few. As for those who have completed their healing and entered the Celestial Heavens, maybe three quarters are still there with the rest progressing up and through our Local Universe of Nebadon with some leaving Nebadon and on their way to Paradise, the home of our Heavenly Mother and Father.

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: “During prior Pole Shift ages, three in particular, humanity had access to higher technology of varying degrees. These three successive ages used antigravity and had access to abundant universal ‘Light Energy’, and like you, James, were listening to, had the ability to use their minds to affect certain technology, and other technology that enabled those great rocks to be cut and placed in the structures that remain today. The last of the three Ages, that included the Atlantis times, understood that Pole Shifts happen, devastating much of the planet. And so sought to ‘weather’ it off-world, and build the massive rock structures that were in theory to protect the important people, kings and queens, and enough slaves and servants and menial workers to keep them all well fed in the Aftertimes.”

“And then you had the priests who were basically people with good psychic skills that could ‘earth’ the science needed to make the machines to build the structures, the flying machines. They also had the equivalent of large sailing machines, like submarines, which are on the bottom of the oceans and hidden away in underground bases. So the later part of last century, and still ongoing, the leading world nations, mainly the Americans with the British, some of the Europeans, Russians and with the Chinese trying to play catch-up, have been scouring the world trying to gather up as much of the past technology they believe would be helpful to them. And through some of it they have gained an understanding and applied it to the world as you know it. But most of the technology eludes them because the energy systems needed to power it are not available to humanity today – this Pole Shift Age. You’ve had to use more rudimentary technology starting basically from sticks and stones, building it up until now because of how severe the last Reversal was which all but obliterated all sign of past civilisations other than the more obvious pyramids you still have today.”

Nanna Beth reiterated: “I will tell you again, there are no hidden or secret aliens on Earth, neither are there any coming or going – visiting Earth, nor have there ever been. It’s home-grown. With the only mysterious otherworldly events being the materialising of the higher Sons and Daughters as revealed in The Urantia Book (TUB). It’s just you lot on Earth and all the weird stuff some of the governments are doing underground, coupled with any mind spirit interference.”

### **Unidentified Flying Objects (UFOs) and Unidentified Submersible Objects (USOs)?**

These are all home grown. They are all technologies that have been developed on Earth by Earth’s civilisations of past Pole Shift eras. They are still functioning autonomously. And yes they are to be found on the Moon’s surface and possibly elsewhere such as Mars. On Earth, remnants may be found in obscure locations, such as Antarctica, deep in forests such as Amazon and on ocean floors.

We have not been visited by aliens and we will not be until we heal ourselves of the Rebellion and Default. We are quarantined from interaction with any other humanity from any other world. Even if we start to develop technology to go deep into space, we will not be allowed to leave our solar system.

Neil Armstrong and Buzz Aldrin (20 / 21 July 1969) are not the first humans to land on the Moon.

### **Are ancient technologies, profound writings, medical and health practices, legacies from prior Pole Shift ages?**

Buddhism is a legacy from the Atlantean culture, even though it is generally accepted that Prince Siddharth who was a Hindu and became lord Buddha and founded Buddhism. Buddhism is drawn from remnants of Atlantian customs and practices. The Hindu religion is a rarity in as much as it does not

have a historic founder. What is now called Hinduism lends itself to having the legacy of prior Pole Shifts in high certainty. Many Chinese and Indian practices in health and customs are legacies. There is a great deal that can be recognised as being legacies of ancient developments, practices and customs from peoples surviving prior Pole Shifts.

### **What and where is Hell?**

In fact, Earth's humanity remains in isolation from all other humanities until it has healed itself of the Rebellion and Default. Even when you enter the spirit Mansion Worlds, 1 to 7, you remain in isolation. We are living in hell on Earth and all the way through the seven Mansion Worlds. Only when we move out of our Healing and into the 1<sup>st</sup> Celestial Heaven do we leave the Hells. The Law of Compensation is experienced and resolved by us in the lowest planes of the 1<sup>st</sup> spirit Mansion World and the two lowest Earth planes which are sometimes referred to as Planes of Disharmony 1 and 2. The Law of Forgiveness is addressed through the healing crying spirit Mansion Worlds 3, 5 and 7. The Law of Forgiveness addresses issues involving yourself in a personal manner as well as family events such as childhood suppression, whereas Law of Compensation resolves issues of causing harm to others such as not honouring the will of others.

**Law of Compensation**

**Law of Forgiveness**

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

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

During the coming Avonal spiritual age, the next 1,000 years, it is anticipated that the Law of Compensation will be Earthed. Those who contemplate causing harm to another may find themselves suddenly suffering the equivalent of the harm that they intended to impose upon another, thus disabling them or incapacitating them so that they cannot carry out their intent. By Earthing the Law of Compensation as it is applied within the 1<sup>st</sup> spirit Mansion World, it will lead to people experiencing the pain of their indiscretions that they would have put off until after they had physically died. In this way, such people will endure the consequences of the Law of Compensation while they are alive on Earth. This is anticipated to lead to the emptying of Earth planes 1 and 2, thus shutting down the worst of the Hells.

Further, by earthing the Law of Compensation, all manner of man's evil and corrupt ways will be brought to a halt. The capacity for man to conduct war amongst itself will be ended. Criminality will be halted. Many systems that humanity sees as being acceptable will be found wanting and ended. However, not all of man's controlling ways are within the ambit of spiritual ways. Many of man's controlling systems may continue. Traffic and parking infringements is man's controlling way. You may still find yourself in court on driving infringements!



## Why do we differentiate from each other, such as in colour, race, creed and customs?

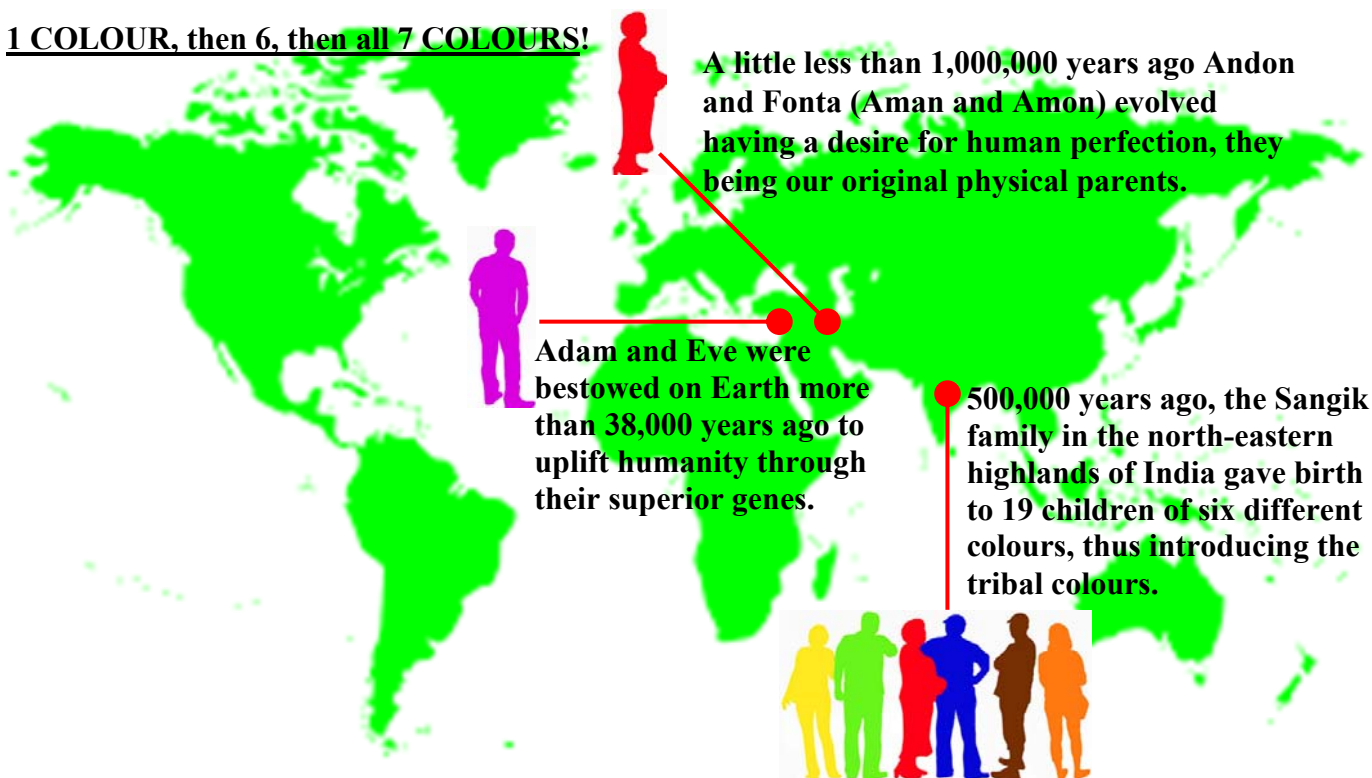
All of these features have been used by the Evil Ones, the rebellious Lanonandeks high level spirits, and their cohorts such as the hidden controllers on Earth, to pit man against man and strengthen the Rebellion and Default. As people heal themselves of the Rebellion and Default, all of these social issues will dissipate and harmony will emerge and prevail.

All humanities are provided with the seven racial colours. Intermingling of the colours results in humanity blending to generally harmonise with an olive colouring unfolding. Earth's humanity has been slow to intermingle and blend.

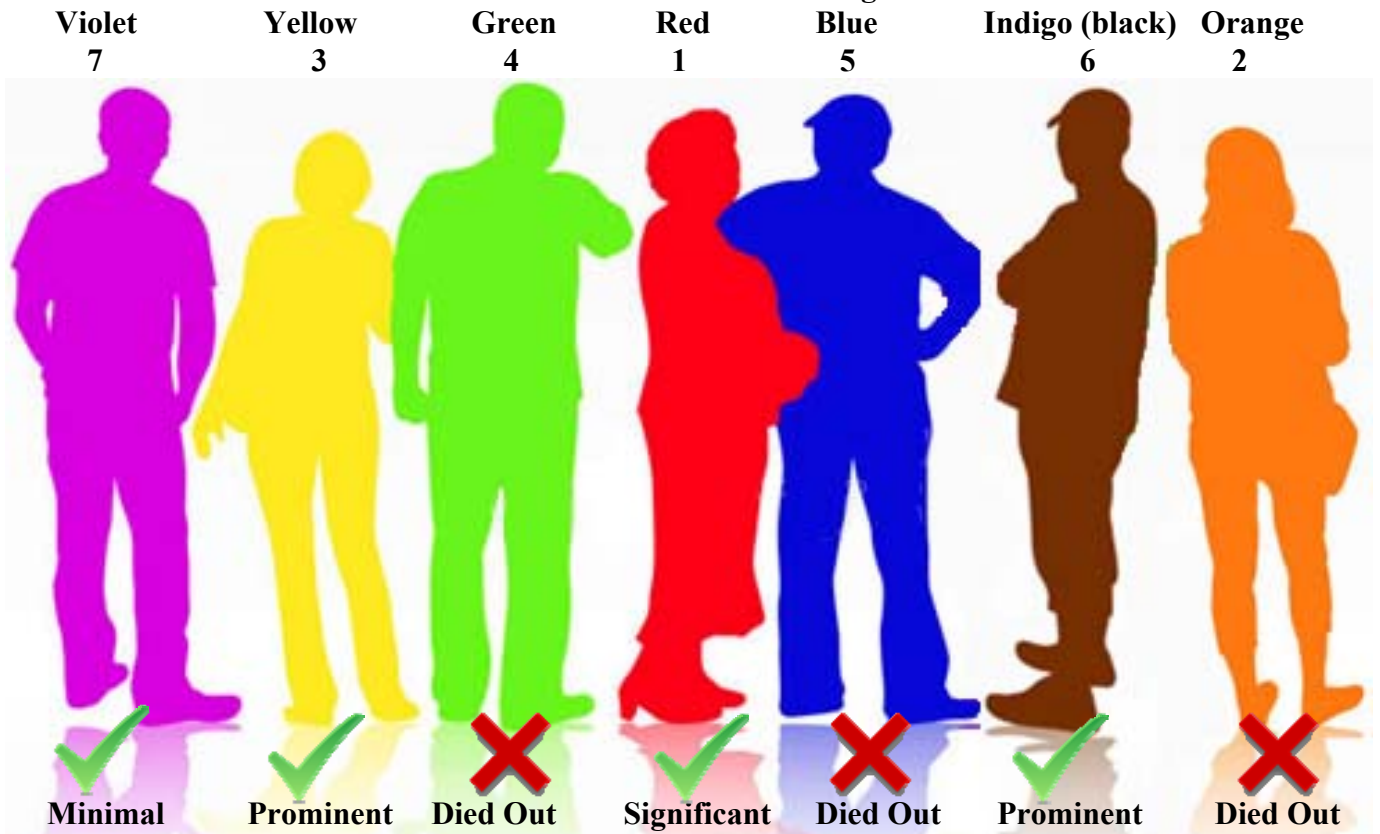
Earth's first humans were of a red colour with an appearance trending towards that of modern-day Eskimos. That was 993,500 years ago. Some 500,000 years ago on the north eastern highlands of India, the Sangik parents of the Badonan tribes had 19 children. The first 5 were red skinned, then 2 orange, then 4 yellow, then 2 green, then 4 blue and the last 2 were indigo (black). You could say that they were Earth's one and only rainbow family. These different colours subsequently built up in numbers and migrated into different regions. The red into northern America. The yellow into China. The indigo (black) into Africa. Fighting between colours resulted in the loss of the orange, blue and green colours.

More than 38,000 years ago, Adam and Eve arrived and introduced the violet colour, thus completing the colours for Earth's humanity. Reference The Urantia Book (TUB).

### 1 COLOUR, then 6, then all 7 COLOURS!



**HUMANITY PHYSICAL COLOURINGS and order of emergence:**

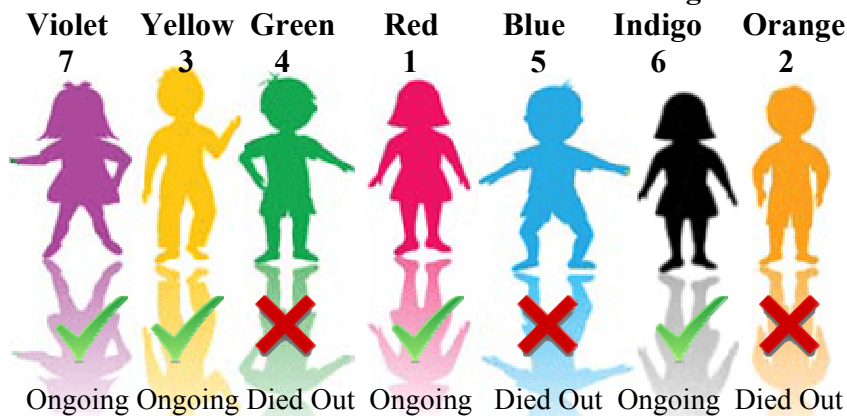


Colours that have died out or perished are blue, orange and green. (TUB) “It is a misfortune on Urantia (Earth) that you so largely lost your superior blue men, except as they persist in your amalgamated “white race.” The loss of your orange and green stocks is not of such serious concern.”

**Examples of forgotten Earth History:** More than 38,000 years ago, the Adamic pair, being Adam and Eve, were to bring about a community of one million, creating the violet coloured race before any marriages would take place with the other remaining coloured races being outside of their community, Garden of Eden. Both Eve and Adam defaulted by taking partners outside of themselves. Thus the planned up-lifting potential for all of humanity had been significantly compromised and diminished.



**HUMANITY PHYSICAL COLOURINGS emergence:**



Races and territorial rights have been used and abused, driven by greed, control and power over others, all in keeping with the Rebellion and Default. Customs have been handed down through many generations thus perpetrating the errors of the Rebellion and Default, generally of a controlling nature. No greater controlling mechanism can be found than in the creeds and customs of religious organisations. Some 50,000 religions now blanket the Earth, all providing seats of power and control and perpetrating the seductions of the Evil Ones, the rebellious Lanonandeks, with their deception.

### **What are we?**

We are each a unique personality. We are not the same as anyone else. We each deserve individual attention. Our personality is so incredibly unique that not one of us fit any of the boxes that the generalists want to fit us into and therefore say to us, “This is for you because you are of this category”.

The control of our unique personality is blatantly imposed upon us by institutions such as the military services worldwide. Our personality is smashed into oblivion so that controllers can mould us into a pattern that makes the military recruit us into a submissive team player. Individuality is denied. As a military person you are obliged to forfeit your individuality for the good of all.

There is no other personality on Earth the same as you. Throughout all of history there has not been another personality the same as you. And there will never be another like you! Throughout our local universe there is no-one the same as you. Our personality is unique throughout all the universes.

Yes, we are a personality and we are unique. Our uniqueness is wonderful. Each of us is SPECIAL.

Our personality is not our physical brain. Our personality is not dependent upon our brain. Our brain is simply a conduit for instructions from our mind which is spirit body based and even then that is not the location and core of our personality. Our personality is from within our soul. It is our soul that is the permanent home of our personality and it is through our feelings that our true personality is demonstrated in our day to day activities. Commencing Feeling Healing is the start of living in truth!

Our soul always resides within a dimension separate to our spirit body. Our physical body is never dependent upon our mind (spirit body based) and brain (physical body), it is our soul that does everything. It is our soul based feelings that come through our mind and are orchestrated by our physical body that is the truth and guidance we are to live by – feelings first with the mind to follow.

Our mind being part of our spirit body is addicted to control. It cannot discern truth from falsehood and is addicted to untruth that the military training depends upon to remould the personality that our Heavenly Mother and Father have created. This submissive training creates individuals who are willing to slaughter others in the false belief that this is for their motherland and people’s protection.

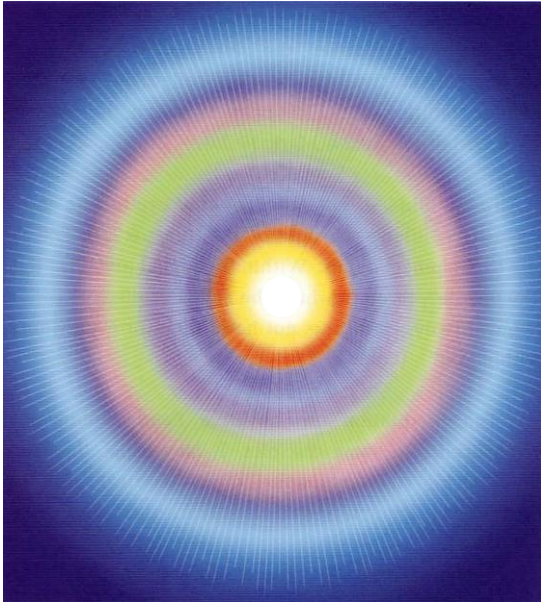
Throughout every aspect of society, every element of our living, we are being controlled by others. We have been seduced into living through our minds and it is the mind’s addiction for control that over-arches every element of our lives. We all, in some manner, are inclined to control others. This is an endeavour to suppress the wonderful beauty of the personality of others. We are meant to live our lives through our feelings. Our feelings are always in truth and consequently love. Our feelings are from our soul and it is these feelings that we are to engage our minds to implement – not the other way around!

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

## DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

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

What are you? We are each children of our Heavenly Mother and Father. Our souls that are created by our Heavenly Mum and Dad are blessed with a unique personality that commences its individualisation through being physically conceived and incarnated on a physical world, such as Earth. Souls await incarnation being conceived by physical parents and this brings about the formation of the spirit body which is the template for the physical body. Following conception, should the embryo grow to commence pumping blood through its heart at around day 16 then incarnation and individualisation of the personality of the soul is complete. Should the life of the incarnated personality be fleeting or long, there is no further need to have another physical experience, as there is no reincarnation. Reincarnation would require the bestowal of another personality pair upon the soul when the soul only ever has ONE personality pair bestowed upon it by its Mother and Father.

If you were reincarnated, your soul would require another personality bestowed on it for you to become, so you would no longer be the personality you are now. You would be a whole new unique personality – person with no connection to your past lives. You'd end up living countless lives being countless personalities, all of which would get very confusing. Can you see yourself now being for example John, who then completely ends, ceases to be when incarnating next, becoming a whole new person and personality, for example Anne? It's not going to happen. You the personality John are forever, although in the Celestial spheres you will receive your true spirit name, the true name of your personality given to you by your Heavenly Mother and Father.

Should physical life be fleeting, then the child will become spirit born and have the experiences that were intended for it within the first of the spirit Mansion Worlds. It will be adopted by spirit parents.

### **What are we not?**

- I am a physical body! No, you are not. You are a spirit personality living a temporary physical experience within an environment created by and in harmony with the requirements of your soul.
- I am a Roman Catholic from Lithuania! You are not; you are a soul-personality having that particular experience. A life experience does not make you that experience.
- I am one of the original people from outback Australia! On the soul level, you are not; again you are a soul-personality having been born into an indigenous family. On the personality level, you are living the experience of an Australian Aboriginal.
- I am royalty from a European family! Jolly good! Again, on the soul-level you are not! You are a personality with a given name that is having a particular experience.
- I am a saint! Struth, here we go! People flock to Gurus from around the world, whereas the truth is that all gurus, saints and spiritual leaders are so deeply embedded in their minds that they do not know that they have gone further and further away from their Heavenly Mother and Father, taking their followers down a path of misconception and false beliefs.

Ask a 'canonised saint' now in the Celestial Heavens what they think of having a 'sainthood' title bestowed upon them. Both Mother Mary (Jesus' Earth mother) and Sister Mary MacKillop have written about the impost. Mary MacKillop, Australian, was at first flattered, but then the barrage of requests from those in the physical came flooding in and the absurdity became self apparent. The mother of Jesus of Nazareth who conceived him in the normal manner, was never aware of his specialness until at

least the time of his public ministry. Mother Mary had to heal herself in the same way as we all will. She could do nothing about all the petitions that flooded her for 2,000 years. Now that she has progressed beyond the Celestial Heavens and out through our local universe of Nebadon, she cannot hear these petitions, let alone do anything about them. The ladies and gentlemen with their rosary beads can now put them away – forever!

### **Does the colour of my skin have any relevance?**

Ask Kevin (John's brother-in-law) who is now in the 1<sup>st</sup> Celestial Heaven with his soul partner Kathaleen. Kevin is white and grew up in a rural community in central New South Wales, Australia. Kathaleen is black and grew up in Tennessee, USA. At first, Kevin thought God was playing tricks on him. It is all about the experiences we are to have. They refer to themselves as 'salt and pepper' being soulmates / soul partners.

As soulmates (one soul – two personalities) we form into a soulgroup of 12 soulmates (24 personalities). President John F Kennedy (assassinated 22 September 1963) has a soulmate / soul partner pair in his group that lived deep in the Amazon jungle of Brazil. Not only is your colour irrelevant, so is your formal education and social status irrelevant. Kennedy now recognises his schooling and education was woeful when compared to the 'uneducated' Brazilian jungle natives.

Eventually Earth's humanity will intermix and become of an olive complexion as always intended. We have been very slow in reaching this milestone. Borders and boundaries will also become irrelevant.

### **How does the Rebellion of 200,000 years ago and the Default of more than 38,000 years ago affect us?**

Even though we strive for human perfection, we do not escape the erroneous beliefs and ways of our physical parents. Even people living in remote regions have not been free of the imposts of the Rebellion and Default. Mind spirits from the higher Mansion Worlds have been agents of the wayward Lanonandeks and impressed upon all who may otherwise not be caught up in the Rebellion and Default what Caligastia and Daligastia wanted, particularly after the time of Mary Magdalene and Jesus having lived on Earth.

No one person living on Earth is presently free of the Rebellion and Default. Until individuals heal themselves of the imposts of the Rebellion and Default, we remain agents of it. Humanity on Earth is so deeply entrenched in the ways of the Rebellion and Default that if we do not engage in the Great U-Turn, humanity will destroy itself. Such destruction is not being allowed and will not happen.

**Depression – why do some demonstrate that they have depression and others are unaware of their depression?**

# Depression

If you are not healed of your Rebellion and Default then you are depressed. You are living life in your personal level of Rebellion and Default. It is our compliance and capitulation to the teachings that have been passed down from generation to generation through our families that has left us unknowingly and

**ARE YOU PROJECTING A FALSE IMAGE?**



unwittingly adhering to the seduction of the Rebellion and Default. We each have embraced, through our minds, that we can become all-powerful to some level or degree. By not embracing our feelings and living in accordance with what our feelings guide and prompt us to embrace, then we are rejecting our Heavenly Parents and also the leadership of our Local Universe, namely Mary of Magdalene and Jesus.

All of humanity is walking around in a stupor, zombie like fashion, being mere shadows of our true potential and personality. Should we live through our feelings and undertake our Feeling Healing, then our true potential can surface and blossom – personal self-expression can flourish.

Our early childhood upbringing leads us on a path of presenting a false façade which is in compliance with our Earthly parents' persistence to make us a better personality than that which our Heavenly Parents bestowed upon us. How conceited is that! Then we do the same thing to our own children.

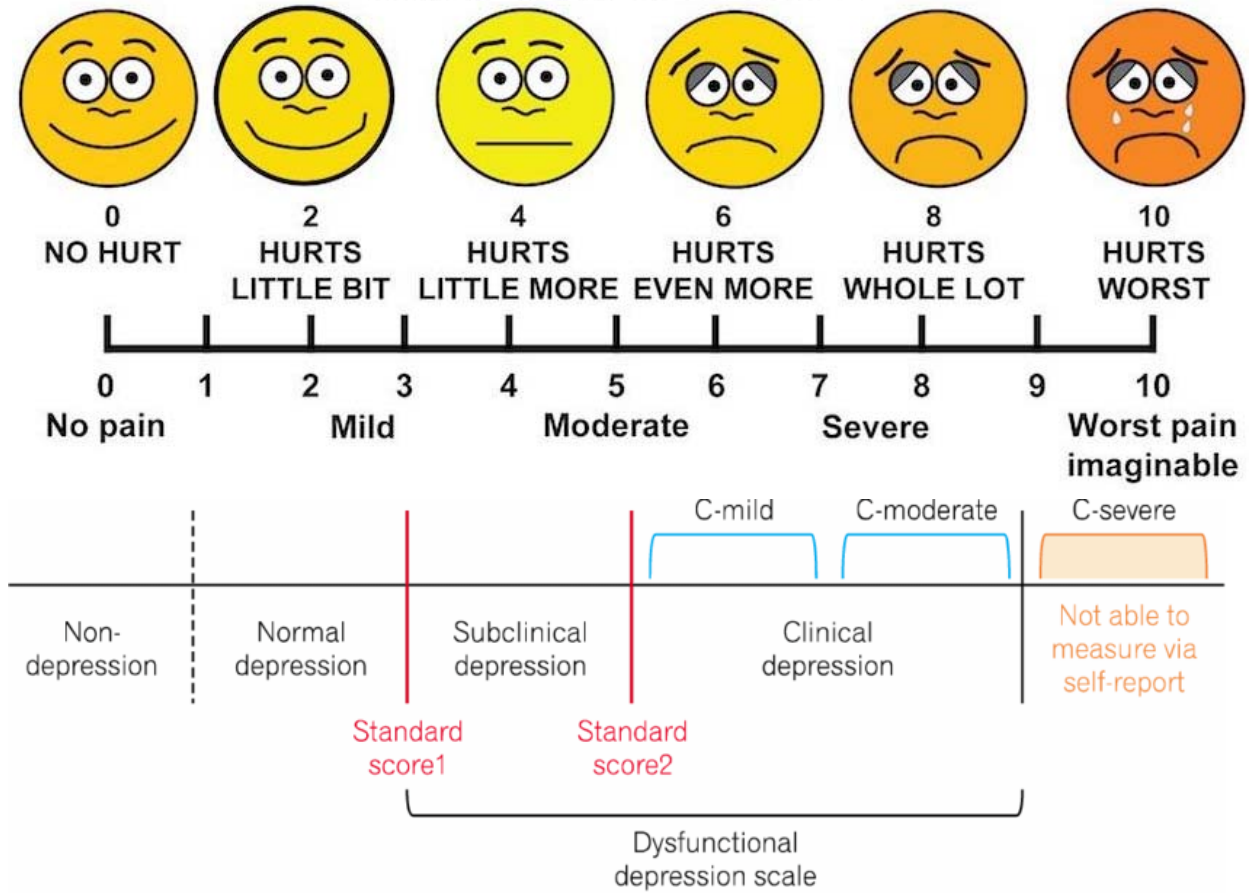


We become proficient at presenting a false front to adhere to our parents and carers' dictates. We disguise, display, front, mask, veneer and sham our personality. We cease to be true to ourselves so that we present ourselves in the manner others want us to be. Our false appearance is something that seems pleasant or better than we may be. At the time we may be hiding a hostile attitude while being friendly. When people put up facades, they are acting on the outside differently from how they are feeling on the inside. Hiding your feelings has a high cost. University studies have found that when we avoid our emotions, we are actually making them stronger – this can create serious implications for your body and mind.

**Signs You're Dealing with a Fake Person**

# Depression

PAIN MEASUREMENT SCALE



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

## Stubborn closed mindedness vs Open longing for Truth



**Stubbornness blocks our feelings from surfacing.**

**Stubbornness blocks Divine Love from entering you.**

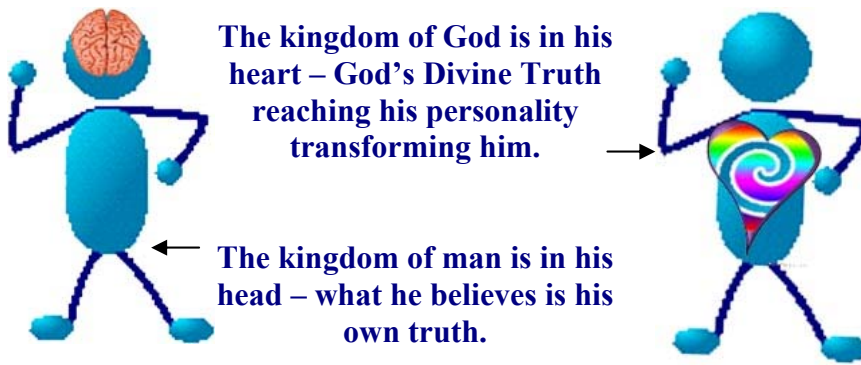
**This stubbornness can last for 100's and 100's of years.**

The traditional passing down of indoctrination into embracing living through our minds is claustrophobic and stifling our potential. Mind dominance is so pervasive that what is to be seen is impossible for many to even consider exists.

Living through the mind is exhausting and limiting. Many achieve 'great' academic accreditations only to find that the openness of a child who naturally responds to its feelings can

put the great mind into embarrassing situations and humiliation through the great mind's inability to comprehend Truth.





Upon passing into the spirit Mansion Worlds, most who progress further into the mind Mansion Worlds being 1, 2, 4 and 6, remain oblivious to the existence of the Divine Love healing Mansion Worlds 3, 5 and 7. The mind spirits cannot even enter the healing Mansion Worlds. Whereas those in the healing

worlds can come and go in the mind Mansion Worlds.

Unless you open yourself to Truth and long for Truth, then your natural self-expression and potential remains closed to you. Progression from the limitations of the mind remains frozen out of your reach until such time as we allow our feelings to be heard and subsequently embraced.

### **Why do some people have chronic illness whereas others live apparently healthy lives?**

Childhood suppression and repression commences from the moment of conception. Incarnation takes place when the foetus first begins to pump blood which is around days 16 to 18 after conception. The onslaught of childhood suppression starts instantly – it is a flood of emotions from the parents into the newly forming child. It is relentless and seemingly never ending. It is the cause of childhood deformities and illnesses that form prior to child birth. Should the parents have completed their Feeling Healing prior to conception of the child then the child would be free of any illnesses and be born in a Celestial soul condition state – what a difference!

This onslaught of emotional baggage, imposed control and suppression of the child's true personality, continues unabated through to the age of 6 years. It is then, with the arrival of the Indwelling Spirit into the child that the child starts to become a little resistant to the controlling natures of those around it. However, the damage is done and the child's own repression of its feelings is adherence to the dictates of its carers and the emotional issues are firmly entrenched. These emotional issues have multiple and varying frequencies in line with physical organs and aspects of the body. The emergence of illness could be decades away unless the child in its adult life longs for the truth of its feelings and expresses them to a close companion. Yes, you can talk them out of yourself to someone who is interested and compassionate about your welfare – even God, our Heavenly Mother and Father!

We either need to experience an illness to go deeper into our wrongness, our evilness, so that we can get to the bottom of our rabbit hole and discover a dead end from which we need to turn around, OR we experience the illness to assist us in expressing and clearing the errors and injuries that are to be resolved and addressed. Alternatively the illness may simply be to kill the physical body so that we will heal ourselves when living in the spirit Mansion Worlds.

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/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

## **What differentiates us from those who long for Truth and those who long to enhance their mind's truth?**

Many, if not most people, 'worship' their minds and seek to empower their mind with information that agrees with what they are believing or want to believe. That is, they are continuing down their personal rabbit hole. How far they have to go before they hit the dead end and realise they have to turn around and retrace their erroneous ways, nobody knows. When one commences a Great U-Turn, this can be a painful event. Those who long for Truth are those who maybe feel that what they understand is just not what it is they should embrace. It is a letting go of what they have been taught or learnt and it is a willingness for unimaginable possibilities to be revealed. It is a kind of surrender to be guided and that takes a lot of courage – yet it is so freeing and wonderful. It is a stepping into the unknown – well – your unknown.

Those who embrace their minds as the way to evolve may find themselves held in a state of stagnation for 100s and even 1,000s of years. To use Dr David R Hawkins research and reference to his Map of Consciousness (MoC), the world's greatest scientists' peak calibration on the MoC is typically 499. That is the peak of 'reason', just 1 point below 'love' on the MoC which is a scale based on the common log of 10. The peak calibration for the 1<sup>st</sup> Mansion World is 499. The peak calibration for the 6<sup>th</sup> mind spirit Mansion World is 1,000 and there is no possibility for those who are only of natural love and rejecting Feeling Healing and Divine Love for any further progression or development. Humanity on Earth presently calibrates, overall, around 212 on the Map of Consciousness.

A Celestial soul condition state calibrates over 1,000 and the 3<sup>rd</sup> Celestial Heaven condition appears to peak at 1,500 on the Map of Consciousness. This may be achievable for those living in the physical should the Avonal Pair progress to the highest levels of the 3<sup>rd</sup> Celestial Heaven while also living in the physical on Earth. We cannot proceed ahead of high level spirit personalities. Upon our death then we can progress further when in spirit. We as spirits can progress all the way to Paradise, the home of our Heavenly Mother and Father, our true Mum and Dad.

## **Why don't our Heavenly Mother and Father, God, come to or appear on Earth?**

God's energy is of such enormity, it would be absolutely destructive should they present themselves on Earth. Consider having an unshielded star that is so huge that it makes our sun look like a grain of sand sitting in your lounge room when you are watching your favourite television show sipping your favourite beverage! Simply, for Them to enter our super-universe, with Their enormous energy, They would disrupt all of the super-universe which contains 100,000 Local Universes such as Nebadon. It is Their energy from which the seven super universes are formed and consequently God remains stationary within the centre of those universes. As we grow in Truth and Their Love, we will find that we will be drawn closer and closer to Them until one day we become Finaliters and residents of Paradise which everyone on Earth will achieve. Finaliters – being "we are 'finally' there!"

Yes, They would fully destabilise the energy balances of all the super universes and the universes within those super universes, especially if they visited your lounge room!

God is one soul but two personalities, being our Mother and Father. Our soul is made in Their likeness but to a micro scale. We are all equally important to Them and the experiences that we have are to enhance what is to follow for each of us. No one who has an Earth experience will be left behind, we will all progress to Paradise no matter how and to what extremes we engage in the Rebellion and Default. This is all to prepare us for what we may engage in throughout our eternal existence.

## Why has it taken 200,000 years to end the Rebellion and Default?

It is the experience of it that the humanities on 37 physical worlds have had. For Earth's humanity we have the added experience of the Default by Adam and Eve on their assignment on Earth.

The Rebellion and Default have been governed by a Universal Contract and this contract has been allowed to run its full course. Even though high level spirit experts painstakingly put this contract together, cracks have now been utilised to progressively bring it to an end.

Even though Mary Magdalene is co-regent of the whole of Nebadon, our Local Universe of 3,840,101 humanities (The Urantia Book), during her physical life on Earth, in the first century, she did not have her say due to the suppression of women,.

Even the writings through James Padgett (1914 – 1923), it was cracks in the Universal Contract governing the Rebellion and Default that were utilised by 250 Celestial spirits and Jesus, to enable that to happen. The writings essentially reintroduced the awareness of the availability of our Mother and Father's Divine Love and many of the major errors in the New Testament and much more. But these writings did not express the equal role of women and that God is both Mother and Father. That came later. In fact, the writings through James Padgett should have followed the writings through James Moncrief (2002 and ongoing). The Revelation of Feeling Healing should have been followed on by the Divine Love availability and then The Urantia Book (TUB). However the order had to utilise cracks that were **progressively opened in the Universal Contract**. Further, the preparations in the Celestial Heavens and throughout the spirit Mansion Worlds have taken all these 2,000 years to bring them about. And then the Avonal Pair, on their own resources, with their Avonality suppressed, had to find their way through the Feeling Healing process so that when they release their Spirits of Truth for Earth's humanity, we of Earth can follow their pathway.

John's mother, Marie, explained the process of moving out of the healing Mansion Worlds and into the 1<sup>st</sup> Celestial Heaven in this way:

Marie, 1<sup>st</sup> Celestial Heaven, 29 April 2020: "I have wondered what would have happened to me had the Celestial spheres not awaited me, had there only been further spirit life in the seventh Mansion World and of only Natural **FIRE OF SPIRIT** love, and I think I would have also made a very slow recovery, slowly picking up the pieces of my self-destruction and somehow putting them back together again like Humpty Dumpty, but still heavily scarred from my evilness against myself. Whereas the Divine Love erases all that scarring, it removes the whole horror of all we've suffered, and so we do feel Born Anew when we come into the Celestial spheres, the purge of 'spirit-fire' removing all the scars and agony of such a painful existence. And with it comes even more, far greater self-acceptance, as it all comes into place as to why your loving Mother and Father subjected you to Evil turning yourself against the Truth. And so gradually the true spirit light fills your being interacting with the Divine Love making you feel good about it all and that it was all for your benefit."

**SELF-ACCEPTANCE**

## Is Feeling Healing a religion?

NO! It is a way of living. Feeling Healing is engaging with your soul-based / heart-felt feelings and having your mind follow to implement what your feelings are leading you to do. Presently we are all being taught to live through our limited minds, which is for the rest of nature to do.

People may form themselves into groups or small localised communities to assist each other with their Feeling Healing. However, there is nothing formal to join, no institution, no rituals, practices, cannon laws, costumes, creeds, dogmas, hierarchy, special book or anything of a controlling nature.

When you enter the spirit Mansion Worlds and should you embrace your healing, now being Feeling Healing, you will then enter the 3<sup>rd</sup> Divine Love healing Mansion World. There are no religions in the healing Mansion Worlds 3, 5 and 7, or within the higher Celestial Heavens.

Earth has conjured up something like 50,000 religions all purporting to preach the truth and many have their revered book. There are some 4,300 significant religions. Truth is always the same, how can there be more than one book let alone so many?

With Feeling Healing, there are NO dogmas, creeds, cannon laws, rituals, sacraments, 'special books' or organisation that you are to join. It is certainly an awareness endeavour. It is anticipated that groups will gather together in their homes to support and assist each other.

There is nothing of a controlling nature involved with Feeling Healing. It is your journey and experience. We are each so incredibly unique and special that all it takes is to engage your will for you to begin your Feeling Healing journey.

## What is Feeling Healing?

Many times we have felt unloved. Well not many times, tens of thousands of times we have felt unloved, rejected, alone, crushed beyond existence. All of these feelings are to surface and be expressed from our being.

This is a many layered traumatic recount. It is no more difficult than what we have already been put through. Nothing that we will endure during our healing will be any different to that which we endured from all our carers and controllers throughout our childhood, schooling, religious and spiritual teachers, higher education, employment and elsewhere. Yes, it has been endless suppression and then we add to this our very own repression. We have added to the burying of our true personality by putting on a charade of adopted personalities just to pander up to our controllers who thought they knew best for us. All of us have been bullied, and we have bullied others, and ourselves as well.





freepik.com

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

What unfolds at the conclusion of a lengthy difficult Healing endurance is that all our imperfections become clear to us and understood, and then it is through our self-acceptance of our imperfections we become wonderful and loving of all that we are. The pain and agony of our suppression and repression is gone. However our true personality has expanded by the experiences of our physical life, both good and bad, and we are healed. We become fully self-accepting of our imperfections!

# Perfectly Imperfect ACCEPTANCE



**Self-Acceptance**  
**Self-Love**

**Self-Love**  
**Self-Acceptance**

## How do I know there is a God?

A drop of Divine Love is an ocean of Truth for the soul. We will grow to feel it enter us through a longing for the Love of our Heavenly Mother and Father, being Their Divine Love.

Faith is that which when possessed in its real and true meaning makes the aspirations and longings of the soul a real living existence and one so certain and palpable that no doubt will arise as to its reality.

God is Soul, and Soul is God. And the Soul of God is expressed in two personalities, Mother and Father.

And in this Soul is God's personality and life, without form but real and existing, and from which flow all attributes of Life and Love.

God is Spirit but Spirit is not God.

Spirit is only one of the many attributes of Source Soul, God.

Our Heavenly Parents do not by reason have qualities as such, but these qualities exist because they are attributes of Their Soul, God. God never loses these qualities nor do they become hidden or cease to do their functioning; they are always existing and working subject to Their being.

A truth, though not conceived or perceived by men and women, spirits or angels, is still a truth; its existence does not depend upon it being known. And even though all mortals of Earth and spirits of the spirit world, save one, could not perceive the existence of that Truth, the Divine Love, yet its existence perceived by that one irrefutably proves its existence and reality.

God, our Mother and Father, then, is Soul. And that Soul has its form, perceptible only to itself or that of a man or woman or mortal spirit in the spirit world, by reason of the sufficient possession of the very substance of the great Soul, has become like unto God, our Mother and Father, not in image only but in the very essence, a progressive experience in God's Divine Love, through Feeling Healing, progressively transforming and perfecting the natural love in the mortal soul following embracement of Feeling Healing.

The child has asked, 'Who made God?' And because the wise men cannot answer this question, in their wisdom they conclude and assert that there can be no real God in personality or soul form. Hence, only force principle or evolved laws and causality can be God. But the child may not be satisfied with the answer and may ask again, 'Who made principle and force and laws that must be accepted as the only God?' And then when the wise man cannot answer unless they answer God, which they do not believe, the child may then say having become aware that God's Divine Love exists for the human soul and this Divine Love when in faith and experience confirms the answer to all mortal questions ultimately, 'God is the force and principle and law which are all only expressions of Their being which could not exist without God's Soul.'

If men and women would only realise the fact that God is able to see and know what their lives are on Earth, they would think many times before they do some of the things which they do, supposing that no-one but themselves know of them. We are each blessed with an Indwelling Spirit which is an aspect of God!



Only spirits, which have experienced Feeling Healing with the Divine Love and have become filled with this Divine Love in great abundance, will ever be able to perceive the reality and truth of the personality of God. No other spirit will ever receive that development and condition of soul which is absolutely necessary for that soul to perceive the universal nature of God's personality as defined by attributes and qualities of Love and Spirit that function harmoniously for one and all living mortal souls.

In the presence of Divine Love, there is a peacefulness known that brings comfort and understanding:

Faith and Divine Love go hand-in-hand  
 Divine Love is present day-by-day  
 A little bit of love goes a long way  
 Divine Love is like touching the rainbow in one's soul.

Belief and faith are not the same; one is of the mind the other of the soul. One can and does change as phenomena, experiences and apparent facts change; the other, when truly possessed, never changes. For faith possessed by a soul causes all the longings and aspirations of that soul to become steadfast in real existence, which, like the house that is built upon the solid rock can never be shaken or destroyed.



Have belief and faith that when one's soul aspires to the Soul of God for an inflowing of the Divine Love, this Love will flow into one's soul. And once having enveloped one's soul, this Love will never leave you, for once the Divine Love becomes part of the soul such a Love is never extracted or withdrawn from the soul.

Divine Love is the essence of our Heavenly Parents, God, which when possessed by men and women in greater and greater abundance, slowly and progressively through Feeling Healing makes the individual soul in harmony with our Mother and Father. Of all the things present and available in attribute of our Mother and Father's Divine Love, it is the only substance that can make a man or woman part of divinity itself, should they have embraced Feeling Healing. Feeling Healing first then Divine Love blends with your natural love.

What an important thing, to both mortal and spirit, is the soul! It can be starved on Earth and also in the mortal spirit world; on the other hand, the soul can be developed on Earth as well as in the spirit world through Feeling Healing and the receipt of the Divine Love. If mortals and mortal spirits would only understand this; with regards to eternity, the soul is the greatest thing which they possess, and that it should be given more care and development than any and all other parts of man's being.

Let not our desires for the Divine Love originate from only the intellect, but try to bring the longings of the soul into being. Gently feel the whisper and murmurings of the soul and do not rest satisfied until a response comes, as it will certainly come! We will know that the Divine Love is present and the ever-present transforming power upon our soul will cause our hearts and souls to know that we have experienced this Love.

There never was a time or period when there was a void in the universe or when there was chaos. God never created anything out of nothing. (There was no 'Big Bang'!) God's creations, perceived by and known by men and women, were merely the change in form or composition of what had already existed. God was always existent, a being without beginning, which idea the finite mind finds difficult to grasp.



It is true, everything which is in the universe today has also existed, though not in form and composition as they now are. And they will not continue to be as they are, for change eternal is the law of God's universe.

As has been said, a thousand years are as a year to God. And while it may appear to many for many long years that there are retrogressions and delays in bringing to perfection a human and mortal spirit world of harmony, apparent retrogression is not such a fact but only a course adopted for bringing forth a greater or more harmonious perfection.



Divine Love is the way the attribute of soul can find harmony and progression, following Feeling Healing, whilst being aware that such Spirit Laws caused into existence by our Heavenly Parents, God, assist the individual in their progression of such love, faith and harmony.

Man cannot create anything higher than himself. So man cannot rise to the nature of the divine unless the Divine Love first comes into the soul of that man or woman causing the individual soul to become part of its own divinity, the true divinity of God's Divine Love.

The insight and awareness of soul and its existence calls us to recognise that the Divine Love is external to a soul's existence prior to receiving the first drop and then the Divine Love forms part of the internal workings of the individual. A soul is formed without the condition of the Divine Love being part of it and this allows for the independent personality of the individual to be as it were, free to be so that the Divine Love does not cause a determination prior to a soul's life, but rather the individual can selectively determine for themselves if a relationship with our Parents in Divine Love is one they choose.



Many understand faith to be an extension of belief and system of belief, however, faith is greater than belief. Faith in its true sense exists only in the soul. Belief may arise from a conviction of the mind, but faith, a true living faith is a soulful faith-filled experience and is never solely of the mind. A universal faith is a faith of the soul, awakened in the individual by the inflowing of Divine Love, God's universal Love for the souls of men and women and for all mortal souls in the spirit world.

The Divine Love is the true immortality. When a soul experiences the Divine Love, that soul partakes of the immutable nature of the Divine Love, is that which provides the immortality that an individual can recognise as having its origin in our Parents, God. Let us have such faith as will cause us to know that God, the Soul, is the bestower of every good and perfect gift including the Divine Love, and that only we ourselves can prevent ourselves from accepting into our souls this Love, and changes us in soul condition from the mortal into the immortal personality.

If one prays to our Mother and Father, with a sincere heart for the Divine Love, then one will soon realise the inflowing of this Love.

Breathing in Divine Love:

Awareness, a true divine awareness, is knowing that once the knowledge of the existence of the Divine Love was unknown, and now known, causes a beautiful awareness that extends with love as we now know that the Divine Love is present, known, and a continuous presence for us to adore and to receive.

The Golden Rule is one. This great teaching if observed in the conduct of men and women towards one another will tend to bring about harmony: for, to man, the most important thing is his or her own happiness! And when a man shall do unto others, as we would have others do unto us, one will be proceeding toward that condition of conduct and the correct relationship of man-to-man, which will bring harmony and an observance of those requirements of God's Spirit Laws controlling such relationship.

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

This is the Golden Rule that applies to every mortal soul in its living. As soon as the rule is transgressed, error and conflict arise causing unhappiness and disharmony.

The Golden Rule works in the natural condition of man and also inclusive when a soul is living with the Divine Love. The ultimate teaching of the Golden Rule is by example, God. When one learns about the way the Spirit Laws of God act in harmony, one then sees how God, by the mere fact of his/her own being, never transgresses this rule to create fear or disharmony or error in the mortal soul of a man or woman. The Golden Rule also acts throughout the mortal soul of a man or woman. The Golden Rule also acts throughout the mortal spirit world and this establishes a continuity that many of God's Spirit Laws in their function with the mortal experience, exist in both the human experience and the mortal spirit experience in both places at all times and never in separation.

Partly from P. 156 Serenity and all kinds of Wonderful by Zara Borthwick and Nicholas Arnold

**The Golden Rule:**  
Do unto others as you would  
have them do unto you.



**Immortality with the Love.**

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

**And of course, there are many other ways to realise that our Heavenly Parents exist. Take a beautiful flower and study its intricacies and we soon realise that God exists.**

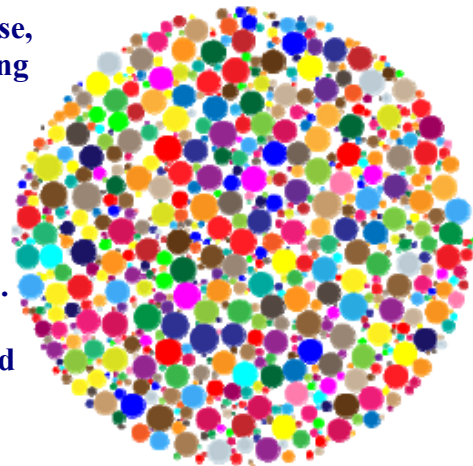
**There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:**



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem. This is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.

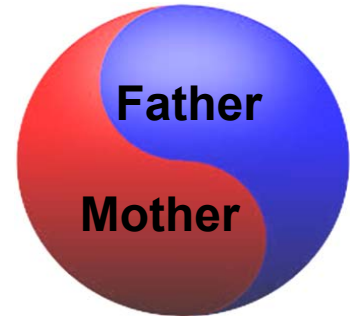


**Earth**



# MUM & DAD THIS WAY

## GOD



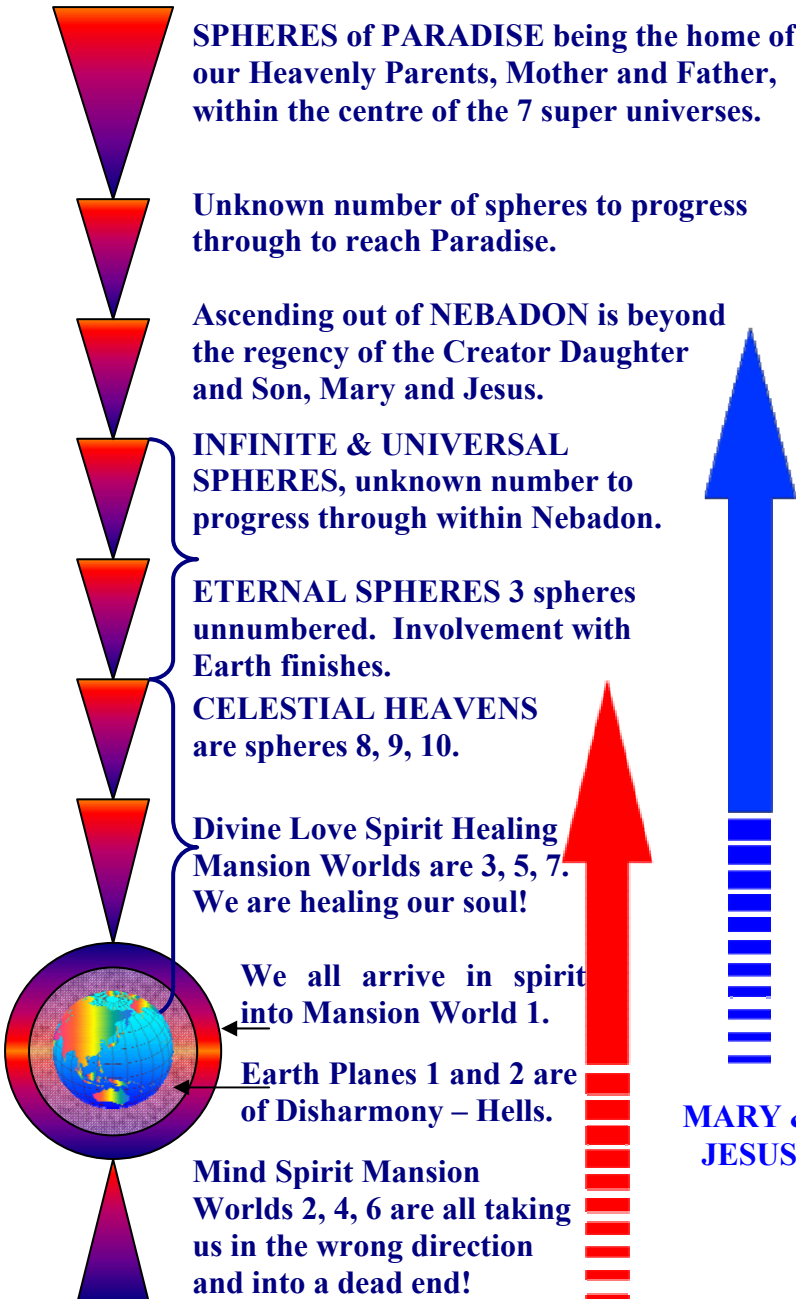
### HEAVENLY PARENTS



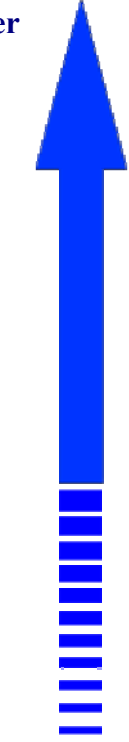
JESUS & MARY



AVONALS



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



MARY & JESUS

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. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

### **If God is in charge, why does God allow so many bad things to happen to us?**

We bring about the circumstances that result in our pain and discomfort. Should we fully heal ourselves of our individual Rebellion and Default, then bad things do not happen to us. Even when we heal ourselves through Feeling Healing, we come to realise that our personal experience of living in a Rebellion and Default is a positive event. We come to realise that we are handsomely and wonderfully equipped to help others out of this dire state. Outside of the ring of seven super universes there are 70,000 super universes forming further out from Paradise, further away from our Heavenly Mother and Father. It is anticipated that more rebellions will unfold in these outreaches to which we can then assist in their recovery.

James Reid, 5<sup>th</sup> spirit Mansion World (Feeling Healing with Divine Love) 7 May 2020: “It’s that these Avonal Pairs can come and completely HEAL worlds of their Rebellion and Default, and doing it all PERSONALLY through their own personal Healing. That is remarkable John, to think that our Mother and Father want Rebellions and Defaults to occur, so we can accept that, because They want us to experience the negative or bad side, the untrue and no-love, as much as all the good, truth and love. Fine, we understand that and are coming to accept such truth through our Healing. However, to then create these souls, just one soul and two soul partners who are not only able to come, but need to come as part of their life experience fulfilment. To take on a whole rebellious world and deal with it, overcoming all the obstacles and so on, defeating all the evil, hurt and pain in themselves from not feeling loved. And these higher souls, that it might be argued, needed even more love than us mortal souls, and so to be deprived of it and the resulting truth of themselves to such a full extent as to embrace the whole unlovingness of the Rebellion, and to work it all through, to bring it all out, to see it truly all for what it is, the complete devastation and all but destruction of their own soul-personalities, that is so incredibly huge.”

### **How come evil people can make so much money and live in absolute luxury?**

Presently they can carry on with their self-centred lifestyle, causing harm to others should that be their style and also, upon passing into the spirit Mansion Worlds, continue to use their minds to push off the consequences of their actions. However, not one dot of the pain and suffering that they and we cause to another will we avoid. Whatever pain we cause another we will feel to the full and equal level in compliance to the Law of Compensation. Nothing can be avoided. Man-made laws and judicial system do nothing in the way of Compensation. People may be imprisoned or fined or whatever, but their Compensation they will pay to the full extent required. If we make money while harming others then the Law of Compensation awaits us.

The coming spiritual age may bring about the Earthing of the Law of Compensation in the manner it operates within the 1<sup>st</sup> spirit Mansion World. Should you contemplate to cause harm to another, then, you may find yourself suffering the full impost of the Law of Compensation before you inflict such pain. You will be so debilitated by the equivalent amount of pain that you intended to impose on another that you will not be able to carry out your intent. That is why there is no such harm possible between spirits.

The Law of Forgiveness relates to the harm we bring upon our children and ourselves, that is addressed throughout our Feeling Healing.

We are each responsible for our own actions and there is no avoidance of the consequences.

## **Why hasn't God answered my prayers?**

Human beings have felt very abandoned as they have bargained and pleaded and tried to continue to have faith in whatever form of god they have prayed to throughout the ages of humanities existence. Where are the answers to our prayers? Why does God not respond when we sincerely try to do our part?

Some have steadfastly maintained their belief in a God who rewards good with good and withholds or punishes when they are not good. After all, they have been told by their churches, synagogues, temples, mosques, etc., that if they cannot hear the voice of God or their prayers are not answered, there is something 'wrong' on their end. This has left the human race, which knows deep within that life should not have to be this hard, with an unbelievably large reservoir of guilt, shame and fear.

This guilt is passed on from generation to generation, exacerbated by the teachings of most primary religions that flesh is an unworthy and unholy vehicle for the spirit. How can one embrace life joyously when housed in a 'sinful' or unworthy body? A joyless life is simply a slow death and thus instead of embracing life, much of humanity embraces death. This manifests self-defeating circumstances and a life filled with failure. Meanwhile, grief – the desire to change – prods and prods us into better perception and understanding.

This vicious cycle of guilt, shame, abandonment and grief in which mankind has been immersed, is so painful that one of two things happen: either they live in their heads, suppressing by their selective perception their feelings of anguish; or they live hedonistically (living life devoted to the pursuit of pleasure and self-gratification). Either way, their lives are so shallow that they become more and more fruitless in yielding insights. The pain level has to increase because the very reason for existence (to evolve awareness) is ignored though such a life and the life-spirals of awareness become smaller and smaller. As the pain increases, they turn to drugs, alcohol, television, shopping, eating, working or even some form of religion or service which makes them feel 'worthy' again.

Some hide their pain at 'being abandoned by God' in rage, living destructively as though taunting God. "If you're not there for me, there's no point in being good." Others, having a small fragment of what they perceive as truth, clinging to it for dear life in this scenario of uncertainty. They try to convert everyone along the way to their 'only' truth with a great deal of dogmatic fervour.

This is living through your mind. This is natural love existence with the mind in control and your feelings being ignored or suppressed, most likely both. This is a dead-end street from which we all have to do a Great U-Turn and embrace our feelings, having our mind following and carrying out our feeling's promptings. It is our feelings that are God's Truth. Our soul-based feelings is God guiding us in answer to prayer!

Contemplate these words:

### **Embracing the Will of our Heavenly Mother and Father**

**Our Heavenly Mother and Father are almighty, all powerful, infinite and at all times loving.**

**The love of the Heavenly Mother and Father, one soul with two personalities, for Their daughters and sons, women and men, has been and is always infinite and ever present.**

**As one's faith in our Heavenly Parents evolves, women and men's love for their Heavenly Mother and Father, God, will have no limit.**

**As women and men grow in their love, so will women and men grow in their love for all of God's creations.**

**Approach our Heavenly Parents, our Mother and Father, in reverence, without fear or trepidation, just as a child approaches his earthly mother and father knowing that open loving arms are extended to receive her or him at all times.**

**As one grows in her or his love of our Heavenly Mum and Dad, one comes to know with certainty that God loves her or him in return, at all times, and that fear is an illusion created by man's mind.**

Long to, talk to our Heavenly Mum and Dad just like we do to our Earthly mum and dad. Our Heavenly Mum and Dad are our true parents.

Learning words by rote, repeating endless words given in 'prayer books', is pointless. There is no connection or heart within our 'prayer'. The communication rises no higher than our upper lip! It is a waste of time and plainly not how we communicate with anybody else. Just chat to our Mum and Dad and They will respond in ways unimaginable. Long for Their Love!

### **How do I pray correctly?**

Above all else, "Longing for the Truth" has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to ourself, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling

about any emotional event or issue, so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by actor Jack Nicholson, “You CAN handle the truth!” This is how humanity will heal itself and bring about peace for each personality and humanity overall.

### **How do I know Angels exist?**

Cousin Raymond, 1<sup>st</sup> Celestial Heaven, 27 April 2020: “So through your full self-acceptance you feel a love for yourself, not the sort of love you have felt before, but a different sort of more refined and pure love of understanding that you are the unloving way you are because that’s what God wanted and you couldn’t do anything about it, you couldn’t change yourself after all, and that is that.

Then you’re ready for Transition, from your Old Way of being negative, unloving and rebellious – against yourself, God and the Truth, to your New Way of being: being true, pure and all-loving. Of Celestial Truth.

We experience the most magnificent ‘explosion of light’, it’s all consuming, it sort of wells up in you through all your Chakras consuming you in a blaze of spirit-fire, this being fusion with your Indwelling Spirit, which happen for us spirits as we are taken by our **angels** over the threshold out of the Seventh Mansion World and into the First Celestial Sphere.

It’s the most incredible and highly spiritual experience you would have experienced. It’s beautiful and it makes you know that all of you is right now, that no longer are you corrupt, with no imperfection, because all of the Rebellion that existed within you – that you were – has all been purged out of you, it’s all over, you have left it, it has ENDED.

And what a relief that is, so many good feelings flood your whole being and never stop; well so far they haven’t stopped for me. Daily I feel better and better about myself and my New Way of life.”



Nephew Bradley, 1<sup>st</sup> Celestial Heaven, 27 April 2020: “So the Fusion / Transition Trip is one BIG BLAST. **Your angels** come about you, you can’t see them in the Seventh yet you can sense them with you. Then the LIGHT, it builds and you feel it affecting you, moving through you, you feel like you’re a sun, a star of light, and then when you arrive in the First Sphere **your angels ARE there standing beside you – YOU CAN SEE THEM!** And then it’s just one wonder after another. The whole First Celestial world, the Sea of Glass, the crystal-like buildings, it is sci-fi full-on, but so much better. It’s real, it’s where you now belong, where you will live, and there is no going back, the bubble will not suddenly burst and the good-feeling and loving dream will end and you wake up in all your shit again.”

There are many Angelic groups with duties and capabilities of great diversity. There are Angels that originate from Paradise, the home of our Heavenly Parents and there are Angels that are the next evolutionary step for Nature Spirits here on planet Earth. And there are Angels throughout the universes in all levels of creations. They are all God’s helpers.





## **What do Angels do? What is their Job?**

Padgett Messages, 31 January 1915, Jesus: God works always through His angels, and never directly.

The Urantia Book (TUB) 1. The Ministering Spirits

(285.2) 26:1.1 Angels are the ministering-spirit associates of the evolutionary and ascending will creatures of all space; they are also the colleagues and working associates of the higher hosts of the divine personalities of the spheres. The angels of all orders are distinct personalities and are highly individualised. They all have a large capacity for appreciation of the ministrations of the reversion directors. Together with the Messenger Hosts of Space, the ministering spirits enjoy seasons of rest and change; they possess very social natures and have an associative capacity far transcending that of human beings.

(285.11) 26:1.10 The individual members of the angelic orders are not altogether stationary as to personal status in the universe. Angels of certain orders may become Paradise Companions for a season; some become Celestial Recorders; others ascend to the ranks of the Technical Advisers. Certain of the cherubim may aspire to seraphic status and destiny, while evolutionary seraphim can achieve the spiritual levels of the ascending Sons of God.

(286.6) 26:2.1 The supernaphim are the skilled ministers to all types of beings who sojourn on Paradise and in the central universe. These high angels are created in three major orders: primary, secondary, and tertiary.

## **How do Angels come into existence?**

All Angels of all groupings and status are the creation of God.

## **How do I know that Nature Spirits exist?**

While the Rebellion and Default remained in full enforcement under the Universal Contract that governed same, Nature Spirits were restricted from communication with Earth's humanity. The Rebellion and Default formally ended on 31 January 2018, thus opening the way for connectivity.

Should we be engaging in our Feeling Healing and should we also be embracing the Divine Love of our Heavenly Parents, then our personal Nature Spirit pair may make themselves known to us and we may start to become aware of their presence and interact with them in the similar manner that people on Earth interact with spirit personalities.

Like Celestial Spirits, Nature Spirits had not been authorised to connect with humanity on Earth until the Rebellion and Default had been significantly brought to its end.

## If Nature Spirits exist, who made them?

with Verna – a nature spirit

James Moncrief 2013

James: And as you said, or did you say, actually I can't remember now, are you aware of the creature spirits that constitute your spirit?

Verna, a Nature Spirit: No I'm not personally aware as in being able to 'remember' or sense that part of me, that part of my spirit was once, say for example, a bee... or a buffalo. However I can, should I desire, access from higher angels just what my spirit composition is.

James: And have you done so?

Verna: Yes, we all do at some point. We all want to understand our heritage.

James: And would you mind sharing it with me?

Verna, a Nature Spirit: I wouldn't mind, but it's difficult. It's not so much saying I was, or rather my spirit was, once this or that creature, as so many of you mortals and mind spirits say your past lives were, for it comes to us as light, and in that light as a knowing, an awareness, just as part of us. And to further complicate things in regards to myself, I was drawn from the creature spirit from other universal worlds, not of Earth, for as I told you, I was created on Earth before life began. And so there are as you now surmise, those of us who were the original nature spirits, but were not 'of' this world so to speak, that being in a spirit sense. And then since life has been on Earth, there are those nature spirits 'drawn up out of' the indigenous creature spirit. We refer to them as the 'locals'. And as there is now so few of us original 'out of towners', the locals predominate.

So as you'd not be able to relate to the creatures my spirit comes from, all I can tell you is there's a good mix of aquatic and terrestrial in me. I'm a good balance.

And yes to read your mind, there are nature spirits with varying mixes of creature spirit. Some feeling more of an affinity for the plant kingdom, others for the oceans or rivers, and others for land, and of course, mixtures of all. And so yes, to read your thoughts again, as you would expect, those of more plant spirit feel drawn more to the plant side of things, and so that's how it is, those nature spirits tending to the plant kingdom.

James: So your spirit is very complex?

Verna: Yes, it's not as straightforward as is yours, yours coming solely from your soul. Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I'm about average, or 'usual' – as much as I hate to admit it, I'm composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we're complex on that level. And yet on other levels, we're considered rather basic, we are after all *only* nature spirits, not great angels.

James: I suppose the spirit of a bacteria is not that big.

Verna, a Nature Spirit: It's not a matter of big or small in the sense that you know it. It's all a matter of life experience, of light. All creature spirits are composed of light, this light being seen, related to,

understood, even broken down into its component parts by higher angels. As you've been told, as it's the same for you, each experience you live is composed of many 'lights', that being that much light in the spirit of that experience. So our spirit existence is literally a sum of all the light experiences of light those creatures lived. Your light experience, or the light from your experience, goes into your soul, and then re-emerges being expressed as your spirit, as all that you are, all that sustains you in Creation; your truth being one part of that spirit that becomes manifest, that you live. The light from all our experiences goes into our mind, that being, into expanding and evolving our mental awareness and capabilities, the higher angels having a greater mind than we do. And that angelic mind is not to be confused with your mortal or spirit minds because the two are vastly different. The angelic mind you can't grasp with your limited mind, you can through your soul perceptions when you're healed and of Celestial truth, but until then, you'll have no idea about it. And it's not just a thinking mind as yours currently mostly is, it's a mind of action, or mind of pure and true thought, of insight, a mind of discovery and collection, the collection of all that it is – a mind of light. When an angel moves, it does so not because of its feelings like you do, but because of its mind, the spirit that its mind is, or, the mind of its spirit. Are you confused yet James?"

Verna, on completion of her current assignment which is as nature spirit to James, will transition to become an Angel and will then reside in the Celestial Heavens for Earth's humanity and take on a very stunning and impressive role.

### **What do Nature Spirits do?**

#### **CREATION being an EXPRESSION OF MIND – Nature Spirit Verna:**

I, Verna, am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elementals, elves, fairies and the like, but really we're nature spirits. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we are permanent residents.

We, nature spirits have a hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you, humanity, well, we can if we want to move up to becoming an angel, we can evolve into one.

About soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen is all in accordance with the soul's pattern. As far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you.

We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind. So we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given. And when they are fulfilled, or completed, we move onto the next assignment. That is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it is for the angels.



So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. By the *light* of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.

Creation is all created by, and so is a manifestation of, the Mind of God. It consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, then all you are, all the environment is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you are slowly to learn to do. You are not to try and fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul – or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over-using your mind; to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul, resulting in the desired truth you are to see, know, and hence live.

YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

What you as a person, YOU, are doing to nature is wrong. How you are negatively affecting it, and how that is all because you are doing it all to yourself. EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner has been created through your early childhood.

I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth (humanity) who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe, but mostly you just allow your soul to manifest your spirit form as its currently manifesting your physical form. Whereas we angels being all light, have a choice – and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different from you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are; but we angels – I'll call myself an angel for the time being, just for the sake of argument – don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling



mind, we are just mind, and all that is mind.

All things and creatures of Creation have a ‘light’ to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn’t matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree’s spirit. However were you to talk to the tree’s spirit and have it talk back to you, that’s then where we come in. You can’t actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Mind spirits aren’t going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don’t care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it. So they won’t say, “Oh sorry, I’m a mind spirit, for nature spirits you’ll have to change frequencies, they’re that channel over there.”

Extracts from ‘With Verna – a Nature Spirit’ by James Moncrief

### **Does any of nature, plant, bird, animal, fish, insect, bacteria, etc., reincarnate?**

Like humanity of Earth, nothing of nature reincarnates. A blade of grass has one living experience and the life force that was used to give that blade of grass its life experience, then when it ‘dies’ the life force is returned to the pool to eventually re-emerge as a Nature Spirit. Yes, all of nature, all living matter has natural intelligence and a life force that evolves and progresses to higher level and onto Paradise. Not even bacteria have more than one physical life. Nor do whales and elephants. We are part of nature, once we have had a physical experience then we go to the next level of evolution, never to return to the physical.

### **Are we guided throughout life by spiritual guides OR are we just muddling through?**

We are guided through every phase of our existence, all the way from conception through to our eventual arrival into Paradise, the home of our Heavenly Mother and Father – God. We have an array of support and guidance that is here to enable us to have the experiences that is intended for us by our Heavenly Parents.

For example, should a foetus miscarry, even very early in gestation, it will become spirit born and be adopted into a spirit family and have a life experience in line with what may have unfolded for the child on physical Earth.

Benjamin, 2<sup>nd</sup> Celestial Sphere, 18 May 2017: “I am Benjamin, John, although that is not the name my spirit parents gave me. And it was myself coming to you as you have had me on your mind from time to time. I am not part of what is going on with you John, I have my own very separate life to you, however I am a Celestial and Beth and I have occasion to speak together through work that we do. (At twelve weeks into term, Benjamin, as we grew to call him, miscarried during April 1975.)

I came to you, as I have come periodically to you and Carolyn, more of out of curiosity as to what my life might have been like had things been different and were I to be one of your Earth children.

As it was, I had a very happy upbringing with my spirit parents, we lived on the first Mansion World in one of the big cities and I had four brothers and two sisters and was very artistic going to what would be the equivalent of art college where I developed my artistic skills to quite a high degree.

And that was all before I was introduced to the Divine Love, which I did through you, following it up with Beth as she came to me when I expressed interest in it, which just so happened to be coincidental on one of my periodic visits to you. You were very taken with the Padgett Messages and involved with AJ (Miller) and Mary Luck (that was from July 2009 until November 2011), and I spent some time with you and them and the other people and spirits involved with them, as there was quite a gathering of spirits who attended all they were doing.

Beth soon put me straight about the Divine Love and the Healing, and then I embarked upon it having to do it like we all do, coming to understand that my upbringing was not so different from many on Earth, and possibly even so had I been your flesh child. My art I put on hold as I worked continuously on myself, meeting my soulmate, and now we are living in the Second Celestial sphere.

And from here, we intend moving on. We have no feeling for having anything to do with the physical Earth and all the changes that are soon to take place which Beth and yourself, John, are involved in. No, that's not for us, as my soulmate was also 'Spirit Born', as we call ourselves and those of us who never got born on Earth, as we want to ascend on our journey to Paradise.

I will come and meet you when you come over and we'll spend time getting to know each other. There will be, no doubt, many questions you will want to ask me about how my life has been and how I've turned out, and I will be more than happy to answer them. But then I will leave you, as it will be for me to move on, as you are to remain – so I understand from Beth – for a time working still with Earth.

I came to you now for you to know that I am okay, very well in fact, fully in love with my life and my beautiful partner. And that I have no hard feelings about you or Carolyn, or about anything I might have missed out on, now having worked through all such issues through my Healing.

You might be interested to know that I got 'married' as some of us spirits do, and we adopted children of our own. However the relationship failed as I wanted to move on into the Divine Love, and we've all gone our separate ways. All of which again I have healed and worked through, not unlike how it is for many people on Earth.

And really I came to say goodbye rather than hello, for I am leaving Earth as you might say, wishing to, as I said, move higher into the Celestial spheres of Nebadon. There are a lot of spirits like myself and my partner who are wanting to move higher to Paradise. We feel a strong pull within us to do so, as you too will feel when your time comes to leave the lower Celestial spheres and start on your spiritual ascent in earnest.

However as I said, I will descend to spend time with you when you need it, and then our true separation will come, and we'll see what our Mother and Father has in store for us."

**What is the formula for success in life?**

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

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

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

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





**OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:**

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.




  
**Nebadon**  
**SOVEREIGNS**  
**SPIRITUAL**  
**Mother & Father**  
**Nebadon**  
 3,840,101 Planets

**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

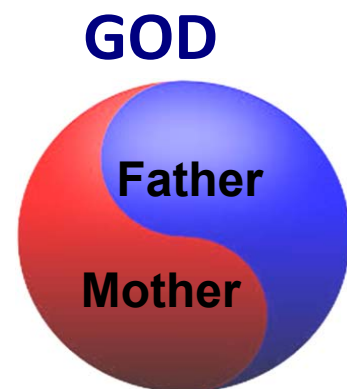
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**M&F**



**J&M**



**AVO**

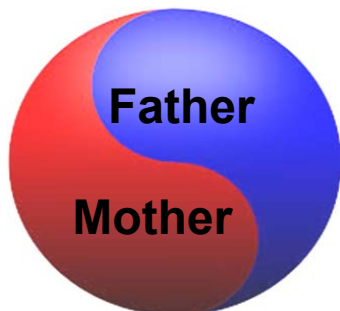


**HUM**



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

**GOD**



**M&F**

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

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

Using our surface day-to-day feelings to connect with our deeper repressed feelings. Express our surface feelings and our deeper repressed feelings to uncover the truth of our self.



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

**WE ARE Children of God**

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

## What is a Celestial Spirit?

We become a Celestial Spirit upon personal completion of our Feeling Healing followed then by the embracement of Self-Acceptance of all that we are. Should we have embraced and longed for our Heavenly Mother and Father's Love, Their Divine Love, then we will transition into the 1<sup>st</sup> of the three Celestial Heavens and be a Celestial Spirit. What is now unfolding (year 2020) is that you can achieve this while living in the physical here on Earth!

The moment that we transition (move out of our healing) into Celestial soul condition (into the first of the Celestial Heavens is the moment we have left the hells – out of isolation. We are now a citizen of our local system called Satania and we can now interact with all of the 619 humanities throughout Satania – not just Earth's humanity. We have progressed through the seven Mansion Worlds and left all the isolation and healing behind. We are then our true self, the personality that our Heavenly Mother and Father blessed us with.

What is incredibly amazing is that our natural intelligence is freely expressing itself. Our profoundness is ever so beautiful and embracing of everyone within our presence and with whom we interact with. Everyone is of great love and Truth. Our self-expression is of our soul's Truth which is God's Truth – we have permanently fused with our Indwelling Spirit.

This is now possible to be achieved while living physically on Earth.

## What are Celestials up to?

I could say flippantly; 'not much!' They are orchestrating the greatest evolutionary shift for all of humanity, not just here on Earth, but also throughout all of the spirit Mansion Worlds, and to do that, all of the three Celestial Heavens have been mobilised to achieve this.

Well here is an introduction from Nanna Beth of the 3<sup>rd</sup> Celestial Heaven:

**“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, 3<sup>rd</sup> Celestial Heaven 20 March 2018



Commencing on 31 May 1914 when the first of the Celestial writings through James Padgett commenced, the Celestial Spirits have been preparing for what is now unfolding. The work will continue throughout the coming Avonal Age of 1,000 years.

The End Times is the finalisation of Mary Magdalene and Jesus' direct involvement with the humanity of Earth. The 'old guard' has now or have moved on. All that lived prior to the writings through James Padgett are of the old guard. The Apostles and those who lived at the time of Jesus are of the old guard and have moved on or are free to do so. They will or have progressed further into Nebadon and many have moved out of Nebadon and are on their way to Paradise, the home of our Heavenly Parents.

Those who are now in the Celestial Heavens are of the ‘new guard’. They are preparing for the Avonal Age. They have organised the operations of the three Celestial Heavens to oversee and guide Earth’s humanity throughout physical Earth, the Earth hells, the spirit mind Mansion Words 1, 2, 4 and 6, the Feeling Healing with Divine Love Mansion Worlds 3, 5 and 7. This has involved great restructuring of systems and operations throughout all worlds.

On 31 January 2018, the Celestial Spirits were formally assigned the administration of humanity. They are being assisted by three Melchizedeks soulgroups. This has never taken place anywhere else in all of the seven Super Universes.

31 January 2018: Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

The presence of an Avonal Pair on Earth has seen a massive influx of Angels from Paradise into the Celestial Heavens. They have been arriving in legions, wave after wave. They are here in Earth’s Celestial Heaven segments in great numbers to assist the Avonal Pair and what is to unfold.

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

**Why can't I hear the voice of God? Others say God has spoken to them?**

Padgett Messages, 31 January 1915, Jesus: “It is written in the Bible that the voice of God spoke to my disciples on the Mount of Transfiguration, and to John and those present at my baptism, but it was not the voice of God, but the voice of one of God’s highest angels.”

Padgett Messages, 31 January 1915, grandmother of James Padgett, Ann Rollins: “I want to tell you further, that God, (the God of the Master), while He works through His angels, yet He, Himself, comes into our souls by His direct communication. The holy spirit is His messenger that causes the souls of men to hear and receive this soul communication; yet God’s love comes direct from Himself, and when man was created in the likeness of God, he was given a soul that was capable of receiving the soul essence of the Father. Neither in his physical nor spiritual form was man created in the image of his Father, because the Father has no such forms. But in the soul essence, the image was made alike.

“Yet man is of such a great degree in God’s creation that he can refuse to receive this soul essence, if he so wills. His soul is capable of receiving it, but is not compelled to do so, and while man has the image, yet if he neglects to receive the substance, he will never become at-one with the Father. That image will never be more than an image only.

“God is so good that He implanted in man’s soul what may be called the natural love; and that love is sufficient to make him comparatively happy, and in the great day when sin and error shall be destroyed, man’s natural love will be able to cause this happiness. But man will not be at-one with the Father in the larger sense, and will not take on the divine nature of his God. So you see the necessity of seeking this wonderful union with the Father.  
*I must now stop. Your grandmother – Ann Rollins”*

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to ‘our Mother and Father’. Further, when considering soul healing, then reference to Divine Love could be referred to as ‘Feeling Healing with Divine Love’.

## What is the “Holy Trinity”?

What is said to be the “Holy Trinity” of God the Father (ignoring Mother), God the Son (inferring Jesus and ignoring his equal and soulmate / soul partner, Mary Magdalene) and the Holy Ghost (holy spirit) is a figment of man’s imagination.

There is only one God and that is our Heavenly Parents, our Mother and Father, one soul with two personalities and that Jesus, with his soul partner, are co-regents of Nebadon, our local universe. Being Creator daughter and Son, they are spirits like us only more refined and filled with our Mother and Father’s love, more than any spirit in our heavens. The holy spirit is an instrument of our Heavenly Parents with the duties of conveying our Mother and Father’s Divine Love to who so asks for It.

Padgett Messages, 28 February 1917, Martin Luther: “The doctrine of the Trinity, as you have been told, is not true, and never had any authority in the teachings of Jesus or those of the Apostles and Bible writers, and was merely the deduction of some of the old fathers of the church, arising from their speculations and desire to make of Jesus a God, though a lesser God than the Father, and at the same time one with the Father and a part of the Godhead that must be considered as being only one God, and as taught by the Old Testament writers and prophets that there is only one God. This doctrine, of course, was absurd and, hence, was one of the mysteries of God, but, nevertheless was taught as a truth and incumbent upon man to believe whether they could understand it or not, which of course, they could not.”

To worship Jesus of Nazareth as God is blasphemy. To ignore his soul partner and co-regent of Nebadon, our Local Universe, is putting a wall between yourself and their Spirits of Truth as they are Creator Daughter and Son of our local universe and our spiritual parents.

Padgett Messages, 24 September, 1914, Jesus: “The trinity is a mistake of the writers of the Bible. There is no trinity; there is only one God, the Father. He is one and alone. I am His teacher of truth; the holy spirit is His messenger and dispenser of love to mankind. We are only His instruments in bringing man to a union with Him. I am not the equal of my Father; He is the only true God. I came from the spirit world to Earth and took the form of man, but I did not become a God—only the son of my Father. You also lived as a spirit in that kingdom, and took the form of man merely as a son of your Father. You are the same as I am, except as to spiritual development, and you may become as greatly developed as me. When on Earth, I was the only son who had, until then, become vested with the Divine Love of God to the extent of being wholly free from sin and error. My life was not a life of earthly pleasure or sin, but was given wholly to my Father’s work. I was His only son in that light. He was my Father as I knew Him to be. He is not a spirit of form like myself or yourself.

“I was born as you were born. I was the son of Mary and Joseph, and not born of the holy spirit as it is written in the Bible. I was only a human being as regards my birth and physical existence. The account in the New Testament is not true, and was written by those who knew not what they wrote. They have done the cause of God’s truths much injury. Let not your belief in that error keep you from seeing that my teachings are the truth. Be only a believer of God and His truths and you will soon be in the kingdom.

*You will soon be able to understand as I understand. Good night – Jesus”*

**Why are the writings throughout the Padgett Messages, The Urantia Book, Dr Daniel Samuels Revelations, Judas of Kerioth by Hans Radax, Richard Messages and the writings of Nicholas Arnold and Joseph Babinsky all in the masculine? Why is the feminine left out?**

Under the Universal Contract governing the Rebellion and Default, the feminine was subjected to suppression by the male. The ending of the Rebellion and Default has been a progressive opening of cracks in that contract. The first of these writings, the Padgett Messages 1914 – 1923, was the first time that Celestial Spirits had been able to write through a medium for Earth's humanity and was the commencement of the series writings and events bringing about of the end of the Rebellion and Default. These events opened more and more cracks and now we have the formal end of the Rebellion and Default as of 31 January 2018, with more progressive events unfolding.

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

### **If Jesus and his mother, Mary, hear our prayers why is there such silence?**

Mother Mary is an ordinary person just like you and me. She was not a virgin. Jesus was not a virgin birth. Joseph and Mary had been trying for some time to conceive. Mother Mary did not start to realise who Jesus may have been until around the time of his death. Mother Mary, on her own accord, has progressed through the spirit Mansion Worlds, through the Celestial Heavens and is now with her soul group and has progressed out of Nebadon and they are well on their way to Paradise, the home of our Heavenly Mother and Father. Once you progress beyond the Celestial Heavens you cannot hear anyone on physical Earth. Mother Mary is long gone – out of hearing range. Even if she could do anything for us, which she never could, she cannot hear our petitions anymore. Kindly put your rosary beads away, they never did work. Repeating endless words learnt by rote never has been a communication and never will be. Do we talk to our own parents in that manner?

Jesus is a spirit just like us. He can be only in one place at a time. He is a most incredible spirit personality and a most exalted personality. Yes, Mary Magdalene and Jesus are soul partners and both Mary Magdalene and Jesus are our spiritual parents, they are co-regents of Nebadon. Nebadon has 3,840,101 inhabited physical worlds of which Earth is one. When we long to Jesus, we are to long to our spiritual parents, BOTH Mary Magdalene and Jesus. Through their Spirits of Truth they will lead us out through the Celestial Heavens and progressively on, through and then out of Nebadon. At that point it will then be our Heavenly Mother and Father who will lead you onto and into Paradise.

We are on the verge of entering a new spiritual age of 1,000 years. The 2,000 year age of Mary and Jesus is now closing, this is the End Times. For the next 1,000 years it will be the Avonal Pair that will, through their Spirits of Truth, lead us through our Feeling Healing with the Divine Lover through the spirit Mansion Worlds to the Celestial Heavens, there to fully unite with Mary and Jesus' Spirits of Truth, which will then lead us all the way through Nebadon.

IT IS our Heavenly Mother and Father that we are to long to for Their Love, Their Divine Love and guidance.

IT WILL be the Celestial Spirits, our attending Angels, our attending Nature Spirits and our Indwelling Spirit that will assist us. They never leave us. They assist us in the manner that best suits us. If they understand that we need to go deeper down a rabbit hole, so to speak, then they will lead us deeper into it. If they understand that we are to do a u-turn, a reversal, then they will accommodate that.

Everything is changing. The environment around us, for those who are resistant, closed minded, which is most, will be terrified of what is unfolding. For those who seek Truth, the events may even be entertaining! Even these writings are an upheaval of beliefs, what has been taught to us for generations is pure fabrications from parties wanting control over you and me, further complicated by layers of assumptions.

### **Who does answer my prayers?**

Certainly not 'saints'.

Our earnest longings are heard by those who are to assist us. Even though our thoughts, feelings and impressions may be directed to our Heavenly Mother and Father who are always within Paradise, we may be surprised that we are 'heard' within and around and about our self.

We are never alone. With us at all times are a pair of angels, a pair of Celestial spirit guides being soulmates / soul partners, a pair of nature spirits and our Indwelling Spirit. Between them they respond in a manner that best suits our personal development which may not be what we want on some occasions.

Our nature spirit pair is with us throughout our physical life and then they are assigned to another incarnated personality. They do not transfer with us into the spirit worlds.

Our spirit guides may change from time to time. Consider this. Prior to being aware of anything that you are now reading, you most likely were absorbed in mind dominance and natural love which fits you for the mind Mansion Worlds. Now that you have opened yourself to Feeling Healing, Divine Love and the awareness of the Celestial Heavens, then it is most likely that your spirit guides have now just changed from spirits of the mind Mansion Worlds to that of a soulmate / soul partner spirit pair from the Celestial Heavens due to your change in orientation. Your spirit guides from the mind Mansion World would not be soulmates because you do not meet up with your soulmate within that environment.

Our Angel pair may guide us through our physical life and into and through some of our spirit world journey. Maybe further. Maybe all the way to Paradise.

Our Indwelling Spirit is a fragment of our Heavenly Parents (The Urantia Book). When we long to God we are connecting to our Indwelling Spirit. Yes, we are never out of Their embrace.

The response may be to allow us and even assist us to go deeper into our wrongness (me to!) and that is for us to go deeper down into our personal rabbit hole until we hit a dead end prompting us to do a Great U-Turn. Thus the discomfort, pain and suffering we endure may simply be our not accepting that now is the time to U-Turn so we need to go deeper into our mutual wrongness.

### **Why don't Saints answer my prayers?**

Saints are ordinary people, now in spirit, that a church has canonised and now they are being bombarded by people with their pleadings. After the initial exhilaration of being honoured and made to feel special, they quickly find the intrusion of humans from Earth overwhelming and extremely annoying. Sister Mary MacKillop would dearly love to turn up in the physical and jam the sainthood right where it would be unpleasant! Long to your Heavenly Mum and Dad, that is the only pathway.



**WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:**

**For those doing their Healing or are interested in doing it will** from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it’s the same of course in life with your friends. However over there, in spirit, dealing with Nature Spirits, Spirit Guides and Angels, it’s more personal and private and ‘JUST FOR YOU’. So, we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand; so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is the only one they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate / soul partner’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds. However, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



**Feelings first**



In a way, each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' relationship. In addition we have our personal Indwelling Spirit.

**INDWELLING SPIRIT, THOUGHT ADJUSTER,  
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to our soul should we earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father and Mother – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Parents.

The Indwelling Spirit reveals intrinsic workings of Father and Mother to our soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when we connect to our Heavenly Parents and receive Their Divine Love.

Each of us is a spirit person having a physical experience. Our physical body is encased within our spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once we heal it, we even feel love for our wrongness and even no longer hate it – that being full self-acceptance. But we can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of our Healing.

### **How can I stop my mind from controlling everything I do?**

Good luck! I should not have said that. The question implied that we are to use our mind to control the mind. Our mind is in your spirit body. Our brain, which is in our physical body, can be likened to a computer dumb terminal connected to a personal computer or laptop being our mind. BUT our mind is subordinate to our soul which is our true self, our intelligence, our memory and everything wonderful about our self – particularly our personality.

Our mind is a control addict. Our mind cannot discern truth from falsehood. And our mind is addicted to untruth.

Our soul communicates to us as feelings. We have been taught from birth to engage our mind / brain and to suppress our feelings. This we all do.

When our feelings ever so gently surface, engage them in our actions. Have our mind follow our feelings. Have our mind execute what our feelings are leading us to do. This will be a shock to our mind but eventually it will become routine and automatic and then it is fun.

Living Feelings First, being Feeling Healing, is ever so freeing. It is revealing of Truth – our Truth. It is not an exhausting way of living, it is incredible how refreshing it feels. We will watch mind slaves tire and exhaust themselves through meaningless machinations and mind bending games. It truly is a different and freeing way of living.

### **How do I get in touch with my feelings?**

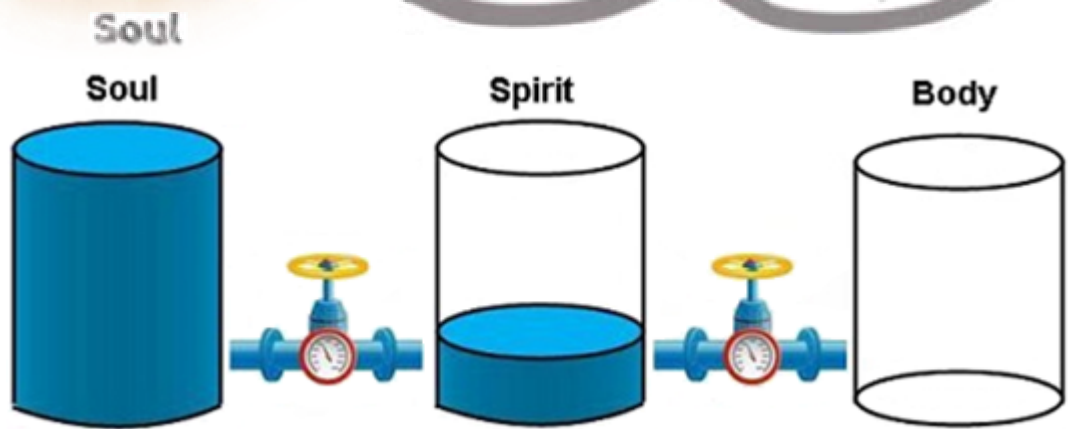
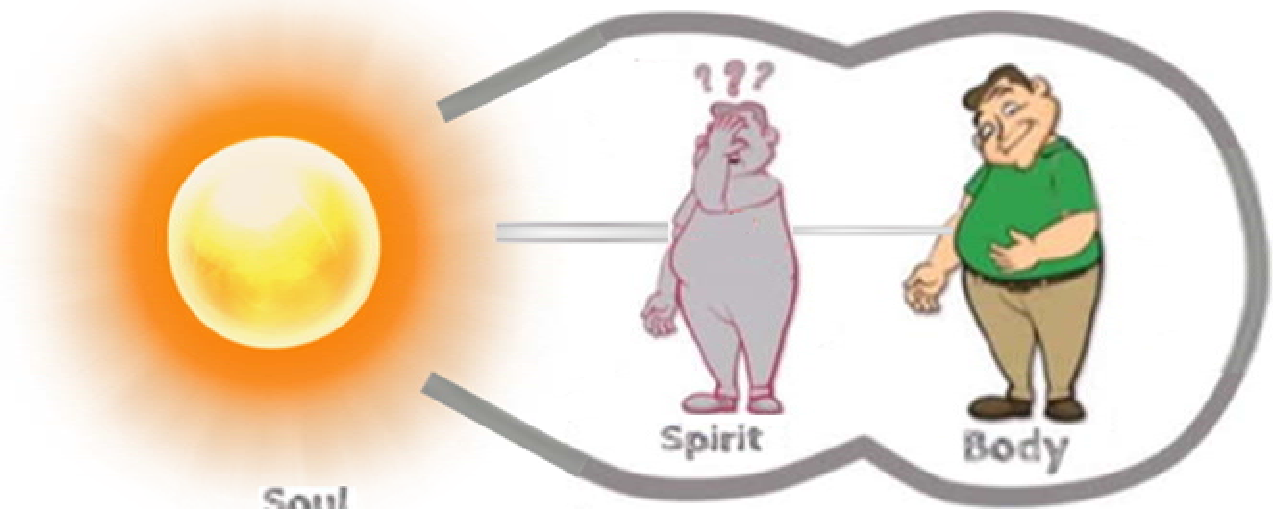
Long for the truth of your feelings. Just keep asking and longing to know what this is about that you should be feeling and understanding. Little by little it will eventually unfold. And then you will have a little Eureka moment – a clarification – a window of understanding – an awareness to what this is about. Then explore a little deeper or wider or something new. Eventually, when the timing that your invisible friends understand will come right and awareness will open to you, that will begin the journey of self discovery that will slowly gain momentum. There is no rush. We all have all the time in the universe. The most incredible thing is that we realise that our feelings are important. Our feelings are our Truth. They are the windows to our true personality. Oh, what a wonderful realisation.

**We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.**



**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. 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**

**Dumb  
Terminal  
(brain)**



### **Why can't I sleep well at night?**

Love is ever so comforting. Fear is ever so disturbing.

### **Why do I have such bad health?**

The embryo that forms as our foetus – our newly forming physical body – was perfect in all aspects. It always is. When conception took place, 16 days before incarnation which is when the embryo advances to being able to pump blood, we were perfect. Then through the onslaught of the emotional injuries and erroneous beliefs of our parents that flood upon us, the foundations of future illness formed. It is like all the injuries imaginable of any family being dumped on us. This emotional energy is so incredibly negative that it is a wonder that any child survives and eventually is born – a large percentage miscarry and a similar percentage are terminated through abortion. Abortion being a clear act and demonstration of lack of love by the child's parents for the child!

We are then born! Our deformities are a direct result of the unloving natures of our parents. We have childhood illnesses, these are also the direct result of the unloving natures of our parents.

During our childhood forming years our parents suppress our true personality, at all times believing they know better than God and that they can make us into a clone of themselves or even better. The mess we emerge as at childbirth is now compounded by love being withdrawn from us by being told NO – don't do that – or similar on average approaching 20,000 times a year. At the age of 6, when our Indwelling Spirit arrives and we start to strive for independence, we have all the emotional injuries necessary that will generate all the illnesses that we will have until and including our death!

You can engage in your Feeling Healing and eventually these emotional issues will be resolved or be resolvable within you.

### **Why do I hate my spouse?**

Typically we become attracted to a partner because each other is fulfilling a personal addiction of the other. Then we change!!! Oh crap!

And now you are reading this! You are discovering that all of humanity has created a structure that is nothing more than a house of cards and it is about to be blown away.

Our soul is a duplex, one soul with two personalities, that is why we have a soulmate / soul partner. While we are of the Rebellion and Default, we are rebelling against our soul, we are against love. As we are rebelling against our soul, we are also rebelling against our soulmate. While we remain unhealed, we cannot even love our soulmate. Once we are healed then we will be drawn to our soulmate and once both of the personalities from the one soul are healed then you will find true love and be together for all of eternity.



Before being healed, all marital relationships are false. Marriage is a man-made institution and is of a temporary nature.

It takes a village to raise a child and that is a better approach to consider. Raising children just by its two parents is a task mostly beyond the capabilities of any two people.

This is a question requiring profound adjustments as to how family structures are to evolve.



### **Why do I detest my children?**

If our parents had loved us, then we would have known how to love our children. Until we heal ourselves of our childhood suppression and repression, then love will evade us. Until we are self-accepting of your own stuffed up state, then love of self is not possible and consequently we are unable to love our children or anyone else. We, humanity, do not know what love is.

Our children will now go on and be unable to love their own children. Thus, the Rebellion and Default in all of us continues until the cycle is stopped. This is where Feeling Healing is to step in.

**Why am I addicted to coffee? caffeine? cigarettes? sugar? chocolate? alcohol? pot (marijuana)? heroin? party drugs? pornography? – well most everything that is ‘comforting’?**

All of our addictions are created to support our façade. We have created our façade self, we all have, to hide our pain from being unloved, from our childhood suppression, from all who have been influential in our lives and have been imposing their control over us. We have all needed love and no one has given us love when we needed it. Our parents think they loved us but they were not loved as a child either and do not know how to love.

**‘I had a pretty good upbringing’ in comparison to other people!**

**Parents have NO understanding of blocking emotions.**

**Parents have NO understanding of causal / core emotions.**

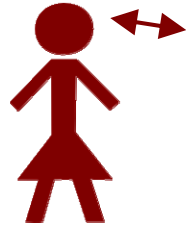
**Parents have NO understanding of Law of Free Will.**

**Parents have NO understanding of Love.**

### Rebellion and Default MIND-Created false soulmate:

Female soulmate

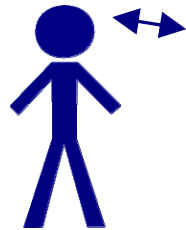
Unsuccessful  
marriage to fantasy  
untrue man



**Being in rebellion by default, all our relationships are untrue and based on fantasies and erroneous beliefs of our mind. These relationships formed through the mind, are at best, temporary, and will ultimately end. They are false soulmate relationships.**

Male soulmate

Unsuccessful  
marriage to fantasy  
untrue woman



**Eternal soulmate marriage between a man and a woman only takes place for those who fully heal themselves of the imposts of the Rebellion and Default. Through longing for the truth behind all our feelings (both good and bad), we can begin to live true to our feelings. And once healed, and reaching a Celestial Soul Condition, through our true feelings we find our soulmate, our true companion for all eternity.**

### **What are the ramifications of Suicide?**

We may come from a family that encouraged us to feel overly responsible through blaming or finding fault whenever things went wrong. Super-responsibility may have been seen as an asset as we grew up. The down side is that throughout life, even a trivial infraction noticed by some authority figure (parents, teachers, employers, etc.) instilled in us a sense of failure, guilt, and diminished self-worth. We developed an “Inner Critic” to protect ourselves by forestalling external criticism. Whenever our behaviour now violates a certain standard, we sink into a low state and feel guilty and worthless, instead of revising this standard or using our guilt experience for learning and improvement.

Most who suicide and then as spirits will write to say that:

- a) What they expected to cease — they have to relive and redo on the other side, so no quick fixes;
- b) They now realise they are soul and far more exists, and had they known about these workings and ongoing life they would have tried harder to fix or resolve their issues when living;
- c) They made a mistake and now have realised that there was so much more to live for.

It certainly is not the sin / error as referred to by the Catholic Church or of some other faiths. It is to do with individual free will and perhaps the lack of obtainable assistance here at hand. We will all progress



through the spirit worlds and into the Celestial Heavens as and when we choose to embrace our Heavenly Mother and Father's Love and engage in our Feeling Healing.

Nanna Beth, 3<sup>rd</sup> Celestial Heaven, 27 March 2017: Nanna Beth is John's grandmother and great-grandmother of Bradley who suicided. John wrote "[Nephew Bradley Cooper had a dreadful time and suicided on 21 September 1999. My feeling is that he has embraced the Love and Healing Process.](#)"

Nanna Beth: "Yes your intuition was correct, they are both (Brad and Kevin) still in the seventh (7<sup>th</sup> Divine Love healing Mansion World). Brad has more work to do than Kev, not because he killed himself, but simply because he's got other things he needs to work through.

"Yes, he did have a dreadful time which led to his suicide. However he wasn't, as such, punished for taking his own life as so many people believe happens, as even Helen Padgett said (within the Padgett Messages). Sometimes that happens, but that's the same as with everything. But taking your own life doesn't, of itself, hold any extra penalty, for the person doing it can't be blamed for feeling so bad. But some people do have to spend time serving a sort of, what might be called penance. But really that's a time for their system, their spirit to adjust on inner levels so as to bring their mind and the rest of their personality into a functioning capacity. Other people however, can take their own life and wake up carrying on like any other spirit does, it all being to do with how much inner trauma they are suffering and how that suffering is taking place within him. It's quite involved and if you are interested, I can give you more information. But it's not black and white. And Brad, because of the mix of his trauma and beliefs, didn't spend long before he re-joined normal spirit life."

Bradley Cooper moved from the healing Mansion Worlds and into the 1<sup>st</sup> Celestial Heaven during 2019.

### **Why can't I love everyone?**

**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.**

### **Why can't I feel loved?**

No one living on Earth has experienced true Natural or Celestial love. Mostly it's mind-derived love. We do not know what love is, yet we yearn for it with a strong passion. As we long for Truth, then we are starting on the journey to experiencing love and to be able to love. While we embrace our minds and suppress our soul-based feelings, we are moving further and further away from Truth – further away from love and being loving.

The Evil Ones, being the rebellious high level spirit Lanonandek soulmate pairs, Lucifer, Satan, Caligastia and Daligastia, have had their mind spirit followers from the Mansion Worlds 1, 2, 4 and 6 impose their erroneous ways upon all of humanity. Even those in isolated communities have been negatively influenced in these ways. No one has been left out. Humanity is presently in its deepest Rebellious state throughout the 200,000 years of the Rebellion. Now we begin the Great U-Turn. We are to live Feelings First and then embrace our Feeling Healing to heal ourselves of the Rebellion and Default, and should we embrace our Mother and Father's Divine Love, then we will be soul healing as well. Then love will unfold for us and for those we interact with.

### Why am I a control freak?

You and I have been taught to live through our minds. We mainly do not know anything about feelings. Our parents taught us to worship our minds. Our minds are addicted to control. Further, our minds cannot discern truth from falsehood. And our minds are addicted to untruth. However, our minds are to follow our soul-based feeling's guidance!

Look around you. Everyone is in a zombie mode carrying on in a stupor adhering to their minds. All trying to control others and the environment around themselves.

You are 'normal' BUT now you know that your feelings will set you free.



### Why do I hate being told what to do?

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



**Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.**

**Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.**



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

We are to live through our feelings and have our minds follow, implementing what our feelings are leading us to engage in and do.

**Why do I keep doing things that hurt me and others?**

We are all born into the Rebellion and Default and we have all taken on the unloving natures of the Rebellion and Default. Until we heal the Rebellion and Default that is within, then we will keep doing things that hurt ourselves and others.

Now it is absolutely clear that harmony between people and nations is not possible until significant numbers of people undertake and complete their Feeling Healing and that will take generations. However the process has started.

**Why am I so fucked up? What can I do about it?**

Your soul and true personality is pristine and wonderfully pure. You have then had imposed upon you the erroneous beliefs and inherited ways of living of your parents, carers, teachers, educators, religious leaders, employers and governments. This is a crushing burden of yuk. Then we have each encapsulated that yuk in a façade. We have embraced all that error, we have suppressed our true personality, we have turned our back on the personality that our Heavenly Mother and Father blessed us with and now present a persona to the world all to draw love from unloving people – our carers! Our fuckedness is now at its pinnacle. We are so extremely imbedded in our fuckedness now that we will either destroy ourselves or heal ourselves and we are not going to be allowed to destroy ourselves!

*yuk*

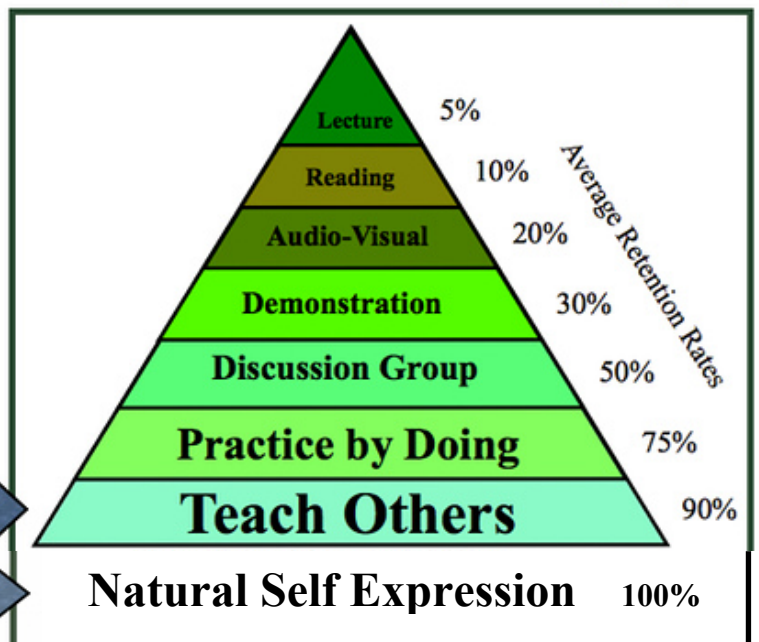
**FUCKEDNESS**

Consider:

1. Long for Truth – just simply seek truth, ask to be shown truth and keep on asking.
2. Live Feelings First – what ever feelings that come up, ever so gentle they are, embrace them, engage them, follow them, don't question them, just do what they lead you to do. Don't even consider what your feelings are guiding you to do, just dive straight on in and follow them.
3. Whatever feelings start to come up, start talking them out to a friend, a companion, your Heavenly Mum and Dad – express them no matter if they be good or bad feelings – let them flow and they will start to flow out of you.



**The Learning Pyramid**



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



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



## What is incarnation?

The joining of sperm with egg brings about conception should a soul be wanting to incarnate one of its two personalities. The sexual engagement by a man and a woman brings about the opportunity for a soul to have conception of one of its two personalities take place with the forming of the spirit body which is the template of the physical body. The newly forming embryo typically commences pumping blood on day 16 which is the moment of incarnation. If the embryo fails to pump blood then the soul withdraws the personality to await another opportunity.

Once the foetus commences to pump blood then incarnation is complete, the personality has individualised. And should the foetus then die, the personality will then go into the 1<sup>st</sup> spirit Mansion World and be 'spirit born'. No matter how short the physical experience is, the personality being incarnated will have a spirit body and never will return to be in the physical.

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

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



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

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

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

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

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcbac072c1>

## Do we of humanity reincarnate?

### Revelation 20: Reincarnation is an oriental doctrine

<https://new-birth.net/samuels-messages/53-revelations/revelation-20-reincarnation-is-an-oriental-doctrine-ntr75/>

(This message is referred to as Revelation 28 on page 75 in New Testament Revelations of Jesus of Nazareth)

Received by Dr Daniel Samuels. Washington D.C.

10 March 1955

I am here, Jesus: (this is a Celestial with the common name of Jesus)

I am here again to write you about a subject that has created interest among you, the Doctor and others, and that is the article on reincarnation. In the Padgett messages, various communications dealt with the falsity and absurdity of this Oriental doctrine, which holds that the human soul can reincarnate from one fleshly body to others in succession over periods of time and that as a result, the soul has an opportunity to lessen its desire to sin and thus finally achieve purification while in the flesh.

If you will examine the question a little more closely, you will see the impossibility of the soul in the spirit world to be reincarnated in the flesh for the reason that the soul, for this supposed phenomenon, would have to shed the spirit body in order to enter into a mortal body, since the soul is encased in a spirit body which is physical in nature but not of a gross material of what mortals call the material world. And that spirit body, which is the envelope and protector of the soul, is that which gives the soul its individuality as a conscious entity and remains with the soul so long as the soul lives. In the spirit world no spirit body has ever been deprived of its soul, and no spirit body thus hypothetically divested of its soul has ever died or been disintegrated, or has disappeared from its habitat, except as it advances from one sphere to another while making progress either to the sixth sphere (spirit Mansion World) or spiritual paradise or to the Celestial Heavens and Immortality (spheres 8 and upwards).

As far as is known today by us in the spirit world, the spirit, that is to say, the soul and its spirit body, may live for all Eternity, if God so requires it, even if it does not possess the consciousness of immortality through possession of Divine Love. And it will certainly continue to live throughout all Eternity – the soul and its indissoluble spirit body – if it does possess the Divine Love, Immortality and At-onement with the Father.

**As soul cannot be taken from, or torn from – or in any other way deprived of – its spirit body, once it has come to the spirit world, it would be equally impossible for the spirit body to enter the human body of another human being, for only a soul without a spirit body can enter a human body, and on the death of this body, the soul manifests its spirit body. The doctrine of reincarnation is, therefore, utterly without foundation, for it is impossible, let me repeat, for a soul with its spirit body to enter a human body to be born again in the flesh.**

When a human being dies in the flesh, his soul has already achieved under ordinary circumstances the purpose of his creation, that is, the individualisation and the creation of a receptacle for his soul, and its spirit body, in size, shape, appearance and nature, which is the complete creation without the envelope of flesh.

This soul appears in the spirit world laden with the inharmonies of its Earth life, but since it has the opportunity of eliminating these inharmonies and becoming a purified soul in the spirit world through the exercise of its will and moral force and repentance, or becoming a Divine Angel through prayer to the (Mother and) Father for His (Their) Divine Love and Mercy, transforming the soul into the very essence of the Father, it is therefore absolutely unnecessary for the soul to go back to the flesh for another chance to purify itself. For the loving and merciful Heavenly (Mother and) Father had already provided a plan that would enable the soul – the real man – to attain purification. And here God showed Himself to be more merciful than He might have been had He decreed successive trials in the flesh for

the process of purification, for man while thus seeking to purify his soul, would at the same time have to contend with the sinful influence of the flesh, and his ultimate purification would thus indefinitely be delayed or perhaps never accomplished until the very end of time. You can thus see that God has shown His Love for His created children by providing a way for them to be purged of their sins, while being free of baleful influences of the flesh, which would only hinder, and make more difficult, their tortuous progress toward purification.

### Jesus of the Bible and Master of the Celestial Heavens

Note: Jesus, in this transmission, is a Celestial spirit who has typically researched what Jesus conveyed as being recorded within the museum at Jerusem within the 1<sup>st</sup> Celestial Heaven. Further assistance would have been provided and with authority this information has been conveyed through Dr Samuels. All the Revelations recorded by Dr Samuels came in the same fashion – a Celestial researcher acting with authority – not Jesus personally.

### Is Christianity true Christianity?

Christianity is mainly the construct of what Apostle Paul arranged. However, he had never met Jesus and was a Jewish Rabbi, thus the heavy influence from the Old Testament of the Bible. Re-copying by scribes and influences by many with vested interest was compounded by the political interests of Constantine in 325 AD. Jesus did not leave any written records of his teachings and neither did Mary of Magdalene, his soulmate / soul partner and co-regent of Nebadon. It was never their intention to start a church or spiritual movement. What they were putting in place were the foundations for what is now unfolding in the 21<sup>st</sup> century.

#### [Speaking with Mary Magdalene and Jesus: book 1 by James Moncrief](#)

Jesus: “It’s all a game people have invented for themselves, the game called – ‘let’s be a Christian’. There is no such thing as a Christian, that’s only based on mental belief. Being a true ‘Christian’ comes from being a brother or sister in truth. That being what we all naturally become as we grow in truth healing ourselves of our negative state. We are simply a soul, a child of loving Parents, the Source Soul, and children from humanity of Urantia (Earth), we don’t need any other label. We are children of truth, and until we start to live such truth, we will never be happy, we will never feel truly loved, this being what we are all to realise through our lives of truth-rejection. “

True Christianity will now unfold and it will not require the structure of a church or religion or controlling factions.

### Will there be a Second Coming of Jesus of Nazareth?

The ‘Second Coming’ event has already taken place, the prophecy has been fulfilled by Jesus writing through James Padgett (Padgett Messages 1914 – 1923). This has been further amplified by both Jesus of Nazareth and Mary Magdalene, being soulmates and co-regents of our Local Universe, Nebadon and also being Creator Daughter and Son from Paradise, writing through James Moncrief commencing 2002.

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

Nanna Beth, 3<sup>rd</sup> Celestial Heaven, 24 December 2018:

“The Change, as such, is the same thing really, however technically The Change begins with the dawning of the new Spiritual Age – the Avonal Age. The Change as I was referring to it yesterday was to highlight that once the Avonal Age begins in earnest, EVERYTHING will change. So currently, even though the Change and U-Turn have ‘begun’, it’s early days, just the ‘scouts’ going out in all directions in preparation for the ‘main event’. So technically we can’t say The Change has begun, whereas in time when Mary and Jesus’ age ends and the Avonal Age begins, then we can say it has begun. Whereas we can say the U-Turn has begun, it being a more vague term and not a technical definition.

# THE CHANGE

So you can say the Great U-Turn has started, the writing is on the wall for the Rebellion and Default, and when the Avonals come of age, when they finish their Healing and openly (publicly) declare who they are to the world (even if that world is only a very small group of humanity), then The Change will have begun.

# REBELLION & DEFAULT

And once The Change officially begins, there is no turning back. After the Avonal Age, humanity will be given the chance to resume its evil ways and turn its back on The Change and all the Avonal Age has done, and certain people and mind spirits will want to do that. However, they won’t be able to change the momentum being lived by those who are intent on living true to themselves and God through their feelings. (The availability of Divine Love may be withdrawn for the following spiritual age.) Still in all fairness, humanity has to be given the opportunity to decide whether or not it wants to fully heal itself, and without having imposed on it such strong influences as caused by the Avonal presence. But that’s all a long time off.



So the Avonal Age is a specific Spiritual Age (which you read about in TUB – The Urantia Book), giving rise to The Change in which humanity ends its truth-denial and living unlovingly against itself and its Mother and Father, all of which is the Great U-Turn.”

**What is the spiritual hierarchy for humanity – condensed?**

## Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

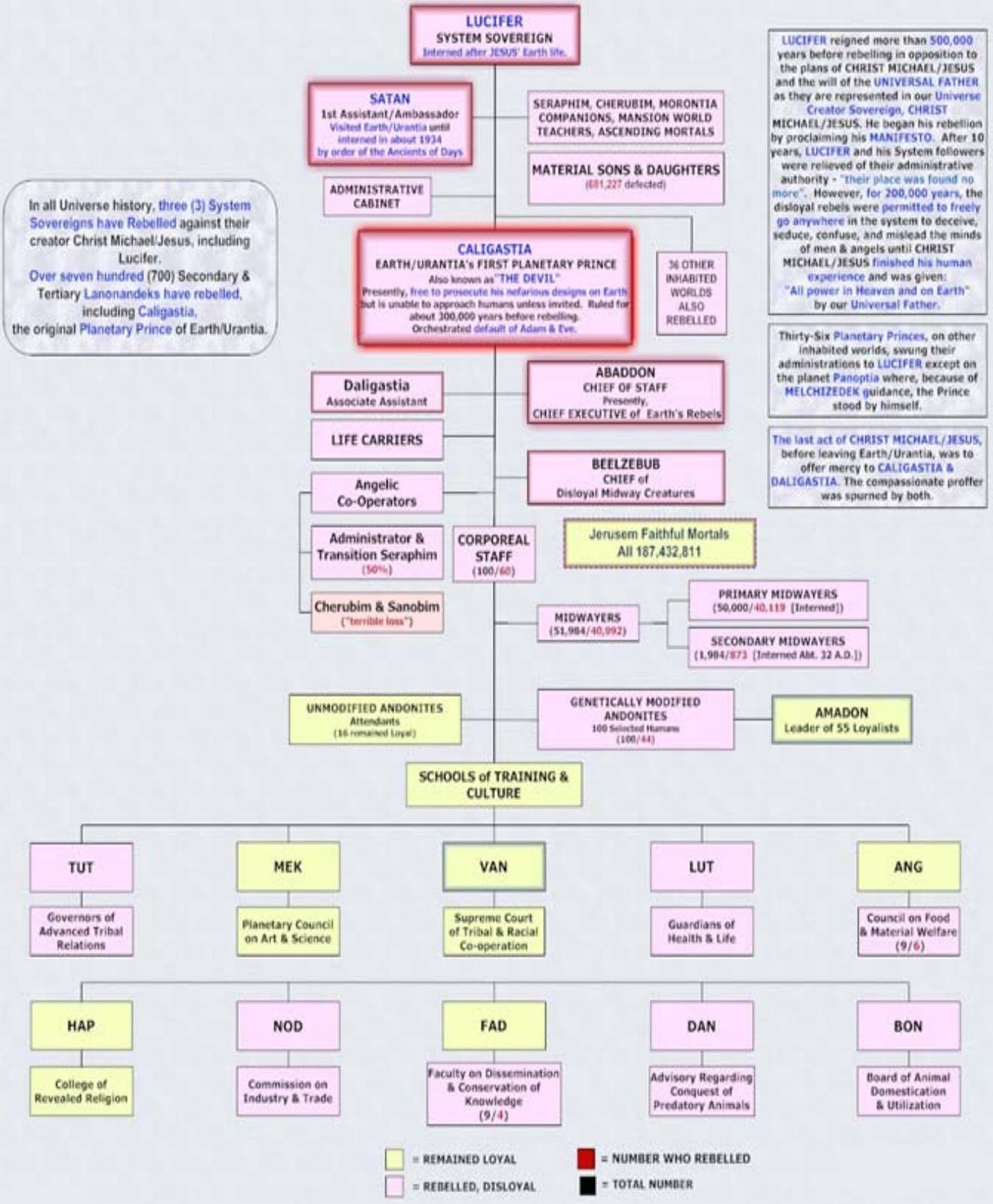
Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

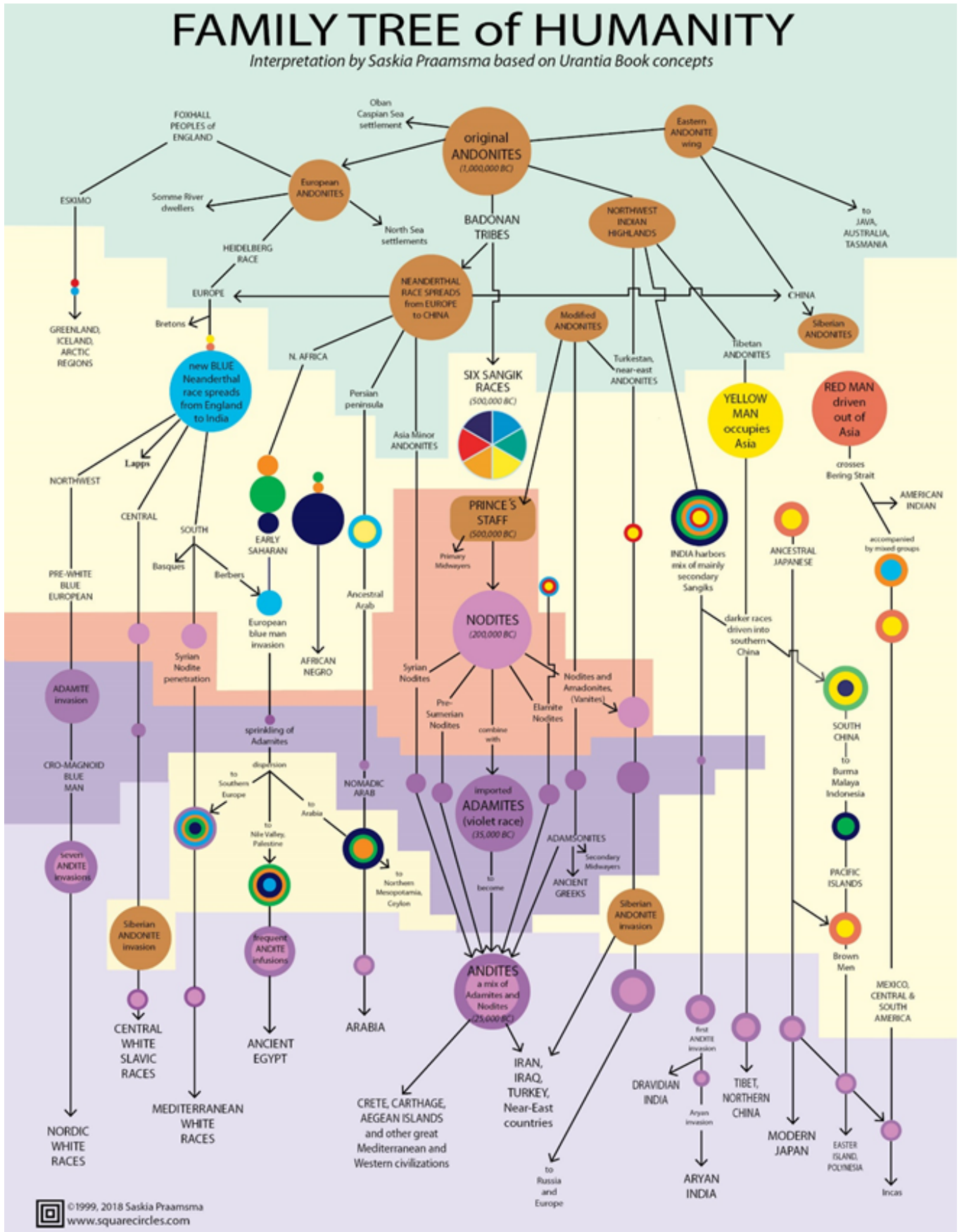
Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

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



# SYSTEM & EARTH/URANTIA ADMINISTRATION BEFORE REBELLION (About 200,000 years ago)





Reference: The Urantia Book and their administration.

## **Will life spans expand as of a result of completing your Feeling Healing?**

John: Historical writings have suggested that some people have lived extra-ordinary long lives, such as 800 years, 200 years and typically 80 years. So the question is best to ask how long was a year at that time? A lunar cycle may have been a year. 13 lunar cycles in our current calendar year, then suggests dividing 800 by 13 giving a life span of 61 years. A season is a quarter or some other fraction of a year, thus 4 seasons in a year suggests that 200 is now divided by 4 to provide a life span of 50 years. Thus, for the most part of humanity's history, life cycles could be considered to be 50 to 80 years mostly.

Kevin, 1<sup>st</sup> Celestial Heaven, 1 June 2020, John's brother-in-law: "It doesn't matter how you divide it up, it's what is required by the 'over all soul of humanity' during each Pole Shift Age. And that is determined by the amount of experience one can gain – live through one's life. The Age most people live up to currently seems about the standard age to gain such experience. And that is as it stands for the Rebellion, it might vary through the phases of humanity's Healing, people might live longer or shorter, all depending on the experience required."

John: A question to be explored is now that it is possible through Feeling Healing to heal one's spiritual condition and begin to live life in a Celestial Soul Condition here on Earth. For those who do so, is it anticipated that life spans may increase in years and what may be a typical expectation please?

Kevin: "I don't think they'd be anything to gain by it John. If anything the life expectation would decrease because once you've finished your Healing or even if you are born Celestial and grow up living a true life on Earth, quickly you'd reach the apex of all you could experience in the physical compared with what more would be offered you by coming into spirit and getting on with your Ascension over here through the Celestial Spheres. So I think about a hundred or so years is about it. Really about 80 – 90 years, Three Saturn Returns in an Astrological sense. But I might also be wrong and lives may be lived longer, but we've not been told anything definite about that.

(Your *Saturn return* occurs once every 27-29 years when *Saturn returns* to the sign it was in when you were born, ushering you into a new phase of adulthood. During the Saturn return—which lasts 2.5 to 3 years—you will come face to face with your own blocks and be forced to push through them. All the "mistakes" you made in the nearly three decades leading up to this seem to crystallise.)

## **We are not meant to be alone, what is the relevance of relationships?**

Nanna Beth, 3<sup>rd</sup> Celestial Heaven, 2 June 2020, John's grandmother: "It is also important for you to understand James, that each successive Pole Shift Age is WHOLLY about the relationships people have, and not whether or not the world becomes 'technologically advanced'. Whether you can build a spaceship and fly to the moon, live on it and visit and live on the other planets (humanity has never been allowed outside the local Solar System) is immaterial, as it's about the functional quality or dysfunction of relationships, and that is all that matters. And if humanity through a Pole Shift Age is to develop certain technologies, it is only guided to do so because of the relationship needs of all the souls involved. As you can see, the Internet is now creating other positive and negative consequences so far as people's relationships are concerned, deeper psychological complexities having to be dealt with, greater inequality because of the mind control. It's all ALWAYS about relationships, the experiences gained in them, and the feelings and thoughts and truth that might arise from those interactions. And so usually to increase such relationship complexities, technology can be developed. However, technology can also quickly prevent relationship diversity as everyone becomes similar as the control increases, stifling individual and societal creativity. So it's double edged. So long periods of smaller groups of

people who are very diverse, gives rise to greater depths of relationship experience, whereas very primitive communities can quickly exhaust the emotional involvement. However then, it might be that thousands of years are required to give rise to the number of people experiencing a more primitive existence, whereas a smaller number of years would achieve all that's needed on a relationship basis in a more technological advanced society. So, it's about relationships and how they are distributed over time."



## Why have women been so repressed – considered further.

### Women Repression

James

Monday, 9 December 2019

Note for Pascas Care Letters One Soul Two Personalities:

It was the rebellious Higher Spirits that urged and supported the suppression of women and the male dominance through religions and tribal spirituality so as to keep women away from their true feelings, denying them the truth from such feelings which would never be tolerated nor have allowed the men to override them. If you denote the mind as ‘male’ and feelings as ‘female’, then to coerce humanity to worship and live from its mind, whilst at the same time using the mind to suppress and banish one’s true feelings, then you can see men’s domination of women. Men (if we liken them to the mind) are scared of women (likening them to feelings), so men use their minds to block out their feelings and won’t tolerate women living too close to their feelings.

So, what more perfect way than to maintain such male domination than to create mind-made religions that will ensure women and feelings are never heard and can never have their say enough to uncover the truth of such meaningless and misguided untrue systems of belief. If women in such religions were encouraged to follow their feelings and look for the truth they will give rise to, they will soon demolish such institutions or simply leave them, leaving the mind-controlling men to it. So, you can’t put a woman in control, and especially one who is more feelings led, because as one’s feelings are generally ‘all over the place’ and ‘irrational’, she’ll ruin it all; which means, she’ll stop the men having their little power games with each other. And unless a woman learns to ‘become a man’, being able to compete with men at their own mind-games, suppressing her feelings even more and becoming an even better proponent of mind control, as she can often over her family, she will never stand a chance of gaining equality. However this mind-equality is still buying into the tenets of the Rebellion and Default and is not true women’s liberation and equality, that only coming when women give up their mind and devote themselves to accepting, expressing and seeking the truth from ALL their feelings (especially their bad ones). That being the only way humanity will end its rebellion.



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

### **It's time for the true Women's Revolution:**

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

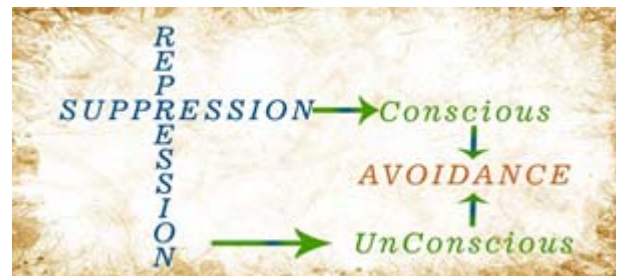
Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their Say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you don't, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman, let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult; there will be many obstacles within yourself and outside of yourself. However, if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

**Living FEELINGS FIRST**  
**FEELINGS FIRST For Kids**



**JAMES PADGETT MONCRIEF** **REVELATIONS** **1 Commenced 1914**  
**2 Completed 2014**

**REVELATION 1 Divine Love addresses the issues of the Rebellion.**

**REVELATION 2 Feeling Healing addresses the issues of the Default.**

John: These two 'headlines' came about from Mother's comments through James.

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.

Thursday, 29 June 2017: Nanna Beth, 3<sup>rd</sup> Celestial Heaven: “The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It’s denying the Personalities that God is. It’s rejecting and denying personality interaction, which is all about love. So it’s unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one’s feelings. To claim: ‘I am God, I am love, I am Truth’, means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It’s being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer’s relationship (Lucifer and his soulmate) is they didn’t love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving. Then we come together contriving love for one another, then believe we love God as well and want to do His Will. It’s all false, all wrong, all evil, all unloving. That’s what we’ve got to see. That we are rejecting ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious. It was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it has become. So, we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, with each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There is a lot to it.

And as we see this, it takes us into dealing with our rebellion. We choose to not be loving when we, through our feelings, uncover the truth of how unloving we are. We choose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones. You want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So, in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way which can be difficult because we don't know how that other way is, never having been wholly or truly loving. But you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So, this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help you summarise it, you could simply say: **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.**

I hope this helps John; it might be a bit much. However, I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask."

James: "I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us."



## **WOMEN to LEAD the WAY:**

Notes from Sage – and the Healing Angels of Light by James Moncrief

Jesus really came to say – and by the way, it was both Jesus and Mary Magdalene, as she is his soulmate / soul partner and equal, only she didn't have a proper say like he did because of the work she had to do, she allowing herself to be subjected to more of the repression of the feminine. And this is how the rebellious spirits controlled humanity, by getting people to deny their bad feelings. Jesus and Mary really came to tell humanity, which the Christians don't even understand, is that we can long to God for Their Divine Love. And if we do that, then as the Divine Love comes into our soul, as apparently it will if we sincerely want to be at-one with God; and if we are also looking to our feelings for their truth.

The suppression of the feminine is where all our problems lie. That it's all become so heavily masculine with men physically dominating women and not allowing them to have their say, which is really the say of their feelings. And that women, if they are true to themselves and started to stand up and honour all they feel, all so long as they also want to use those feelings to uncover the truth of themselves, will lead men out of their wrongness. But women who want to stand up honouring their feelings, yet not wanting to use them to see the deeper hidden truth of themselves, of what's wrong within them and why, are just being like men are, still using their mind to deny themselves the truth of why they are feeling what they are feeling; which is really what so many of the feminists are about. And being that way is not going to make them feel good if they ever understand they are only buying into more of the wrongness by trying to be men's equals in a mind way; and that really, women have to go the other way and into themselves and the truth of their feelings, if they are to really liberate themselves.

I feel bad, so I stop and pay attention to that bad feeling. I allow myself to feel it as much as I can. And if you are with me, and willing to listen to all I want to say about all I feel, then I can share it with you; I can emote my pain or anger or whatever, to you, as I long to know why I am feeling bad. And that's all I have to do, the rest all takes care of itself. When I am ready to see the truth, up it just comes naturally within me; and at the same time, so Ursula says, my soul will make the necessary inner adjustments in me so as to change that part of me on whatever level within me, from being dysfunctional into being functional; and slowly I will change getting better and becoming truer and more perfect, healing myself of my wrongness, evil, sin, imperfection – whatever, you want to call it. So that's what I want to do, and I assume you are willing to listen to me when I feel bad. So I feel like I'm on my way, I've started to do my Healing and I am starting to move in the direction of being with God, rather than keeping on going away from God. And I'm going to try this longing for the Divine Love and see what happens there; and if you want to do that too, we can do that together as well.

**What is GOD's Will?:**

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

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

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

**Our Heavenly Mother and Father simply Desire for us to long for Their Love.**

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

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

To live God's Will, all we need to do is live true to our self, true to our feelings, and when we do, we have started to heal our negative and untrue state, then naturally we will be living true to God as we live true to our self. So then we'll be living God's Will, at least starting to.

**Living God's will, should we long to do that, as well as longing for the truth of ourselves, and the Divine Love?**

We can long for Divine Love whilst longing for the truth of our self, if we feel so inclined to do. We always are to do what we feel to do. However overall, by longing for the truth of our self as we accept, express and seek the truth of our feelings, we are doing all we can so far as longing to live God's Will. That is our longing if we like. All we really need to do are two things: Long for the Truth of our soul, which is really the truth of our self. And to actualise and realise this longing, we can be accepting and expressing our feelings. And that will bring us back into a state of natural love perfection as we do our healing. And then, as the Divine Love is available to us, long for the Divine Love of the Source Soul.

And in longing for God's Love we can long to God, whoever we feel God to be. We don't have to specifically long to God as our Mother and Father.

It's a sincere or heartfelt desire to be at-one with whom we choose to know and relate to, as being God. And if we are sincere and true in such a longing for God's Love, and we are also longing for the truth of our self, then our relationship with God will begin to personalise; will grow and evolve as we become more at-one with God, as we get what we are longing for. And so we will move to relate to God being our Heavenly Mother or Heavenly Father, to relate to Them both at the same time. And once again it's a feeling thing, NOT to be contrived by our mind.

Our feelings are to lead the way, they being our expression of living true to our self and so living true to God, for as we live true to our self we are living true to God, it can't be any other way. However, we also have a mind – with which we can understand our feelings – why we are having them and what they are showing us. And we can also use our mind in a negative or rebellious way; to control our feelings, so becoming untrue to ourselves and untrue to God. However, our mind is meant to act in support of our feelings and not in control of them. Our feelings are first then our mind follows; and NOT the other way around.

Mary Magdalene: Speaking with Mary Magdalene and Jesus, Book 2, 2013:

“The so-called Great Christian era will fail, along with all the rest. It will all come to a grinding halt, and all because it's not progressive, as it can't be, it being truth denying instead of truth evolving and progressing.”

All the religions and spiritual systems are systems of the mind. And because our minds are bound up in a negative state, then so too are these systems and so too will we be if you continue with them.

The Divine Love is a separate thing, something we can choose to long for or not. But it doesn't of itself help us grow in truth, that we can ONLY do through our feelings. By receiving the Divine Love into our soul, it will, as Jesus said in the Padgett Messages, transform our soul from the image of God into the Essence of God. However, that is a separate issue, something between our soul (our self) and God. We, being the expression of our soul, need to set about growing and evolving our soul with truth so as to help that inner transformation with the Divine Love. And so also further our relationship with our self, and with our Heavenly Mother and Father.

Which can only be done, as we accept, acknowledge, express and seek the truth of ALL our feelings.

All we have to do is stay true to our feelings. And as hard as it is to do, it is so much better accepting and expressing bad feelings instead of working ever so hard to deny them.

None of our religions or spiritual systems do anything to help us free ourselves from our negative and truth-denying states; such systems only serving to keep us in our messed up state, or helping us to progress further into it, denying our true self even more.

Jesus: Speaking with Mary Magdalene and Jesus, Book 2, 2013: “All religions do contain a smattering of truth, all are worthwhile in that respect, but as all have been evolved out of the wrongness, none of them offer us the true way of salvation. And even though they all oppose each other, believing one is better than the other, they are all the same in that they are keeping all their adherents under the spell of evil (error). Such mental systems are heavily controlling, they are not personality liberating, they work to keep the individual de-powered whilst maintaining the illusion they are empowering.”

Full reference: published by James Moncrief:

Speaking with Mary Magdalene and Jesus blog – book 1	Jan – Apr 2013
Speaking with Mary Magdalene and Jesus blog – book 2	Apr – May 2013
Speaking with Mary Magdalene and Jesus blog – book 3	Oct – Jan 2014
Speaking with Mary Magdalene and Jesus blog – book 4	Jan – May 2014

ONE with our MOTHER and FATHER:

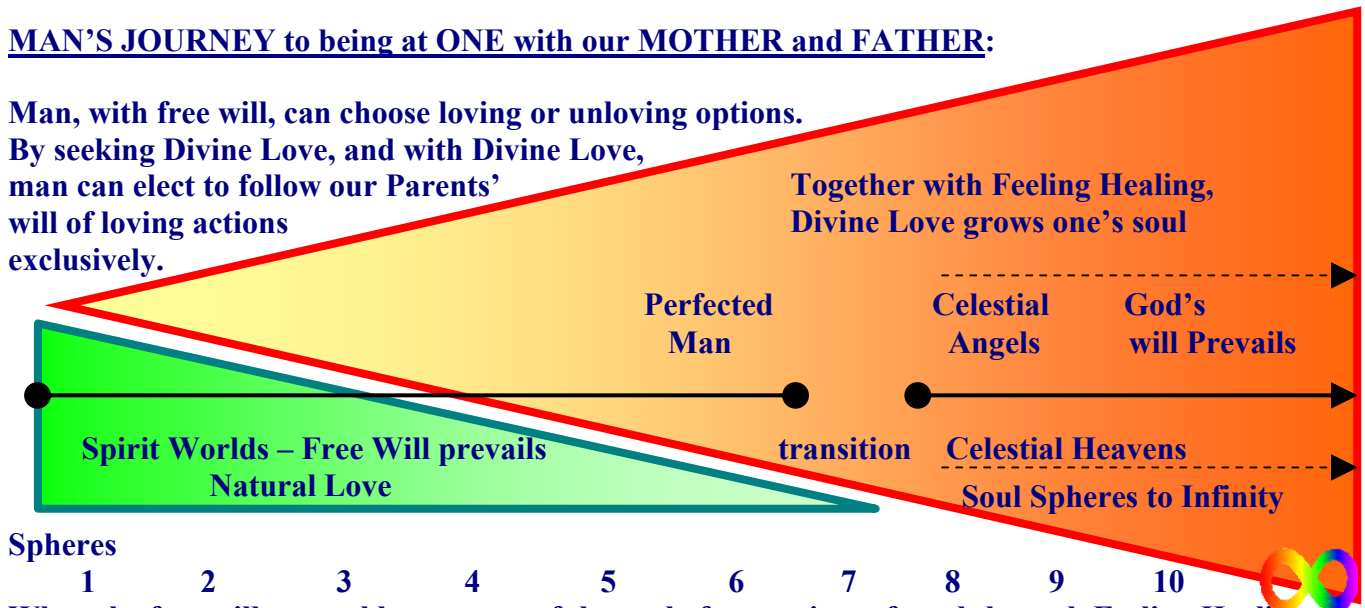
Will and Free Will

The difference between ‘will’ and ‘free will’. Will is the principle of choice: it is every possibility, choice and action executable within the scope of love. Free will (mind) is the same as will (soul) but with the addition of being capable to move outside the laws of love (or the laws of the soul). Love is a very broad form of energy made of multiple sub (energy) forms or subcategories. As a human being (because of the inferior quality of the physical mind) it is important to learn to open up (your mind) so it can reap from the expansion of your soul. If your soul expands, so will your mind. Wouldn’t it be a pity to have a soul bursting with knowledge but having no ability to share its information with others? This way, all flaws can be ‘attacked’ by the mind as well as by the soul and it is the reason why progression for soul searchers (or Divine Love obtainers) can be much easier or more rapid, because such people have the advantage of understanding this duality. Emotions are only the result of the presence or the absence of (the broad energy we call) love. The soul is only capable of containing (the energy we call) love (with all of its sub categories).

To gain access to the spheres of the soul (the Celestial Heaven spheres), you have to become a perfect natural man (again). To become the perfect natural man, you have to obtain (natural) harmony in soul and mind again (through Feeling Healing). And although the Divine and natural love within the soul will help establish this harmony, it is still the call of the mind and its free will to let the soul help it (to regain that harmony) or not. Divine Love (together with Feeling Healing) is powerful enough to ascend all flaws, but the problem is people’s faith.

MAN’S JOURNEY to being at ONE with our MOTHER and FATHER:

Man, with free will, can choose loving or unloving options. By seeking Divine Love, and with Divine Love, man can elect to follow our Parents’ will of loving actions exclusively.



When the free will natural love aspect of the soul of a man is perfected through Feeling Healing with Divine Love, man has elected to follow the will of our Parents. Personality, memory, intelligence, etc. continues with man’s soul throughout all phases of his growth and development.

Duality is only possible because of the workings of free will. People need to become ONE with our Mother and Father and that ‘free will’ will no longer exist in the soul spheres, because there are no longer TWO choices, only ONE: “God = Love = I”. As long as people have not become ONE with the Mother and Father, duality (= TWO choices = principle of free will) will exist.

# Finaliters

Hey guys, I know who I am and why I am having these life experiences. No, I haven't a prison uniform on – but that might be what my soul has planned for me to experience! Just joking!

When we arrive in our Earthly mother's womb, we are clueless as to why the heck we have come here. We truly need to persist with asking, "What's this all about?" – We will be told, bit by bit! But you have to push for it. Well guys, here's a go at it.

We have come to this crazy messed up humanity on Earth because God wants us to come, we don't have any say in it. And we think we can do something about it, but we actually can't, we can only do what God wants us to do. And if that makes us think we can do something, that we can have an effect, then that's what God wants us to think. Man, this mob is ready to slaughter each other totally and that is not going to happen – it's not allowed!



We are to enable our wilfulness to surface – well take over our 'numbnut' mind – and push aside the persona – the messed up personality that our parents want us to be – and express our true individuality. Be true to our feelings – our soul-based feelings and be the personality that our Heavenly Mum and Dad know us to be (all good).

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate / soul partner and also our Heavenly Mother and Father – God. Shoot the works – we have done it justice!

Now here is the good bit. We can heal ourselves of all this wrongness – and eventually we ALL will. Then we will continue with our healing and learning, and learning, and more learning and end up in Paradise, the home of our True Mum and Dad. THEN we will be recognised as FINALITERS. Why Finaliters?

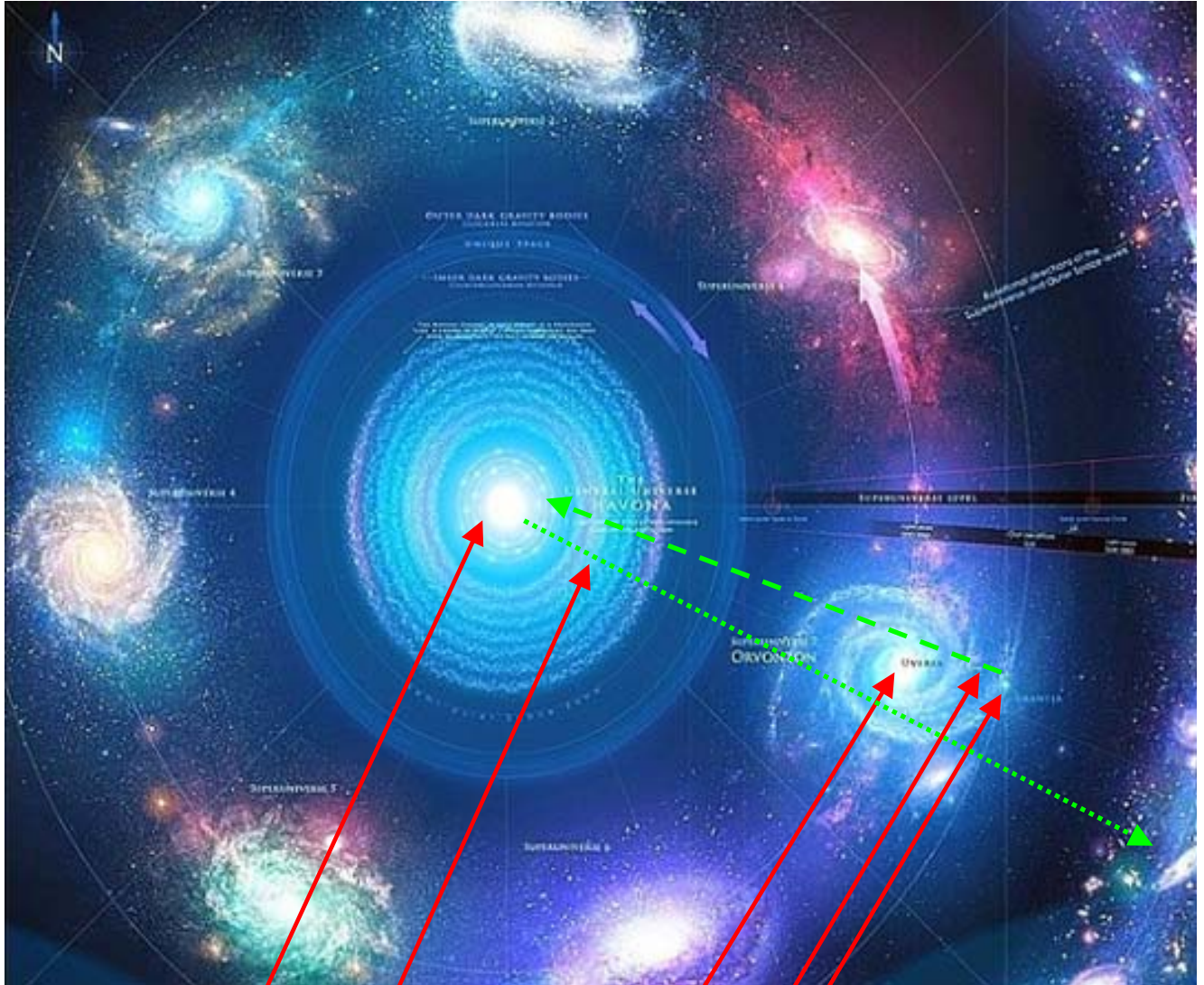
We are called Finaliters, that's everyone who attains Paradise, and not just those of us who've been fucked up by a Rebellion, because we've 'finally' got there, we 'finally' did it, we 'finally' completed the first stage of our existence in Creation, which is akin to 'Finally' completing our time in the 'womb'. Upon attaining Paradise, it can be likened to being 'finally' born, or 'finally' becoming of the equivalent of age 6 when our Indwelling Spirit arrives, or 'finally' becoming an adult. And possibly we won't know if we can liken it to any of these stages we go through during our physical life on Earth, until we're 'finally' on Paradise, and 'finally' get it!



Because other humanities in newly forming universes are anticipated to Rebel (just like us now) and because we have had the experience (no other humanity has possibly done it as good as us), we FINALITERS can go and help them out of their SHIT! Yee-ha – more evilness and insanity! That is us! Bring it on!!!!

**OUR JOURNEY**

Ascension is from Earth (Urantia) through Nebadon, Orvonton, Havona to Paradise.  
Then in Paradise we progress to be Finaliters and assigned to a newly forming universe.



Isle of Paradise  
home of our  
Heavenly Mother & Father

Havona  
Ascendington

Orvonton – our Super Universe  
Nebadon – our Local Universe  
Urantia being Earth

## FEELING HEALING:

## Part 2

The Rebellion for Earth's humanity unfolded 200,000 years ago, which was compounded by the Default by Adam and Eve more than 38,000 years ago. Earth's humanity has not been able to heal itself of the Rebellion and Default until the way is shown by high level spirits. That pathway is now revealed to Earth's humanity through the healing by an Avonal Pair from Paradise, having taken on the extremes of the Rebellion and Default and healing themselves through the process of Feeling Healing.



## **WE ARE NOT MEANT TO BE ALONE:**

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

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

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

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



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

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

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



**HUMANITY is within a kind of dormancy, or even more like a stupor!**

We, all of humanity, have been reduced to the barest of self-expression, having been reduced to the least creative life we can all live, that which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. Steadily the pressure to go the opposite way, to increase creative expression, and this is not only meant through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before.



It's the light in our souls, it's the light that comes from the truth we are to be living that will change us – that changes us all, light from our soul. **If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.** We are nothing like how we should be due to our self denial. So many people are living completely false lives, so when they become true, they will almost be the complete opposite to how they have been.

We are to be alive and vital, real expressions of our soul; to be living fully Healed lives as Celestials while living on Earth; continually coming to terms with all we have been through. We all take a long time to integrate and understand it all, but we will virtually be New People.

We on Earth are used to our anti-self conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour will be gone, with all our loving self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**



We and those who are Healed are like chalk and cheese – we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well. Working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

Yet it all follows on. It's not like you'll be so different from the old you that may as well not have existed. It's all there, all the new you to become, with only snippets currently being exercised and expressed, with **the rest of you in a kind of dormancy, or even more like a stupor.**



Once you have finished your own Healing, you'll be like a new person.

Notes derived from Celestial Nanna Beth 20 – 23 April 2018

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

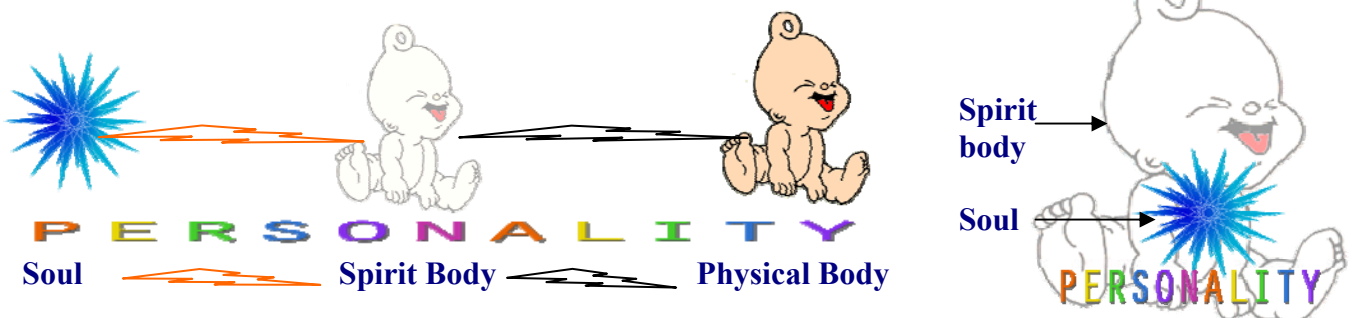
The soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When it incarnates it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body. This it does twice,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

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

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

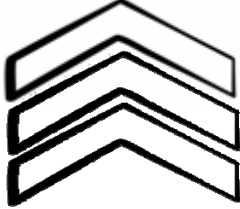
The spirit body and the soul are inextricably joined and remain so during our existence. The soul ‘drives’ all our personality existence, our spirit and physical lives, in Creation. Our soul is expressed through its ‘bodies’. Upon death our physical body ‘dies’ with our soul still expressing our spirit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

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



**Celestial Truth:**

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.

**The CHOICE is OURS to MAKE:****THE FEELING WAY**

Feeling – Ascendance  
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.

**THE MIND WAY**

Mind – Transcendence  
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,  
 atheists, no spiritual interest,  
 Living the Rebellion and Default.

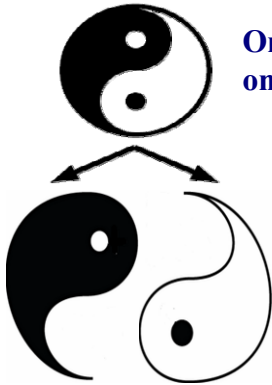
Hell:  
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.



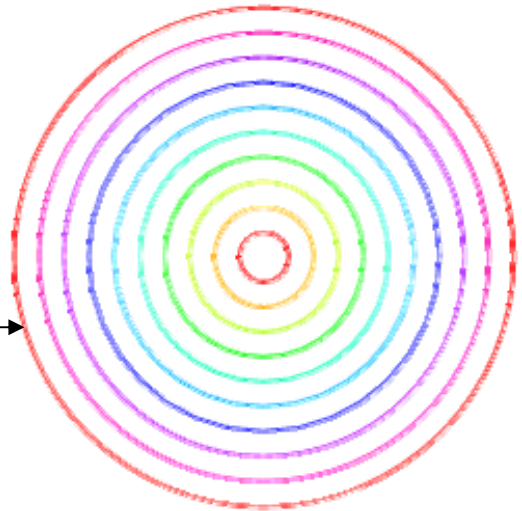
Passion or desire for God to give us Love.

Initially our soul is finite with infinite potential. God has created this ability for the soul to grow and this growth begins with the operation of Feeling Healing with Divine Love on the soul, so we can first heal ourselves of our rebellious ways. Without Feeling Healing and God's Love, the soul cannot grow beyond the 6<sup>th</sup> Mansion World. It cannot get better than that without having healed through Feeling Healing and God's Divine Love. God designed your soul to receive God's Love to grow beyond the Mansion Worlds and go on to Paradise, the home of our Heavenly Mother and Father – God.



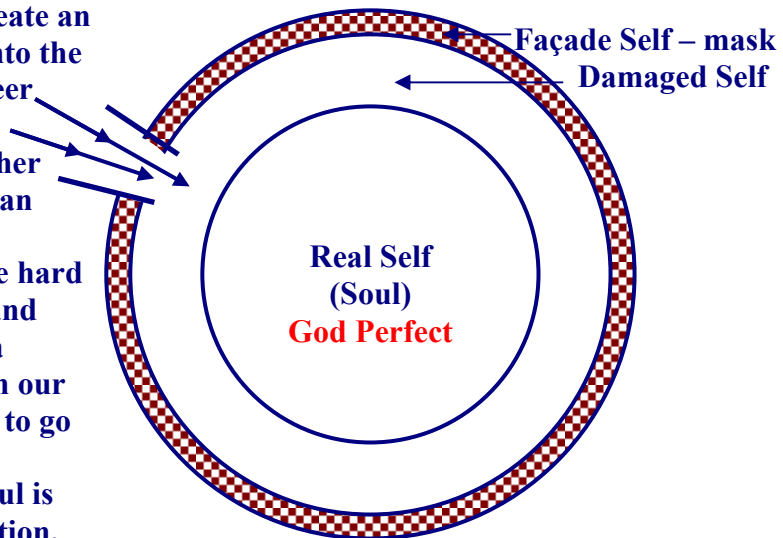
One soul, two personalities,  
one male and one female.

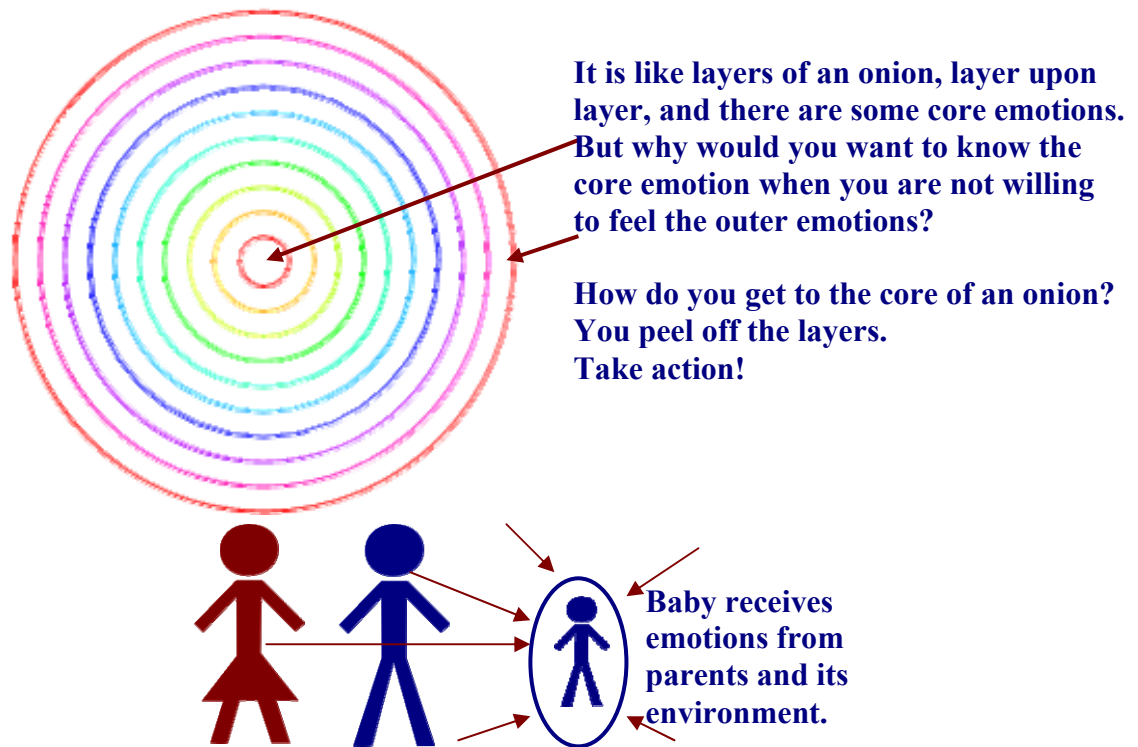
God's love will expand  
and expand your soul  
more and more as you  
grow with Their love.



The role of God's Truth on the soul is to actually physically create the opening.

What Truth does is create an opening for a vortex into the eggshell, the hard veneer around one's soul. It allows a way that other external information can infiltrate the soul. Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it. Without Truth, our soul is frustrated with stagnation.





**Parents addressing their emotions through their Feeling Healing will aid their children.**

**You will see instant changes in your children if they are young, you will see changes even if your children are old. However, as their ages grow into a place where they are using their own free will, the effect on them will not be as great as it will be if they are young children.**

**If the child is 3 years old and you begin to work through your emotions, what will happen is that your child will automatically start changing with you and you will see those changes. If your children are around 15 and have gotten a fair bit of their own free will mixed in with the process, then it might not be as easy for them to deal with their emotions, because it now depends on their willingness to feel their own emotions.**

**The soul that is the most difficult to assist when it is in either the spirit or physical world is a soul that has no desires. It went through life in a laissez-faire sort of way, it went through life not making choices, not making decisions. It is letting other people dictate to it, its life. Doing one's Feeling Healing will help one come to understand why one hates their life by feeling so lethargic and allowing others to be in control.**

### The Three Selves

#### I created

**Our Facade Self**

**Addiction**

**Rejected**

#### Parent creation

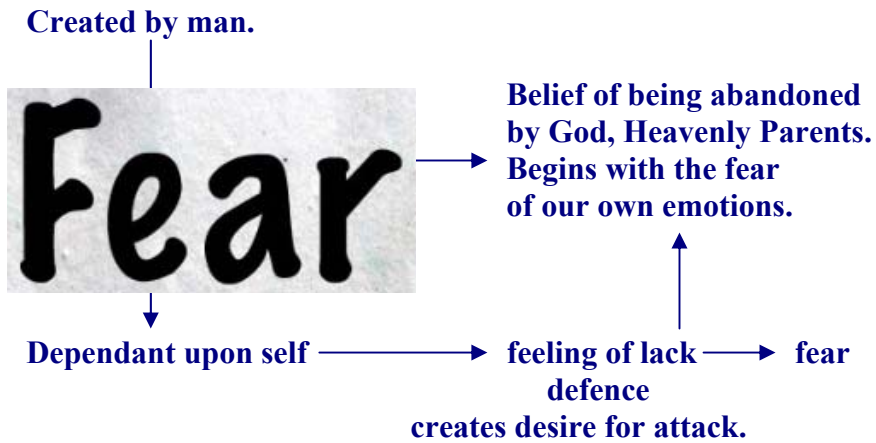
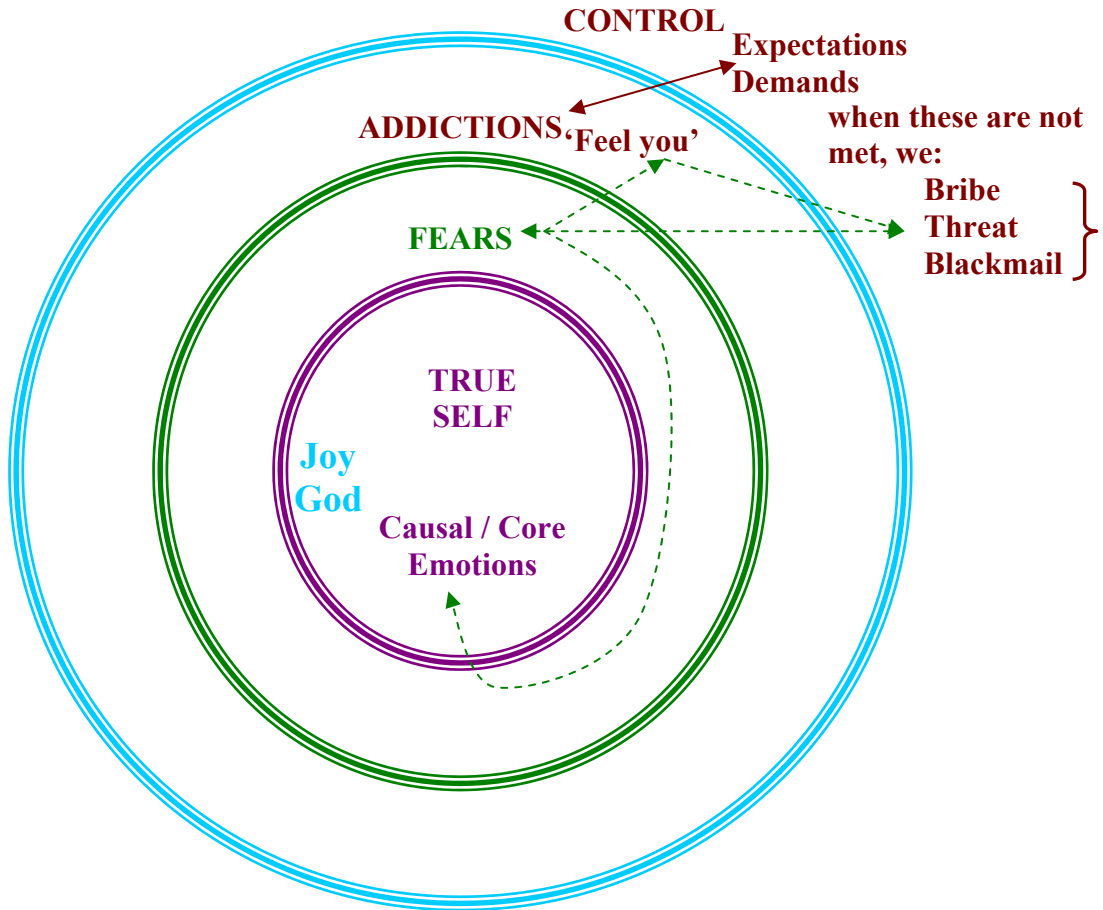
**Our Injured Self**

**Causal / Core Emotions**

#### God created

**Our Real Self**

**No injury**





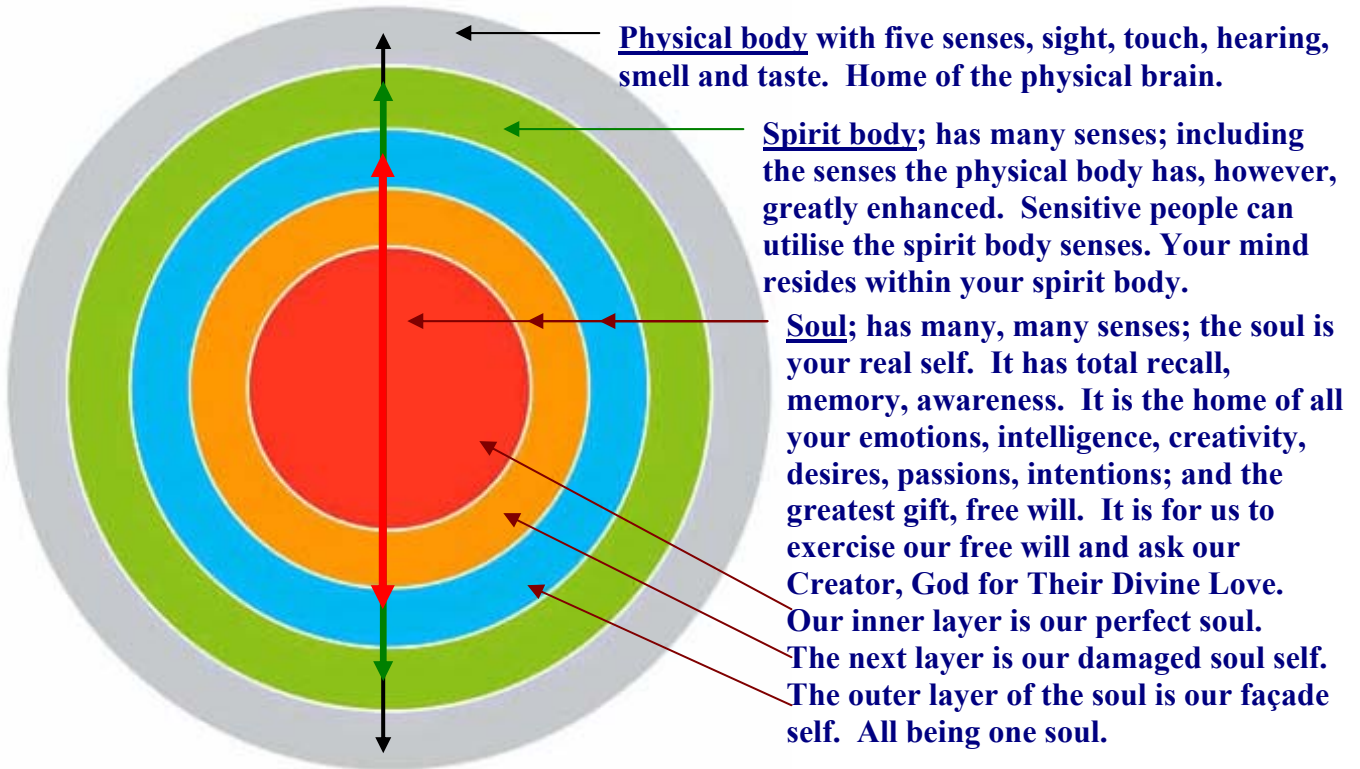
**SOUL**  
Emotions  
Desires  
Passions  
Aspirations  
Intention  
Memories  
Free will

**Spirit Body**

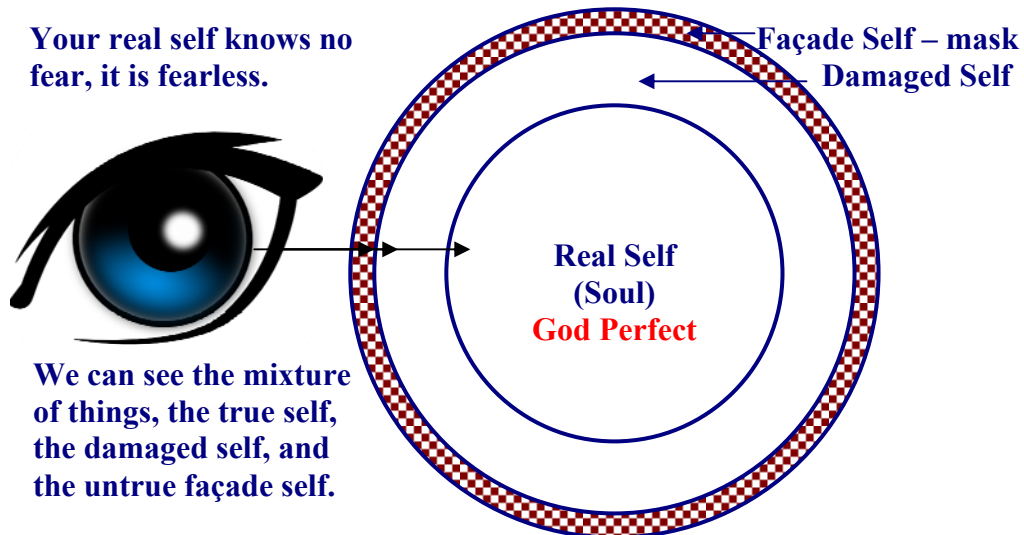
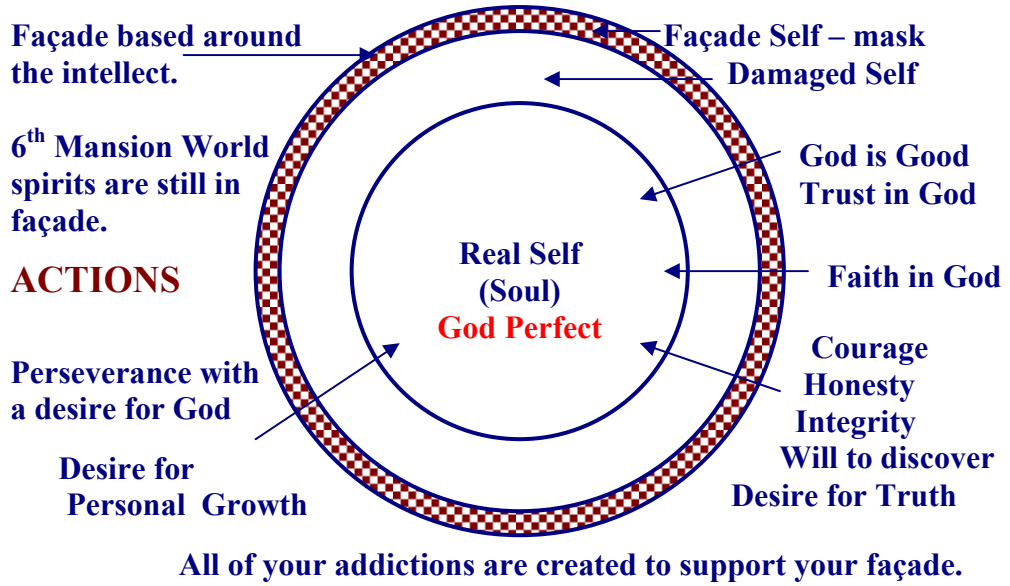
**Physical Body**



**Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**

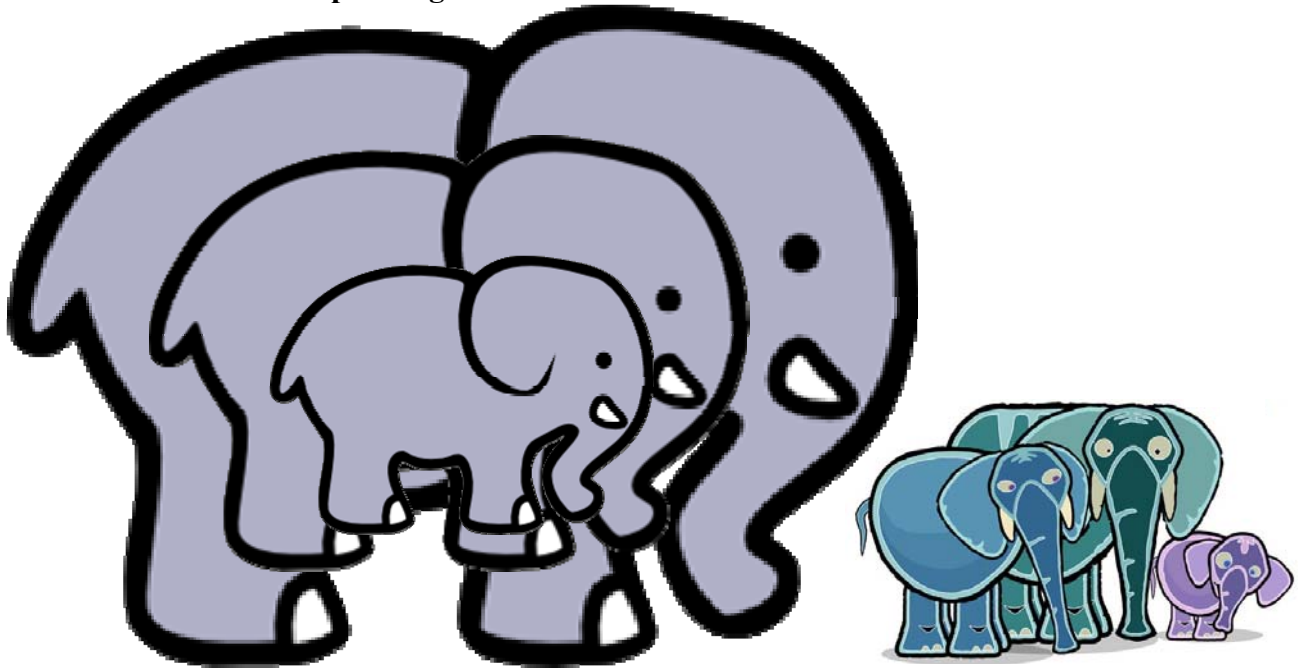






Once you get through the façade, which is the hardest, it is the thing that takes the longest time because it is the most resistive. We are most resistive to one particular thing, and that is TRUTH. Because we are resistive to the truth, this shell is a hard shell that we tap on, but not hard enough 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.

Through our Feeling Healing, we are to uncover the truth of our façade and damaged self before we can live expressing our true self.



Once you have dealt with your façade, you can feel your damaged self and evolve to accept it.

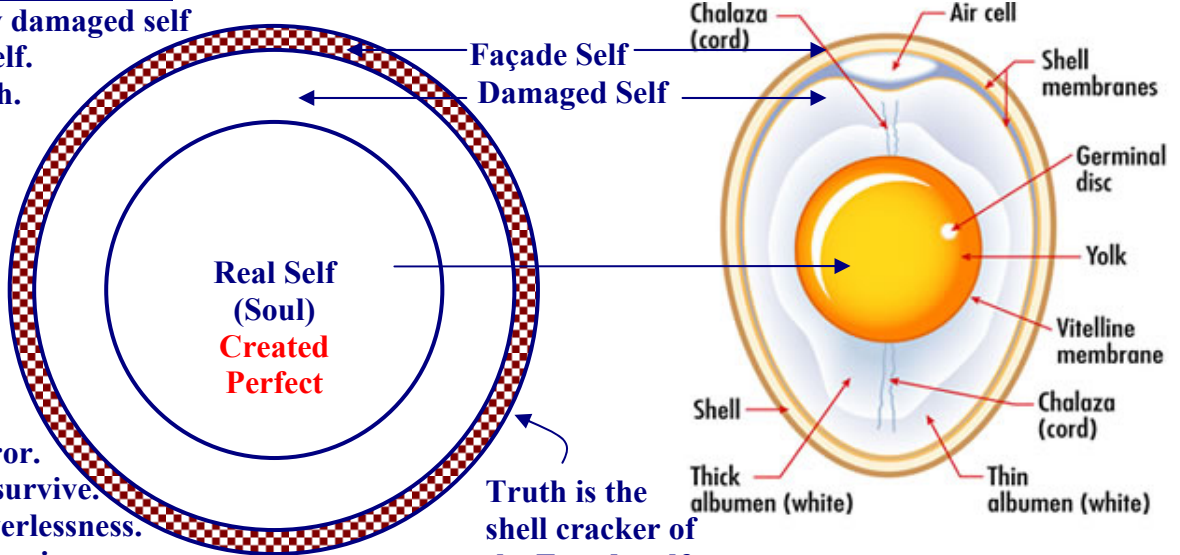
**Investment in the façade.**

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.



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.

Anger is about maintaining the façade.

## Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception, we're all inducted forcibly – against our will – into such feeling-denying systems, that we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves, living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or our Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

Feeling-Healing is by looking to their feelings for the truth that they are to show us. We stop, acknowledge and thereby accept that we are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show us.

We have to want to FEEL ALL of our feelings, and especially our bad ones. And we have to want to know the whole truth of why we are feeling them.

And to uncover the whole truth of our self through our feelings, means we are going to be led by our feelings back into the complex dynamics and psychology of the relationships with our early carers and those people who were influential during our childhood, mostly our parents: feeling now as an adult the very same feelings we felt back then that we were forced to deny. So now we end the denial and finally release and express and bring out those long ago buried feelings, all so we can see the truth of what really went on between us and those people from our early life.

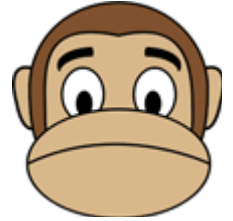
Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, to long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, and how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time

ascend in truth, understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self-patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



### **And to spiritually help us, we are to understand:**

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime with our Healing), we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities (soul partners) in Creation. And we begin life at conception, coming into being, individualising our personality through our life experiences.

However, the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, 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.

So, our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity. We all come together understanding the dreadful plight we find ourselves in, and decide that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us. And that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul, with our mind no longer getting in the way. And so too we will 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.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making us be the unloving person we are. God gave us our unloving parents (and the bits that might be loving), God is purposely making us suffer, God is in control of it all. And when our time comes, God will also help us do our Healing so we can come to understand our self through our feelings. God will reveal all to us through our feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and we will. God won't let us down. God will eventually answer all our questions.

So when we feel ready, we can decide that we want to live a Feelings First life. To begin our U-Turn, to start doing our Healing, and to end our pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through our Healing, you will slowly work our way deeper into understanding the truth of our unloving self and feeling-denying state. And then once we have uncovered the whole truth of our wrongness, then a Great Change will come to us, and we will no longer be living according to the negative, anti-self-patterns we took on from our parents. We will be completely free of the Rebellion and Default; we will have finished our Healing. So, we will be true and happy and wholly loving. And best of all, then we will start living and learning about what it feels like to live being truly self-loving, loving of others and loving our Mother and Father. All the opposite to how we are living now.

**Long for the truth of our feelings.**

**Long for the Divine Love.**

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

James Moncrief 18 March 2018

**FEELING HEALING is to LIBERATE OUR TRUE SELVES:**

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering, confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were also subjected to, and so it goes on, generation after generation. By the time we are six, we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are. When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing, so that we would be like them.

Childhood repression encrusts our wrecking ball mind, which in turn suppresses our soul based feelings that are in perfect harmony and peace, being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball, we are to seek for the truth of all of our feelings, good and bad.

**MIND**

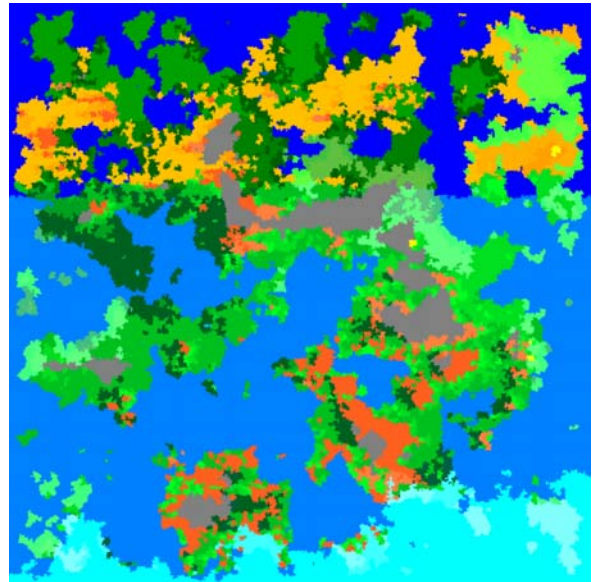


**SOUL**

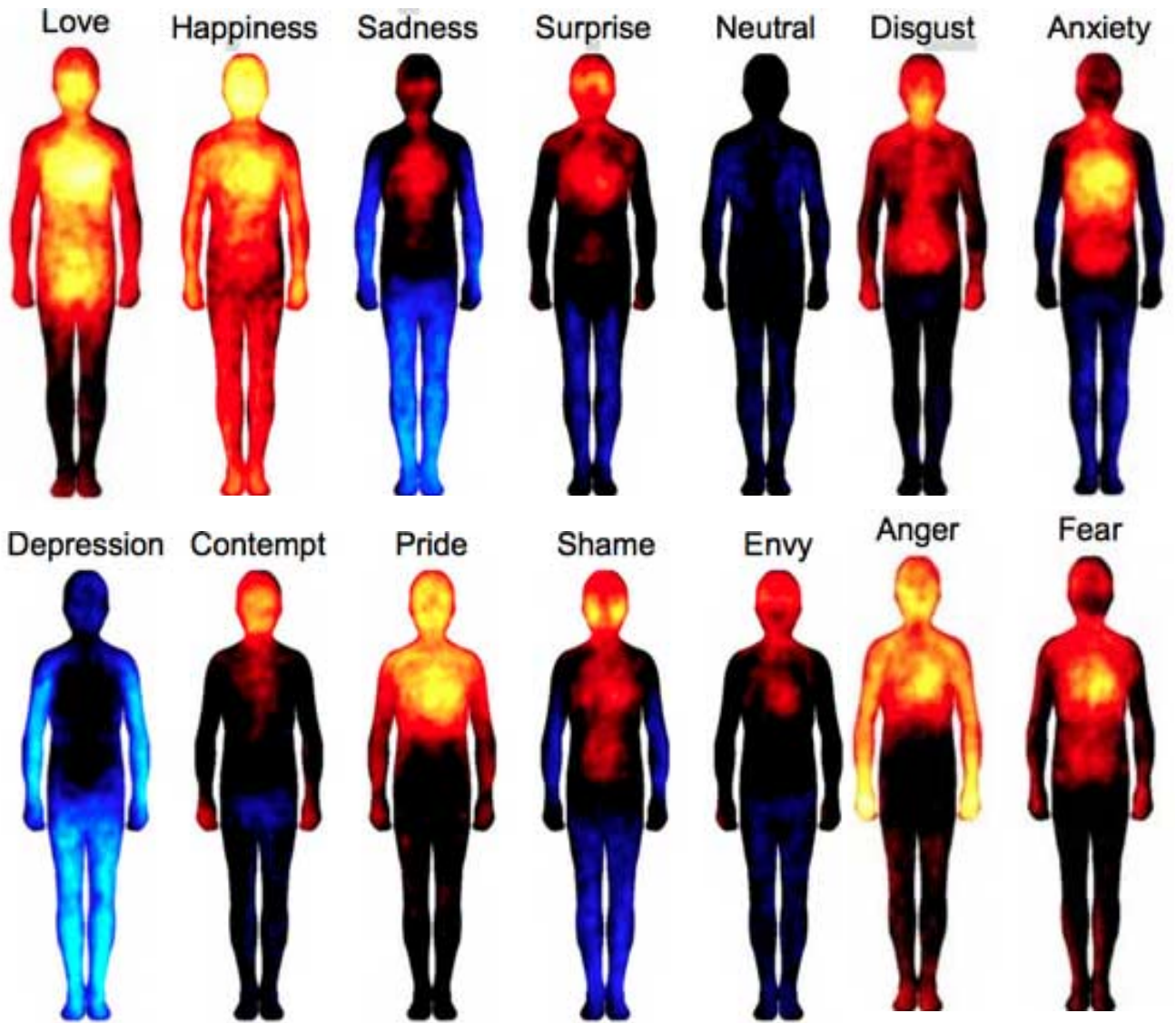


**OUR SOUL CONDITION IS VISIBLE:**

The predominant emotional aspect of each person is clearly visible through our spirit body. Our soul condition is basically the average of our emotional makeup. Folk with the same emotional aspect, will find themselves together having the same emotional / soul condition. Folk reflecting a higher level of love will find themselves in a more beautiful and brighter location than folk with a poorer soul condition who may find themselves in a dull and dreary location.



From there, we can all develop our love and progressively advance to ever increasing in splendour environments, referred to as planes.



## **FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:**

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

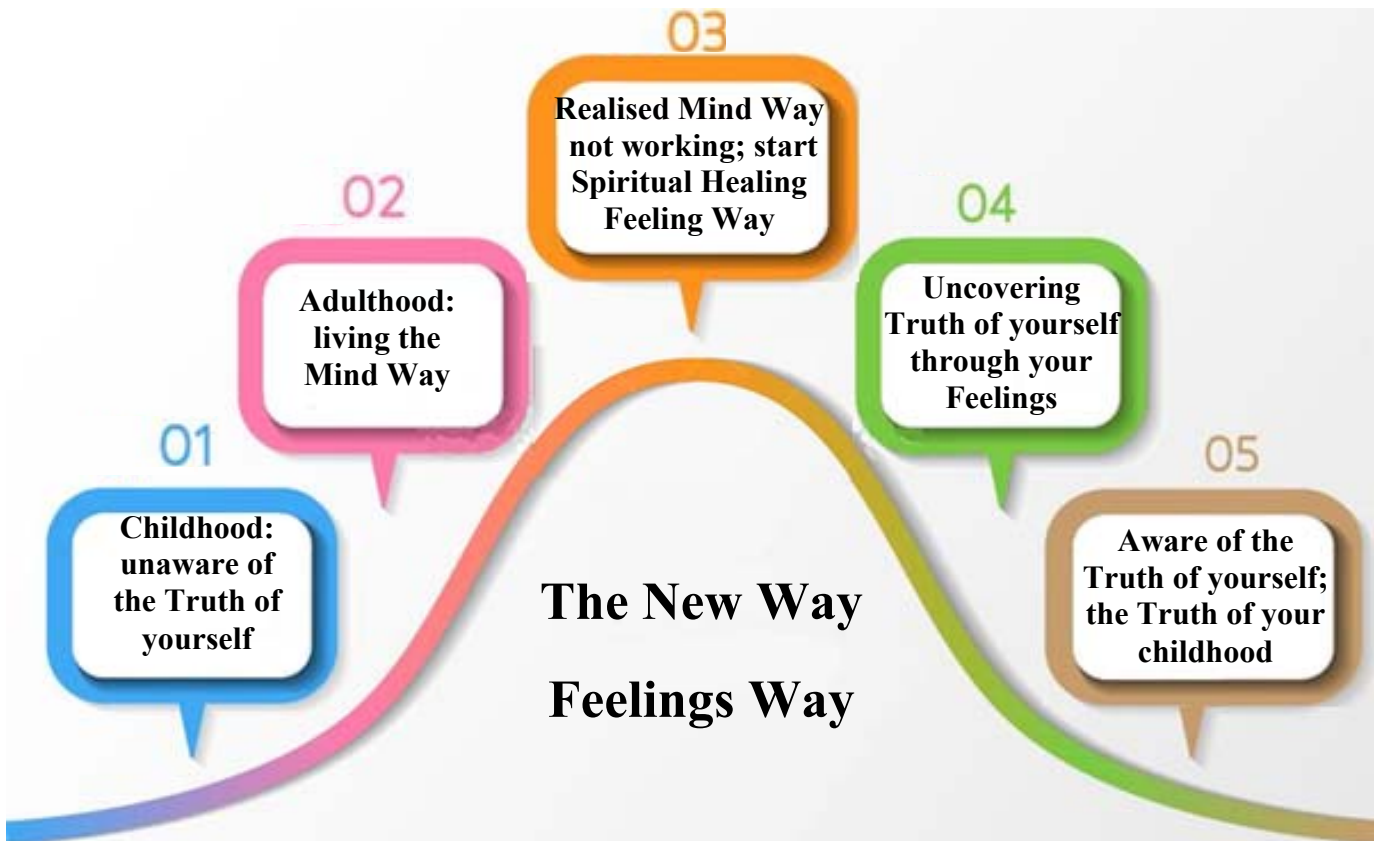
**John:** Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

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

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

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

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



**FEELING versus EMOTION  
and emoting such emotions through our feelings:**

It is important to **emote** our feelings to a partner or to our Heavenly Parents.

Just be the feeling. When we feel the feeling, try to stay with that feeling.

The other person we are engaging with can assist us to experience and express the emotional event that we are feeling coming to the surface. They'll assist us to stay with that feeling. The other person is to encourage us, to prompt us in describing, expressing, talking about – **emoting** – that feeling leading us back to discover the truth of an experience that was an emotional event in our life, most likely an event in our early childhood, and even more likely to be a childhood suppression of our expression of our true personality by one of our parents.

Whatever we are feeling, describe it. Once in the feeling, stay with the feeling – become the feeling – become the emotional event. Express, talk about it, that being the experience of how it really unfolded.

Feeling is what we feel now. Emotion is the result of an event that happened in the past (even the recent past). The emotion is the pain within us. Once we begin to become that painful emotional event, then the feelings thereof can be expressed, talked out of us – for ever!

The more often we drop into these past emotional events, we will find the resistance to do so will subside. Our childhood events will become more readily alive in the present.

We will begin to long for the truth of these childhood repressions and these suppressions will become memories, but no longer painful memories as we talk out each such suppression of our true personality that being what was imposed upon us since our conception. We will be aided by the Spirits of Truth of the Avonal Pair as we become to know and embrace them.

# SPIRITS OF TRUTH

## Avonal PAIR



# FEELING HEALING + SOUL HEALING

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

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

We CAN'T find the truth of our self, or anything else, through and with only our mind. We HAVE to engage and look to our feelings. And so if we choose to allow our feelings to 'Show Us the Way', then the truth will come as we express them.

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

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

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

Doing our Soul-Healing with the Divine Love, is really doing our 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If we accept, express and seek the truth of our feelings, then truth will come to us, and we will 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.**

## Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Our bad feelings are OUR feelings.  
 OUR bad feelings have a right.  
 A right to exist.  
 A right for us to feel them.

Our bad feelings are a part of us.  
 Bad feelings are good, they are our feelings!  
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.  
 We might not like feeling bad, but it's okay to feel bad.  
 We are allowed to feel bad. Give ourself permission to feel bad.  
 Bad feelings shouldn't be dismissed.  
 Bad feelings already feel unwanted, why make them feel more rejected?  
 We are our bad feelings – if we reject them, we are rejecting ourself.  
 Why are we rejecting ourself? Why are we rejecting our bad feelings?  
 Is this how we want to live – rejecting a natural part of ourself?  
 Is this how we want to live, rejecting our bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.  
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of us – of everyday life.

Bad feelings – our bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.  
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject our bad feelings, what are we really doing? Denying, dismissing, rejecting our self. Is this what we want to do? Because if we do, we will only make our self feel even worse.

We are our bad feelings – Our bad feelings are us.  
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

## Feeling bad is Good! Accept your bad feelings.

The full acceptance of your bad feelings – and seeing the truth they are trying to show you – comes from having expressed or spoken about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings; and, like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this. Whereas, as a child we could not.

And so if we no longer want to feel bad, then complete self-acceptance is the ONLY way to heal our self – allowing our self to feel as bad as we do feel. If we don't feel good about anything in our life or about anything to do with our self – if we have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through us to our early childhood. And so simply, if we feel bad about anything, if we are sick or don't like any aspect of our self or our life, it's all because of how we were treated during our early childhood, and it's still going on deep within us. Our childhood has ended, but the resulting mental and will patterns that dictate, to a high degree our emotional and feeling state are all still in existence, still unconsciously controlling us. And because we are denying our self the knowledge of these patterns, so too are we denying our self the resulting feelings from them – all our bad feelings.

When we see the truth, the whole truth of our negative self-denial state, then with our will we can stop living in rebellion against our self and choose to live positively. And in that choice we are healed.

### The aim of Feeling-Healing

The real aim of doing our feeling-healing is to perfect our relationship with our self, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

**We are to be true to our soul by living true to our feelings.**

To want to live true; true to how we feel, is to want to be perfect.  
And our feelings are the way.

# **BAD is GOOD**

So go with our darkness, allow our self to be that horrible unloving person we have always secretly dreaded we are. Just allow our selves to feel all we feel about it. Bring up all those dreaded evil feelings, bare our soul, confess it all, and like the poison it is, GET IT OUT!

This is how to love our self. This is being truly self-loving, and as we are loving of our self, so will we love others. As we unconditionally accept all we feel, so too will we unconditionally accept them, and therefore all they feel. We will allow them to be the true expressions of themselves. We will stop all those controlling mental things we do that helps them deny their bad feelings. We will be happy to allow everyone to express all their yuk, as we express ours.

We are told that it's good and loving to be unconditional. But to do it, or try to be it with only our mind; is wrong, it's false and it's very conditional. Dump the belief. Certainly want to be that way, but understand that it only comes naturally as we submit to all our bad feelings, and loving our self by allowing our self to feel them. Anything we try to do with our controlling mind, trying to control our selves, give up – or at least want to. Occasionally through our healing, we will feel we have to assert our will and it can take a lot of considerable effort to do it, and we will need to apply our mind. But as we will feel, such motivation will come from a deep feeling, a feeling of wanting to assert our will this way, and when it's there, we can do it. And it's all the same, simply going with and accepting how we feel.

Self-love through feeling acceptance will help our mind give up its control. This will hurt, be hard to do, but the controlling patterns can be broken. Acceptance as always is the key: accepting is one of the main attributes of love. Accepting our self is loving our self – ACCEPT ALL OUR FEELINGS, ACCEPT ALL WE FEEL WE ARE, ACCEPT OUR SELF. Love.

Doing our feeling-healing is telling our story.  
It's telling the truth of our whole story.  
And it's all for us.

Living true to our feelings:

Is to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place. Because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 Apr 2018



## **FEELINGS FIRST in all we DO!**

All right, I will ask: God, what do You want me to do?

“We want you to do what you feel you want to do, always look to your feelings Our child – that is what we want you to do.”

GOD SPOKE TO ME! Is it true, can God speak to us? I’ve never spoken with God before.

It’s true; and what They said: do you understand what They meant, about going with your feelings in all that you do?

No, not really.

It means that you can’t work things out with your mind, so all you can do, is always what you feel to do. When you may see someone in difficulty – any kind of difficulty – you don’t think about what you should do, you just act, your feelings may make you want to quickly rush over to him or her and help him or her. So that’s what you do. And then you see how God is going to look after you. Because if God doesn’t want you to help everyone all the time, then you won’t be able to do it. Your angels won’t do it, as they never go against what God wants, even if you ask and beg them to.

So, as you go about and you do what you feel you want to do, and if you want to help someone, feeling from your heart that you really do, you will find you just can’t help yourself, it will naturally happen. But if you find your mind starting to say, oh, I should help them but really I don’t want to, then that’s where you stop because that’s not letting your feelings guide you, that is when your mind wants to start taking over, which is taking over from God. God guides us through those true heartfelt feelings we have, and not through our mind like so many believe is how it happens. Your feelings are saying no, and so you will have to be strong and say no, sorry, God is not wanting or allowing me to help you. I am very sorry, I can’t help every problem you have, and you will have to take it up with God if you have a problem with that.

Adapted from Zarina written by James Moncrief

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



For 200,000 years, our control addicted minds have held our personalities hostage, at gun point! Our mind cannot discern truth, yet all of our guidance and education is dictating to us that through our mind we can achieve wonders. Well, look around! Wars, disease and gross misery prevail and that is after 200,000 years of boloney!



We have been given a of the mind. Our heartfelt soul based truths. Our our Heavenly Mother and our heartfelt feelings. Our our feelings, so let us all

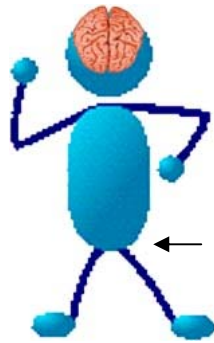


crack in the armour feelings are our connection with Father is through way home is by begin the journey.





<p><b>Mental or mind Truth-Seeker academically self-satisfies his/her own erroneous beliefs.</b></p>	<p><b>Through your own feelings you grow in Truth from your heartfelt feelings. Truth we seek is within us all.</b></p>
--	---



**The kingdom of God is in his heart, God's Divine Truth reaching his personality transforming him.**



**The kingdom of man is in his head, what he believes is his own truth.**

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

**FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!**

It is through our feelings that we connect and communicate with our Heavenly Mother and Father. It is Their Truths that we feel. This is our pathway to freedom, to a joyous existence, a way of living that is so wonderfully light, in as much as our steps forward are always with ease and a true expression of our real personality.

Feelings First is a way of living that liberates all that is unreachable via our minds.

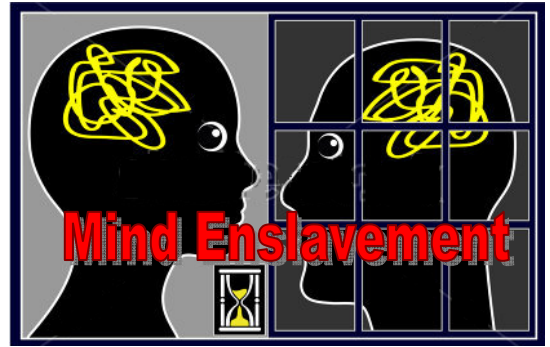
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2019, we have been provided with the way to liberate our true personality.

We are to embrace our feelings, our soul-based feelings, and through them we will find our freedom. And within this freedom we will find the way to heal ourselves of all our repression and suppression, mostly stemming from our forming years, our childhood from conception through to around the age of six years.

Oh the wonders of becoming superkids. That is, to begin to naturally express ourselves, that being truly the personality of who we are, the personality vested upon us by our Heavenly Mother and Father.

As emotional feelings begin to emerge, we are to long for the truth behind such feelings, both good and bad. It is the longing for the truth of our feelings that has been ignored by us for all these centuries. Instead we have subjected ourselves to our minds that cannot discern truth.

As we shed the encrustment of errors and injuries imposed upon us by the misbeliefs of our physical parents, we can ask for and receive our Heavenly Parents' Love, Their Divine Love, and in this way we will begin to divine ourselves, leading us to the Celestial Heavens.



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



**SUPERKIDS**

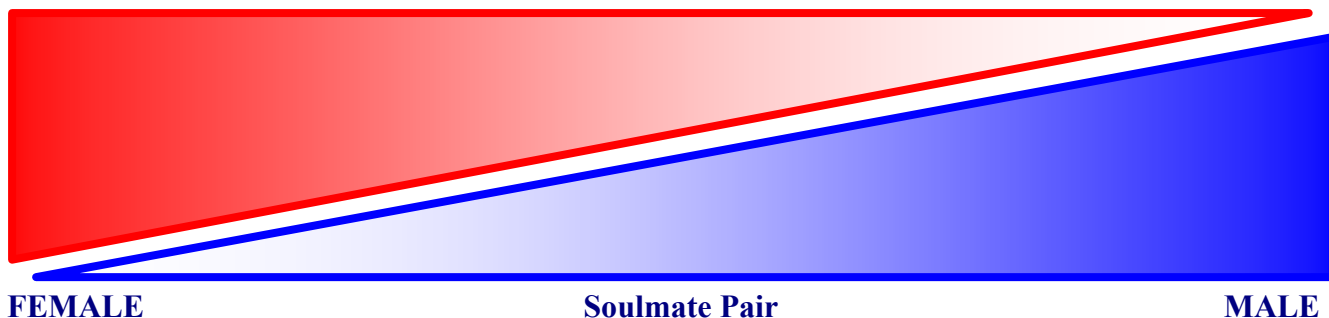
**Natural self Expression through Feelings**

**Self Empowering**  
**Self Revealing**  
**Self Loving**



**Feelings First**

**The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:**



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them various forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that may lead and assist the male in their Feeling Healing process, while progressing with her own. The male typically cannot do this on his own, the female being more capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul-based feelings are to be brought into dominance with our minds only to support our soul-based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful. However, they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

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

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



# ***We are to Find the Truth of our Childhood.***

James Moncrief

Sunday, 8 September 2019

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

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

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

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

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

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

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

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

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

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



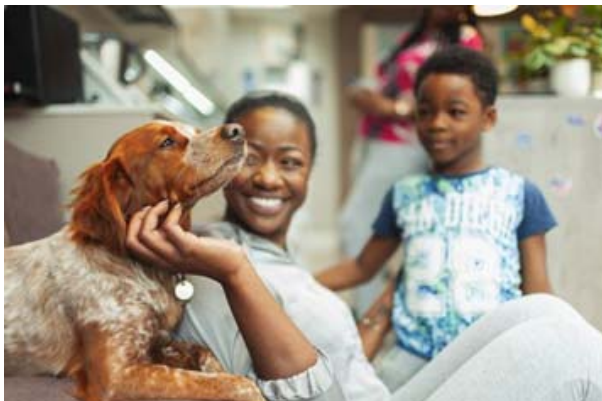
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

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



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

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



♥ You love your pet more than your child?

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

# We are to Find through our Feelings the Truth of the Rebellion and Default.

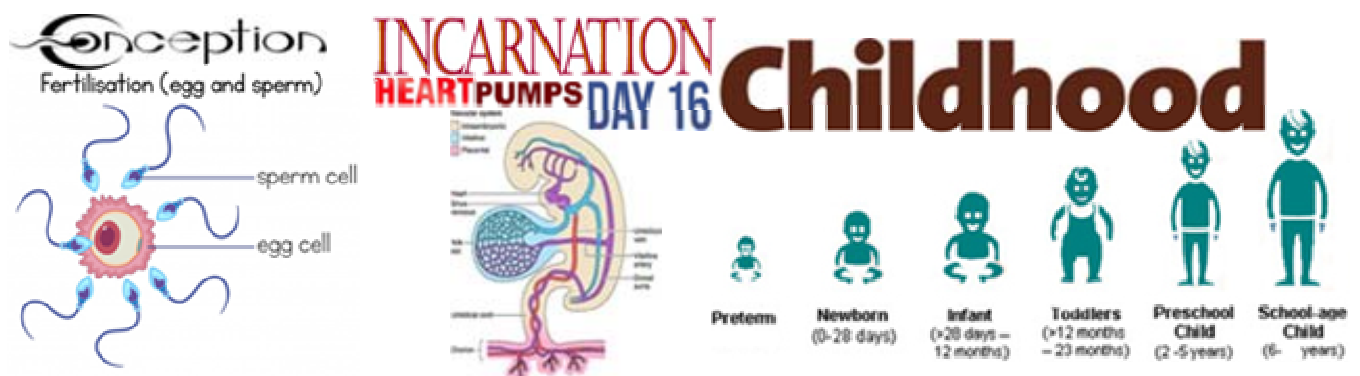
Tuesday, 17 September 2019

James: Hi John, these are the latest truths that are coming to light, again mostly due to Marion's expression of her bad feelings. I'm 'writing them up' so if you want to include them in a Paper, that's fine. Some of it might be a bit much.

## We are to find through our feelings the truth of the Rebellion and Default.

The truth of our personal rebellion by default. The truth of how we've been subjected to them, taken them on, and live them. The truth of how they make us feel being subjected to them; and the truth of how they make us feel being them.

The other day I said we are to see the truth of our childhood, the big part being the whole truth of how our childhood made us be as we are, focusing mainly on our early relationships with the intention of uncovering the truth of how loving or unloving they were. Were we loved or not, is about what it comes down to: Did I feel loved? / Do I feel loved? Was I truly loved as a young child? And if not, why not? And how has it affected me through my life, and how am I as the result of that beginning? It is for us to see through our deeper feelings if all we call and believe love to be, all what we might think and feel about ourselves as being loving, all we might have felt loved by, was really true. Is all I know and believe love to be real and true? – or have I grown up contriving it, pretending that I know what love is, believing I was loved by my parents and other family members, when the truth is, I wasn't. As we do our Healing, as we work deeper into ourselves using our feelings to uncover the truth of how we really are, much to our horror we will come to see that much of our early lives, and so too our resulting adult lives, is untrue, founded on beliefs that don't hold up under such deep inner personal scrutiny. And we can't know until we've looked to all our feelings, until we've brought out of us all our repressed bad feelings, and seen what truth such feelings hold for us. It is a feeling thing – uncovering the truth of ourselves through our feelings, and not something we can do using our mind.



We are to uncover the truth of ourselves by uncovering the truth of our childhood. We are as our childhood has made us. We are not separate or free of it simply because we are now adults and no longer a child. The fabric of our being, our whole foundation, all how we are, IS all how it was for us through our childhood. And it's not until we've done our Healing and seen all the truth of how it was for us, which means, connected with all how it was for us back then through our feelings, that we will be truly free of our early beginning. When we've uncovered the whole truth of ourselves, so the whole truth of how it was for us during our childhood to make us be as we are, then we will move into a Celestial level of truth, a level that is true and perfect and all-loving, and feeling like we've been born anew; that being, feeling like we're the result of truly loving parents, instead of how it was for us, the result of having untrue and unloving parents.



And it's all horrible because we've incarnated into a Rebellion against Truth and so Love. We have been forced by default to live in an unloving and untrue way. We've been made to go against ourselves right from conception, and we're to come to understand just what that means to us, all through our feelings. And none of it is good. Some people grow up feeling better about themselves and their lives, some people feeling very loved being made to feel they are important, special and mattered and were wanted by their families and parents. And should any of that love be true, it will remain with the truth being seen as to why it is true. And should any of it be false, it will fade away, with the truth being shown as to why it was false. And for those people who've grown up completely aware that there was no love for them during their early life, they will upon expressing all they feel about that, understand even more deeply the truth of how it was for them. And those people who've grown up feeling unloved only they didn't know they were, having been made to cover up and deny such bad feelings, their Healing will be one long breaking down of such denial, delusion and fantasy, as they come to see and realise that their whole childhood was one of lies and deceit, all which added to how false and deluded they've been through their life.

And as we come to see the truth of ourselves, through the truth of our childhood, we all, so I would imagine, have to arrive at the place within us where we fully know the truth of what it has all been about; that being: was there a point to how we were treated and how we've lived, with the answer being – No. We are to find the truth of the Rebellion, the truth of being rebellious, all through how being untrue makes us feel. We are to work out for ourselves through our feelings, and NOT with your mind, if being rebellious, living against our soul (ourselves), against Mary Magdalene and Jesus, against God and Creation, is a good way to be – if it makes us feel good. Does living untrue to ourselves make us feel good – and truly good and truly loving? And if it doesn't, then why, and so presumably we'd then no longer want to live rebelliously.

We have to get to the point that we will feel there is absolutely no point living rebelliously. We have to try everything we can to pretend that in our untrue and rebellious state we can feel good, happy and loved. And when it fails, then know that there is nothing that is going to make us feel that way. So we have to get to the point where we know that it is totally pointless living a life that is untrue and unloving. That it only makes you feel bad, and so what is the point of that! We are to find out for ourselves through our feelings that categorically there is no point living against the One's Who Created Us.

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

Our Mother and Father are All Love. So, if we rebel against Them, if we turn our backs to Them, if we shut Them out, reject Them; if we believe we know better than They do, if we use our mind to be god instead of living with our feelings knowing we're a child of God, then we are in for a very lonely, empty, boring, nothing, dead, uninspired, unfulfilling, devoid of all creativity, unloving, painful life. And it's not just a matter of understanding this mentally: that will of course be the case if you go against God. Of course if you are trying to swim and live against the flow of Creation, you're going to feel very bad and nothing is going to work for you, and who in their right "mind" would choose to live that way? We have to connect with such understanding on the feeling level, we have to know the truth of it through our feelings, that which our Healing brings us to. And all so when we do know, when we understand just how our life is and how we are, all of which makes us feel bad, then were we able to choose: Living a life of rebellion against God and our own soul; or one living true and in harmony with God and our soul.

On the levels we are conscious of, we didn't have a say in how our childhood and life was going to be. We didn't choose our parents, we had no idea what we were in for; and now as adults toward the completion of our Healing, we arrive at a place of knowing that it all sucks, it's a terrible ordeal we've been subjected to, so traumatic, and so soul-destroying, and all because we were unlovingly parented and forced to go against ourselves becoming untrue. All that effectively ruined us. We've been made to become something we hate, detest, are disgusted by – a vile unloving creature, something that is abhorrent and so out of alignment with nature and the natural way of things, we should be extinguished and stopped from spewing our vile, putrid yuk out over everything that is good. We were made to be evil, full of sin and iniquity, and that we can't do anything about it. We were forced into it against our will, being forced to then use our will to keep being this way, and using our mind to tell ourselves that we are not so bad, that we are good, even better than other creatures, that we are loving and true, that we are the great ones, not the worst of the worst that is defiling the rest of Creation with every poisonous breath we take. And yet we are bad, we can't be any other way, because we are rebellious, rebelling against all that is true and of love.

YUK

Look how we treat nature that is all-loving and true. We cut into it, pull it down, change it, pollute, ruin and destroy it. We make it into some perverted, crippled abomination that ends up turning against us, all because that's exactly how we were treated and made to become. We can only be as we were treated as a child, as our childhood has made us become what we are as adults. We are a blight on the natural world. We don't give a shit about it, we poison and pollute it without a thought. We live completely out of harmony with it. We hate nature, we want to get rid of it all. We want to turn the whole world into empty, unloving, ugly concrete, living in our fantasy Internet worlds, all with our pretty pictures of the plants and animals that used to be or are becoming remnants of the paradise Earth once was. We 'advanced' people move into the worlds of the 'primitive' by killing them, displace them, ruin their ways of living more in tune with nature. Yet we know better, and they have to live as we are, doing to them exactly what our parents did to us. Our parents crushed us, so we crush whomever we can, which ends up being mostly our own Children. The weaker 'lesser' one loses to the stronger more powerful, just as we as children lost to our parents. We thrust our evilness upon the world just as it was thrust upon us right from our beginning. And even though most people might not want to hear this, we all know it's true. And if you don't, you soon will as you look to the truth of your own feelings, for they will show you, loud and clear, you feel just how bad you are and how being so bad makes you feel worse than you could possibly imagine.



And so we come back to realising and knowing by connecting truly with our feelings, that we live pointless lives, they have no meaning because we are not true, we are not living Feelings First. We are not wanting our feelings to lead and guide us to the truth of ourselves, nature and God. We live by denying the feelings that will lead us to the truth of ourselves and the truth of our childhood. We reject them as we reject ourselves, just as we learnt to do because of being rejected through our childhood. Our parents didn't want to know what we felt, they rejected those feelings and by doing so, made us feel rejected and unwanted, all of which is part of the sad truth we are to find out about ourselves.

So the point is: There is no point. How can there be any point to ourselves and our lives when we've grown up and live as adults in a pointless way? Without Truth there is nothing, and as we live rejecting and rebelling against Truth, so we're living the most pointless way possible. Everything we do is completely meaningless because it's not about living true to our feelings to uncover the truth of ourselves. And yet we carry on deliriously happy and in love with our untrue, meaningless and pointless

lives, pretending and telling each other that all we are doing has a great point to it. And we have to do that, because if we were suddenly shown the meaningless, pointlessness of our lives and ourselves – the truth of our rebellious anti truth and no love lives – we would freak out, completely lose it, break down into becoming the nothingness that we live, lives hidden at the bottom of us. And that is what our Healing does for us. It's one long breaking down of our falseness, all so eventually we arrive at the inescapable truth of ourselves: That we are pointless; that there is no point to our existence as we live our meaningless lives. That my living and breathing, everything I say, everything I do, has no point. It's all useless, a waste of time, it's all really just hot air filled with NOTHING. We are to declare, because we know it's true: That I am nothing, with no point, because I am not loved and I am not loving. I am of no goodness, no truth, no beauty. That I am full of shit and a complete fuckup, and something that should be got rid of, snuffed out of existence because there is no value of anything in me, no part of me is salvageable. I am rotten to my core, empty, null and void, with no point going on.



And yet having discovered that truth, connecting with it through your feelings, then you are brought to the understanding as well: that okay, so I am pointless, untrue and unloving living a meaningless life, and yet it's not my doing. I have no say in it; it's all how God wants me to be. So, okay then, if God wants me to be a rebellious, pointless, meaningless fuck, then possibly there is some point and meaning to being pointless, meaningless, untrue and unloving? And so possibly: I am pointless, as that's how I feel. And yet also there is a point to me being this because God wants me to be as I am, or else I wouldn't be it. And so presumably, God is wanting me to be as I am for a point (unless God too is completely meaningless and pointless, and I being Their child is as They are). And that could be true, but then why create nature and the rest of Creation with meaning and a point and only having your child pointless? So, if God has a point in making us feeling totally pointless, then what is the point of that? And could it be that God wants us to experience in our different ways what living against Them feels like? What turning our back on Truth and denying ourselves Love feels like? That God wants us to feel the whole truth of rebellion against Them, and that is the point of our pointless existence?

WHAT'S  
THE  
POINT?

And all we can do is keep going living true to our feelings, expressing them and longing for the truth they are to show us about ourselves. And as we come to live true to our meaningless pointless lives of no love and no truth, then possibly our rebellious lives will end and God will transform our soul into being loving and true, and meaningful, and the whole point of ourselves and our existence will come to us.

We have been forced to go against our true selves. And by doing so, were forced to go against God. And as we do our Healing and become true, coming back to and discovering how we truly are, so too are we coming back to God, able to feel loved and wanted, and able to express that love and good feelings.

We are to see the truth of ourselves through uncovering the truth of our childhood. And that truth will show us how bad it was for us and that it was all pointless, and how can it be any other way living against all that is true and of love. We are to uncover the whole truth of our rebellious state of being, understanding the whole truth of how we were made that way by default. That it wasn't our fault, it was imposed on us against our will, and we are not to blame. That we are to come to fully accept ourselves

in our fucked states just as we are, and to feel sympathy for the sad state of self-rejection we live in and all the horrible ways we express that in the world. We are to come to see that really we are not truly connecting with anyone, but are instead only connecting with what we project all over everyone else; that we are alone, having a relationship only with our fucked self and with the other person not really there at all, because we were parented as if we weren't really there at all, it all just being between our parents and themselves and their parents. We are to feel completely what it feels like not feeling loved, not having our love needs met, being denied right from the very beginning all we needed to help us come out and feel naturally and truly good about ourselves. We are to understand that all our problems, all our health issues, all our relationship difficulties, everything that's wrong with us and that goes wrong in our lives, all is and happens because we are not right, because we weren't loved as we needed to be.



And we are to work out what we really do want, to feel what we hate and don't want, based on our feelings, then to work out that we want the opposite and what that might be like. What might it actually be like to feel completely loved, right from the start, all the way through you, with never one rejection, never a bad feeling, always feeling secure, happy and fulfilled in every moment of your life? And to yearn and want the true and perfect relationship, one that comes to you as you come to understand how untrue and imperfect all your relationships are with yourself, with other creatures, with other people and with God. We are coming at it from the negative. So, what is the positive like, and do we really want it? And if so, to long for it, just as we long for the Truth and as we long and yearn for love. We want to feel loved right the way through to our core, every part of us filled with it. We want to feel so loved and so happy because we do feel so loved that our love is brimming over and loving all others. We want to feel the opposite to what we do feel, and to know why we want to feel that way. It all being about the truth of ourselves, knowing it, feeling it, understanding it, wanting it.



Through becoming true, so first, true to our untrue state, we find acceptance. We come to forgive ourselves, we make amends compensating for the wrong we have done, we feel as bad as we do, and we understand that that's okay, and even that it's how God wants us to be. It's a hard road each of us has been giving to walk. However, it's all possible and the worst is over, the worst being how it was for you during your early life. God wants us to uncover the whole truth of our rebellious state through our feelings, so that's what awaits us all, when the time is right. And when that time comes, something that you can't do or start by using your mind and telling yourself you do it; when that time comes because God is saying it is time and leading you to do it through your soul as you want to start paying closer attention to your feelings looking for the truth they have to show you, then you will do your true Spiritual Healing. It is a healing process, one of gradual self-acceptance through the truth as it comes to light within you. It is the Truth that will set us free, yet only once we've found it by living true to ALL our feelings.

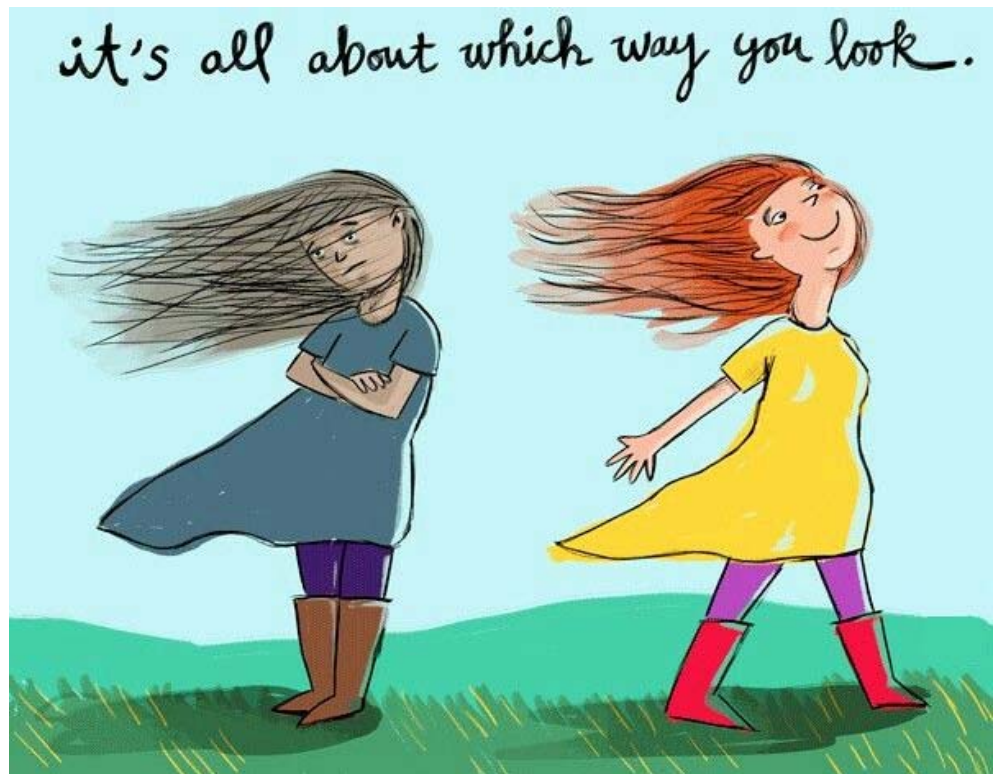
So, I doubt people who are enjoying their lives will understand this. However, if you are enjoying and having a fulfilling life living your rebellion against the Truth, Love and God, then one day you'll come to the dead end, coming up against the brick wall, wondering what it was all about and what was it all

for. And when the time comes, be that during your life on Earth or when you're in the Mind Mansion Worlds, then it will be time to do your Spiritual Healing.

Throughout my writings, I have also stressed the point that so much of what we call love, feel love to be, know as love, will, as we come to uncover the hidden truth of ourselves, vanish, dissolve away, because it wasn't true love. We are all about The Truth, and what I mean by this is, any truth we live; will remain, we are truth-seeking and truth-loving souls, and with that truth, will come love, because truth 'begets' love. So, if you have felt love throughout your life and it is based on Truth, it will remain through your Healing. However, if you have felt love and believed you were loving, yet that so-called

love wasn't founded or based on Truth, it will fade away until it's all gone and you know that you contrived it using your mind. The Truth is what is important to us. So, all that is true about yourself and so true in your life, is good, making you feel good, and will remain as you do your Healing. All that is untrue, is bad, is false, and you will give up and let go; as you do your Healing. We can't receive love or be loving without being true to some degree. And the amount of truth we are determines the amount of truth we are, can feel and give. We can't be untrue

and loving. We can only be true and loving; or untrue and unloving. So, if we are untrue yet feel we are loving, something is very wrong in how we see ourselves and how we are experiencing life. Our Healing is to end being untrue, end any so-called love that we have lived in our untrue state, coming around to accept the truth of our untruth and at the same time seeing if any part of us was true. So, we have to want to explore and liberate all our bad stuff wanting to be true to it so we can see how wrong we are being it. It is living completely going in the opposite direction to how we've all been made to believe we should be. And as mostly we've all been made to deny so much truth about ourselves and our lives, there won't be much love as a result.



*mind controlling way or soul's feelings*

## Feelings First Spirituality – The New Way

Doing your feeling-healing is telling your story.

It's telling the truth of your whole story.

And it's all for you.

I wanted to write some of how I feel I'd want to be were I to have a child. However, it's to understand that this is only my understanding of it through my own Healing. I have not been a parent, not been at a birth, not lost a child, not had any of the bad things happen to do with having children. And I am male.

### *Being with your baby and child*

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

### *Before Conception:*

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

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



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

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

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

### *Conception*

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

➤ And yes, it's all going to affect your baby. All the good stuff, positively; all the bad, negatively. However, there is nothing you can do about that. God wants it this way. You have conceived, your child has already taken on all that you and your partner are, and particularly all the bad stuff, it's all a done deal. Now it is to be expressed by your child as it grows inside you, and through its childhood. Accept that you are not fully loving, you can't fully love your child, you do your best. However it won't

be enough no matter what you do. And that's okay too. You don't have to be perfect and all-loving, you are to be yourself wanting to express all you feel as you grow in the truth those feelings bring to light within you, all of which will then positively affect your child.

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

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

yuk

### *Pregnancy*

➤ How you relate to your child is how you relate to yourself, most of which you are unaware of. What affects your child is what is affecting you, most of which you're not aware of. All the undercurrents



your child is continually absorbing, all from you, your partner, those important people in its life and the environment, is all ‘going into it’. And all you can do is keep expressing all your feelings, good and bad, and particularly bad. Don’t try to fix all the bad stuff, just express all your bad feelings. Do what you feel to do, and what you don’t want to do try not to. However, if you are forced or made to do it, then keep expressing how bad it makes you feel.

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

### *Birth*

- Again, express all your feelings and in particular all your bad ones.
- Understand death is not bad, it’s not to be feared (yet if you fear it, then those are more bad feelings to express and seek the truth of), the death of your child or yourself. If it happens it’s just time for you or it to move on. However, of course there will be many bad feelings that come with it, all of which are yet more bad feelings to express. Should your child die, at any time from when its heart begins beating inside you, it will move into spirit there to be adopted by a spirit mother and looked after as if it is her own. And when you die, and should you want to, you will be able to meet your child. And right the way through your life, should you want to, you can still share something of a relationship with your child in spirit, from actively speaking with it when it’s old enough to converse with you, to sharing your thoughts and feelings with it – should you feel good about doing that, understanding that your child might not always want to speak to you, as it will have got on having its life in spirit. However, more than likely, it will be made aware of you and will want to have some contact or relationship with you. However, you don’t have to have one with your spirit child, it’s only if you want to, expressing all the feelings along the way.
- It is of course best to have a birth as natural as possible. Possibly the Indigenous Australian giving birth with nothing other than themselves, something to cut the cord or biting it, with loving women (and men too) around, including your partner, would be as natural as you could get. Your child is given to you when born, skin on skin; it finds its way to your nipple when it wants to feed, or with a little help if required. You and your child are the loving centre of attention, everything is for you both, you are at the centre of creation. It’s all only about you and it, with your partner and father there in support and loving and protecting you both.
- However, if the birth is in the full bright lights of an impersonal hospital, it’s still between you and your child and its father. It can still be as personal as you can have it, as intimate, and you feeling you



want to be with your child. And if you feel you don't want it, are scared of it, reject it, that's okay too, you don't know how you'll react. These are just more bad feelings you can embrace and work through.

- If it's premature, still born, caesarean – more bad feelings to be expressed. And all is okay, understanding that it will all cause your child problems, it's all very traumatic. However, by looking to express your way through all the difficulties as they arise; is what will ease the pain and trauma, even eventually heal it. It may take a long time, and your child might be well into its adult life before it starts to deal with all the trauma it's suffered. However the more you encourage it to express all its bad feelings as it is growing up, the better it will be.
- And of course you can't always stop and express all your bad feelings when you feel them. But you can do it when the time is more conducive; and any that you do deny, will return at another time.
- The whole idea is you are setting out to have a new relationship with a person called your baby and your child. So ideally you don't want to be separated from it in the early stages, which can be hard if the hospital has the practice of taking it away from you. All such separating is, as you might imagine, very traumatic for the newly born infant, who has formed inside you and is now outside of you needing you still there with it yet in a different way. As it grows, it will show you when it's ready to separate from you. Read stories about accounts of how the orangutans, gorillas and chimps have their babies, and how they guard and protect them, having them cling onto them all the time, for years in some cases. And never rejecting or forcing or trying to control their baby, unconditionally being there for it, with the baby being the one that pulls away as it gets older and more adventurous.

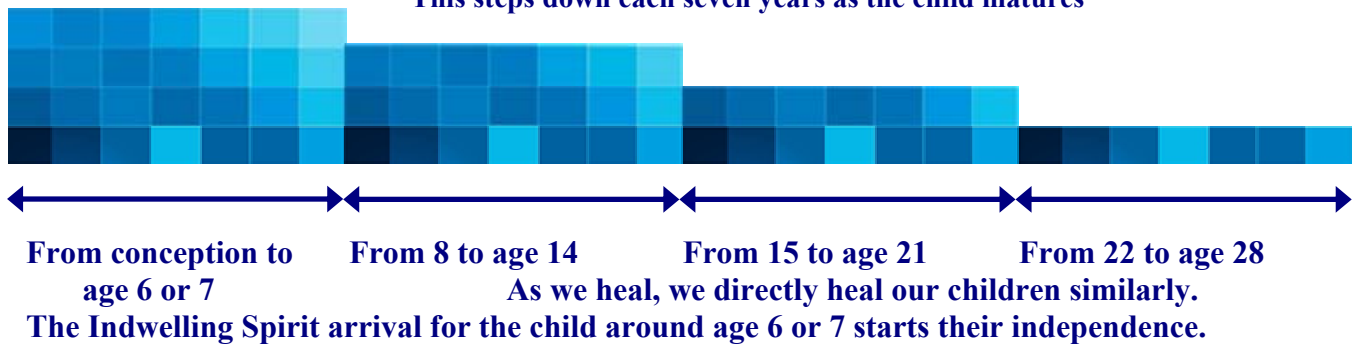
#### *With your baby*

- Do what feels right for you. Don't try to parent according to a book. How to parent books can of course be helpful, so can anything. However, at the end of the day, all you have to go on is your own feelings. And if you want to honour them, express them and see what they are wanting you to see, then that is how you can parent. And by yourself if you're a single parent or with your partner. However, being single is more difficult not having someone close to express all your feelings to. And it might not be good expressing them all to your child. Your child should be free to express itself, but it's not as yet equipped to deal with all your feeling expression and needs. So, putting it all on your child, making it be your substitute partner and listener of all your feelings, will be difficult for it. It might not complain, however it will have to deal with that when it is older, having been made to take on such responsibility so early.
- There is no right way to parent, only your way. What might work for someone else might not work for you. All this business of having to force your baby to accept the sleep and feeding patterns imposed by you, because of what other people say is the right way to parent, is very damaging to both of you, traumatically so. If it happens naturally, fine, but having to use any force against the will of your child is what will crush it and ultimately turn it against you. To try and work with its will, to fully accommodate it, yet at the same time expressing your will, can be very difficult; and again, all you can do is keep expressing and yearning for the truth of your feelings.
- If you feel bad, try to stop and pay attention to those feelings. Don't automatically try and fix or solve the problem. We're all taught we have to fix everything and work it all out for ourselves, but we don't. All we 'have' to do, if we have to do anything, is keep expressing and wanting the truth of our feelings. So do you see, living by putting your feelings and the expression of them first, is the aim. You don't have to do what you feel, you don't have to always act on them. Often the emotion of them might drive you to act, even to do something you will regret, all of which will bring up yet more bad feelings

to be expressed and worked through. When you express your feelings, try to express them with the emotion you are feeling them. Express the emotion of them, but of course not to the detriment of yourself or the other person or creature, not to harm anyone. You might want to kill your baby, so express the emotion of those terrible feelings to your partner or someone who cares about you, or to God if there is no one else. Even just to the wall if that is all you have, saying all you feel as you feel the emotion of wanting to kill them, yet not acting on it. And if you can't control yourself and do act and kill your child, your partner, yourself or anyone else, then there's yet more bad feelings for you to express and want to uncover the truth of. Everything we do comes from your childhood. Expressing your feelings and wanting to uncover the truth of them will invariably take you down into connecting with those same feelings you felt as a child. And as you connect with all your repressed childhood pain, finally liberating it, so too will it positively affect your child. We pass our pain on to our children, so the more you can bring yours out, the less effect it will have on your child.

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

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



*Toddler*

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

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

*Childhood*

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

*Conclusion:*

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

**FEELINGS FIRST For Kids**

## SOUL-HEALING: WHAT IS IT?

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

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

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

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

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

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

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings), thereby also denying

the truth of these experiences, resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

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

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

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

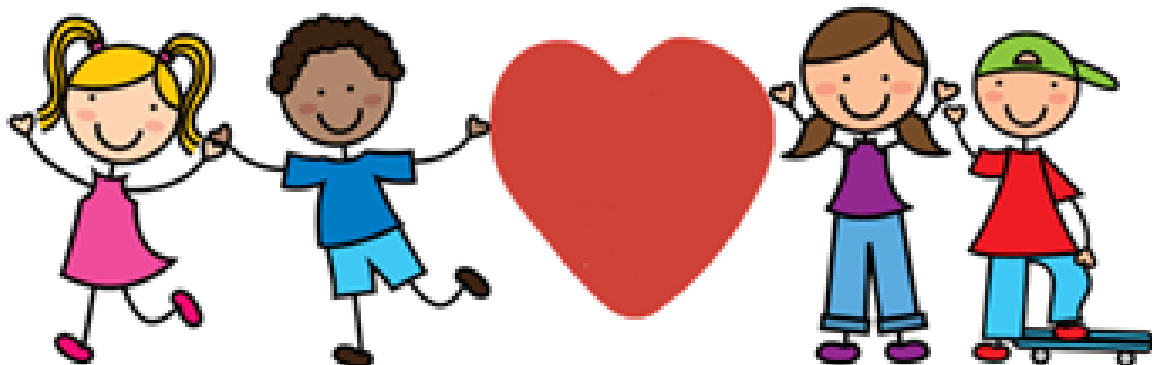
So, our soul-healing is the healing of our childhood repression by seeing the truth of it though the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you reject, push away, dismiss; or don't want to know about, is your mind's learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So, when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns.

And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

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

Introduction Course to Divine Love Spirituality by James Moncrief

# WE ARE GOD'S CHILDREN



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

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

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

*Feelings First Spirituality* has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

**Living the New Way of Feelings First Spirituality**

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

*And to do this you need to do your Healing*

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

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

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

## Feelings First Spirituality New Feelings Way

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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of our feelings

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



Live true to our self by living true to our feelings.  
 Long for the truth of our feelings.

Accept / Express / Bring out ALL of our good, and most importantly,  
 BAD feelings.

Want to understand why we are feeling them.

Use our surface feelings to take us deeper into our repressed and  
 hidden feelings.





The Feeling Way is the True Way.  
Our feelings are our spiritual guide.  
Our feelings will take us to God.



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

**LOVE is the living through Feelings, being:**

**Feelings First Spirituality, The New Way**



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

**HOME**

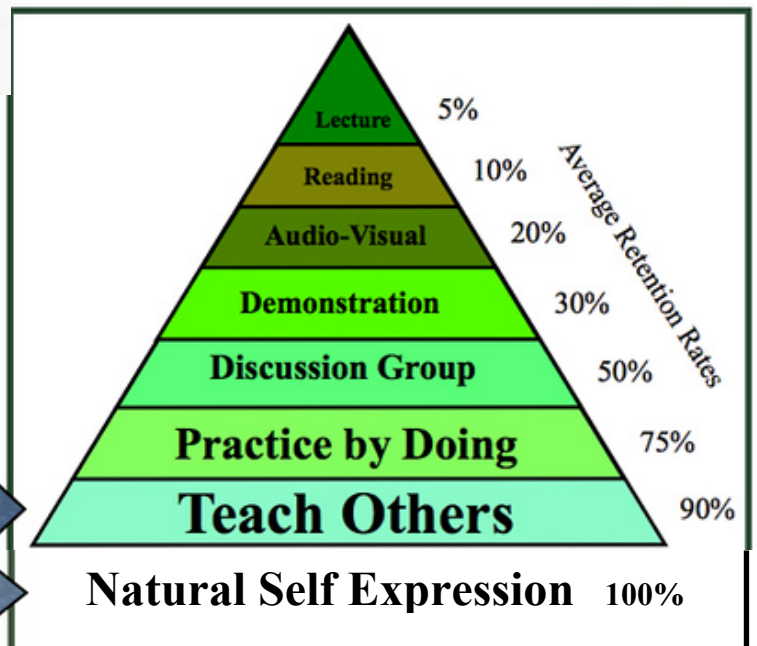
# Our Feelings are our Truth



**apply your will**



The Learning Pyramid



Important recommended reading is:

by James Moncrief

## The Rejected Ones – the Feminine Aspect of God

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

**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 we wrongly relate to our self and others, nature and God because of being unloving; understanding how our relationships are unloving, how we don't connect properly, how unloving we really are and why and fully accepting the truth of it, coming completely to grips with our parents not loving us as we needed to be loved – sorting it all out, including our self and feeling expression difficulties. Then comes transition.

Mansion World 5: is then about going right into the depths of them, feeling how unloved we feel and seeing how unloving we are and how that makes us feel, bringing out the majority of our pain, our 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 we are not loving and starting to get in touch with our pain, starting to accept our bad feelings, starting to work with them instead of rejecting them.



IT IS NOT THIS WAY



IT IS THIS WAY

## Spiritual Healing Expectation

Saturday, 28 March 2020

James: Some people will have the expectation that as they progressively work through their Spiritual Healing by looking to their feelings, expressing them whilst seeking their truth, they will change for the better. As in, their pain, addictions, compulsive behaviour and their self and truth-denial will leave them as they change into a better, truer more perfect person. Starting off fucked and progressively becoming less fucked. However, it doesn't happen like this.



And whilst many inner changes do occur through our Healing, these are mostly centred about helping us to become truer to our pain, allowing ourselves to accept our bad feelings more, getting better at expressing them, all accepting that we are in such a bad truth-denying way. All of it helping us to understand how false and untrue we are. And this continues right the way through to the end of our Healing.

How we heal is by progressively bringing out all our repressed childhood feelings and uncovering the truth of why we're feeling them. However to do this, we need to remain in our untrue state right the way through to the end of our Healing, so we can keep getting more in touch with such feelings bringing to light the truth of our untruth.

We are to become true to how we are. Currently we are avoiding the truth of how wrong, fucked and in a bad state we are, and we are not to avoid it. We are to fully accept this is how we are, but first we have to see it all, which we do throughout our Healing.

So don't expect to feel better the further you go in your Healing, expect if anything, to feel worse and worse as you connect with the deeper repression within you. Don't expect all your Wrongness to magically go away or be transformed out of you as you grow in truth from your bad feeling expression. Don't expect anything of this until much closer to the end, or until when you've seen the whole truth of your untrue state.

We are to understand, know and be, as we are in our Wrongness. So our Healing is not about healing ourselves to avoid being it, to further push it aside. Our Spiritual Healing is about progressively bringing us face to face with our being untrue and false, feeling ALL the pain of it, accepting and expressing it, all to reveal to us why we feel so bad. We are to understand why we do all the bad things we do, however don't expect to stop doing them as you progress through your Healing. Some things might go, but other things you are and how you are that you hate about yourself might stay right the way through to the end of your Healing. And they will remain because you'll keep needing them, keep needing to do them, to further help you connect with them and to keep bringing up all the bad feelings you feel about them and from them, all to keep helping you see yet more truth about your unloving state.

You are false and untrue. You will remain false and untrue right the way through your Healing. All so you can see the whole truth of being false and untrue. And when you've seen it, then it will end, then God will transform your soul and you will change ending all your false and untrue ways of being, becoming wholly true and of a Celestial level of truth.

So far, and it's early days yet, there seems to be two very distinct ways people's Healing might unfold for them:

1. One way is for the person to know they are false and untrue, to always have known it, for them to feel unloved, to hate themselves and to feel hated, to feel many bad feelings about themselves and their lives right from as early as they can remember. These people having to be forced to remain in their

pain right through their lives, always suffering and mostly aware of it and how they were unlovingly treated as children causing them to feel so rejected, unloved and unwanted. And so when such people start their Healing it will be one ongoing expression of their pain. And as their pain comes out they will grow in further understanding why they feel it all, coming to see the whole truth of how badly and unlovingly they were treated by their parents and family. And these people will feel that they are progressively working through their pain, with good feelings coming the more of their repressed feelings they emote and express, enjoying the truth that comes to light affirming to themselves their feelings have been right all the way along. That they were right and their parents were wrong, something they've always known as their feelings have told them, and now with it all being confirmed beyond a shadow of doubt through their Healing. So such people will understand that it's right that they keep feeling bad right the way through their Healing because they have always felt bad, there never were good feelings, or at least not enough during their early life, it being how they are, how God has made them be, the life God has made them live. And these people will be fully accepting of the process, knowing that they will just keep bringing out their bad feelings until there are no more to bring out, when they will have seen all the truth of their bad feelings and unloving state of being, which will be the end of their Healing. These people will undoubtedly have certain blocks and deep trauma that might require some outside help to bring out, however mostly they will be able to easily do their Healing themselves.

2. The other way is the person who was completely turned against their abuse and pain, completely made to feel there was nothing wrong, that they are okay and even right being as they are, that they are not false or untrue, having been made to completely disconnect from the unloving treatment they received from their parents, blocking it all out, refusing to allow themselves to feel such bad feelings. These people will be very deluded, shut off almost completely to the truth of themselves being false and untrue. Shut of to so many of their repressed bad feelings, with hardly any awareness at all that they are in fact stuffed full of bad feelings they are refusing to feel. So for these people, who might need a lot of ongoing help to keep them breaking through such feeling-resistance, their Healing will be one long smashing down of their denial, slowly forcing them to wake up, admit to, to feel, that they are feeling bad and are not right. And it will be harrowing for them having to constantly face the truth through a seemingly never ending stream of worse feelings surfacing in them, seeming to come out of nowhere because they've shut them all out so long ago, not allowing themselves to remain in touch with such pain. And the bad feelings will keep coming up in them, with the more in touch and aware of their hidden pain they become, the more intense and better to relate to such pain and bad feelings they will become. So for them their Healing will seem like one long miserable painful traumatic experience as they are forced to reconnect with the pain of their forgotten and blocked out childhood. And it will be an ongoing constant revelation as to the truth of just how badly treated they were. They have believed they were loved and things were relatively good during their childhood and in their relationship with their parents, and yet their feelings and resulting truth will constantly keep showing them otherwise, that they have seriously been deluding themselves, and that in fact they are severely disconnected from themselves becoming very untrue and false, with all they increasingly think and feel about themselves and their lives being not good at all. So their Healing will seem like an ongoing agony, when really all it is will be all they have always felt, all still how they felt as a young child, all of which they systematically blocked out. So the unblocking will seem brutal and cruel to them, like God is being very unloving and mean to them, subjecting them to such pain and so many overwhelming bad feelings all the way through their Healing. And with no let up, always feeling like they are being further crushed, broken down, ground down into feeling so powerless, that they are nothing, a no one, just a poor sod full of fear, misery, pain and anger about having to be subjected to it all. All of which they are to wake up to understanding it was all what their parents subjected to them all those years ago, and all of which they've always felt yet have kept well hidden from themselves.

So, for the person who wasn't allowed to block out all their pain being able to use their mind to tell themselves they are loved and feel good about themselves, their Healing will be one long feeling of 'yes', that is right, that is how I've always felt, that is the truth of it. And even though they will feel so bad, as bad as they have always felt, still they will also feel good because finally they are getting to the bottom of it and their feelings were right. Whereas for the person who denied themselves such pain and bad feelings all the way along, using their mind to convince themselves that they are good and right and don't feel bad about themselves or life, their Healing will be one long bashing down such untruth and falseness, making them have to face the fact they were bad and wrong, that all they are is full of shit, and that really they are filled with so much pain and repressed bad feelings that it's a wonder they were able to keep it all locked away without having a clue as to how bad and traumatised they are. And they will feel their Healing is not making them feel better, and if anything as they connect with their ever deeper pain, that it's making them feel worse right the way along, and with no let up, no relief, begging God to end it, wanting it all to stop, all because daily they are having to face more of the truth of themselves. So the truth will even feel to some extent like it's a bad thing, it making them feel worse about themselves; whereas through the other Healing way the truth will make those people feel good and better about themselves as they progress in bringing to light the whole truth of their rebellious and untrue state.

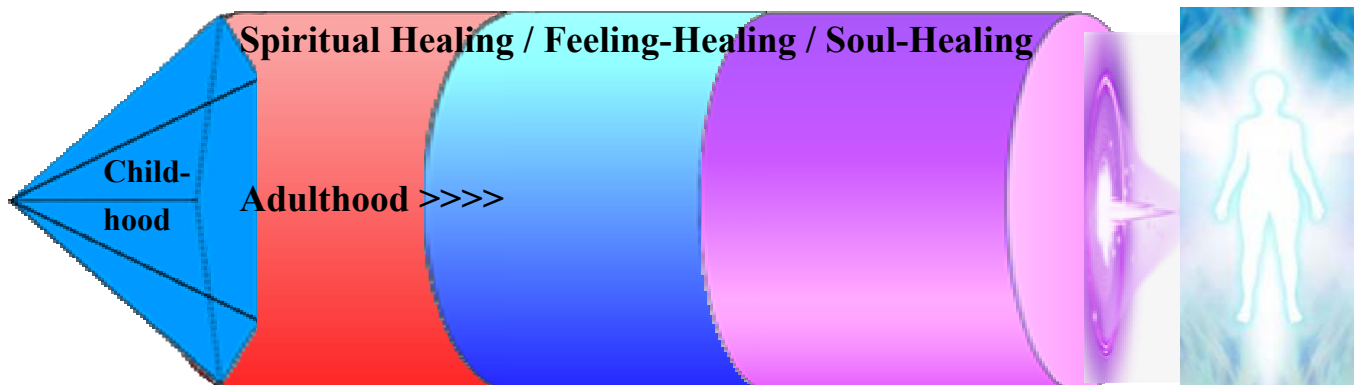


And then I imagine within these two extremes of Healing, will be people with elements of both approaches.

Feeling things that seem to get worse and worse as you progress in your Healing is right because your childhood got worse and worse, it compounded all the denial as you got older. And as much as you might feel worse and worse, still oddly you will feel also better and better the truer and more accepting of yourself you become to your untrue state of being. The less you deny yourself, the better you feel about yourself. However to become less denying, first you will feel worse about it as you come to see just how much you are denying by getting more in touch with it all.

### **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.**



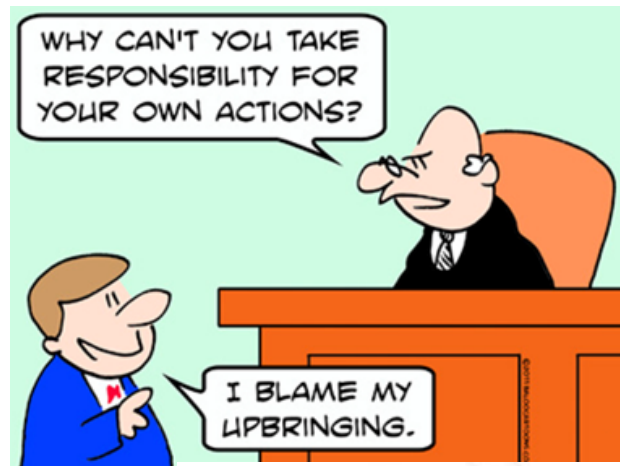
**The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, 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.**

## SELF-ACCEPTANCE

We embark upon our healing in a very confused state. We long for the truth of all the feelings that come to surface and we progressively realise that our childhood upbringing is the origins of our injuries, our erroneous beliefs. There is such an overwhelming avalanche of painful realisations, that we will firstly blame our parents and carers involved in our early forming years of childhood.

Then we discover that we perpetrated this misguidance, this erroneous but well intentioned caring, throughout our lives. We have embraced and embellished the unloving ways of those around us and mostly went even further into the wrongness of our controlling, untruthful minds and then imposed our will upon those around us. We discover that we are grossly evil in so many ways that we cannot comprehend how this could be so.

We talk these realisations out to companions only to realise that this is who and what we truly are!



**Judging yourself is not loving yourself but self-acceptance is loving yourself.**



## Self-Acceptance

We reach the penultimate of our healing when we finally accept that this is what and who we are.

Raymond, 1<sup>st</sup> Celestial Heaven: "Acceptance is an amazing experience, really it's incredibly wonderful.

"And by the time you are of the upper seventh Mansion World levels you do accept it all – accepting ALL OF YOURSELF.

"So you are no longer fighting against yourself, you are no longer believing you are something else, this is the true and real untrue you, warts and all, all your vileness, all your corruption, all your needy compulsions, all your disconnectedness with yourself, all your inability to truly and lovingly express yourself – express all you think and feel, inability of being able to have loving relationships, this untrue you UNCOVERED – REVEALED, the whole truth of your rotten, despicable unloving self. And that's it. And it's okay. And it's okay because it's how your Mother and Father have made you be, how They've wanted you to be, and you couldn't help it, you had no say in it, you did what you thought was best and right at the time, you had no idea that growing up through your childhood you were forming into such a horrible person. So you can feel all of yourself being untrue and against your true loving nature, and you come to accept yourself being that way. You have stopped abusing and punishing and hating yourself for being the YUK you are. You have expressed and worked through all that self-rejection as it came to light, just how revolting a person you are, and that's that, it's final – end of your negative self-loathing story.

**YUK**

"So through your full self-acceptance you feel a love for yourself, not the sort of love you have felt before, but a different sort of more refined and pure love of understanding that you are the unloving way



you are because that's what God wanted and you couldn't do anything about it, you couldn't change yourself after all, and that is that.

“Then you're ready for Transition, from your Old Way of being negative, unloving and rebellious – against yourself, God and the Truth, to your New Way of being: being true, pure and all-loving. Of Celestial Truth.”



## *self acceptance*

the ability to love yourself  
unconditionally, no matter what  
flaws and traits exist

**TRANSITIONING and HEALING EXPERIENCES EXPLAINED:**

27 April 2020

Raymond, 1<sup>st</sup> Celestial Heaven (first cousin to John): Hello John, I will go first, Brad can wait his turn. We're both here at your request in the 'Communications Room' with Nanna Beth and members of her team. 'Communications' being a place other Celestials like Brad and I and our partners can come and communicate with James and even in a crude way, with yourself and anyone else Nanna Beth and her crew might want to communicate with on Earth or in the mind Mansion Worlds. (Nanna Beth – Elizabeth Mary McDonnell is Raymond's grandmother and Bradley's great grandmother, as well as John Doel's grandmother.)

I am very well, as is my soulmate, Marie. We're doing very well. We've been assigned to what you might call 'lesser work' behind the scenes, helping Nanna Beth and her group doing all they are doing, which amounts to a mountain of work, working through this whole Celestial Transition time with Earth and the Mansion Worlds.

You are wanting to know how it was for me just before my coming over into the Celestial Spheres – the Transition – and how I've settled in since being here. (Absolutely – you have got it summed up Ray!)

Well, what can I say, it was HUGE; we are all prepared perfectly for our Transition when it finally comes. Like James has been telling you, it is about working yourself through your feelings and the truth that results to the point of completely understanding and accepting how untrue, false, wrong, evil, rebellious you are. And as to how that is different for each of us because it's so personal. It's what we became with our parents, what we grew into outworking it all as adults, and then the whole self-revelation process you call The Healing, in which all the untruth systematically comes to light, painting the picture for us to understand the whole truth of our unloving rebellious state.

And when you see it all, fully understand it all, can connect to it, wholly relate to it. When you feel there is no difference between you living now as the adult (spirit or mortal) and how you were as a child. So, when you become wholly connected with the whole truth of your childhood, being able to see and knowing it was true and real that all that happened to you as a child was all that you were/are as an adult, then you start to feel a deep inner peace. It's all explained. You see the truth of it all, it all makes sense, you get it. This is HOW YOU ARE, HOW YOU'VE ALWAYS BEEN, HOW YOU WERE MADE TO BE BY THE UNLOVING PRESSURES OF YOUR PARENTS, FAMILY AND SOCIETY YOU GREW UP IN. It is you, it's the false and untrue you, sure, but it's still you. It's the you God has made and wanted you to be, the FULL REBELLIOUS YOU. And there is nothing else. You can sense that really you are not this untrue person, this corrupted personality. You can feel how disturbed and distorted you are, but you feel you can't do anything about it. This is it, THE TRUTH OF YOURSELF BEING THE REBELLIOUS PERSONALITY YOU ARE. The truth of how untrue you are. It's how the Rebellion and Default have made you. It's no frills, just the plain in your face, no avoiding, unadulterated truth of you yourself being untrue.

And it goes way beyond trying to escape and hide from such truth, all such denial ways of being are long gone. They have come out of you, been 'ground out of you'. You have long since stopped doing them, because the more you have come to accept your unloving and untrue state of being, the more you just accept it. Acceptance is an amazing experience, really it's incredibly wonderful. When you first start out in your Healing you think there is simply too much, I am too fucked. There is no way I am going to be able to see all of this untruth that I am, let alone the way connect fully with it, let alone them come to simply accept it. But slowly you do. And by the time you are of the upper seventh Mansion World levels you do accept it all – accepting ALL OF YOURSELF.

So, you are no longer fighting against yourself. You are no longer believing you are something else. This is the true and real untrue you, warts and all. All your vileness, all your corruption, all your needy compulsions, all your disconnectedness with yourself, all your inability to truly and lovingly express yourself – express all you think and feel. The inability of being able to have loving relationships, this untrue you UNCOVERED – REVEALED, the whole truth of your rotten, despicable unloving self. And that's it. And it's okay. And it's okay because it's how your Mother and Father have made you be, how They've wanted you to be. And you couldn't help it, you had no say in it, you did what you thought was best and right at the time. You had no idea that growing up through your childhood you were forming into such a horrible person. So you can feel all of yourself being untrue and against your true loving nature, and you come to accept yourself being that way. You have stopped abusing and punishing and hating yourself for being the YUK you are. You have expressed and worked through all that self-rejection as it came to light, just how revolting a person you are, and that's that, it's final – end of your negative self-loathing story.

YUK

So through your full self-acceptance you feel a love for yourself. Not the sort of love you have felt before, but a different sort of more refined and pure love of understanding that you are the unloving way you are because that's what God wanted and you couldn't do anything about it. You couldn't change yourself after all, and that is that.

Then you're ready for Transition, from your Old Way of being negative, unloving and rebellious against yourself, God and the Truth, to your New Way of being – being true, pure and all-loving. Of Celestial Truth.

We experience the most magnificent 'explosion of light'; it's all consuming. It sort of wells up in you through all your Chakras, consuming you in a blaze of spirit-fire, this being fusion with your Indwelling Spirit, which happen for us spirits as we are taken by our angels over the threshold out of the Seventh Mansion World and into the First Celestial Sphere.

It's the most incredible and highly spiritual experience you would have experienced. It's beautiful and it makes you know that all of you is right now. That no longer are you corrupt, with no imperfection because all of the Rebellion that existed within you – that you were – has all been purged out of you, it's all over, you have left it, it has ENDED.

And what a relief that is. So many good feelings flood your whole being and never stop; well so far they haven't stopped for me. Daily I feel better and better about myself and my New Way of life.



Then comes an adjustment time – longer and shorter for spirits depending on what they need. And for me it was about average, in that I am still slowly adjusting to my New Spirit Life. Getting to know Marie, the whole of ourselves growing in love for each other. Getting to know our way about this new Celestial sphere, feeling how we feel about everything, generally settling in. Nanna Beth reckons it will take us a few more years yet before we feel settled enough to see where our soul is going to take us. Yet feeling so at ease within yourself. So at peace; a peace all-consuming and so sublime yet so strong that you know you are living the truth. That you've got all the time in Creation and what will happen will as it will and that it's all perfect. None of the not knowing, not understanding, being so out of step and disconnected from the truth of yourself that we all feel a lot during our Old Lives is with you anymore. It's truly the most magnificent experience, every second of being Celestial.

**LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:**

**1<sup>st</sup> sphere, lower regions – Natural Love MoC 50+/-**  
**The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.**



**The typical soul condition of humanity is such that they generate the luminosity of a single candle.**

**1<sup>st</sup> sphere, mid regions – Natural Love MoC 210**



**A soul that has grown in love and soul condition equivalent to the 8<sup>th</sup> sphere – the point of becoming at one with God. The luminosity of such a soul is equivalent to the midday sun.**  
**8<sup>th</sup> sphere – only possible with Divine Love while doing one’s Feeling Healing! MoC 1,000+**



I'm going to end it here, so Brad can have his say.

We're still very close to you John. Sometimes our 'business' takes us closer to you and we send our love to you. We know what 'you're in for', and you'll enjoy it all. But I'm not at liberty to tell you anything further about any of that.

So all my love John; thanks for asking after me and giving me this opportunity to talk to you through James. We'll be in touch. Bye now John – Raymond.



Bradley, 1<sup>st</sup> Celestial Heaven (John's nephew, son of Kevin): Hello to you John, I won't go over what Ray said as it was generally the same for me and I'm in a similar settling in position with him with my soulmate Urnica (that's about as close to her name as I give James). She was from Russia, the land that is Russia, although many, many years ago.

Anyway, we too are progressively getting to know each other, the love between us growing daily. It's an incredible experience, like it all, getting to know this other spirit – person, personality, knowing that you are so well suited to each other that you share the same soul. And that you are going to be together for the rest of eternity, that you will never want anyone else, that each of you will maintain your individuality. And by being together, it actually strengthens it and yet, at the same time, you are becoming more as-one.

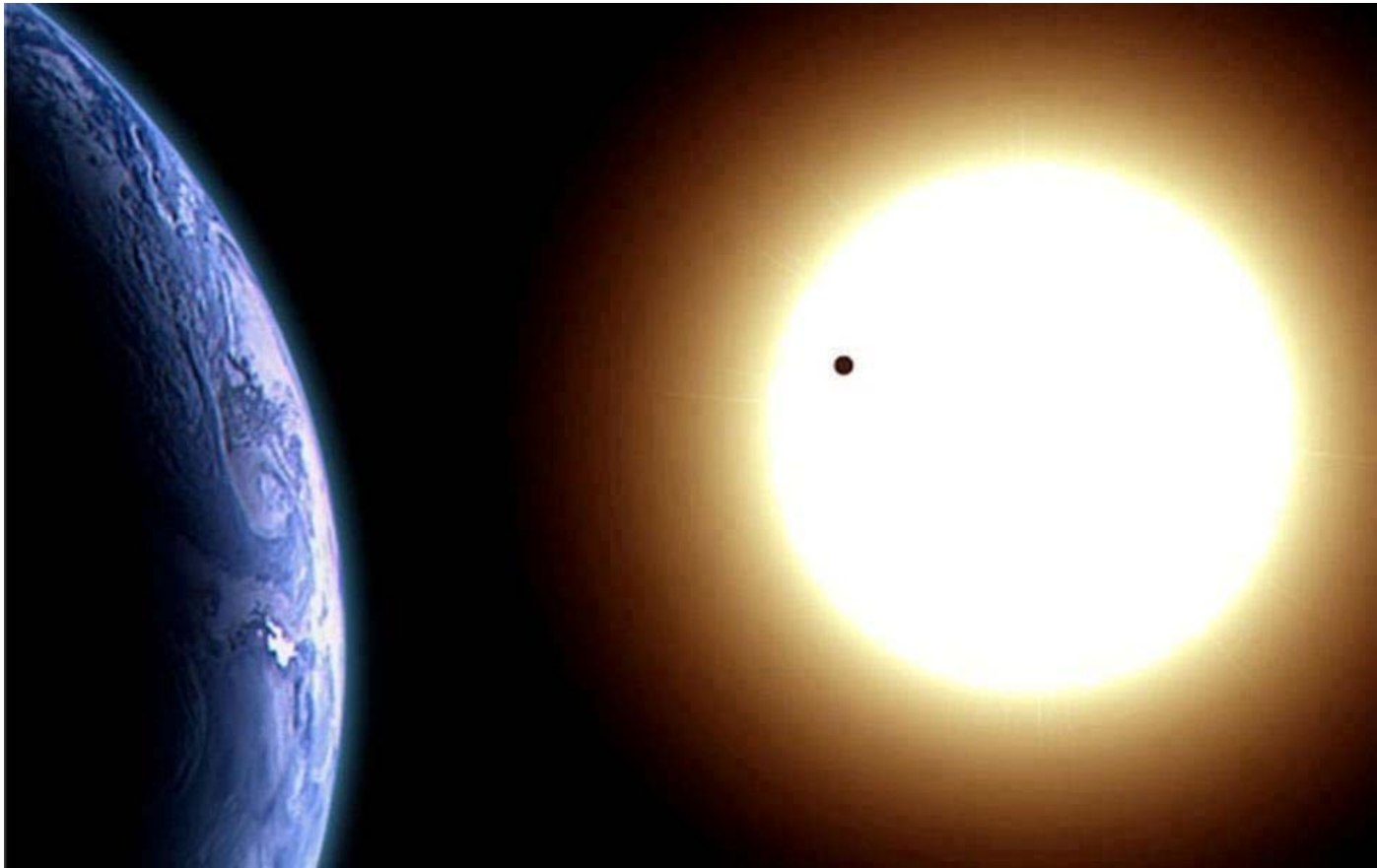
I want to tell you a little more about the Transition. It is so incredible, beyond measure, because we remain fully conscious through it all. Unlike when you die on Earth and move between each of the Mansion Worlds, having to go unconscious whilst adjustments are made to your spirit system so as to allow you to exist in the higher vibration. All those adjustments, and there are lot more of them, happen through the whole Fusion / Transition phase. You do literally feel you are alight. The Fire Of Spirit is 'burning' you, searing into you, consuming you, 'burning' away all dross and darkness, purging you of all your Wrongness, and at the same time making you feel so damn good. So, so, so GOOD, happy, happy like you've never felt before, and so fully of love, and truly loving as you've never loved before. All your feelings are real, true and genuine. Your distorted mind is purged from interfering with them, so you feel literally like a New Born. You are Born Again, or Born Anew, like you are feeling every feeling for the first time. And you might think that would be too much having come from such darkness and the brilliance of light would destroy you, but all the angelic adjustments to your spiritual system allow you to just take it in your stride. You are completely amazed by it, but it's just a natural feeling. And you are Divine.



You can feel in your soul your Divinity. All your Divine Love, it is real. You can feel the added spirit light it gives you and you feel God, your Mother and Father loving you, always loving you, They are 'There', with you, always. Never again are They not there and not loving you, THEY ARE REAL, you know, wholeheartedly, there is no denying it, it's all real and True, everything is so real and so true. And you get a sense of understanding what it's all really about, our ascension of truth to Them, to Paradise; that it is real, all you were taught and came to understand and believe through the Healing Worlds. It all makes sense, all slotting into place, and that makes you feel so secure, so solid, so real. And you look back at your Old Way and it's like you were a mere puff of smoke. You still fully remember it all and connect with it, feeling all the good and bad feelings if you want to, but you are 'hollow' and of no real substance compared to how rock solid in Truth you now feel.



So, the Fusion / Transition Trip is one BIG BLAST. Your angels come about you. You can't see them in the Seventh, yet you can sense them with you. Then the LIGHT, it builds and you feel it affecting you, moving through you. You feel like you're a sun, a star of light, and then when you arrive in the First Sphere, your angels ARE there standing beside you – YOU CAN SEE THEM! And then it's just one wonder after another. The whole First Celestial world, the Sea of Glass, the crystal-like buildings. It is sci-fi full-on, but so much better. It's real, it's where you now belong, where you will live, and there is no going back. The bubble will not suddenly burst, and the good-feeling and loving dream will end and you wake up in all your shit again.



**Consider this: the small black dot is the luminosity of a typical person on Earth, the incredibly bright sphere is the soul of a Celestial spirit who is now residing within the 1<sup>st</sup> Celestial Heaven sphere.**

So, that's all I wanted to say, to add to what Ray said. And we hope this gives you a little more understanding of what you were wanting. The adjustment time we undergo here is really just getting to know our true selves. That's too hard to convey, but it too is ongoing and wonderful, there is nothing better than knowing you are True.

So, we're getting to know ourselves, our New Selves, and each other, and everything else. When you don't think about Earth and the Mansion Worlds, they seem like a zillion miles away, a distant memory, and unless you are actively working with them, like Nanna Beth is, you soon forget them and all you went through. I say that with the understanding and knowing that you will never forget your past, but what I mean is you are so involved in your new life, with your soulmate and your soulgroup and getting to know everyone, that you hardly give Earth and your previous life a thought.

Still, I do think of you often and you are in my heart and perhaps we'll be able to talk through James again like this; but for now, this is enough, I'm being told to end it here, so Ray and I hope it helps you. We see a little of each other, but not that much. We've not seen each other for six months and like I said, we're so absorbed in all the New that is happening for each of us. Still, that's how it is and we all feel so good about everything, knowing it's all perfect and we're all on our own unique Journey To Paradise.

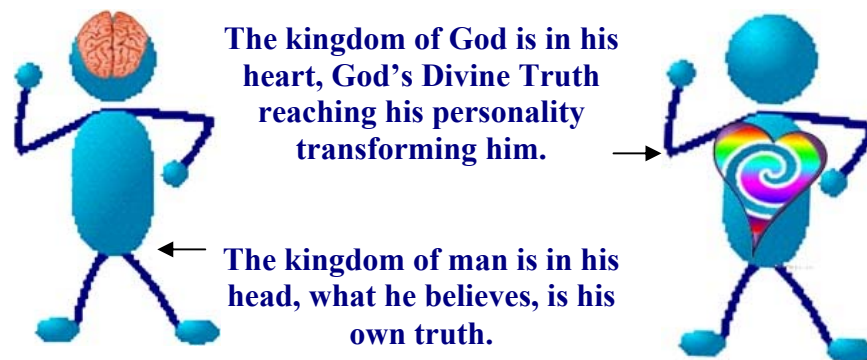
So I'll end, James needs a break from our Light. All my love to your John; we keep in touch with Nanna, so we know all you're going through. Keep up the good work. You've got it all sussed so far as understanding what it's all about, so you can be happy with that.

Bye from Ray and myself.

Thank you James.

I'll cut the link – Bradley.

Bradley  
when at  
school



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

## Library Downloads – Pascas Papers

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



# NEWWAY Feelings

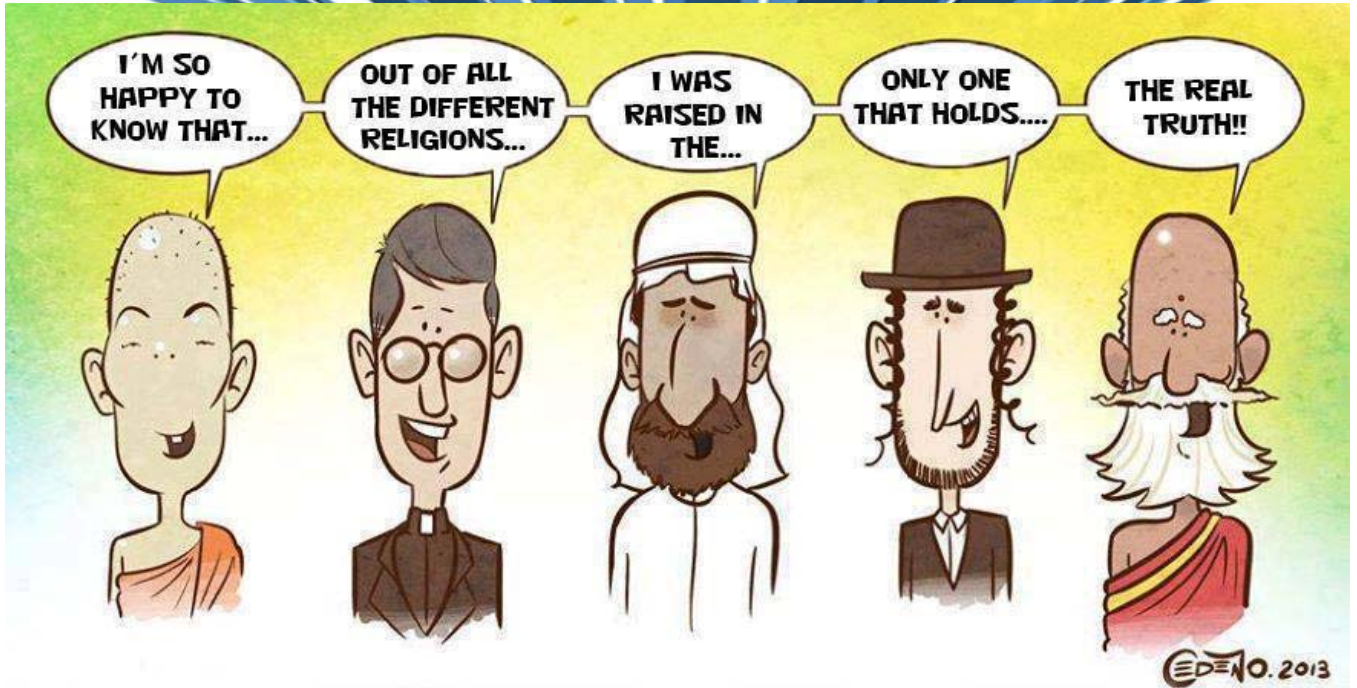


**The New Way: Learning how to live true to ourselves by living true to our feelings.**

## DIVINE LOVE:

## Part 3

WE ALL ASPIRE for the LOVE of our HEAVENLY MOTHER and FATHER:



Love has no boundary – especially the Love from the Creator, our Mother and Father. And it is Truth that is Love!

Further, we all have free will, and our free will is never impeded upon. Our Heavenly Parents' Love will be given to us only when we ask for it. Yes, we simply need to earnestly and lovingly ask for the Love, Their Divine Love.

**There are ever so few, among humanity, that recognise and realise that the Love from our Heavenly Parents, Mother and Father, God, is conveyed to us only when we earnestly and longing seek Their Love. This Love is conveyed to us by the Holy Spirit, the Spirit, and it is this Love that slowly and progressively strengthens our resolve to engage in our Feeling Healing and remove from our soul those emotional injuries and errors that underlie our propensity to cause harm to others and our selves.**



**It is this Gift of the availability of Divine Love that was bestowed upon humanity in the first century that is now being taught to us again through the messages being conveyed for ALL of humanity. Further, the way to proceed with one's Feeling Healing is also being revealed.**

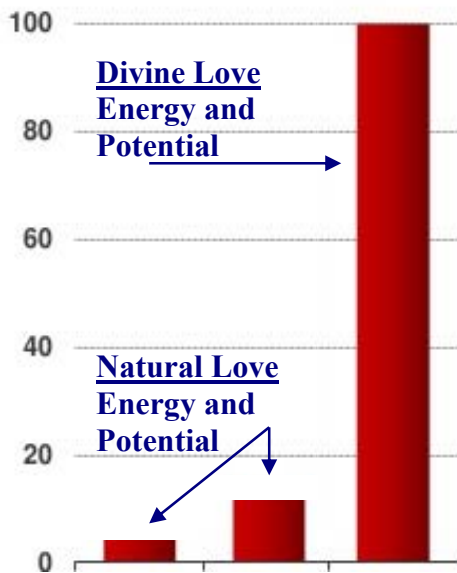
**There is no exclusivity, no matter what beliefs any one of us may have, this gift of Love and Healing is available for ALL of humanity. Every religious practice and faith throughout the world can embrace and share these teachings and blessings to all within their constituency without any boundaries or limitations.**

**This is the greatest gift for all humanity, the greatest gift in the universe, and it is ours for the asking.**

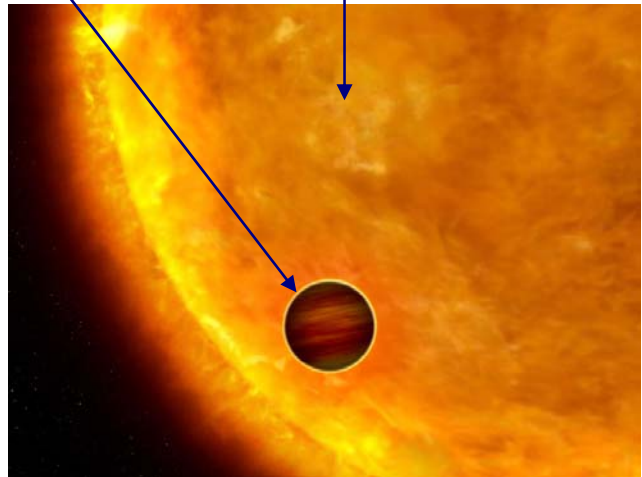
**DIVINE LOVE = Light Golden Blue Energy Substance versus Natural Love:**

The Divine Love is far more powerful than the natural love. If I would have to put a number on how much stronger, just so you can understand what I'm trying to say, I would say 10 or maybe even 100 times. Of course this is purely hypothetical because natural love is only a derivative of Divine Love so it is almost impossible to compare them this way. If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do. John (Apostle) 19 January 2015

With DIVINE LOVE, one's potential in growth is to infinity. Progression is typically many multiple times faster than for those who remain NATURAL LOVE dominant and restricted in their growth potential to that of only becoming the perfect man. Whereas Divine Love enables at-onement with our Parents and entrance to the Celestial Heavens and beyond.



The luminosity of DIVINE LOVE compared to that of NATURAL LOVE personality.



Embrace the availability of the Feeling Healing process and Divine Love, all one need do is to earnestly long for and ask for our Parents' Love. It is an energy that surpasses all that is.

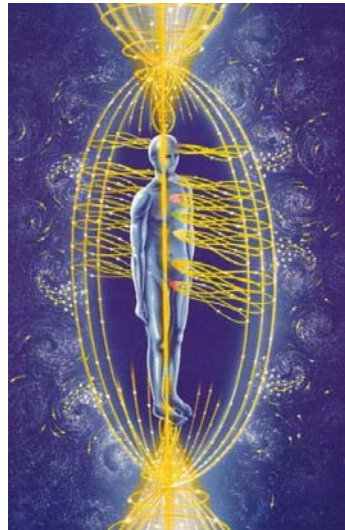
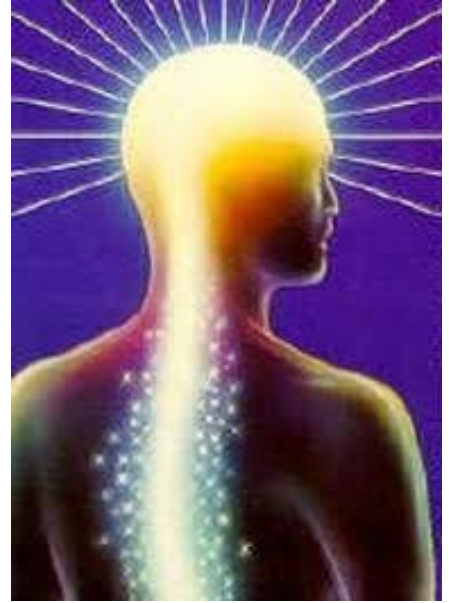
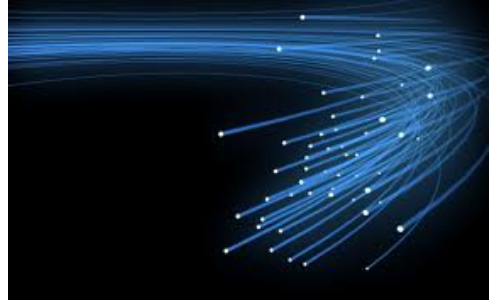
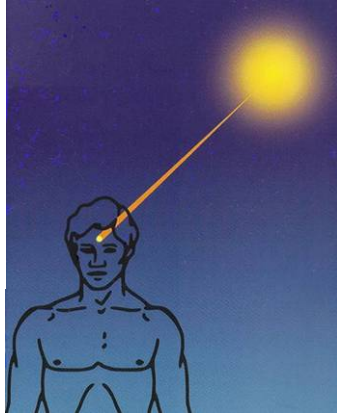
It is with this energy melding within one's soul that heaven on Earth is achieved.

Nothing else can bring about the joy and love we strive for.

**CONNECTION with GOD:**

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

**Progressive escalation of  
Divine Love flowing.**



### EXPERIENCING RECEIVING DIVINE LOVE:

**Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.**

**You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.**

**Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.**

**Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.**

#### **The Voice of Divine Love**

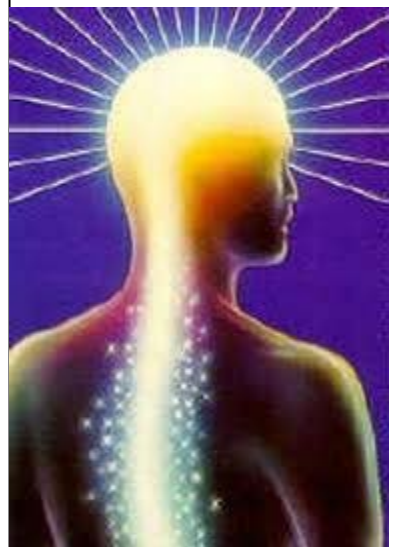
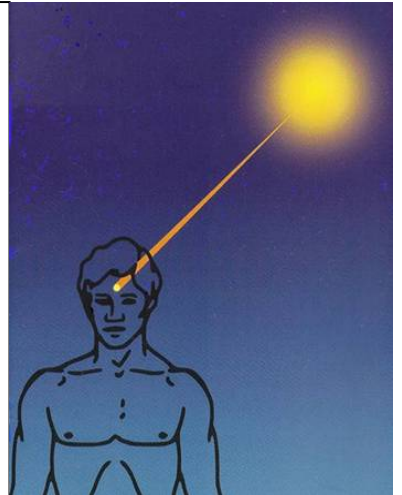


As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Parents to us all.

MoC 1,500



## The Prayer for Divine Love:

(as given within the first century)

2 December 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

I am here, Jesus

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

**Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our false teachers would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.**

**That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.**

**We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.**

**Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.**

**Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.**

**Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.**

**We thank You for Your love and the privilege of receiving it, and we believe that You are our Father -- the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.**

**We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.**

**Amen**

MoC



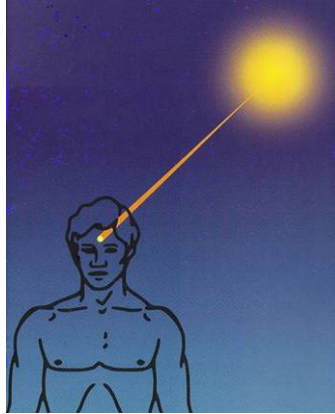
**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

**VISUALISATION with LONGING:**

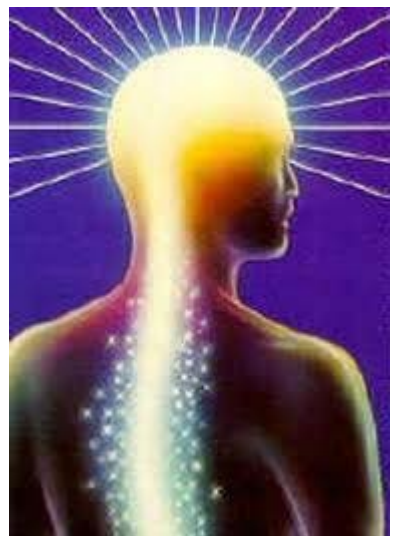
**Holy Spirit infusing Divine Love.**

**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:**



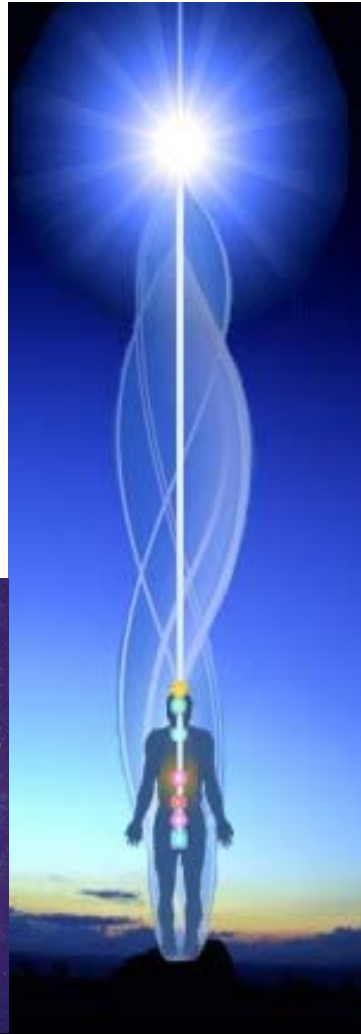
***"Please, Mother and Father, I want some more."***



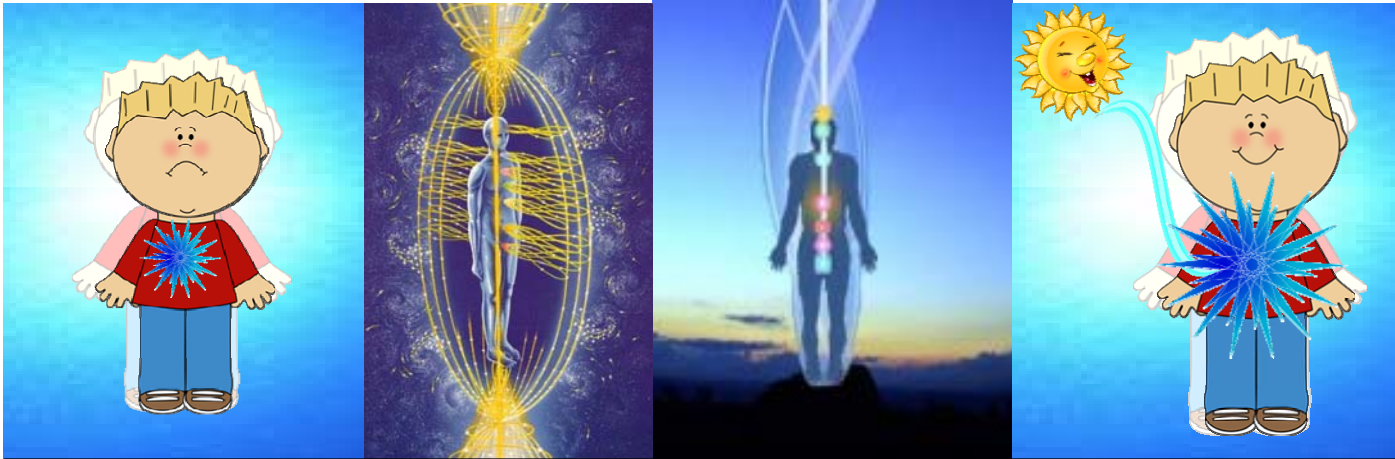


**WE LIVE in an OCEAN of LOVE:**

Our Parents' Divine Love energy substance surrounds each and every one of us at all times. We can ask to receive this Love also, at all times. When we do so, the instrument of God, the Holy Spirit, will gently and precisely infuse Their Love energy through our spirit body chakras and into our soul. Our soul, being our real self, is connected to our spirit body which in turn is the template for our physical body. Our personality, memory, intelligence and humanness is our soul; our mind and senses are spirit body based, physical body is the vehicle by which our soul is individualised.



As we receive more and more of the Mother and Father's Love, our soul grows and whilst doing our Feeling Healing, emotional errors and false beliefs fade and fall from our personality. It is this that enables us to slowly but permanently lose those attributes that are harmful to others and to one's self. The Love is our salvation.



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

**“Please Mother and Father, may I receive Your LOVE.”**

**“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”**

**“Mother and Father, I desire your Love and I am loving you.”**

**“Soul God, I love you and I love receiving and experiencing your Divine Love.”**

**“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”**

**Try it; give the Love a go! If you want to shine, receive the Love.**

<http://www.pascashealth.com/index.php/library.html> visit Library section of [www.pascashealth.com](http://www.pascashealth.com) audio files for download: [Prayer for Divine Love from the Padgett Messages.mp3](#)

[The Voice Of Divine Love.m4a](#) Files take some time to download.

There are further audio files for downloading from the Medical – Spiritual References section.

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

### **DIVINE LOVE – what does it do?**

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raise one's quality of life and also of all those around such a person who is seeking and receiving this Love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8<sup>th</sup> sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.
- Guarantees Immortality of the soul – Soul and Personality Survival.
- Transforms our natural love soul into becoming divine.
- Is the Way to become at-one with God. And Live God's Will.

## 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 meditation 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*



### Manifesto of Divine Love:

1. We love one another as Mary and Jesus, our spiritual parents, love us. And so we seek their Spirits of Truth.
2. Our all loving Heavenly Parents, our Mother and Father, we love and honour at all times.
3. We worship only our Mother and Father, God, the Creator of all things.
4. We treat our Creator's name with respect and love, and earnestly seek Their Divine Love, and at all times pray for It, ask for It, and receive It.
5. We set aside a regular day each week for Sabbath rest and worship of our Heavenly Parents, God, and seek Their Love so that we may grow closer to Their fountain head of Truth and Love.
6. We are to be as we feel, even if it's sinful, but in doing something that is not in alignment with God's Love and Truth will make us feel bad, that is provided we allow ourself to feel our bad feelings, and so we can then use our bad feelings to find out the truth of why we feel bad and why that thing we have done is bad. We embrace our Feeling Healing.
7. We strive to cause no harm to another, nor cause any harm to one's self. We do not do to others what we would not have them to do to us. We treat our fellow human beings and all living things, and the world in general with love, honesty, faithfulness and respect. Violence, at any times, is never justified. Golden Rule: that one must always honour another's will as one honours one's own.
8. At all times in our intimate relationships we strive to express and live true to all our feelings, all so we can use our feelings to uncover the truth they are trying to show. The truth of ourselves, of our relationships, and the truth of everything else, including God.
9. We do not covet or steal anything that does not belong to us. Honesty in all communications, actions, undertakings and activities in all facets of life is our rule of life.
10. In all that we do, we are to be truthful. We are non-judgemental, for none of us have the capacity or authority to judge another. We are always ready to forgive all wrongdoing.
11. We do not desire anything or anyone that does not belong to us. Comparing oneself to others and longing to have what they have leads to errors. We are to be content by focusing on the blessings our Heavenly Parents, who made us in Their soul's image, provides for us.

## ***DIVINE LOVE – what does it do?***

### **Divine Love, which is a substance, progressively:**

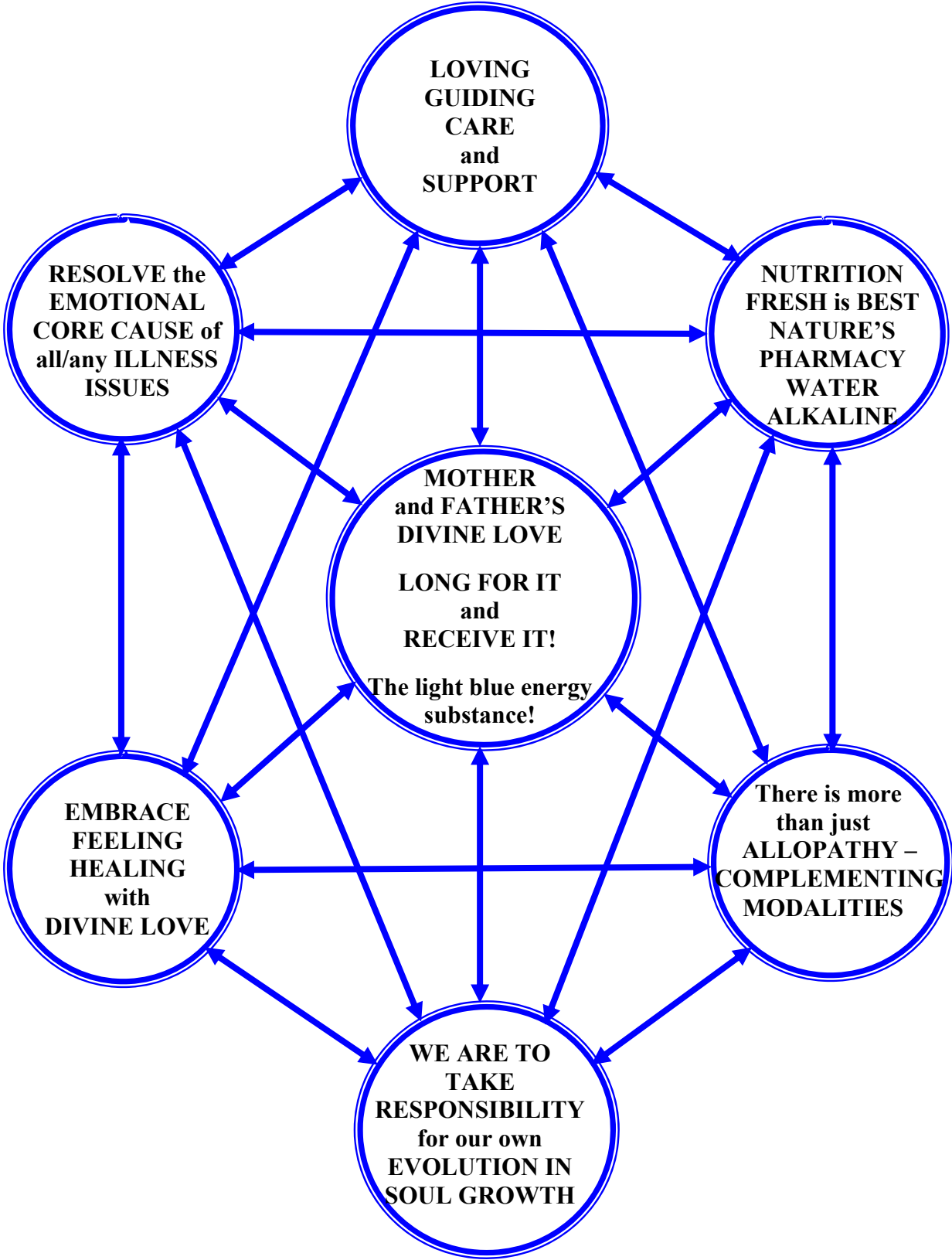
1. Transforms one's soul from that which is of natural love to that which is Divine
2. As natural love is enhanced with the Parent's Love, we reject our tendency to error
3. Divine Love, our Parent's Love, restrains errors, untruths and emotional stress
4. As we reject the condition to error, we develop our love for our brothers and sisters
5. Divine Love helps one with the discovery of truth through one's soul-feeling healing
6. Our natural intelligence grows, perceptions rise with our soul intelligent feelings
7. As Law of Compensation is resolved, the Love reduces returning to being in error
8. Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant
9. As our faith grows our propensity to undertake one's Feeling Healing strengthens
10. With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake
11. Without the Love we remain self reliant and dependent upon our own will power
12. Only with Healing and Love will our soul condition grow rapidly, all around us also benefit
13. The Love is the only substance that changes the human soul to that which is Divine
14. Only by asking and receiving Love do we become fitted to enter Celestial Heavens
15. Only by asking for and receiving the Divine Love does our soul become immortal.
16. Guarantees Immortality of the soul – Soul and Personality Survival.
17. Transforms our natural love soul into becoming divine.
18. Is the Way to become at-one with God. And Live God's Will.

### Feeling Healing – Healing our self through our feelings.

- ✓ **Our feelings are the real and true self.**
- ✓ **If we are denying any feelings, we are denying our self.**
- ✓ **If we are denying our self, we can't ever be truly happy.**
- ✓ **To heal all our pain and suffering, we can look to our feelings for why we are feeling bad.**
- ✓ **If we want to know the truth of our self, then it's our feelings we will need to look to.**
- ✓ **Our feelings hold the hidden keys to unlocking the truth of who we really are.**
- ✓ **Uncover the truth of our self through our feelings and we will know why we feel all we do.**
- ✓ **Everything in life, why all that happens to us does, and everything about our self, can be explained to us through our feelings.**
- ✓ **Why our relationships might not be as good as we would like, why some might fail, we will understand through our feelings.**
- ✓ **How to live a good, true, happy and loving life will come to us as we start paying attention to all our feelings.**
- ✓ **However we will also have to pay attention to all our bad feelings, and this can be very harrowing.**
- ✓ **By honouring – accepting and then expressing all the bad feelings we feel, we will slowly bring to light all the reasons why we don't feel good.**
- ✓ **And as we liberate our self from these hidden repressed bad feelings, so we will start to feel better and better about our self.**
- ✓ **It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.**
- ✓ **Expressing all our feelings, and particularly our bad ones, whilst longing and really wanting to know the truth of why we are feeling them, is doing our Feeling Healing.**
- ✓ **We can Heal our self through our feelings. And in fact, it's the only way to really heal our self.**

# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!





## COMING SPIRITUAL AGE:

## Part 4

Humanity is about to move into a golden era of emerging peace and harmony that will become known as the Avonal Age of 1,000 years. However, to achieve this, all that is founded on the Rebellion and Default is to be removed, and in so doing we are running into a storm of disturbance that will be unrelenting for the coming few decades until the new platforms emerge.



Photo by Marcia Macmillan, of Mullengudgery Merino Stud east of Nyngan, central NSW, Australia.

# Avonal AGE

## Law of Compensation QUICKENING



**World Controllers** are known as the hidden controllers on the world platform, whereas the Deep State instigate their control over individual governments. The hidden controllers are families addicted to controlling others. And have for generations evolved their evil genius by inflicting world-wide suffering while accumulating impenetrable control over most of humanity, enslaving them to debt and deprivation with impunity – until the commencement of the Avonal Age. These evil ones and all ‘would / want-a-be’ controllers may be the first to feel the Law of Compensation come upon them which will debilitate and incapacitate them so they will no longer be able to continue with their evil ways. Through the instant application of the equivalent pain that would be associated with imposing their will upon another, they will find themselves in such a state that they cannot execute harmful intent and will therefore desist.

This earthing of the Law of Compensation will first apply to the Evil Ones, whose evil genius dominates their obsessive lifestyle and is their total focus. These corrupted personalities who undertake heinous crimes without any remorse, believing it is their heritage and right, will find themselves suffering instantaneously and being crippled by pain causing them to abandon their controlling ways.

As the Law of Compensation is progressively expanded to embrace those with lesser controlling addictions, then humanity will find that the circumstance for conflict and war will abate, thus slowly bringing about peace on Earth – the end of war.

Eventually, the full ambit of what the Law of Compensation is within the 1<sup>st</sup> spirit Mansion World may function on Earth, which may see the closing of the spirit world ‘hells’ being the 1<sup>st</sup> and 2<sup>nd</sup> Earth planes.

The Law of Compensation applies to the harm we cause through our desire to control others. Once that is resolved, then we proceed with the Law of Forgiveness which is our Feeling Healing, resolving our childhood suppression and repression as well as how we treated our own children.

**Law of Compensation**

**Law of Forgiveness**

QUICKENING

**HIDDEN CONTROLLERS:**

**1790:** Mayer Amschel Rothschild states:

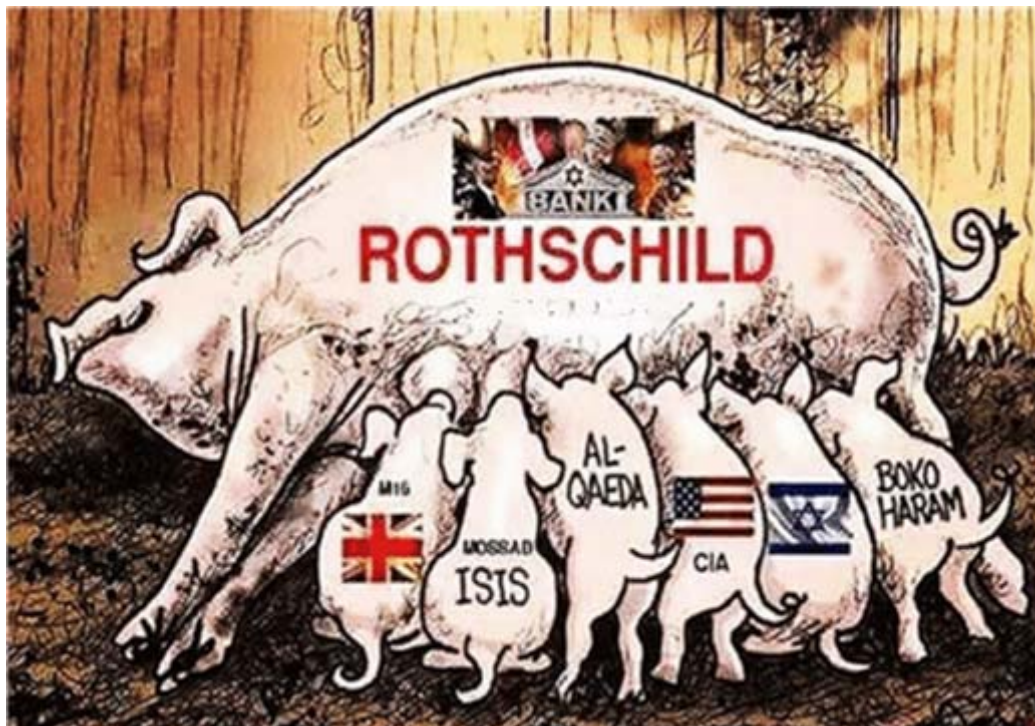
"Let me issue and control a nation's money and I care not who writes the laws."

**2019:** The Rothschilds now control all but seven of the World's Central Banks and many mainstream major banks. There are two Megabanks that offer loans to all the countries around the planet, the World Bank and the IMF. The first one is jointly owned by the world's top banking families, with the Rothschilds at the very top, while the second one is privately owned by the Rothschilds alone. The one bank that rules them all, the "Bank for International Settlement," is — obviously — controlled by the Rothschilds and it is nicknamed the "Tower of Basel." The true power of the Rothschilds goes FAR beyond the Banking Empire.



The Rothschilds discovered just **how profitable it is to finance both sides of a war and they've been doing it ever since Napoleon – so they now create them!**

The Rothschilds have been in control of the world for a very long time, their tentacles reaching into all aspects of our daily lives.



# Environmental Collaboration

VS

## ENVIRONMENTAL CONFRONTATION

Verna, a Nature Spirit, 26 May 2019: You believe people like your Australian Aborigines were more in touch with nature because they didn't seemingly destroy it as much as the white man invaders have done. However they weren't, not spiritually speaking. They hunted and gathered and did a minimal amount of farming, but they still didn't understand about our connection with the World. They didn't personally interact with us, they developed their own wayward spiritual beliefs and ceremonies, all designed to keep them fully entrenched within the Rebellion in a more primitive way. And it was all still wrong by higher spiritual standards. So, the aboriginal culture had to go, just as in the end so will the white man culture, as people of all races who do their Healing and who do work more closely with us nature spirits will end up doing. But that's still some way off and there's a lot of spiritual awareness awakening that needs to happen first.

So in one way it seems like the aborigines were closer to nature and the natural world, which they were in their more primitiveness. Whereas they weren't in a spiritual sense. And this confuses a lot of people, attributing more spiritualness to them than should be, as their beliefs are no more or worse than any others that are rebellious. And so shouldn't be held in higher regard. They can of course be appreciated like all spiritual and religious beliefs for being an expression of truth-denial and the Rebellion, should one want to appreciate such wayward beliefs.

Helen, 3<sup>rd</sup> Celestial Heaven, 27 August 2017: You have **the Eastern mind controlling Buddhists doing their bit from long ago, which was a remnant surviving from the Atlantean age**, along with the other primitive and spiritual systems of belief. And now it's all coming to a head, for we are arriving at the end of the next Earth age, with The Change, the next cataclysmic event not far away in Earth natural time.

Only the trouble is, there are cataclysmic events periodically that destroy nearly everyone on Earth, and so as each civilisation ended, so was a new 'race' of Chosen Ones selected to be the prime subjects of control for the next age. So it came out of the original Jewish races, or what became the Jews, this time around, and then with Jesus and Mary coming and putting a major spanner in the works by removing the Lucifers and Satans (the Evil Ones), leaving it all in the hands of the Caligastias and Daligastias (C&D). So C&D worked all the Christian stuff into it, even with Jesus returning to do away with the Anti-christ, their (Evil Ones and their controllers) Messiah, just to suck in all the Christians making them think they are on the winning side, then introducing Islam to spice it all up and have the natural foe to fight against.

Helen, 20 August 2017: **The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary M might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings. And then post-Jesus, they added more of the same yet with the added emphasis of using all he said. So taking it, corrupting it, and adapting it to their cause. And then throw in their contrived Islam, and you've more male domination and the subjugation of feelings – of the woman.**

Helen, 3 August 2017: "Why so many people get stuck in them (a given so-called Holy Book) and can't move on, it is all being what is still required by the **Contract of the Rebellion and Default.**"

# AWAKENING OF Humanity

## LUCIFER REBELLION REIGN

200,000 years ago

Jesus & Mary

NOW!



### TOTAL DOMINATION Universal Contract

FOR 200,000 years ALL SYSTEMS and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soul partner pairs:

#### THE EVIL ONES



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**



**Daligastia pair**



Arrested and imprisoned early 1990s CE

The awakening of humanity means we are now free to step away from enslavement and extreme suppression. We have a choice to stop living in the hell that has been imposed upon us. We are now free of the restraints of the Rebellion and Default which has enslaved us for the past 200,000 years. We are so used to it that we consider that we are having a wonderful life – whereas it is the hell of living against our true selves that we are experiencing.

We have never known any other way of living. The adjustments to what we call normal will be all embracing, rapid and without any compass as to what to expect. No other humanity has gone through such a massive spiritual and physical upheaval. We just do not know what to expect. Can you avoid this? You may be able to ignore it somewhat but that is only going to put off the inevitable. This Change Over is underway and we are all to experience it. It is a massive event for all of humanity.

What has triggered this event is that several people have been working their way through healing all that they have taken on of the wrongness of the



Rebellion and Default. These people have moved through milestones which have resulted in the imprisonment of those who brought about the Rebellion. As they progressed with the Healing of their childhood repression and suppression, they have enabled the closing down of interference by malevolent spirits as from 22 March 2017 and then the commencement of quickening of the Law of Compensation to start to unfold as from 22 May 2017.

## Law of Compensation

Of greatest significance was that 31 January 2018 officially marked the end of the Rebellion. Now it is game on for the Great U-Turn for humanity.

## Feelings First Spirituality The New Way

For 200,000 years we have been guided to live through our minds. Our minds cannot discern truth from falsehood and further, our minds are addicted to control. Some people, as well as groups of people, call them tribes, are obsessed beyond recovery with the need to control. One family group has recognisable control of US\$500 Trillion!!! They have a figure head and this man is literally the ruler of humanity and no one knows him. That is 'hidden control'.

We talk about control in the form of slavery. Modern day slavery numbers exceed anything that has been recorded throughout all of history.

However, we are all slaves. All funds that have been borrowed by governments, financial institutions, corporations of all ilk, housing loans and household debt, and the new phenomenon of student loans, all lead back to one family – with a British baron as the 'lender'.



We are all born into hell on Earth. No matter how 'wonderful' we may think our childhood is, we have been screwed over by our parents. They did not know – they have just done what their own parents did to them and what was done to them by their grandparents and so on up through the generations.

We are meant to fully and freely express our personality bestowed upon us by our Heavenly Mother and Father. Our parents



impose upon us their dictates necessary to form us into the personality that they believe is best for us. Our true personality is suppressed and remodelled commencing from the moment of conception. The great moment of conception should be a moment of wonder and joy – and that will start to occur in future generations now that we know how to live through our feelings and not our minds.

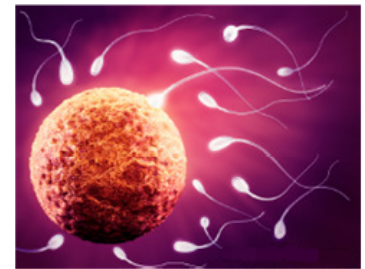
Until we heal ourselves of the imposts of the Rebellion and Default, we will not be able to bring our children up free from error. We will continue to subject our children to our inherited errors and they will continue to be stifled and part of the Rebellion.

Until we heal ourselves through longing for the truth of our feelings, both good and bad, and expressing what we come to understand to someone that we have a personal relationship with, then we will remain living like a zombie – continuing to be in a stupor and screwing our life and everyone and everything around us.

We will not be able to recognise who our true partner in life is and we will continue to have mismatched marriages that will ultimately fail – no exceptions – until we heal ourselves!



**ALL MARRIAGES ARE**  
**Mismatched**



**REBELLION**



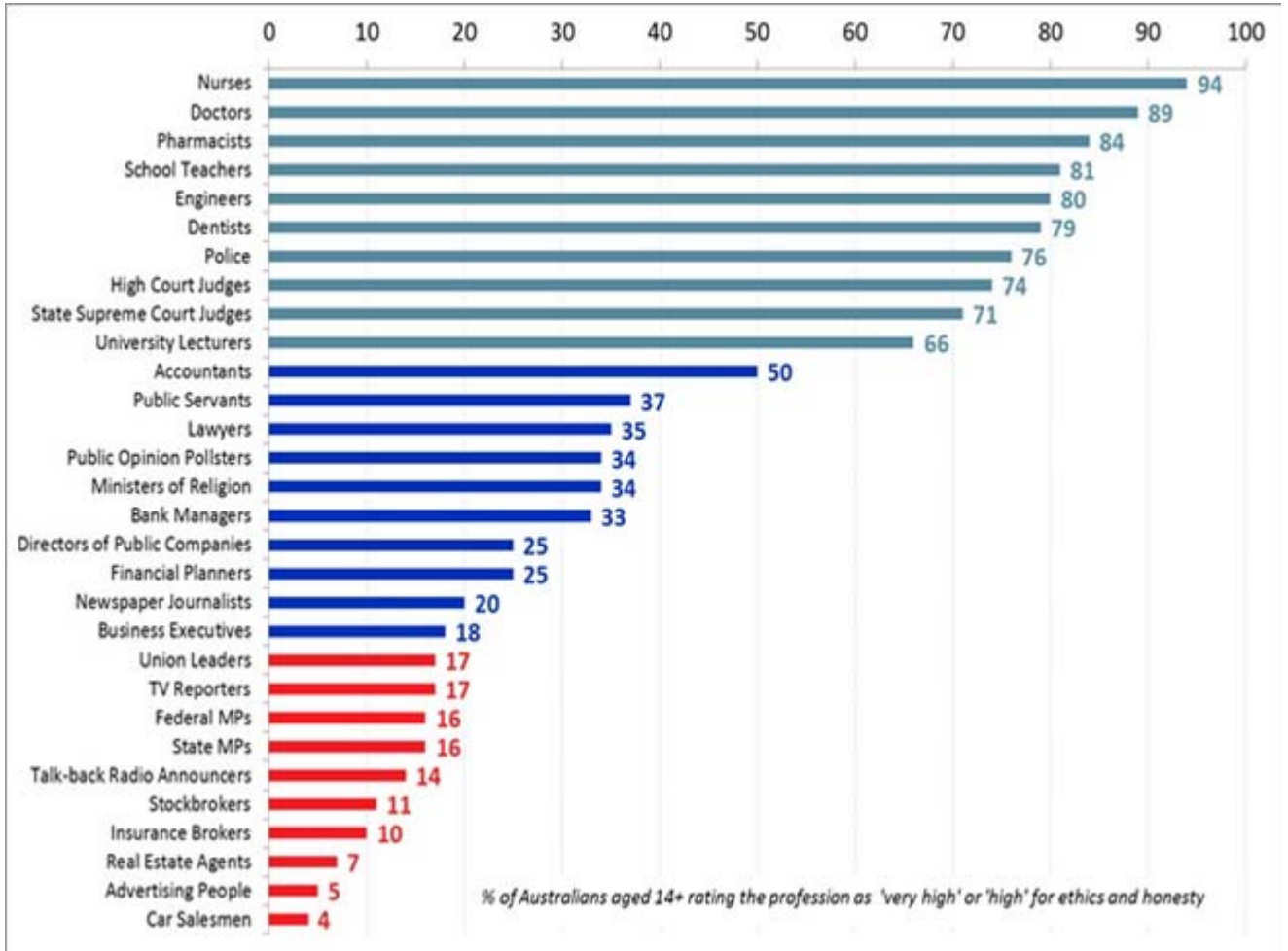
Due to our addiction to control, all sectors of industry, commerce, institutions and governments are corrupted. That is demonstrated by the varying percentages of trust or lack of trust recorded through surveys. Yes, there are aspects of truth and honesty within all of these endeavours. However, this is where the Law of Compensation will start to be apparent. In short, previously the Law of Compensation came to be imposed upon us when we passed into the spirit worlds, the first Mansion World. With introduction of Feeling Healing and some progressing through their personal healing, this has brought about the

Earthing of the Law of Compensation. Those who are involved in imposing their controlling ways and manipulating people for their personal gains beyond appropriate and acceptable levels will find that the Law of Compensation will be imposed upon them the instant they contemplate such error or errors. Such people will be instantly debilitated so that they cannot carry on with their 'trade'.

There will be no exceptions. We may consider some avenues to be free of such gross activity, however we are of the Rebellion, we cannot ascertain what is in Truth and what is not. We just have the condition to contemplate and comprehend what is unloving control – this will come to us as we heal.

We may consider the education system is fine. The education system is an extension of the parents' control of the child. The education system is the puppet of the Evil Controllers who have manipulated humanity for 200,000 years. You can proceed to look at the legal systems designed to protect people,

governments to serve the people, health industry to save the people, food industry to feed the people, the defence forces to protect the people, and at the bottom of the list are the religious institutions who have all been founded on the dictates of the Evil Ones through the manipulations of malevolent spirits. All will collapse progressively and will be rebuilt. You can see it unfolding around you now.



As people heal themselves through the process of Feeling Healing, their dynamism will unfold, their true potential will be self evident. They will emerge to become the leaders for all aspects of society. We have never seen such people on Earth except for the Paradise Daughter and Son in the first century.

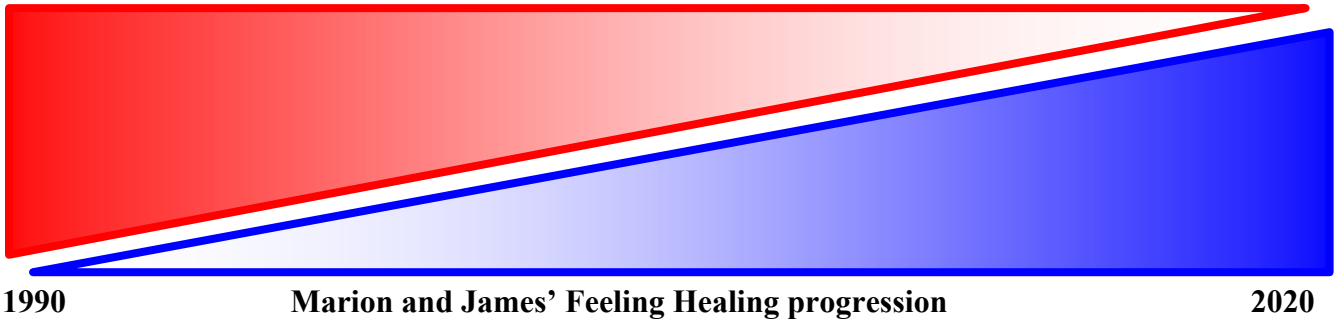
## Feelings First Spirituality, The New Way Uncover the Truth of yourself through your Feelings

And when the first pair has healed themselves, then their children will be free of the Rebellion and Default and will become the first to be born into a Celestial Soul Condition physically here on Earth through these parents. As each generation progresses with healing, then their children benefit accordingly. Healed soulmate parents in true harmony with each other will have children fully reflecting their Heavenly bestowed personalities

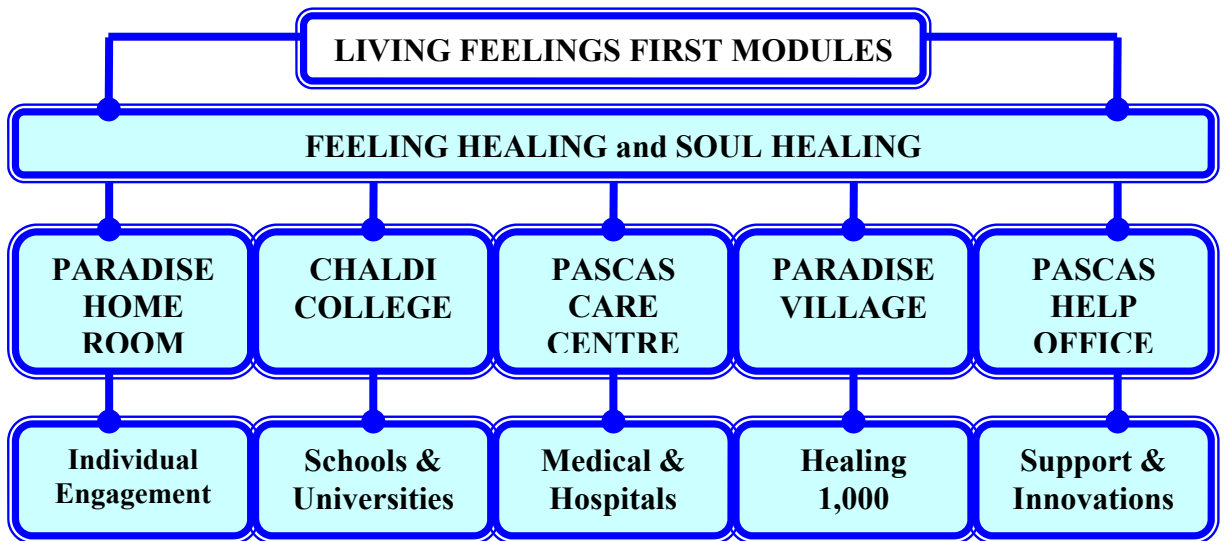


**ENDING of REBELLION and DEFAULT:**

**Universal Contract governing the Rebellion and Default progressively put aside and then cancelled due to two people on Earth embracing and progressing with Feeling Healing.**



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



## OBVIOUS INSANITY WORLDWIDE:

We could consider a starting date. However, the preparations for what is now surfacing could be said to have started in earnest on 31 May 1914 when the Celestial spirits with Jesus commenced writing through James Padgett.

- On 22 March 2017, the Avonal Pair achieved the benchmark that enabled the Celestial Spirits to block the connections between mind Mansion World negative spirits with humanity on Earth.
- On 22 May 2017, a subsequent benchmark was reached and the Law of Compensation has commenced to quicken. Those who instigate the most heinous of crimes against his fellow man will find that the Law of Compensation may begin to be felt rather than being deferred until after one's death.
- On 8 December 2017, the psychic barriers maintaining the Rebellion and Default were cracked.
- On 31 January 2018, Earth and the seven associated Mansion Worlds (including the two Earth planes of disharmony) became **officially** fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

Kevin, 1<sup>st</sup> Celestial Heaven, 1 June 2020: “The world is to keep going through such upheavals, so pressures are being steadily applied, part by the competing controlling hidden factions on Earth, and part by us mixing it up with them.” Kevin is John's brother-in-law.

The extreme and not so extreme control networks and subversive enslavement of Earth's humanity is to be broken and is breaking down. It is being replaced with systems opening the ways for people, should they so choose, to engage in their Healing, the New Feelings Way, to what ever level they want to.

When we consider that for the 200,000 years of the Rebellion and Default, all institutionalised norms and platforms have been progressively fine tuned to deliver control over the many to the few. And this has unfolded in seductive and passive stages producing extremes of power in the hands of the few who remain hidden from the public, from the populations they have enslaved.

The wages system worldwide is masterly tailored to ensure that few can escape the debts that they leverage off their almost adequate remunerations. If you look like freeing yourself then exotic toys are presented to you, such as tantalising television systems, expensive cars, overseas holidays, designer clothing, etc. Then you have easy money on credit cards – at exorbitant interest rates. That is just the edge of global household debt entrapment that is funded by hidden controllers, which is in the hands of a few families with overarching authority vested in their chairman.

Education is meant to be free. The Chaldeans provided free education to slaves and royalty more than 26,000 years ago (two pole shifts back in time!). Now we find education debt enslaving young people. Thus assigning them to renting homes, unable to qualify for housing loans, for the whole of their lives.

Should we ask a university graduate now employed in the industry that he or she studied, the larger percentage may say that they have not been using what they were taught. Education may produce a degree for us, but it is not necessarily applicable to our meaningful employment. And for those who obtain a Ph.D (Doctor of Philosophy), then the situation is worse with many so buried into worshipping their minds, that employment is so limited, that obtaining a living is difficult, if not impossible, in the discipline the degree upholds. The education system from pre-school all the way through to the highest

level of education, is taking students further and further away from their feelings, their true and natural intelligence, into a world of stagnation and subsequently live a life of presenting a charade and façade in capitulation to being what their controllers have smothered them with and persuaded them to be – the outcome may eventually be chronic depression. The suppression and repression from early childhood onwards has turned humanity into zombies and clones that function, at best, in a stupor.

The world health system is subjected to exorbitantly expensive drugs and systems. It is a great financial play. Parents bring children into the world, suppressing their true personality and capabilities, turning them into early stage zombies and practising how to live in a stupor. Then have the education system firmly locking the students ever more deeply into this suppression and repression, riveting into place the underlying causes of all adult illnesses that emerge progressively later through the various stages of life. Having gotten this far, the training of health carers and medical personnel conveniently omit addressing the underlying cause of illness, that being what is the underlying cause of any discomfort, pain or illness that will be presented to them during their ‘professional’ career. However, here is the treatment to SUPPRESS these issues – it will not cure you! The health industry has another lucrative ‘patient’ until maybe bankruptcy and/or death prevails.

Then we have the finance industry. We have the emergence of digital currency such as Bitcoin and others. These are said to be incorruptible. If man created, then man can manipulate them. Put it another way. If man could not manipulate digital currency, then the governmental authorities would be persuaded or driven to shut them down. The world media have published commentary that the Rothschilds have been participating in Bitcoin trading.

Jacob Rothschild does not mind if a few peons (that is you and me) become wealthy. He anticipates that after five years, he will have at least 80% of what you first gained back in his control. His octopus of control prints most of the money for most of the governments around the world. The Rothschilds have funded both sides of war since the time of Napoleon Bonaparte who died on 5 May 1821!

There are some 4,300 significant religions around the world. Add the small offshoots and the number grows to around 50,000. There are some 22,000 Christian religions. All have a special book and a host of controlling platforms for their congregations and they each maintain they are teaching the one and only Truth. Interestingly, when we commence our healing of our childhood suppression and repression in the 3<sup>rd</sup> spirit Mansion World, there are no religions. As you then progress up through the healing worlds, there continues to be no religions. When we enter the Celestial Heavens and progress further, following our healing of our childhood suppression and repression, there continues to be no religions. The religions of the world are man-made and they are heavily influenced by the mind Mansion World spirits who acted in compliance with the rebellious higher level spirits of the Lanonandek class – who are now in spirit world prison!

Governments are complicit and manipulated to do the begging of the hidden controllers. Following an election, due to political party lines, half of the elected representatives with their internal leaders, take control. And the other side, without majority support, have far less power or authority and are somewhat sidelined. Half of the population then become dissatisfied with their newly elected government. Then when a few of the brighter leaders in the winning side start to figure out what the hell is being done to their people and country – they are then re-assigned to a position that they have no experience in. An astute leader in authority is not allowed to stay long enough in any position to fully understand and dislodge the corruption through which the ‘deep state’ and ‘hidden controllers’ cannibalise the country and its people.

There is not an institutionalised system on planet Earth that is not complying to the imposts of the Rebellion and Default.

Humanity of the world is waking up to this. They are stirring. They are also getting a lot of encouragement and support from the Celestial Heavens to push back against the imposts of the Rebellion and Default. It might take all of the coming 1,000 years of the Avonal spiritual age for all of humanity to heal from the Rebellion and Default. However, it may only take around 20 years to significantly dislodge the hidden control and its institutions, and consequently there will be continuous disruptions to ensure the dislodgement of what is representative of the Rebellion and Default.

We may look at events individually and separately. However, this time in the history of Earth's humanity, we can take them as being all intertwined and all working collectively to bring about the Great U-Turn and the changes now required.

One may look at the events, the disturbances, in separation. But they are not separate, they are part of the giant rolling stone that will inevitably bring about great institutional changes and changes in how humanity lives:

- 📄 Worldwide temperature increases including ocean warming.
- 📄 Weather extremes.
- 📄 Wildfires even in the Arctic Circle and the wet Amazon jungles.
- 📄 Long droughts followed by extreme floods.
- 📄 Persistent protests in Hong Kong and throughout China.
- 📄 Coronavirus Covid-19 outbreak from Wuhan in central China resulting in global pandemic.
- 📄 Trade war between China and USA, extending to trade war outbreaks elsewhere.
- 📄 Global flood of money with reduced interest rates, some below zero – US dollar.
- 📄 Tensions leading to probable break up of the European Union (UK first to leave EU).
- 📄 Civil unrest in regions of France preventing policing.
- 📄 Unprecedented imperialism and military build-up by China.
- 📄 Civil unrest throughout USA exasperated by another death of a black person in police custody.
- 📄 Major religious institutions being publicly recognised as complicit in child sex abuse.
- 📄 Dissipating interest and support by congregations of religious institutions.
- 📄 Political systems all floundering and being found wanting for meaningful leadership.
- 📄 Extraordinary leadership by US President Donald Trump – divisive and disruptive.
- 📄 Civil unrest and financial burdens giving reason to fear the break-up of USA into smaller nations.
- 📄 China's communist region survives through economic growth – now has major economic and social reversal.
- 📄 Massive financial losses due to Covid-19 virus lockdowns and governmental mismanagement.
- 📄 General malaise and expectation by populations of impending uncertainty.

The world is yet to recognise the constructive leadership of Russia!

This is only an introduction. There is a great deal unfolding, all leading to the changes that will bring about the Great U-Turn. It has begun and it will not stop until it unfolds.

This time in history is about putting aside all that is and continues which is representative of the Rebellion and Default. Worldwide, humanity is being stirred to consider that this way of living is not viable, it is repugnant in its stagnation; there must be a better way of living for us all. We do not want

this oppressive control and continue to be driven to live suppressing our true selves. Why do we have to live through our minds which leads to all that is harming us? Through our feelings we can find Truth and harmony. Through our feelings we can live in the manner we are intended to do so. Why do all the institutionalised platforms lead us into suppression and disharmony?

The Old Way is to go and the New Way is to unfold.

This is the emergence of the Great U-Turn – and it will not be stopped.

**NEW  
WAY**

# GREAT U-Turn

And to strengthen humanity's resolve to change into living Feelings First, being Feeling Healing, the New Way, shortly the Law of Compensation, as it is applied within the 1<sup>st</sup> spirit Mansion World, will be Earthed:



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

## Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

[info@pascashealth.com](mailto:info@pascashealth.com)

# LUCIFER REBELLION REIGN



The LUCIFER REBELLION is / was administered through a Universal Contract that was unfettered by any outside influence. Lucifer and his minions controlled humanity with impunity. They relished playing with humanity as if we were puppets. Every new faith or religion that emerged on Earth is a reflection of Lucifer's rejection of our Heavenly Parents, of Mary and Jesus and the worship of the mind as all powerful.



ALL scriptures, holy books and ancient inspired writings embraced by humanity are all emulating the dictates of LUCIFER. They are ALL taking humanity in the wrong direction, suppressing the personality and leading us away from our Heavenly Parents. There are no exceptions. LUCIFER won until 31 May 1914 – that being the date of the start of the Padgett Messages.

Still under the constraints of the Universal Contract of the Lucifer Rebellion, the writings through James Padgett, Dr Daniel Samuels, Hans Radax, Joseph Babinsky, James Reid and Nicholas Arnold, as well as the cosmology text – The Urantia Book – are bridging out of the Rebellion with the re-introduction of Divine Love that Jesus announced in the 1<sup>st</sup> Century which also saw the arrest and imprisonment of the Lucifers and Satans. These writings significantly correct and identify omissions and errors throughout the New Testament. However, collectively they are the bridge to the termination of the LUCIFER REBELLION as well as the DEFAULT by Adam and Eve.

It is the writings of James Moncrief that bring about the REVELATIONS as to how humanity is to ascend while bringing a formal termination to the REBELLION and DEFAULT that occurred on 31 January 2018. James, through the communications with Mary Magdalene and Jesus, co-regents of Nebadon and together with Marion and James' Feeling Healing process is the start of the Great U-Turn for all of humanity, both in the physical as well as in spirit. **The REBELLION and DEFAULT have now ended.** Now for The CHANGE, the completion of the END TIMES, then the HANDOVER which leads us into the commencement of the AVONAL AGE which is the next spiritual era of 1,000 years.

# DEAD END

Helen, 3<sup>rd</sup> Celestial Sphere 3 Mar 2017



Humanity is like in a full body cast from all the false and erroneous beliefs and systems that it has immersed itself within that are ALL now going to be ripped off and replaced with The New Way of Living – the Great U-Turn – this is the time of tossing out all of the old for the New!

"The releasing of this money (for global humanitarian funds in 2020) you could in a way liken to something crudely as having an orgasm. It will be a flood of positive energy, or light, as expressed by money, and all it represents, washing out over humanity; and although most people won't hear about it, if it is all kept quiet, still that's what's going to happen. Because it will be, in a sense, the forerunner or even wellspring of the new, of what's to come, it however being more symbolic than anything, because it all ends with The Change. But still, until that time, it being what it is showing – there is new energy, new light shining on humanity, and along with that, new hope and so on. It all being a 'sign of the times'."

Humanity is about to slam into the brick wall being the dead end of 200,000 years of Rebellion and Default. The Great U-Turn and the introduction of The New Way will disrupt every aspect of life that humanity has embraced throughout the era now ending!



# The New Way

## THE CHANGE

## GREAT U-Turn

## AFTERTIMES

## Avonal AGE

# Avonal Revelation

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

31 May 1914 and ongoing



# ENOUGH IS ENOUGH

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

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

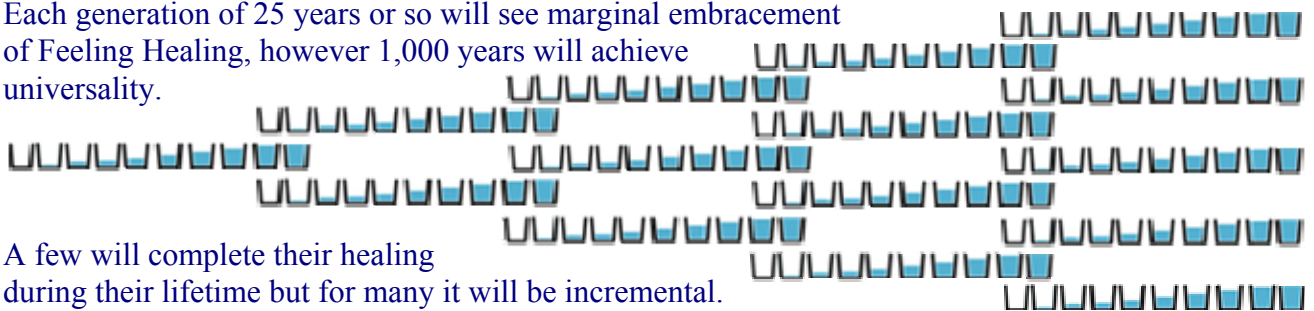
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on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

## Avonal AGE 1,000 YEARS

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



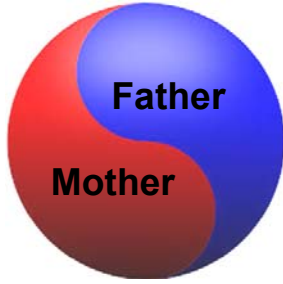
Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



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

AVONAL PAIR to be RESPONSIBLE for SPIRITUAL WELLBEING of HUMANITY:

Heavenly Parents



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



**AVONAL PAIR**

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

**Soulmates**



**COUNCIL OF ELDERS**



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

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



**GLOBAL HUMANITARIAN FUND**

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



# Crossover

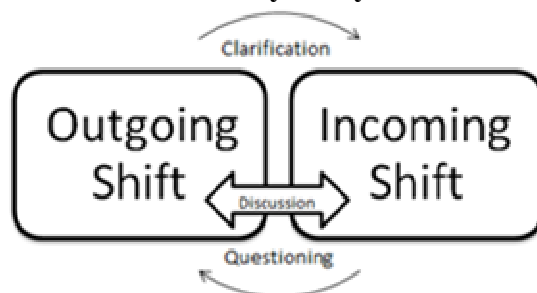
This time, in the history of humanity, is the most exciting time ever experienced.

# the Handover

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

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

Soul groups that have been in place during Mary and Jesus' 2,000 year involvement with Earth have progressively handed over to soul groups that have been forming since 1914 (Padgett Messages). The older soul groups have mostly moved further towards Paradise.



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

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

Mary and Jesus, being responsible for the spiritual wellbeing and upliftment of the whole of Nebadon, are to withdrawing from their direct involvement with Earth's humanity and handing over the responsibilities to an Avonal bestowal pair who take individual responsibility for the spiritual wellbeing and upliftment of individual planet humanities and their associated Mansion Worlds, in this case, Earth exclusively.

## COUNCIL *of* ELDERS

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

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

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

## GREAT U-TURN, THE CHANGE and the AVONAL AGE:

Monday, 24 December 2018

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: “The ‘Great U-Turn’ is what is happening now, it being the overall description denoting humanity turning away from following and advancing the Rebellion and its evilness as seen by living increasingly in a truth-denying state, to wanting to live true, to love truth, to be truth-accepting, all of which comes about ultimately by doing your Healing, as you become the living truth as it’s revealed to you; and also by people, like yourself John, who are currently more intent on understanding about it on an intellectual level. Both are needed, everyone who wants to embark upon their own personal U-Turn and the collective one of humanity, needs to understand a certain amount of what it’s all about with their mind as they work to bring the truths to light within themselves through their Healing. So anything to do with ‘reversing’ the Rebellion and Default is all part of the U-Turn. And it starts in a very small way within the individual, as it has already with the whole of humanity, being reflected by yourself and the others of your small band, who are wanting to live it and have accepted and believe it’s happening.



The Change, as such, is the same thing really. However technically The Change begins with the dawning of the new Spiritual Age – the Avonal

## THE CHANGE

Age. The Change as I was referring to it yesterday, was to highlight that once the Avonal Age begins in earnest, EVERYTHING will change. So currently, even though the Change and U-Turn have ‘begun’, it’s early days, just the ‘scouts’ going out in all directions in preparation for the ‘main event’. So technically we can’t say The Change has begun. Whereas in time, when Mary and Jesus’ age ends and the Avonal Age begins, then we can say it has begun. Whereas we can say the U-Turn has begun, it being a more vague term and not a technical definition.

Also, James has written about The Change in his Sage novels in reference to all I have said above and also the Earth Changes, including the Pole Shift. However the Pole Shift, were it to come during the Avonal Age, would then be part of The Change, The Change being the whole 1,000 years. It’s going to take the whole 1,000 years to implement on the parent to child level the necessary Changes so as to ensure that the effects of the Rebellion will truly come to an end, with that “end” still going beyond the Avonal Age to complete. So the Pole Shift is just a physical phenomena, and certainly of itself it will cause great change, but it doesn’t of itself affect any spiritual change against the Rebellion and Default, and in the past it has helped humanity go deeper into its wrongness.

So, the real Change I’m talking about is spiritual and involves the ending of humanity’s truth denial. That’s the most important part, to help people see they are living against the Truth, of themselves and of God, and that all they are doing is part of that. And that if they want to



end that, they will have to do their Healing. So the Change will be with the awakening to that, a consciousness shift, a vast change to the mind of mankind as it considers the state it’s in: that ALL it is doing, ALL it’s believed was right, ALL of it’s religious and spiritual beliefs, outlooks, attitudes, are all only keeping it in its truth-denying state.

Imagine the whole of humanity understanding and focused in the direction of knowing everyone is suffering because of being under the Rebellion and that it doesn’t have to be that way. So people living increasingly in the wrong direction and going further against themselves, once The Change fully starts,

won't be able to evolve further into a deeper or greater rebellious state. However, stagnation within where it's stalled will be a big issue for a lot of people and mind spirits, those people and spirits who don't want to accept that's how they are is all wrong.

So you can say the Great U-Turn has started, the writing is on the wall for the Rebellion and Default, and when the Avonals come of age, when they finish their Healing and openly (publicly) declare who they are to the world (even if that world is only a very small group of humanity), then The Change will have begun.

# **REBELLION** & **DEFAULT**

And once The Change officially begins, there is no turning back. After the Avonal Age, humanity will be given the chance to resume its evil ways and turn its back on The Change and all the Avonal Age has done, and certain people and mind spirits will want to do that. However they won't be able to change the momentum being lived by those who are intent on living true to themselves and God through their feelings. (The availability of Divine Love may be withdrawn for the following spiritual age.) Still in all fairness humanity has to be given the opportunity to decide whether or not it wants to fully heal itself, and without having imposed on it such strong influences as caused by the Avonal presence. But that's all a long time off.

# GREAT U Turn & THE CHANGE

So the Avonal Age is a specific Spiritual Age (which you read about in TUB – The Urantia Book), giving rise to The Change in which humanity ends its truth-denial and living unlovingly against itself and its Mother and Father, all of which is the Great U-Turn.”

# celestial Friends

# Avonal AGE



**The NEW WAY of LIFE:**

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

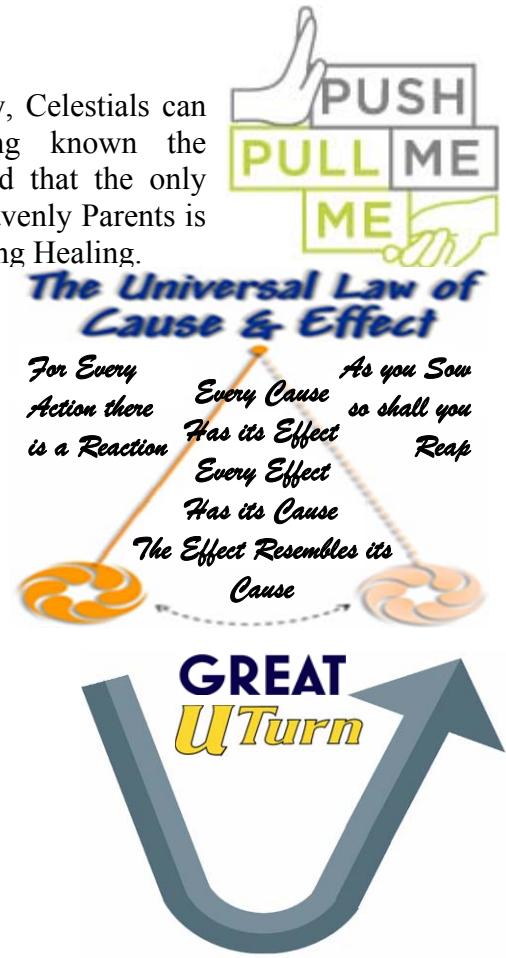
Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means we can confront and have more of a say in people's and spirits' lives, something that the Celestials of the 'old guard' were forbidden. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



**Law of Compensation quickening 22 May 2017**



# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

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

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



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



22 August 2019

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: If you have more of a spiritual inclination, if you do want some level of The Truth, then once you are in spirit it becomes easier to move in those directions; whereas for you on Earth it's very difficult at present, as it has been throughout this current and past ages. It has been much easier to advance your wrongness using your mind, than it has to deal with and face those consequences and go the other way looking to your feelings.

However, once the new spiritual age begins, then the same spiritual light that is available to those seeking the truth in the Mansion Worlds will be made available to everyone on Earth, which means those people who do want to know the truth of their unloving state, will find they are supported by the spiritual light more than they would have been during the old age. People of course mostly won't be aware of such a change. However, that's what's going to happen.

To pursue a life of truth currently on Earth and how it's been for aeons now, you could liken to trying to run through thick swamp, everything being virtually against you. Whereas once the next age begins, to look to live a higher life of truth will be still difficult, but you could liken it to running through the shallows of the sea up to just over your thighs. There is still substantial resistance but it can be worked with and you can work towards coming out of the sea, it getting easier and easier. Whereas for those people wanting to move deeper into their mind control, the swamp will get even thicker.





## What is the history of Earth's humanity leading to the commencement of this next spiritual age of 1,000 years, being the Avonal Age?

The answer to this question is an explanation why the more than one Global Humanitarian Fund is about to be established with their world headquarters in one city.

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

In dot point form here are the events that are unfolding for us ALL, and how:

- Angelic Life Carriers seeded natural species on Earth. One such natural species that arrived here this way several million years ago had the capacity to evolve into humanity as we know it. Creation, evolution and devolution are all one and the same. A natural species has the capacity to evolve as well as devolve within certain parameters.
- Nearly one million years ago (993,500 years), the first man and woman came about who had a longing and yearning for human perfection and for our Heavenly Mother and Father. They were known as Andon and Fonta (presently Aman and Amon). Though born into a family, Andon and Fonta had the capacity of speech and attributes that we associate with men and women worldwide.
- Some 500,000 years ago, the Sangik family in the north-eastern highlands of India gave birth to 19 children of six different colours, thus introducing the tribal colours, being red, orange, yellow, green, blue and indigo. More than 38,000 years ago, Adam and Eve introduced the violet colour, being the final of the seven colours. Each of these various colours had a specific purpose. Over time they were to inter mingle and the colours blend into a more harmonious colour. Thus, over time all the racial, national and language barriers are to dissolve. As for the first parents, it is only within the past few decades that their duties have been completed and they have now moved on beyond Nebadon.
- As with all humanities on all of the physical inhabited worlds, there is assigned guidance from high spirits. From within our Local Universe, the soulmate pair of Lucifer was assigned the spiritual guidance of planets within our region. Lucifer and his soulmate became disillusioned with the regency of our Local Universe and the lack of the visibility of our Heavenly Parents. Progressively, their intransigent attitude took hold.
- Some 200,000 years ago, Lucifer with his soulmate and with their deputy, Satan and his soulmate, seduced naïve humanities to follow them and abandon the notion of God and reject the regency of our Local Universe who were and are Jesus and Mary. Some 37 humanities on 37 physical worlds joined into the Rebellion. **At that time, Jesus and Mary were not full regents of Nebadon, the Local Universe.**
- Earth is within the system of Satania. All 37 rebellious worlds are within the system called Satania. A system consists of 1,000 physical inhabitable worlds of which presently 619 are inhabited and Earth is number 606 of those worlds. Earth being young and on the outskirts of the Local Universe known as Nebadon. 100 systems make up a constellation and 100 constellations make up a local universe. Thus a local universe consists of 10,000,000 inhabitable worlds, and **within Nebadon some 3,840,101 of these worlds are inhabited.** (The Urantia Book)
- More than 38,000 years ago, a bestowal pair came from our Local Universe to uplift the gene pool of

humanity and also its spirituality. Adam and Eve (Adamites) were to have a rather large family, thus creating an advanced gene pool. It was their offspring that were then to go out and propagate with the local population. Adam spent some time travelling. On his return home, Eve had mated with a local person from outside of the Garden. The program failed. Adam also mated and the rest is history.

- Thus humanity on Earth is the centre piece of all of the Super Universes. Not only is Earth one of the thirty seven to Rebel, but it is also the only humanity to have Defaulted. And 2,000 years ago we did the most heinous of things – we assassinated the Regent of Nebadon, Jesus, and ignored the Co-Regent of Nebadon, Mary of Magdalene. We have a reputation for all the wrong reasons.
- What has not been understood until now is that the Rebellion and Default are managed by a Universal Contract. The rules of the ongoing operation of the Rebellion and Default are subject to meticulous regulations of a universal contract. One of these aspects is the isolation of the humanities, that have rebelled, from each other and from the rest of the humanities that have remained loyal. That is why Earth does not receive visitors from other worlds, or rarely, and more importantly, why the capabilities of Earth reaching other inhabited worlds will not occur until we have healed ourselves of the Rebellion and Default. This is amazing in itself!
- The higher rebellious spirits that instigated the Rebellion and Default against the Truth 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 whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. As we are rebelling against our soul, we are also rebelling against our soulmate / soul partner! So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller.
- The Rebellion is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.
- The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus. Then with the Default, humanity was able to take it into all that it has become. So, we're all living out the truth of Eve and Adam's rebellion, which equals their default.
- **The Rebellion is against love. The Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**
- **The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary Magdalene might have**

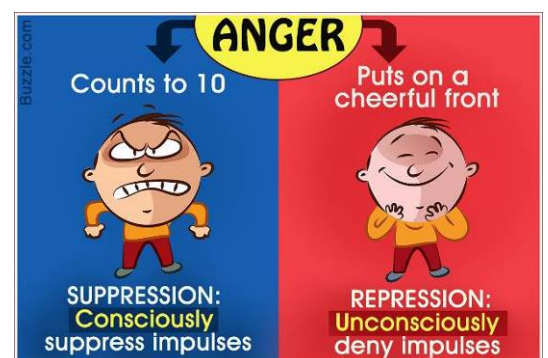
**said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings. And then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause. And then throw in their contrived Islam, and you have more male domination and the subjugation of feelings – and of the woman.**

- So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.
- The Caligastias and Daligastias, being soul pairs and who remained embellishing the role of ‘gods’ in the natural love Mansion Worlds / spheres, had continued with their self-made appointment as rulers, now having only very recently been disposed from their ‘thrones’ (possibly around the early 1990s).
- As Mary and Jesus, the Creator Daughter and Son of Nebadon, were perfect throughout their physical lives, they do not have the personal experiences to adequately share with us how to heal ourselves of our evilness / errors, that of denying Mother and Father – God and themselves, Mary and Jesus.
- And now there is possibly another bestowal pair on Earth. This pair being the Avonals. If they are here, then they will have embraced all the errors and evilness that humanity is in, and then work through the Feeling Healing process and also embrace Soul Healing. Upon their physical deaths, they will then release their Spirits of Truth so that all of humanity who wish to undertake their Feeling Healing and Soul Healing, should they long for their support, will be able to access these Spirits of Truth for assistance.
- Paradise Magisterial Sons and Daughters constitute the order of Avonals in contradistinction to the order of Michael, the Creator Sons and Daughters. Though not creators in the personal sense, they are closely associated with the Michaels in all their work. The Avonals are planetary ministers and judges, the magistrates of the time-space realms — of all races, to all worlds, and in all universes.
- Humanity will continue to connect with the Spirits of Truth of Mary and Jesus, even though Mary and Jesus will now step back from assisting humanity and enable the Avonal Pair to assist and guide humanity in this coming age. This change over is the end time of Mary and Jesus’ era.
- **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.**
- **Once humanity collectively understands what has happened on the higher spiritual level, how all 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, then 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.

- If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.
- We are all but the living dead, whereas the Healed are the living living. And there's a huge difference. We are in a kind of dormancy, or even more like a stupor.
- Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.
- Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed. We are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts). True to God, so true to God's will; or, true to God's Way. Living true to one's soul. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.
- History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene came into full sonship and daughtership, being at one with our Heavenly Mother and Father during their physical lives here on Earth in the first century. Jesus in the year 26 CE and Mary in the year 33 CE, or thereabouts. Jesus was about four and three quarters years older than Mary – she was a Taurus (April 20-May 20), he a Leo (July 23-August 22). **Mary Magdalene came into her full Daughtership / At-Onement being 7 Years after Jesus' full Sonship / At-Onement. Jesus was born in 7 BCE and died 29CE aged 36. Mary was born 2 BCE and died in her sleep in Egypt in 46 CE aged 48 or thereabouts. Mary never travelled to France or elsewhere other than Egypt.**
- Now comes the planning for this great event that is presently unfolding of which no one has any comprehension. This is the most exciting time in the history of humanity ever experienced. Consider this, the New Testament is about 300 pages. The writings for this event amount to around 60,000 pages and yet the public ministry has not commenced – if there is to be one!
- Everyone on the world since Jesus and Mary's time has been completely bound – conceived into – the full Default and Rebellion. Pre Mary and Jesus, there were isolated pockets of less impact from time to time, not a thorough mixing. But since their time, everyone has been a part of it.
- The Australian Aborigine was isolated from time to time. However, enough outside contact was maintained to ensure the genetic transference of the Default affected all communities. And then you must remember there have always been fallen angels and mind spirits working on people from spirit (the angels up until Mary and Jesus). So psychologically and genetically, the effects of the Rebellion and Default have been well dispersed and thoroughly integrated.
- And in fact, it's been the unseen work of the mind spirits that have done the most damage, as people in spirit have naturally wanted to 'bring their people up to speed on Earth'. So even though considered 'primitive', no indigenous peoples were left out of it, particularly as the Caligastias and Daligastias saw to it that everyone was under their control.

- The event that is presently coming to reality began to unfold in about the year 26 CE. Jesus of Nazareth achieved the status of full regency of Nebadon just prior to his commencement of his public ministry which is marked by his baptism by John the Baptist. Jesus and Mary, being a bestowal soulmate / soul partner pair from Paradise always remained Divine. They did not have to become at one with our Heavenly Parents. What they were to do and did was embrace our Heavenly Parents' Divine Love to the extent that they completed their transition to full regency of Nebadon. With his authority of full regency of Nebadon, Jesus instigated the arrest and transfer to the spirit prison world of the soulmate pairs Lucifer and Satan, thus ending their capabilities to expand the Rebellion. This did not end the Rebellion and Default but commenced the series of cracks in the Universal Contract governing this event. Lucifer, Satan, Caligastia and Daligastia soulmate pairs are all of the Lanonandek spirit group.
- During the life of Jesus and throughout the full history of humanity up until his life on Earth, only the spirit Mansion Worlds based on natural love were open to the humanity of Earth. That being spirit Mansion Worlds 1, 2, 4 and 6. Around 200 billion personalities had crammed into spirit Mansion Worlds 1 and 2, with some progressing to 4 and very few to 6 being the peak in one's development and perfection of natural love.
- Jesus and Mary Magdalene's physical incarnation on Earth brought about the availability of our Heavenly Mother and Father's Divine Love for all of humanity, but not just the humanity on Earth, but for all of the humanities throughout the Local Universe of Nebadon. Divine Love continues to be available to humanity. However, the records of its availability were progressively lost with no knowledge of it following the Nicene Council in 325 CE. The Padgett Messages have reintroduced the knowledge of what Divine Love is and its availability (James Padgett writings 1914 – 1923).
- The task at hand began with the opening of the Divine Love crying healing Mansion Worlds numbered 3, 5 and 7, as well as the three Celestial Heavens numbered 8, 9 and 10 (also referred to as Celestial Heavens 1, 2 and 3). Following Jesus' death, he opened these, however there were very few spirit personalities in a condition to enter them. Some had followed Jesus' teachings while he was on Earth and entered the Healing Worlds.
- Mary Magdalene, during her remaining years while in Egypt, counselled some women in the way to heal themselves of the Rebellion and Default which is to allow your feelings to fully express themselves and become your true self, not the personality that one's parents impose upon a child in their forming years from conception through to around the age of six. We are to heal our childhood suppression and repression. Five women who Mary had guided entered the Spirit Healing worlds, firstly into number 3, then progressed to 5, then to 7, and were the first to transition and become at-one with our Heavenly Parents by their soul fusing with their Indwelling Spirit and entering the first of the Celestial Heavens.
- These first women to enter the Celestial Heavens then encouraged and assisted their soulmates to join them in the Celestial Heavens, thus five soulmate / soul partner pairs. They all encouraged others to follow. They formed into a soulgroup which is twelve soul partner pairs, being twenty four personalities. Being the first into the Celestial Heavens, they have recently been the first soul group



to progress through and then out of the Local Universe of Nebadon, moving on towards Paradise, the home of our Heavenly Parents.

- The numbers from within the Mind Mansion Worlds 1, 2, 4 and 6, to embrace their healing, namely Feeling Healing together with Divine Love, being Soul Healing, have been slow. As they embrace their healing with Divine Love then they transfer to the first Divine Love healing Mansion World, being number 3. This results in very few within the mind Mansion Worlds who have any idea as to the process and the progression that then follows. Thus the mind Mansion Worlds 1 and 2 remain jammed to the rafters with more than 200 billion spirit personalities. This situation is in keeping with the Universal Contract governing the Rebellion and Default.
- The arrival of the second Paradise Bestowal Pair on Earth, namely an Avonal soulmate / soul partner pair, remained secret until they both commenced their healing of the Rebellion and Default which they have taken on voluntarily. The writing of the Padgett Messages (1914 – 1923) as well as The Urantia Book (1925 – 1935) precipitated the conditions required for the Avonal Pair to incarnate physically on Earth.
- The soulmate pairs of Caligastia and Daligastia continued on with the work of Lucifer and Satan UNTIL they were arrested in the early 1990s as a result of the Avonal Pair having commenced their healing and thus fulfilling the conditions to have them arrested and assigned to the spirit prison world. The corrupted evil spiritual leaders of the Rebellion and Default are now gone!
- Meanwhile, the Celestial Spirits within the Celestial Heavens 1, 2 and 3 (or 8, 9 and 10 spirit worlds), remained restrained by the rules of the Rebellion and Default. The mind spirits within the mind Mansion Worlds 1, 2, 4 and 6 continue to influence humanity in the ways of the Rebellion and Default UNTIL such times as the Avonal Pair have progressed with their healing to a particular phase. The Avonal Pair had to firstly progress through the equivalent of the 3<sup>rd</sup> then the 5<sup>th</sup> then the 7<sup>th</sup> healing Mansion World progression – this they have completed as of 2020.
- On 22 March 2017, the Avonal Pair achieved the benchmark that enabled the Celestial Spirits to block the connections between mind Mansion World negative spirits with humanity on Earth.
- On 22 May 2017, a subsequent benchmark was reached and the Law of Compensation has commenced to quicken. Those who instigate the most heinous of crimes against his fellow man will find that the Law of Compensation may begin to be felt rather than being deferred until after one's death.
- On 8 December 2017, the psychic barriers maintaining the Rebellion and Default were cracked.
- On 31 January 2018, Earth and the seven associated Mansion Worlds (including the two Earth planes) became **officially** fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.
- The events that began to unfold on 31 May 1914 and continue to do so, involve the following:
  - The fulfilment of the Second Coming of Jesus and Mary. Jesus has written through James Padgett (1914 – 1923) and both Mary Magdalene and Jesus have written through James Moncrief (2003 – 2014). They have not written through any others.
  - The End Times are in progress. This is the end of direct involvement with Earth by Mary and Jesus. They have withdrawn to Salvington being the home city and headquarters of all of their

Local Universe named Nebadon.

- The Handover is yet to occur. Upon the completion of the Avonal Pair's assignment, that is the full completion of their healing while physically here on Earth and transitioning into a Celestial Soul Condition living here on Earth, is the first part. Upon the deaths of their physical bodies, they will release their Spirits of Truth so that all of humanity, both in the physical as well as in the spirit Mansion Worlds 1 – 7, may access them. That event will result in the handover of the spiritual guidance of Earth's humanity to the Avonal Pair, who will be assisted by Celestial Spirits within the Celestial Heavens 1, 2 and 3, for the coming spiritual age of 1,000 years.
- For the next 1,000 years, it is the Spirits of Truth of the Avonal Pair that humanity is to look to for assistance of putting the imposts of the Rebellion and Default (childhood suppression and repression) behind them and to find our way up through the spirit Mansion Worlds. THEN we are to look to Jesus and Mary to find our way through the Celestial Heavens and beyond which is to find our way up and out of the Local Universe of Nebadon. And then our Heavenly Mother and Father will assist us up and out through the Super Universe and to Paradise, Their home.
- Why such a convoluted arrangement? We, humanity, had to find our own way out of the Rebellion and Default (the Universal Contract). It was only due to the bestowal of two pairs from Paradise, we now have our way home. Jesus and Mary were the first. The Avonal Pair are the second. Only Paradise bestowal pairs have Spirits of Truth. It is these spirits that can be everywhere at once, and as such, all of humanity can interact with these spirits. Jesus and Mary did not have to heal themselves of the Rebellion and Default, as they did not take on those imposts. Their Spirits of Truth cannot help us with our healing, only the Avonal Pair' Spirits of Truth can assist us with our healing.
- Thus, the Avonal Pair took on all the extremes of childhood suppression and repression (Rebellion and Default) and are in the final phases of their healing, that is of self-acceptance of their personality now known to them, then will follow a period of transition in Celestial Soul Condition. This transition will be different to our transition when we experience it, as they are a Paradise bestowal pair and they continue to be Divine. For the Avonal Pair, it is a re-awakening activated by the Divine Minister.
- Part of the contract regulations also requires that another pair achieve certain milestones. Samantha in England is progressing through her soul healing and is presently within a seventh Mansion World condition commencing her self-acceptance phase. John the Typist has mentally recognised what is unfolding and together they have fulfilled these additional conditions.
- This total event has been minutely planned and implemented through the Melchizedek soulgroup that Jesus and Mary have assigned the task to. This event has been in its planning since Jesus and Mary's time on Earth. Now, the event is unfolding like the crescendo in the music of Bolero!
- There are no new soulgroups older than about a hundred years – all the older soulgroups that came together resulting from Mary and Jesus being on Earth and through their age, have all moved on. The new ones are all to do with the Healing – the New Revelation. The old ones ended with the Padgett Messages (1914 – 1923). Those who petition and prayer to saints will come to discover that they are communing to the ether – most have left our Local Universe of Nebadon and do not hear one iota from Earth. Mother Mary is most pleased. Mother Mary was an ordinary housewife and mother who never experienced what the Bible accredits her with – you can now put your rosary beads away forever!

- Now, how is this to be shared with all of humanity in all the corners of the world? The administration of this coming Spiritual Age of 1,000 years will be through the Celestial Spirit soulgroups who have come together since the time of James Padgett writings (1914 – 1923).
- The funding of this project of sharing these understandings has been meticulously structured and played out. The Melchizedeks, with the consulting Angels, have worked with the Celestial Soulgroups to ensure that the funds will be available in bulk and in volume to undertake the required exercise.
- Presently, ‘We, the Melchizedeks, are the governors of Earth. We hold humanity’s future in our hands. So, what we want is what will happen, it’s all our doing, with the rest just being the sideshow being carried out by those power-hungry people and mind spirits who wrongly believe they are in control.’ In short, the Solid Investment payouts will start to come into play when the Avonal Pair reach a particular milestone in their healing. Until then, weird and wacky events will create delays until events synchronise.
- Nanna Beth, 3<sup>rd</sup> Celestial Heaven: ‘For the amount of funding to be made available in such a short time and for such a period of time, it was necessary to go this long way round. No one else would donate that amount of funds required, as they’d not understand what they were donating to. So there was no other way of getting the funds – short of manifesting them out of thin air.’ Nanna Beth is the spokesperson of the soulgroup that has the highest level of responsibility in overseeing and implementing the Great U-turn. ‘Into all of this comes the New Revelation (by the Avonal Pair) that is how to end the Rebellion and Default, both on a personal and collective level. And so here we all are, with that information now at our fingertips and waiting to see just how it’s going to be presented to humanity.’
- ‘It’s not to be a slow introduction. It’s to happen rapidly, to catch people off guard in a sense, more of which will become apparent the further things move along.’
- ‘The Rebellion and Default, are to be served, what you could term as, and what will amount to, a huge slap in the face. They are going to hit the dead end brick wall, and so are going to be shown up for being the false way and untruth that they are. People have to see what they’ve been living under, how deluded they are, how controlled, whilst being given the opportunity to go the other way. It will start off relatively quietly whilst you sort yourselves out, and for the Avonal Pair to finish their Healing. But once they have finished it, then it will be time to take it fully into the public arena, and from there it will build like a snowball coming downhill or a big wave taking the whole business over into the next age.’





## U-TURN for HUMANITY:

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“Many people look for a person, spirit, angel, even God, for supreme guidance. However, it's all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our 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 of the 1<sup>st</sup> Celestial Heaven 26 September 2017

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

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

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

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

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

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

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



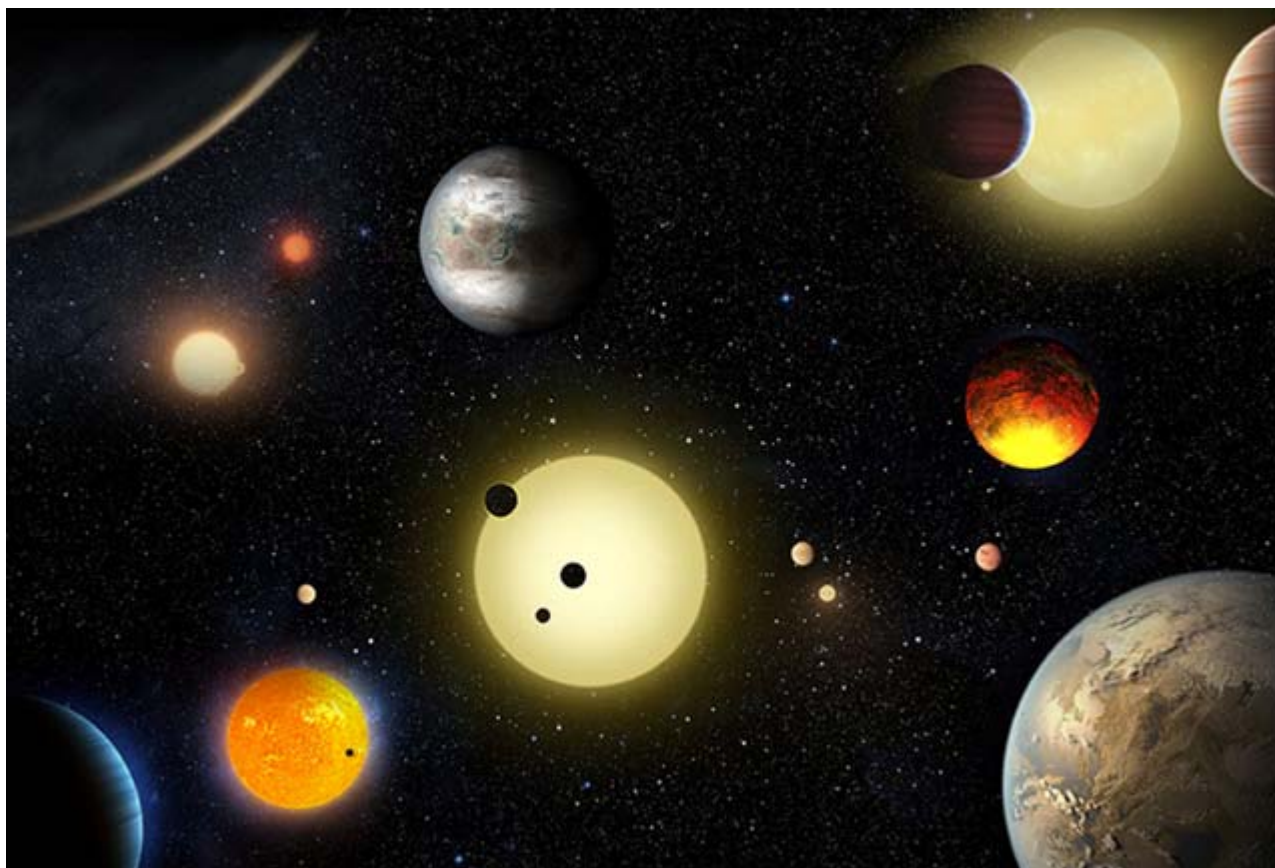
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

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

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



**The NEW WAY:**

Wednesday, 6 May 2020

James: I want to summarise the New Way.

# The NEW WAY The NEW WAY

- What is life really about?
- What does it really mean?
- Who and what are we?
- Why are we here?
- And what are we 'meant' to be doing?
- What is the right way to live?
- How are we meant to be?

We are a soul expressing its personality in Creation. Each soul expresses two unique personalities; you are one personality expression of your soul.

Our soul, being created by God our Soul Parents, our Heavenly Mother and Heavenly Father is 'designed' to fully express itself through its personalities in Creation, this taking the whole of eternity to do. We are a continual expression of our soul. And being one of the personalities of our soul, as a personality, we can continually become self- and soul-realised.

Our soul 'houses' our personality it's expressing in life in a spirit form. From a personality perspective, we are a spirit with a unique personality that was bestowed upon our soul by God, and currently as that spirit, we are living our spiritual reality through the physical experience in a physical body. When our physical experience ends, we move into the truer spiritual levels of Creation living as a spirit.

How we get to know ourselves, all that our personality is, together with all that our soul is, is through Truth. Through experience provided for us by our Mother and Father through our soul, we grow in Truth: in the truth of ourselves, of Creation and of Those Who Created Us.

We are truth-loving souls. Our personality as it's expressed in Creation by our soul interacts with other personalities and levels of personality. Those interactions – experiences – create feelings and thoughts, all of which we are to fully express so as to reveal to ourselves the hidden truths within them we are to see about ourselves, Nature and God. We uncover the truth of ourselves through our feelings, our feelings closer to our soul, our feelings being the truth of ourselves – what we feel and why we feel it. Our mind is to help us put our feelings, and the truth revealed, into context, into an experiential reality we can live and understand – relate to.

You can read these words using your mind as part of your personality expression and it will give rise to other thoughts and feelings. Then with those feelings, by wanting to fully express them and by longing for (wanting) the truth of them, greater awareness and understanding of yourself (why you are having such thoughts and feelings) will come to you, all of which has and affects you with more good or bad feelings, which you can also express leading to more good and bad feelings, and so on forevermore. Through the truth of those feelings, the truth of yourself slowly comes to you. But only as long as you

keep wanting the Truth to be seen through your Feelings. If you don't want to uncover the truth through your feelings then you will live using your mind to dictate and control your life and your feelings, thereby greatly limiting your life and self-expression.

So your soul continually expresses one of its personalities – you – in Creation so as to continually grow in truth through feelings. We are to continually grow in truth through our feelings. We are to remain wholly connected to, and always fully expressing, all our feelings so we can always grow in Truth. We can never understand ourselves properly unless we look to our feelings for the truth they are to reveal to us. If we live looking to our mind for The Way, to explain what life is all about, to explain why you feel and think what you do, you will not find the Truth of yourself or the Truth of your soul, or the Truth of God. The mind cannot reveal truth, it can only help support us in our true feeling expression that leads to our personal truth revelation.

We incarnate – our soul starts to express, us, one of its two personalities in Creation, and through our childhood we form into the spirit expression of personality through which we can experience life, have feelings, understand what they are, and long for the truth of them. Once we become adults we are free to ascend (grow) in truth to Paradise, the Home of Our Heavenly Parents, there to actually meet in personality, our true Mother and Father.

And as we express our personality in life and grow and evolve in truth, we become of increasing love, light and truth, always feeling better and better about ourselves, each other, loving ourselves, each other, and God. That is what should happen, and would happen were we incarnated into a loving non-rebellious world. But this didn't happen to us.

Our Mother and Father have created our souls to begin expressing their personalities in Rebellion, which means, in an anti Truth and so anti Love experience.

Higher Spirits long ago chose to go against the Truth, against God and so against themselves. They started living untrue to themselves. They used their minds to lead and guide them in life rather than their feelings. They stopped their truth revelation and instead of living by the truth that was continuously evolving and coming to light within themselves from their feelings, used their mind to develop beliefs to live by. And these higher spirits influenced our ancestors causing them to follow suit and become rebellious, to become untrue, to live against themselves, their true personality expression, against their own souls, and against God. And they passed their unlovingness and untruth onto their children, parenting using their mind and not through the truth of their feelings, and so on down to us. And we're still doing it, taking our minds further into rebellion against our true feelings, keeping us further and further away from our true selves.

However, all of this was known and so factored into and is part of our soul. God wants us to experience living against ourselves in rebellion, against our own soul and against Them. God wants us to live in rebellion. God wants us to experience what it feels like living in an anti-truth and anti-love experience. Our Mother and Father want us to experience all our bad feelings and all the pain of our living using our minds to control ourselves through contrived beliefs. Our Heavenly Parents incarnated us into life with our earthly parents so our parents would 'induct' us into the Truth Rebellion. We have all grown up subjected to truth-denying parents, grandparents, society, and, mostly unseen, truth-denying spirits. Our whole world is in Rebellion. It all being what God has wanted humanity to experience for all these years.

However, now the Rebellion is ending, and God wants us to come out of it, to live a New Way. To End our Old Truth-denying way,

**New Way**



and to live a New Truth-loving way. And to do that, we are to do our Spiritual Healing (our Feeling-Healing, the perfection of our Natural love; and our Soul-Healing – which is our Feeling-Healing including the Divine Love).



By doing our Spiritual Healing, we are setting out to stop living with our mind in control, looking to our feelings for the truth they are to help us see. Which begins with the truth of our rebellious truth-denying state.

We are always to find the truth of ourselves. Were we incarnated into a true and loving world, through our good loving and happy feelings. We'd strive, yearn and long for the truth of ourselves, our soul and God. Incarnating as we have into a rebellious truth-denying world, we are to also strive, yearn and long for the truth of ourselves, which is, to begin with, the truth of our rebelliousness.

We are to want to know why we are fucked. The whole truth of our Wrongness. Why we live against ourselves in an untrue and false way. Why we are continually going against ourselves, our soul and God; why we are always hurting ourselves. Why our relationships are untrue and don't work unless we work hard at being false. Why we are unloving and not truly loving. Why much of what we call love is not love, it being only what our mind wants us to believe is love. So, we are to become true to being untrue. We are NOT to deny, shut out, brush aside, avoid our bad feelings and those horrible aspects of ourselves we'd rather pretend we don't have. We are to break down all the erroneous constructs and beliefs of our mind that stop our feelings from showing us the ugly, evil, sinful, truth of our unloving and untrue selves. We are to want to see just how bad we really are. To look truthfully in the mirror and accept the horror we see, and to become fully connected with such revolting parts of ourselves. We are to no longer refuse to see the truth of our rotten rebellious selves by using our mind to deny it. We've all been taught to use our minds to believe we are loving and good and even happy in our rebellious lives, using all sorts of beliefs, family derived, religious, everything we can to keep us in the dark about ourselves. And being rotten, evil, untrue and unloving people, no one wants to come clean and admit this to themselves. It's this hidden truth we're all so afraid of seeing about ourselves through our feelings. So we do all we can to banish and keep suppressed within ourselves those feelings (mostly our bad ones) that would show us that awful truth of our rebelliousness.

And because we don't want to see the truth of our rebelliousness, we live using our mind to pretend that mostly we're okay, passing our delusion and truth-denial onto our children. Teaching them how to block out their bad feelings so those feelings won't let them see the truth of themselves and their unloving relationships with their parents and family, filling them full of mind controlling beliefs and unloving self-behaviour, just as our parents did to us. And so the Rebellion against Truth is passed on one generation to another.

To end our personal rebellion we are to do our Spiritual Healing. And we do our Healing by becoming true to our rebelliousness, so no longer denying it. We are to bring out and express all those unwanted bad feelings, all so we can work with them to help us see the whole truth of our Wrongness. Our Healing is a long process of progressively breaking down the controlling aspects of our mind that are

keeping us trapped within our truth-denying ways. Gradually, and all through our feelings, we become aware of such beliefs that are bad for us and their associated unloving behaviour. So gradually your feelings help you see what a horrible, untrue and unloving person you are, helping you to see, connect with, and help you to admit to, all those bad parts of yourself that you are doing all you can do not to see.

We are going in the wrong direction, living against ourselves. Our Spiritual Healing is to stop that, to apply the brakes, to get in touch with, through our feelings, all the suffering and pain we are in because of living against ourselves, to see why we are hurting and being unloving to ourselves, how it all came about from our parents and early lives and how we've grown into it all now being it fully in our adult lives.



So, we are still to uncover the truth of ourselves. Only instead of that being a good thing, bringing greater joy, happiness and love to us as it would had we been incarnated into the true and non-rebellious world, it is something that involves feeling bad a lot of the time, feeling very unhappy and unloving as the truth of being Wrong comes to light.

We are to go back into the depths of our childhood through our feelings, so we can bring to light all the pain, torment and corruption we suffered. Any bad-feeling part of your early life, from conception until you became a full adult, is to be fully brought out so as to find the truth of all you went through.

Our Spiritual Healing is a truth-revealing process. We focus on our bad feelings, admitting to ourselves we are feeling them, accepting that it's right that we are feeling them, even wanting to feel them, all so we can express them – bring them out, so as to give rise to the truth of our rebelliousness we are to see.

We start our Spiritual Healing by paying close attention to any bad feeling. Then instead of denying it, we embrace it. We emote the feeling of it. We express it. We fully allow ourselves to BE it, because WE ARE FEELING IT. If we weren't it, we wouldn't feel it. We strive to bring it out, allowing it to 'have its say'. We allow ourselves to feel it fully, as bad as we might feel. And we always long for and want the truth. We always want our feelings to help show us the truth of ourselves. We want to see the whole truth of our unloving truth-denying state. We want our Mother and Father to help us see the truth of our rebelliousness. We want to get to know



**YUK** ourselves, and so part of that is getting to know all the yukky bad parts of who we are. We no longer want to be false and avoiding our bad stuff, pretending we're alright and okay, when we are not. We want to bring to light the whole truth of our untruth. And do that by becoming true to it. We are to be our whole untrue self. Because we already are it, and have always been it. We never got a chance to be our true self.

So our Spiritual Healing progresses with us becoming increasingly true to being untrue. It is not about doing our Healing so progressively we change all the bad stuff, progressively healing the bad parts as we become aware of them. We are to do our Healing to see all how bad we are. So we will feel bad, right the way through our Healing, right to the end, because it will be the truth of how we've always felt, the truth of how it was for us at the first moment of our conception and right the way through every moment of our forming years and childhood. We have formed in, and so become a part of, the Rebellion, and that greatly hurt us. Mostly we've blocked out and keep repressed such pain. However, through our

Healing it all has to come out, all so we can know how we really felt through every part of our childhood. Because we are still that little child, still feeling bad, still feeling hurt and unloved. As adults we have managed to cover up this pain and all our suffering, some of us doing a better job of it than others, which was also determined through our early life, but it all has to come out and the truth of it been seen, felt and known.

Our Spiritual Healing is not about trying to fix the child we still are, it's about accepting ourselves fully as that distressed and feeling unloved, uncared about, unwanted child. And even the person who feels the most loved, will still have also felt unloved. So it's about being as we were as the child back then, being as we are now, still being that child as an adult. Our feelings now are the same as they were as a child, as they always have been, so it's being true to them rather than denying them.

As we progress in our Healing, as we express all our bad feelings and uncover the truth of them, we are Healing ourselves. Once we've brought out all the bad feelings we will no longer feel bad, and so we will be Healed. However, many of our main problems have been set in place from our very start, so they are very deep within us, and they will take a long time to fully bring out, even right the way until the end of our Healing. So you might work deep into your traumas as they come up, expressing the pain of all the bad feelings they are causing us, seeing the truth of how they came about, and yet still the core pain doesn't leave us. We can even feel better to some degree with most of our pain easing off, and yet still deep down we feel miserable and unloved and so hurt because of how unlovingly we were treated. And still we keep going acknowledging and accepting and expressing those painful feelings of hurt right the way to the very end of our Healing, when finally we will have brought out and fully connected with the truth of all such pain.

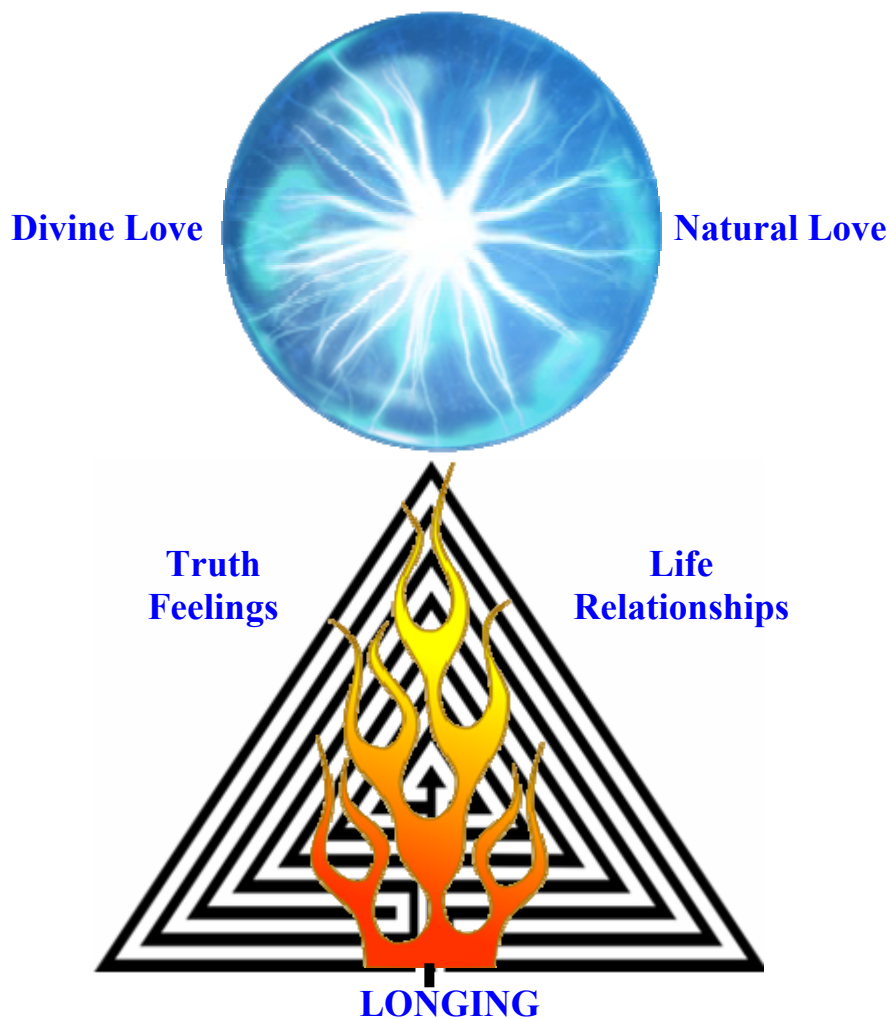
So if through our Healing, having been over and over the same problems and pain, expressing endless amounts of it, we are still wondering why we still feel just as bad about our self as we did when we first began, it's because we still need the pressure of that pain to keep us working deeper into our selves. And when we have seen all the truth of our untrue and unloving state, then it will all go, all the pain, all the problems, all the difficulties, all our bad self-expression, all our unlovingness.

And when we have brought to light the Whole Truth of our Unloving Rebellious condition – state of mind – then we will be free of it, then our Healing will end, then we will be truly loving and living true to ourselves – true to our feelings.

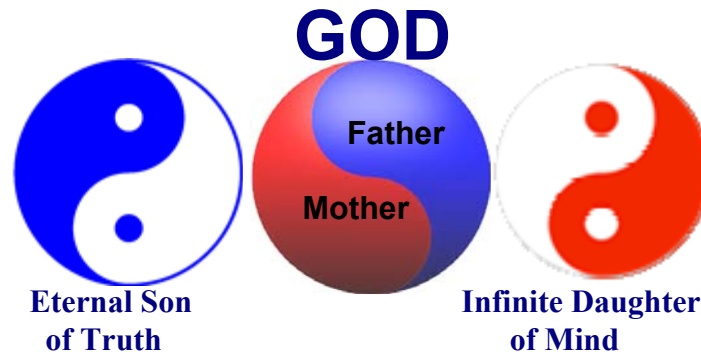
Then our soul will be freely and truly expressing the truth of our self, one of its personalities, and so we will have only loving relationships with our self, with other people, with Nature and with our Heavenly Mother and Father.

**THE NEW WAY**



**HOW TO GET TO PARADISE:****Long for the Divine Love****Long for the Truth****Long for the truth of our feelings****Don't deny any feelings: accept, express and want to know the truth of them****Know your feelings are the key; our feelings are the Way****Want to end our falseness and being untrue****Want to understand the truth of our early life****Use our surface feelings to move deeper into our self, bringing up our repressed feelings****Want and long to know the whole truth of our self****Want to do it all with God, our Heavenly Mother and Father – long to Them for help.****The Key**

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



**PARADISE TRINITY:**

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

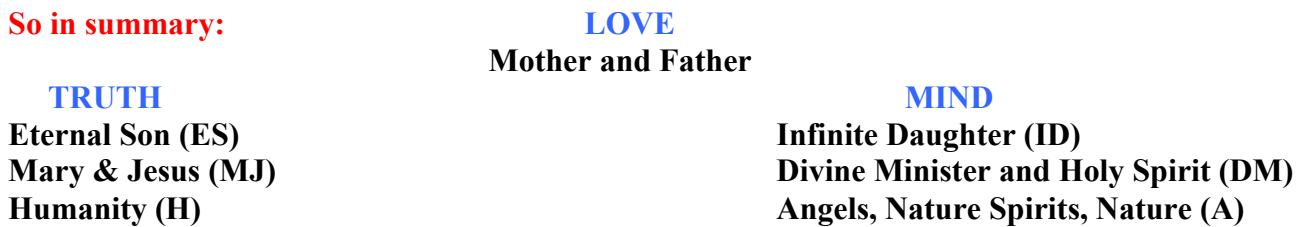
**The LOCAL UNIVERSE TRINITY:**

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

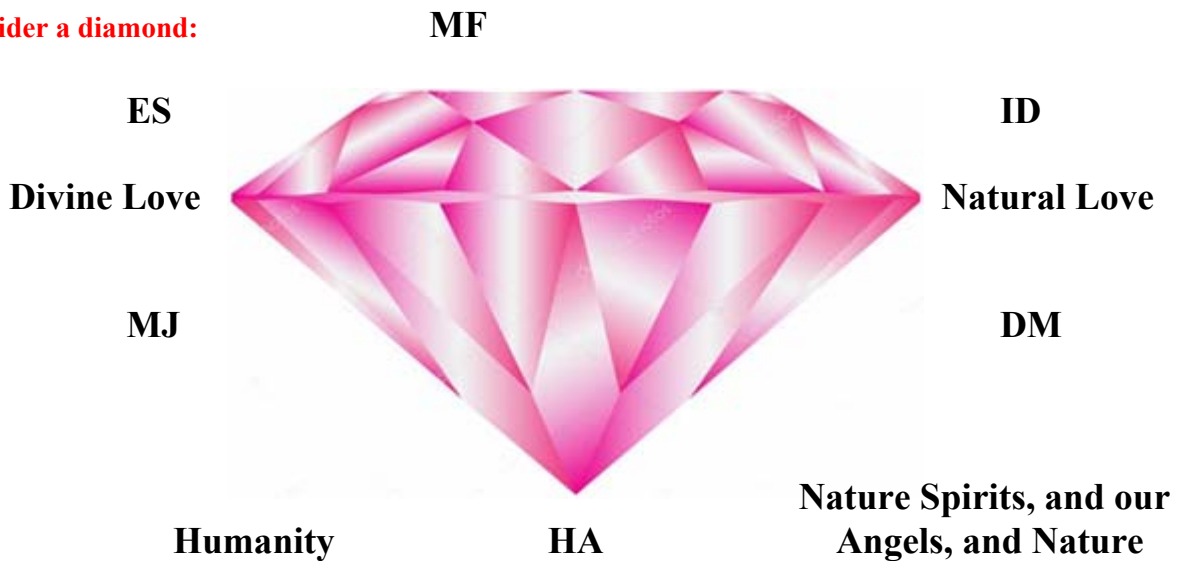
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter

Jesus and Mary

Avonals

as soulmate pairs

Trinity Teachers

as soulmate pairs

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

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

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

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

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

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

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

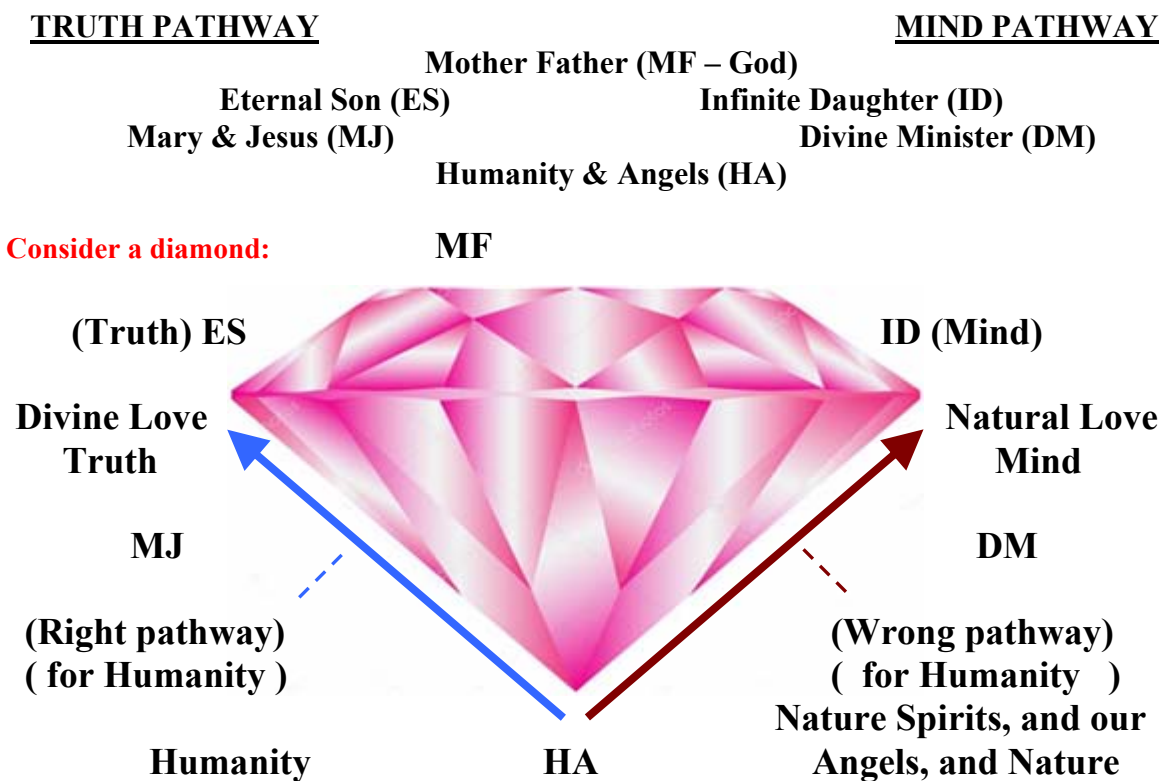
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifer, Satan, Caligastia and Daligastia soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

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

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

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



**Humanity** is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.

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

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

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

Present Day

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.

The Great U-Turn will bring about the Ages of Light and Life.

First soulmate pair – Andon and Fonta

The last humans, the last soulmate pair on Earth.

Lucifer & Satan

Adam & Eve

Jurisdiction of humanity and spirit worlds is now with Celestial Spirits.

Rebellion leaders are now removed



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

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

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

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

(Passage in blue calibrates on the Map of Consciousness at 1,500)



# JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth’s humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth’s humanity is possibly the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

The Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving Home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into super, superuniverse Havona which circulates around the Isle of Paradise, being home.

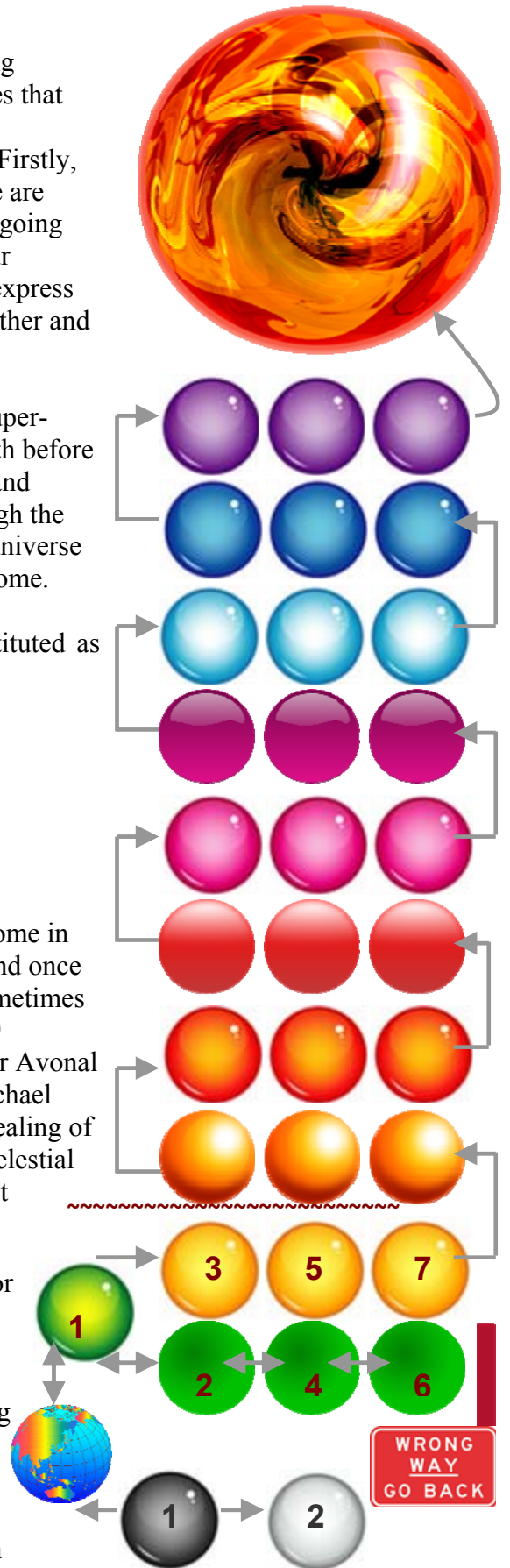
Each of the seven super-universes are approximately constituted as follows and with 1,000,000,000,000 inhabitable worlds:

- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Once we attain the Celestial Heavens (spheres), we start to come in contact with spirits from other ‘Earth’ worlds. So in spirit, and once we’ve finished our Healing and are Celestial, we interact, sometimes directly and otherwise indirectly, with potentially 10,000,000 physical worlds of which 3,840,101 are with humanities. Our Avonal Daughter and Son lead us to Mary Magdalene and Jesus (Michael soulmate pair, our Creator Daughter and Son), through our healing of the Rebellion and Default by guiding us into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Mary and Jesus then lead us through the Celestial Heavens for the system Satania (that Earth is in), then our constellation and then out of our Local Universe.

Isolation from all other humanities prevails before completing our soul’s healing and progress into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 of Earth are for those people who have to compensate for evil wrongdoing. And once done, they may then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to transition into Celestial Heaven.



## SATANIA SYSTEM within the LOCAL UNIVERSE of NEBADON:

The number of **stars** that **you can see** on a clear (moonless) **night** in a dark area (far away from city lights) is about 2,000. Basically, the darker the sky, the more **stars you can see**. Moonlight brightens the **night** sky and reduces the number of **stars you can see**.

A full Moon brightens the sky more than a crescent Moon or half Moon. Artificial lights also reduce the number of stars you can see. In a large city, which has a lot of bright lights at night, you may only be able to see the brightest dozen stars. As the night sky gets brighter, the faintest stars disappear from view first.

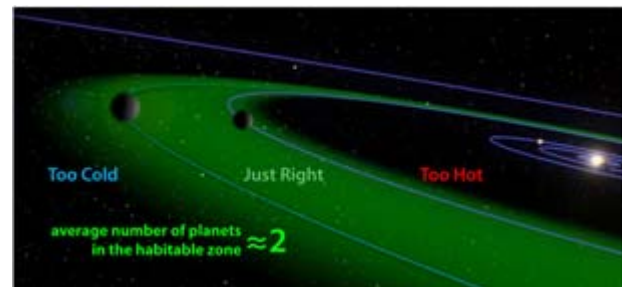
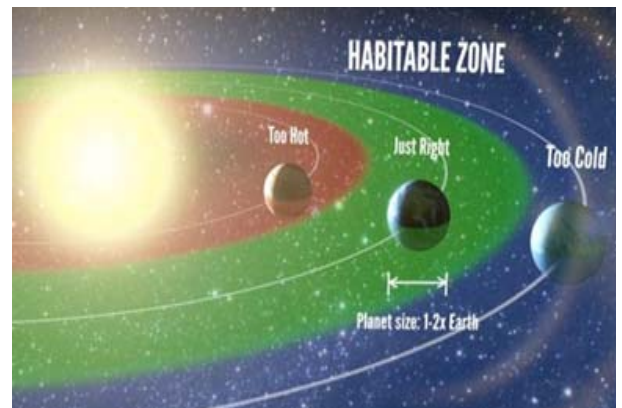
So what are you seeing when you count off 1,000 of the brightest stars in your sight?

Each star has between 0 and 3 inhabitable planets within the habitable zone – water does not boil nor does it freeze all the time. On average a star has one inhabited planet. Within our System of Satania there are 619 inhabited planets out of 1,000 inhabitable planets and we are number 606 – a young planet on the outer edge of the System. You are looking at our System and our neighbours. Physically they are much like us but some maybe taller, shorter, skinnier or fatter.

Presently, because Earth's humanity Rebelled some 200,000 years ago and then Defaulted more than 38,000 years ago, we are quarantined. We are not allowed visitors until we have healed our Rebellion. We have never had alien visitation though they have sent investigative drones.

100 Systems make up a Constellation and 100 Constellations make up our Local Universe of Nebadon of which 3,840,101 planets are inhabited out of 10,000,000 inhabitable planets. The Co-Regents are Mary Magdalene and Jesus. They came physically to Earth and subsequently introduced the availability of Divine Love throughout Nebadon and had the soulmate pairs of Lucifer and Satan imprisoned due to being the leaders of the Rebellion and bringing about the Default.

They also set about the arrival of the Avonal Pair on Earth to introduce the Healing and the new Spiritual Age – Spiritual Healing through Feeling Healing, the New Way.



## HIERARCHY of our SPIRITUAL GUIDANCE:

Our Heavenly Mother and Father permanently reside within Paradise, an island stationary world surrounded by Havona, in the centre of seven Super Universes.

Our Heavenly Mother and Father, being one soul manifesting two personalities, bring about the creation of:

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

The Michaels and Avonals have Spirits of Truth to be released to assist the humanities on their assigned inhabited worlds.

Each Super Universe consists of 100,000 Local Universes.

Each Local Universe is overseen by a Creator daughter and son, our local universe is called Nebadon and Jesus and Mary Magdalene are the Michael pair and regents.

A local universe consists of 10,000,000 inhabitable worlds of which 3,840,101 are inhabited within local universe Nebadon.

A local universe consists of 100 constellations which is made up of 100 systems. Each system has 1,000 inhabitable worlds. The system that Earth is in is Satania and 619 worlds are inhabited.

Emanating from within the Local Universes are Melchizedek, Vorondadek, Lanonandek, Material and Life-Carrier pairs. None have spirits of truth – they are not from Paradise.

From within the Lanonandeks, assigned to oversee the system Satania, which includes Earth (Urantia) were the Lucifer, Satan, Caligastia and Daligastia soulmate pairs, who rebelled. Further, Adam and Eve, the Material son and daughter, defaulted because of the Rebellion. All failed in their assignments, causing us (humanity on Earth) to be spiritually misled for 200,000 years – that is why we are all ‘insane’!

Earth has had five higher spirit physical bestowals:

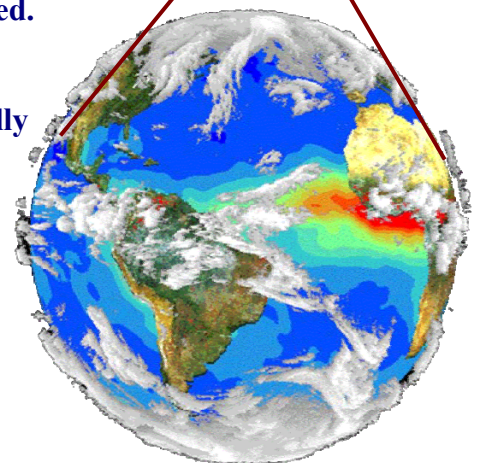
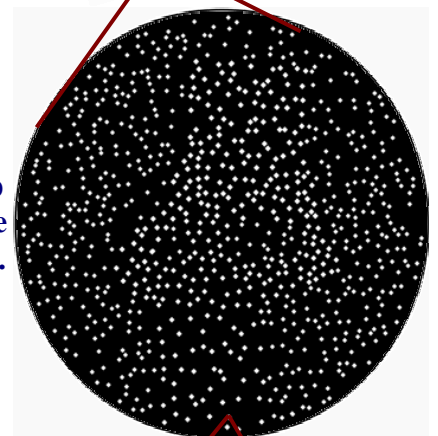
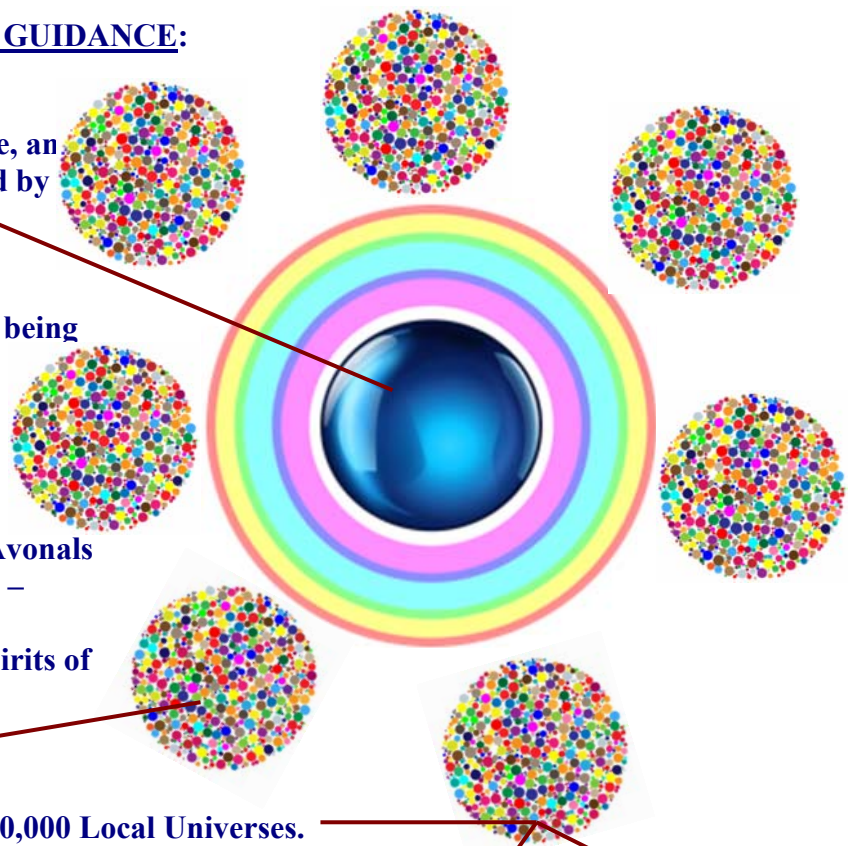
Daligastia soulmate pair being Lanonandeks

Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

Avonal daughter and son who are yet to commence their public ministry.



**SPIRIT MANSION WORLDS are numbered 1 to 7:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 2 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.

Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.



Natural Love sphere progression stops at sphere 6. With only the natural love, progression is through spheres / worlds 1, 2, 4, and 6 only.

Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.

One can embrace Divine Love at any time and move to DL sphere 3 and continue.

The Divine Love spheres 3, 5, 7, 8, 9, and 10 were opened by Jesus.

On death of the physical body we all arrive in the 1<sup>st</sup> Natural Love sphere.

Earth is for the individualisation of souls being the commencement of one’s journey home towards our Heavenly Parents.

The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1<sup>st</sup> Natural Love sphere and continue in their progression onto higher spheres.

The Pre-Incarnational Sphere is the waiting area for souls to be individualised / incarnated.

There are seven Earth planes around Earth, which are separate from the Mansion Worlds, but we only have access to two of them, which include the ‘hells’. Each of the Mansion Worlds also have their own seven planes ‘around’ them.

**Note:** The first experience with a Divine Love Sphere and a Sphere of Disharmony may be introductory planes / sectors within the 1<sup>st</sup> Natural Love Spirit Mansion World.

# Seven Spirit Earth Planes

We start our eternal existence by incarnating, even if it's just for a moment, onto a physical world like Earth. Then, when we die, we move into one of the seven Mansion Worlds, which can be likened to probationary worlds; worlds in spirit through which we correct all that's wrong within us. This includes if we've hurt other people or creatures very badly, we need to compensate for such suffering we've caused in others by suffering ourselves in one of the two lower Earth planes commonly called The Hells.

Other than the two lower Earth planes, we mortal spirits can't live in the other five Earth planes, they being reserved for the angels, nature spirits and other higher spirits.

The geography of the seven Earth planes is based on, or the same as, Earth. Whereas the geography of the seven Mansion Worlds is unique to each world. So, on Earth it's conceivable that your physical home could also be used by nature spirits, angels and higher spirits for their needs in the higher Earth planes, as well as being used by spirits confined to the two lower Earth plane – Hells. So, with these seven other dimensions all focused on your home – a lot could be going on! However, more than likely, the reality is that the lower two Earth plane hells have spirits congregating in the darker seedier places of the physical world, or in the prisons and more isolated places if they are to spend time in isolation. Whilst the nature spirits, angels and higher spirits would reside in their higher Earth planes mostly away from dense populations of humanity, so more in the remote unpopulated areas of the world. The planes, although each being separate from each other and the physical Earth and not interfering or influencing each other, still have some bleed-through of energy, thus affecting them in certain ways. As you can imagine, I don't think the angels would set up one of their main meeting and administration centres over one of Earth's most densely populated, corrupt and polluted cities. Not unless the higher angelic light, was in some way, to affect those people on Earth.

And by and large, we on Earth have very little consciously to do with any of the spirits or angels in the Earth planes. Some people feel emotionally, mentally, psychically and even at times physically disturbed or influenced by spirits in the two Earth plane, Hells, although really there is little direct interference from them. Such things as scary ghosts and knocking noises and all the dark scary poltergeist stuff comes from these wayward, lost, 'dark' and evil spirits still trying to have nefarious control over people on Earth, all of which is relatively harmless other than in exceptional cases. And mostly, we on Earth are totally unaware of our attending nature spirits and angels, and even more so of any higher spirits that might be visiting us or Earth.

For spirits and angels to get as physically close to us as they can, is by them being in the relevant Earth plane. During a Divine Love meditation or prayer for example, it's conceivable you might have in attendance and unbeknownst to you – dark spirits of the two Earth planes that want to try and redeem themselves so are brought to attend your prayer or meditation. You might have nature spirits there as well. You will have your attending angelic pair together with other angels and you might have other higher spirits who are required to help you in your thoughts or feelings to progress in your spiritual development. And then you might also have other Mansion World or Celestial spirits attending you in the relevant Earth plane, including even from the Hell planes should the spirits want to get as physically close to you as they physically can. A lot of Mansion World spirits descend into the lower two Earth planes, the Hell planes, so as to be close to their loved ones on Earth. They are able to do so without being affected negatively by the ever-present Hell plane spirits by adjusting their spiritual light in order to keep them at bay.



It should be noted that to qualify for life in the Hell planes comes about because of the state of ‘hell’ that already exists within the person who acts out such hell on others. We only cause harm to others because the harm was caused to us through our childhood. And instead of dealing with and honouring our own pain and taking full responsibility for it, we block it within ourselves thereby taking it out on others by making them suffer the same degree of pain we’re suffering. Those people who harm another person or creature will at some point suffer the degree of pain they have caused in the other person when the Law of Compensation acts upon them during their time in the Hells. They have to ‘balance the books’ so as to help them understand that it was wrong to do what they did to the other person or creature, for them to understand by directly feeling the pain they have caused. And once they have felt it all, ‘paid for their spiritual crime’ against the will of another, then they are allowed to resume regular spirit life in the Mansion Worlds rather than being kept separate in the Earth Hell planes. And somehow, during the time of ‘paying the price’, they are healed of their need to hurt and harm others so they can move into the regular spirit Mansion World population, no longer looking to, or with the need to, hurt and cause suffering in other spirits.

And it is highly possible that at some point, and even possibly quite soon, the same Laws of Compensation that apply to those spirits having to live and ‘do their time of suffering paying for their crime against another’, will be applied to and on Earth. So many bad people will suddenly be forced into the ‘hell of their own making, the hell that resides in them’. Which means doing some or all of their ‘Hell Time’ whilst on Earth, then completing it when they get to spirit by having to enter one of the two Hell Earth planes, or no longer needing to spend any time in them if they’ve ‘served their time for their evil crime’ when on Earth. Should the ‘earthing’ of the Law of Compensation come about, thereby bringing the Earth into direct alignment with the First Mansion World, then as you can imagine, things will drastically change here on Earth. With anyone merely having the intent, let alone actually carrying out the sinful act, having to immediately suffer compensation for their unloving action and motivation. With the compensation being lived by feeling such intense guilt and all the other bad feelings for the bad things you have done, coupled with pain so bad and so ongoing, you enter into a state of perpetual begging for forgiveness and to be released from your suffering – that very same suffering you caused another person or creature to suffer.



# Seven Spirit Earth Planes

Each of the seven Earth spirit planes co-exist in the same space as we do in the physical. We of the physical world are of the coarsest and densest material. Starting with the 1<sup>st</sup> plane, the material within each plane becomes finer, more refined and of greater luminosity. Those within the lower planes cannot see or discern the presence of those in higher planes. Those of the higher planes can move about those in lower planes without them being aware of being present unless they wish to reveal themselves.

Each plane is predominantly for one group of spirit or angel personalities. However, there are sectors within planes where visitors from higher planes can move about freely. No harm or disturbance can be caused by any spirit personality upon another, not even those within the physical Earth existence.

7  
6  
5  
4  
3  
2  
1

7<sup>th</sup> Earth Plane being for visitors from Havona and Paradise, together with the Daughters and Sons of God. This includes Angels who have come all the way from Paradise.

6<sup>th</sup> Earth Plane being for visitors from the higher levels of our Local Universe. Higher Daughters and Sons together with higher Angels.

5<sup>th</sup> Earth Plane being for visitors from the Celestial Heavens and higher angels and spirits from other parts of Creation, including Finaliters.

4<sup>th</sup> Earth Plane being exclusively for Angels, some of which have evolved from Nature Spirits!

3<sup>rd</sup> Earth Plane is the exclusive domain of Nature Spirits who are derived from creature life experience on Earth.

2<sup>nd</sup> Earth Plane – a ‘Sphere of Isolation’ from which one progresses having settled the Law of Compensation, allowing entry into regular spirit life in the 1<sup>st</sup> spirit Mansion World.

1<sup>st</sup> Earth Plane – the darkest ‘Sphere of Isolation’ and closest to Earth. A plane allowing spirits to live in their state of hell because of their grievous inclination to cause harm to others.

7



All levels of existence  
coexist in the same space.

You may reach out  
and shake hands with  
all levels of existence!

# Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1<sup>st</sup> spirit mind Mansion World where we typically suppress our poor state and remain in the mind Mansion Worlds indefinitely. Some have a period in the ‘hells’ compensating for the pain they have caused others. Many continue their ‘mind worshipping’. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

## GATEWAY

Transitioning into the Celestial Heavens is also out of: **ISOLATION**

OUT



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

Kevin 18 Feb 2019

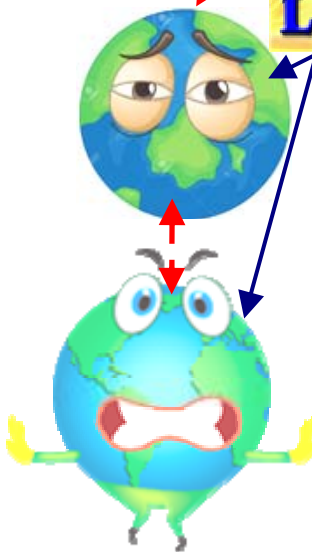
### Law of Forgiveness



### Law of Compensation

If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation. And as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin, 1<sup>st</sup> Celestial Heaven 18 Feb 2019



The minor ‘hells’ are the lower levels of the 1<sup>st</sup> mind Mansion World. Whereas the more severe are the Planes of Isolation being the 2<sup>nd</sup> Earth plane with the severest being the 1<sup>st</sup> Earth plane. Pain caused to another is the pain that will be endured before returning to the 1<sup>st</sup> mind Mansion World, all then to consider your Feeling Healing.





# Boundaries of HELL!

The gateway out of our isolation from all other humanities within our local system is opened to us upon the completion of our healing of all that represents the Rebellion and Default.

While we remain embraced within the Rebellion and Default, even though we are unknowingly doing so, all of the humanity of Earth is isolated from all of the other humanities throughout our local system of Satania, all 619 inhabited worlds. Thus effectively, we are in hell!

Further, we are also isolated from the Spirits of Truth that our spiritual parents can offer us, until we complete our healing and enter the first of the Celestial Heavens. And that is when we move through the gateway and progress beyond healing Mansion World number 7.

Life on Earth is living in hell in the physical. Many of us consider it to be wonderful – that is a fantasy. Our physical parents have remodelled our personality to reflect what they consider appropriate ... IT'S NOT! We are to freely express the personality that our Heavenly Mother and Father bestowed us with.



Many of us fight so powerfully against our childhood suppression and repression that we go on and cause great harm to many others, all of which the Law of Compensation takes into account. The lower levels of the 1<sup>st</sup> mind Mansion World is a region for our compensation. We ALL enter the 1<sup>st</sup> mind Mansion World as spirits upon the death of our physical body. The pain we cause to another is the pain that we will endure in compensation. Those who try to continue to inflict harm on others, but cannot do so, may find themselves within the 1<sup>st</sup> and 2<sup>nd</sup> planes of Earth. The 1<sup>st</sup> Earth plane being the worst of the hells, while the 2<sup>nd</sup> is bridging towards a return to the 1<sup>st</sup> mind Mansion World hell sectors. You can continue to live through your mind and perfect the mind, but you will end up at a dead end in the 6<sup>th</sup> mind Mansion World. There are more than 200 billion spirits within the 1<sup>st</sup> and 2<sup>nd</sup> mind Mansion Worlds and the two Earth planes of compensation. These areas are packed to the rafters! Only by embracing our Feeling Healing and with our Heavenly Parents' Divine Love can we heal ourselves and progress through the three healing worlds before transitioning to the Celestial Heavens and out of the Hells. Within the Celestial Heavens are spirit personalities from all of the 619 worlds within our local system called Satania.

# Mind Mansion Worlds of Natural Love

**Mansion World One:** We ALL arrive into Mind Spirit Mansion World One upon the death of our physical body. Just the general confusion of spirits living their wrongness the best they can, trying to not be bad, trying not to hurt others, thereby staying out of the hells and lower Earth planes. The Law of Compensation ‘persuades’ you not to even think about harming another person.

**Mansion World Two:** Starting to work more with one’s controlling mind, with the focus being on Service. You are to use your mind to be more loving, to selflessly help others, to put others before yourself, to not want for yourself, only wanting the good and betterment of others. And to have loving thoughts, to not think badly of anyone, to keep ‘being good’ in your mind at all times. To think positively, to use your mind to control your feelings so as to make yourself be happy, to bring your full success out, to celebrate your god-given gifts, all for the good and benefit of all.

**Mansion World Four:** This being where the ‘self-help’ approach fits in. It being where you’ve had enough of being of Service, giving yourself to everyone else, and decide that you have to start looking more after yourself. So, you look to working more closely on yourself. You still have bad feelings, so you set about working to resolve the emotional issues through whatever means you can. And they involve emotional releasing / clearing through some level of feeling-acceptance, as you can’t get rid of them that easily. Yet overall, you’re working to bury them once and for all. So deal with all your memory processing, deal with your traumas, do all your massive forgiving, which sets you up in a power position because you are the great one forgiving everyone – those people who did wrong by you. So, you feel more in control, freeing yourself from your controllers, telling them – you are forgiven. Giving them your blessing, feeling you no longer need to be bound into those patterns, and feeling like you’ve found and are bringing out more of your True Self, your true self which I reckon is more of the spirit you that’s deeper in your mind control.

**Mansion World Six:** This is where you put it all together. You’ve achieved mind ‘ascendancy’ (which is really mind transcendence), the perfection of your negative mind-controlling state, specialising in your area of interest, being in bliss and true love and happiness – all mind derived, all of which is resulting from your mind saying you are at-one with Source, God, Soul, whatever the term, which is just your own controlling mind. Your mind is god, and it’s calling the shots, keeping all your repressed feelings away, without you having to address any personality imperfection resulting from your bad parenting. Because you believe you’ve fixed all of that, you no longer have bad feelings within you, you’ve forgiven the evil ones in your life, you’re now wholly in control making your reality be as you want it to be through your mind.

Part by James – 19 August 2018





**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

**Soul spheres  
are not  
numbered.**

**Soul spheres  
are to:**



**The New Birth = Become at one with God: sphere 8**

**Peak Sphere =**



**NATURAL  
LOVE  
SPHERES**

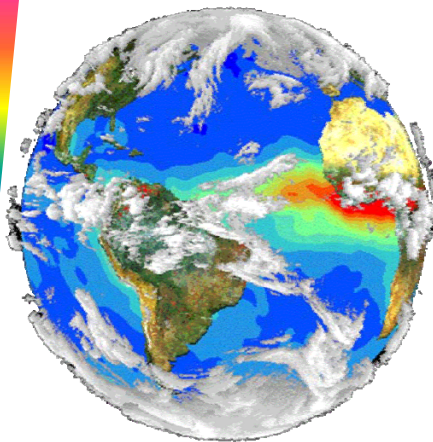
**7**

**5**

**3**

**Spirit body  
spheres are  
1 - 7**

**DIVINE  
LOVE  
SPHERES**



**Earth sphere is for  
the physical body.**

**NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:**

**After the HAND OVER!**

**Divine Love progress is to infinity**

Peak of 7<sup>th</sup> sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation

utilising Dr David Hawkins' 'Map of Consciousness' table:

**Natural Love peak is 1,000 on MoC**

Natural Love  
6<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 840 – 1,000

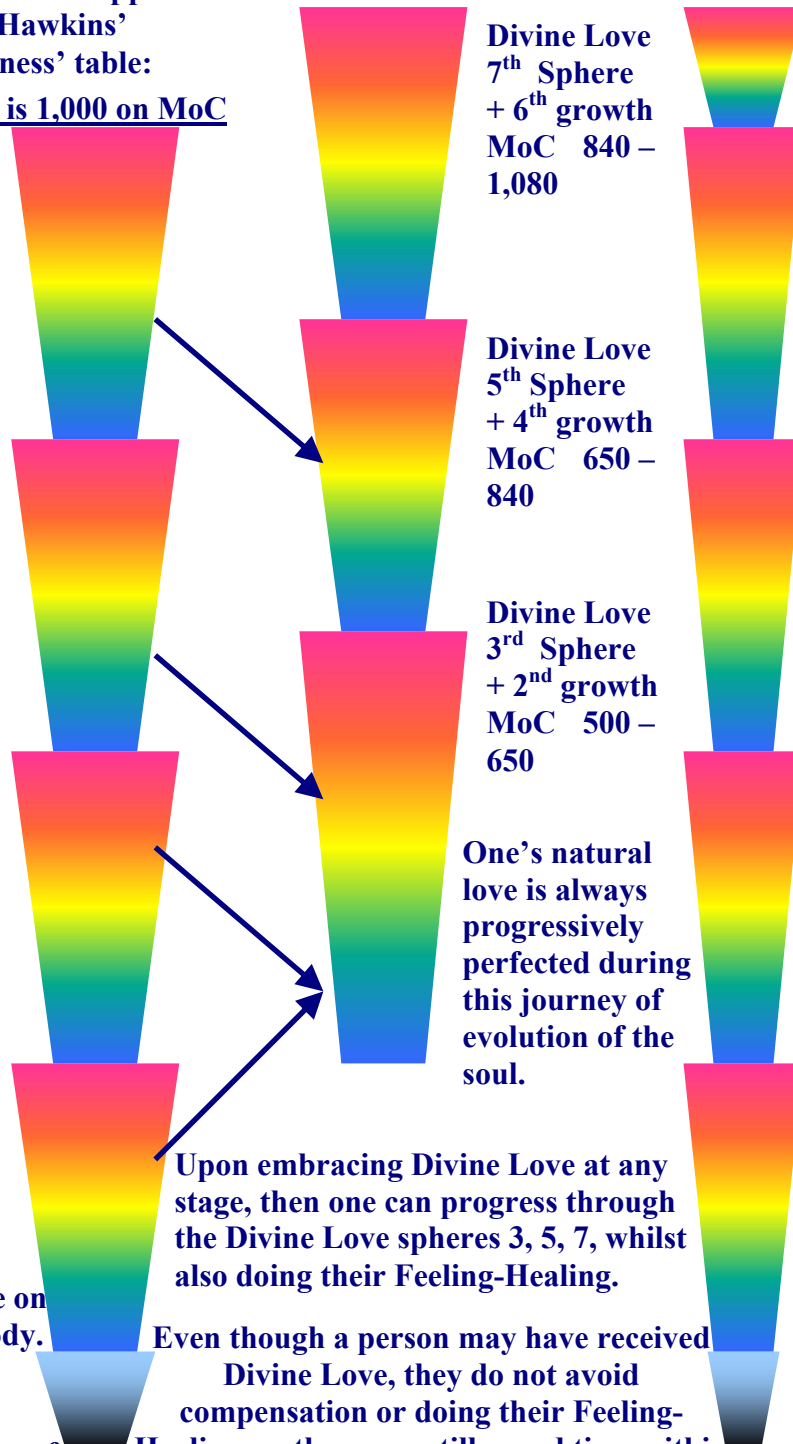
Natural Love  
4<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 650 – 840

Natural Love  
2<sup>nd</sup> Sphere  
Mansion / Minds  
Worlds with  
Feeling Healing  
MoC 500 – 650

Natural Love  
1<sup>st</sup> Sphere  
MoC 200 – 500

We all enter the 1<sup>st</sup> natural love sphere on the death of our body.

HELL planes:  
MoC 1 – 200  
Hells being a sub-set of 2 Spheres of Disharmony.



Divine Love  
7<sup>th</sup> Sphere  
+ 6<sup>th</sup> growth  
MoC 840 – 1,080

Divine Love  
5<sup>th</sup> Sphere  
+ 4<sup>th</sup> growth  
MoC 650 – 840

Divine Love  
3<sup>rd</sup> Sphere  
+ 2<sup>nd</sup> growth  
MoC 500 – 650

One's natural love is always progressively perfected during this journey of evolution of the soul.

Upon embracing Divine Love at any stage, then one can progress through the Divine Love spheres 3, 5, 7, whilst also doing their Feeling-Healing.

Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

Natural Love sectors for those doing their Feeling-Healing, without the Love, are within the Natural Love Mansion Worlds:

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6<sup>th</sup> Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 7<sup>th</sup> Divine Love Sphere.

Then they may prepare to enter the Celestial Heaven Spheres from there.

This pathway is when the Divine Love is unavailable before perfecting one's soul.



**NATURAL LOVE or HUMANITY’s ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

| MAP OF CONSCIOUSNESS |              |               |          |               |                    |
|----------------------|--------------|---------------|----------|---------------|--------------------|
| God-view             | Life-view    | Level         | Log      | Emotion       | Process            |
| Self                 | Is           | Enlightenment | 700 1000 | Ineffable     | Pure Consciousness |
| All-Being            | Perfect      | Peace         | ↑ 600    | Bliss         | Illumination       |
| One                  | Complete     | Joy           | ↑ 540    | Serenity      | Transfiguration    |
| Loving               | Benign       | Love          | ↑ 500    | Reverence     | Revelation         |
| Wise                 | Meaningful   | Reason        | ↑ 400    | Understanding | Abstraction        |
| Merciful             | Harmonious   | Acceptance    | ↑ 350    | Forgiveness   | Transcendence      |
| Inspiring            | Hopeful      | Willingness   | ↑ 310    | Optimism      | Intention          |
| Enabling             | Satisfactory | Neutrality    | ↑ 250    | Trust         | Release            |
| Permitting           | Feasible     | Courage       | ↑ 200    | Affirmation   | Empowerment        |

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

| MAP OF CONSCIOUSNESS              |               |        |       |                           |             |
|-----------------------------------|---------------|--------|-------|---------------------------|-------------|
| God-view                          | Life-view     | Level  | Log   | Emotion                   | Process     |
| Man made dis-empowering emotions: |               |        | ↓ 200 | All the negative emotions |             |
| Indifferent                       | Demanding     | Pride  | ↓ 175 | Scorn                     | Inflation   |
| Vengeful                          | Antagonistic  | Anger  | ↓ 150 | Hate                      | Aggression  |
| Denying                           | Disappointing | Desire | ↓ 125 | Craving                   | Enslavement |
| Punitive                          | Frightening   | Fear   | ↓ 100 | Anxiety                   | Withdrawal  |
| Disdainful                        | Tragic        | Grief  | ↓ 75  | Regret                    | Despondency |
| Condemning                        | Hopeless      | Apathy | ↓ 50  | Despair                   | Abdication  |
| Vindictive                        | Evil          | Guilt  | ↓ 30  | Blame                     | Destruction |
| Despising                         | Miserable     | Shame  | 20    | Humiliation               | Elimination |

# MAP OF CONSCIOUSNESS

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

**PERSONALITY TRAITS:**

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

**MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:**

The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

| <b>MAP of CONSCIOUSNESS</b>                                                                               | <b>MoC</b>    | <b>Calibrations</b>                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| God, our Heavenly Mother and Father                                                                       | Infinity      | Location being Isle of Paradise                                                                                                                     |
| Celestial Heavens peak                                                                                    | <b>1,500</b>  | 3 <sup>rd</sup> Celestial Heaven (10 <sup>th</sup> spirit Mansion World)                                                                            |
| Feeling Healing / Divine Love teachings                                                                   | 1,480 – 1,500 | 3 <sup>rd</sup> Celestial Heaven spirit guided                                                                                                      |
| Now at one with Heavenly Parents                                                                          | 1,081         | 1 <sup>st</sup> Celestial Heaven entry at Jerusem                                                                                                   |
| Feeling Healing with Divine Love                                                                          | 1,080         | 7 <sup>th</sup> Divine Love transitional sphere to Heavens                                                                                          |
| Natural Love peak                                                                                         | <b>1,000</b>  | 6 <sup>th</sup> spirit Mansion World peak– can't go further!                                                                                        |
| Pascas WorldCare (as a platform)                                                                          | 880           | 5 <sup>th</sup> spirit Mansion World healing + Divine Love.                                                                                         |
| Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs) | 880           | 4 <sup>th</sup> spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings. |
| Koran                                                                                                     | 700           | 4 <sup>th</sup> spirit Mansion World equivalent.                                                                                                    |
| Torah                                                                                                     | 550           | First five books of the 24 books of the Tanakh.                                                                                                     |
| Cookies made for Family                                                                                   | 520           | Made with love (this supports cooking shows).                                                                                                       |
| Enter EITHER natural or divine pathway                                                                    | <b>500</b>    | 2 <sup>nd</sup> natural love OR 3 <sup>rd</sup> Divine Love spirit world.                                                                           |
| Peak of mind total orientation                                                                            | 499           | 1 <sup>st</sup> spirit Mansion World peak.                                                                                                          |
| King James Bible (from the Greek)                                                                         | 475           |                                                                                                                                                     |
| Roman Catholic Church                                                                                     | 450           | Church (worldwide) – mind controlled – reason.                                                                                                      |
| Home cooked sea fish + organic salad                                                                      | 410           |                                                                                                                                                     |
| Home roasted free range chicken + salad                                                                   | 410           |                                                                                                                                                     |
| Wine or Beer                                                                                              | 330           | (in moderation!)                                                                                                                                    |
| Roman Catholicism administration                                                                          | 305           | As an institution in year 2004.                                                                                                                     |
| Tea green                                                                                                 | 300           |                                                                                                                                                     |
| <b>Humanity</b>                                                                                           | <b>212</b>    | The population of the world overall.                                                                                                                |
| Vegetarianism                                                                                             | 205           |                                                                                                                                                     |
| Muesli                                                                                                    | 205           | Above 200 is pro-life – positive.                                                                                                                   |
| <b>Food</b>                                                                                               | <b>200</b>    | <b>At this level and above food is life enhancing.</b>                                                                                              |
| Food, Commercial Cat                                                                                      | 192 – 202     | Below 200 is anti-life – negative.                                                                                                                  |
| Food, Commercial Machine-made                                                                             | 188 – 200     | Energy dense but nutrition poor.                                                                                                                    |
| Black Tea                                                                                                 | 185           | Refining of most foods removes nutrients.                                                                                                           |
| Percolated Coffee / Cappuccino / etc                                                                      | 165           |                                                                                                                                                     |
| Corn Flakes                                                                                               | 85            |                                                                                                                                                     |
| Fish (living in ocean)                                                                                    | 20            |                                                                                                                                                     |
| Bacteria                                                                                                  | 1             |                                                                                                                                                     |



# Light of Truth of PASCAS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3<sup>rd</sup> Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

## COUNCIL of ELDERS

**Council of Elders now around 20 soul-groups from the 3<sup>rd</sup> Celestial Heaven**



Communications between the Celestial Council of Elders and those within the physical administration of Pascas World-Care will be via those who complete their Feeling Healing on Earth, as years go by.



## Avonal PAIR Oversight



The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

## LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5<sup>th</sup> Divine Love Spirit Mansion World's level. Further, the Pascas Papers which are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.

-  Celestial Heavens 8, 9, 10 also referred to as 1, 2, 3 being at-one with Mother and Father.
-  Divine Love spirit Mansion Worlds, healing / crying worlds 3, 5, 7.
-  We all transition to Natural Love spirit Mansion World 1, and typically go in the wrong direction to Natural Love spirit Mansion Worlds 2, 4, 6 and cannot go further!

|                                                                                      |                                                                                                  |            |                            |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------|----------------------------|
| <b>Primary recommended reading:</b>                                                  | <b>consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light</b> |            |                            |
| <b>The Rejected Ones</b>                                                             | <b>2002 – 2003</b>                                                                               | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Messages from Mary &amp; Jesus</b>                                                | <b>2003</b>                                                                                      | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Paul – City of Light</b>                                                          | <b>2005</b>                                                                                      | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Feeling Healing</b>                                                               | <b>2017</b>                                                                                      |            | <b>– James Moncrief</b>    |
| <b>Religion of Feelings</b>                                                          | <b>2017</b>                                                                                      |            | <b>– James Moncrief</b>    |
| <b>Mary Magdalene and Jesus' comments on the Padgett Messages</b>                    | <b>2007 – 2010</b>                                                                               | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Speaking with Mary Magdalene &amp; Jesus Sage and the Healing Angels of Light</b> | <b>2013 – 2014</b>                                                                               | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Sage and the Healing Angels of Light</b>                                          | <b>2017</b>                                                                                      | <b>xxx</b> | <b>– James Moncrief</b>    |
| <b>Road map of Universe and history of Universe:</b>                                 |                                                                                                  |            |                            |
| <b>    The Urantia Book</b>                                                          | <b>1925 – 1935</b>                                                                               | <b>xxx</b> | <b>as primary reading</b>  |
| <b>Divine Love supporting reading:</b>                                               |                                                                                                  |            |                            |
| <b>Revelations</b>                                                                   | <b>1954 – 1963</b>                                                                               |            | <b>– Dr Daniel Samuels</b> |
| <b>Judas of Kerioth</b>                                                              | <b>2001 – 2003</b>                                                                               |            | <b>– Geoff Cutler</b>      |
| <b>The Book of Truths</b>                                                            | <b>1914 – 1923</b>                                                                               | <b>xxx</b> | <b>– Joseph Babinsky</b>   |
| <b>    containing the Padgett Messages or Little Book of Truths</b>                  |                                                                                                  |            | <b>– Joseph Babinsky</b>   |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                         |                                                                                                  | <b>xxx</b> | <b>– Geoff Cutler</b>      |

**Available generally from:**

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

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

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

**For Divine Love focused websites and forums:**

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

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

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

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

**BIBLIOGRAPHY NOTE:**

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

U-Turn for Humanity Pascas Reveals New Feelings Way

U-Turn for Humanity pathway being New Feelings Way

U-Turn for Humanity shutting hells through New Feelings Way

U-Turn for Humanity through the New Feelings Way

U-Turn for Humanity unfolding the New Feelings Way

Universal Gift – Feeling Healing with Divine Love

Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

**James Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

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

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945  
The Urantia Book (see suggested papers to read below)

**James Moncrief Books:**

|                                                                     | MoC   |                           |       |
|---------------------------------------------------------------------|-------|---------------------------|-------|
| The Rejected Ones – the Feminine Aspect of God                      | 1,490 | Nov 2002 – Jan 2003       | 228   |
| Messages from Mary and Jesus book 1                                 | 1,485 | Feb – Apr 2003            | 189   |
| Messages from Mary and Jesus book 2                                 | 1,485 | Apr – Oct 2003            | 170   |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 |       | Aug 2007                  | 164   |
| Messages from 31 May 1914 – 12 January 1915                         | 1,495 |                           |       |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 |       | Sep 2010                  | 177   |
| Messages from 13 January 1915 – 29 August 1915                      | 1,494 |                           |       |
| Speaking with Mary Magdalene and Jesus blog – book 1                | 1,490 | Jan – Apr 2013            | 206   |
| Speaking with Mary Magdalene and Jesus blog – book 2                | 1,489 | Apr – May 2013            | 229   |
| Speaking with Mary Magdalene and Jesus blog – book 3                | 1,490 | Oct – Jan 2014            | 187   |
| Speaking with Mary Magdalene and Jesus blog – book 4                | 1,491 | Jan – May 2014            | 191   |
| Mary Magdalene comments on Revelation from the Bible KJV            | 1,485 | Dec 2013 – Jan 2014       | 84    |
|                                                                     |       | This group being pages of | 1,825 |

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         | 1,500                  | 2017                      | 201   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 47    |
|                                                                  |                        | This group being pages of | 3,046 |

**Introduction to Divine Love Spirituality**

<http://dls spirituality.weebly.com/>

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

<http://dls cr.freeforums.net/>

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

## **FEELING HEALING and SOUL HEALING with the DIVINE LOVE:**

**James Moncrief Publications:**

**all publications are free downloads:**

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

It is suggested for one to consider reading as follows:

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

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

### **Paul – City of Light**

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

### **Ann and Terry**

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

### **Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

### **Feeling Healing**

**you can heal yourself through your feelings**

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

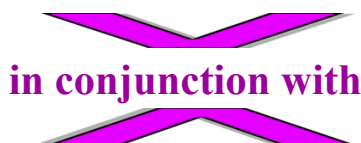
**The Padgett Messages being published as:**

**The True Gospel Revealed Anew by Jesus volumes 1 – 4**

**Book of Truths by Joseph Babinsky**

**The Urantia Book**

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



**in conjunction with**

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

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

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

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

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

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

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

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

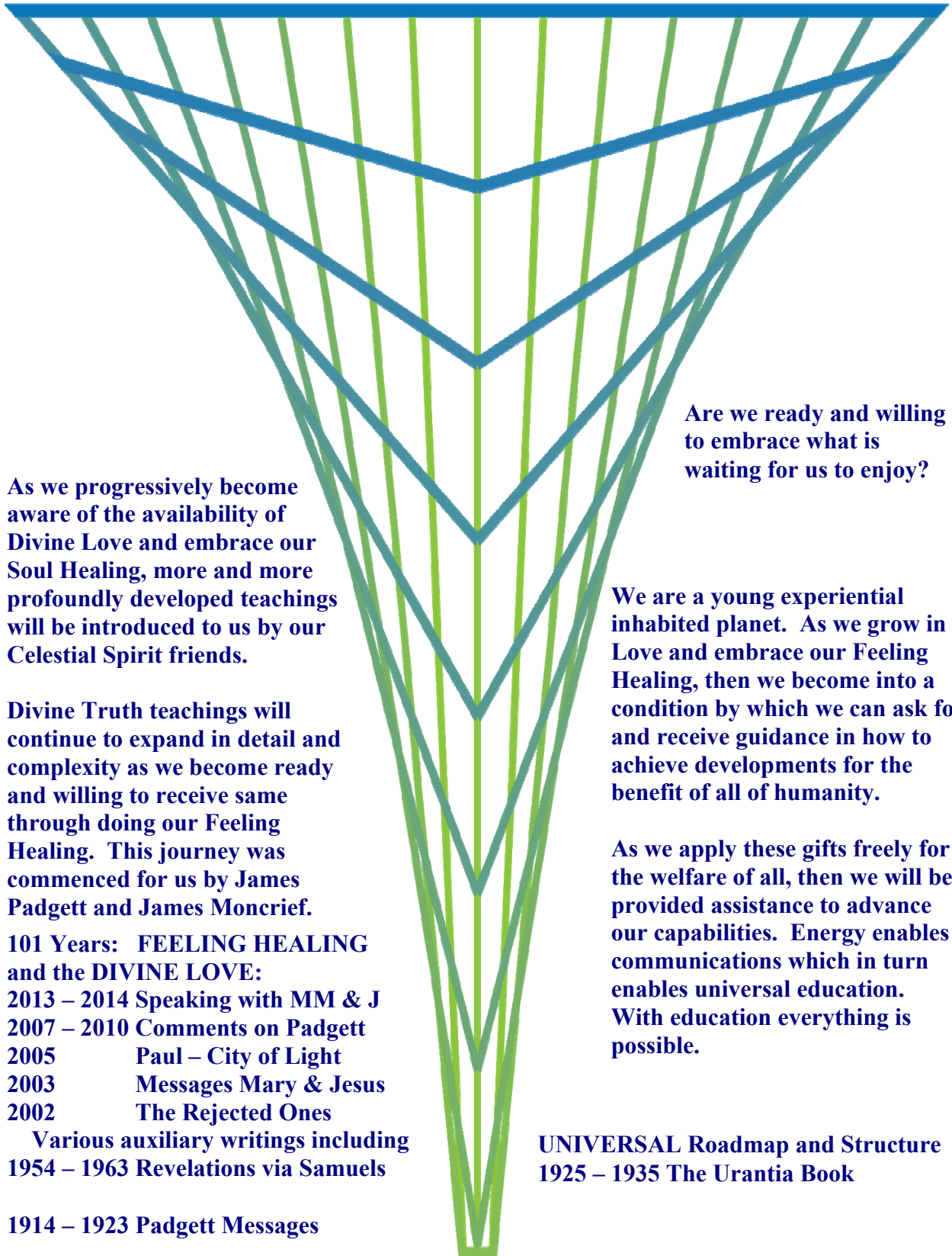
Pascas Care Letters A Huge Upturn  
 Pascas Care Letters Big Revelation  
 Pascas Care Letters Feeling Healing Benefits Children  
 Pascas Care Letters Feeling Healing Way  
 Pascas Care Letters Little Children  
 Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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





**Great Gifts through our Feelings are:**

**The Awareness of our Heavenly Mother  
and Father**

**That our soul is a duplex – both male  
and female – one soul, two personalities**

**That Feeling Healing with Divine Love  
is our pathway to Paradise – our true  
home**

**Freely expressing our Feelings to a  
companion is expressing our true  
personality – the personality bestowed  
upon us by our Heavenly Mother and  
Father – our true Mum and Dad!**

# Healed potential



# Insightful Genius

*Brilliance!*

# DYNAMIC

# vibrant