

# PASCAS CARE

## Feeling Healing

## And PARENTING



“Peace And Spirit Creating Alternate Solutions”

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

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

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

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

Aspiring to Living Feelings First, *John.*



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

**PARENTS SUPPRESS OUR WILLS!**

Notes from [Mary and Jesus' Comments on the Padgett Messages](#), book 2, p.64 by James Moncrief

All of our anger is due to feeling so powerless, this some understand, however we have yet to fully embrace the feeling, meaning, and awareness of and true understanding that when we say we feel powerless, we mean will-less, and to feel will-less is at the root of all our problems and why we feel so bad. It is time to give feeling will-less more thought and feeling.



That will become the level at which we are to reach in doing our healing, and that will be why we will feel so bad when we say we feel like we are nothing, because we will then be feeling when we feel our will is not there, not functioning. And as we are to know, we always have will, yet it was with our parents and their treatment of us that made it seem and feel to us that we didn't have a will, all because they didn't allow us to be free to use it, to do as we pleased. So our whole negative state is one of feeling will-deprived, will-less, and many people and spirits when they say they feel soul-less really mean will-less.

**OPPRESSION AND DISCRIMINATION ARE NORMALIZED FROM BIRTH THROUGH OUR LIVED EXPERIENCES AS CHILDREN.**

It's just what our parents did to us. They screwed us up and then expected and made us try to make ourselves feel better and have a life. They gave us nothing of a life, nothing good to feel about, and yet expected and told us it was all up to us to make ourselves feel good and make a good life. Which is all very well, yet how can we do that when they stoped us from being able to do anything for ourselves, when they stop us from being able to make life be any way, good or bad, for ourselves.

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Our childhood repressive upbringing, without exception, infuses progressively into our all controlling mind, cluttering same with errors of belief and injuries from our parents. Our all controlling power hungry minds begin to dominate our every action. The norms that we observe and participate in during our childhood become our way of living, and in turn we pass these domineering ways onto our own children. Humanity is trapped in a never ending cycle.



Throughout all of this perversion and persuasion our soul remains pure in truth and feeling. It is only when we avoid our mind thinking processes and allow our feelings domain, do we begin to live in truth and harmony. Our soul based feelings are our way to truth. Allow your feelings to flow freely. Our feelings are truth. Our feelings will bring harmony and peace. Our feelings will help us feel and know the truth of our injuries and errors. Then with our soul based feelings will we evolve in love and harmony with our Heavenly Parents.

Infographics and diagrams have been added by Pascas.

## WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

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

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

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

Helen talking to James Moncrief 5 April 2017

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

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

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

Love can only go where truth exists.

Messages from Mary and Jesus 13 March 2003

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

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>



**LOVE as WE ARE to EMBRACE IT:**

**Living true to one's feelings with our Heavenly Parent's Love is our pathway.**

**The Rejected Ones – Living True to One's Feelings – Uralia Speaks**      **by James Moncrief**  
**Message 26**                      **Uralia (Joanne)**                      **1 January 2003**

When you embrace the Mother and Father's Divine Love, and do your soul-healing, you are fully awake and living your true life's path, you are on your way to Paradise!

The Truth is already within us and all we need do is bring it out. We don't have to go looking for it, and learn it from an outside source, as it is within us right from conception. The Mother and Father have given it to us in our soul. Our souls are made of truth – they contain it all, and it's waiting to come forth if we want it to, and more importantly – ALLOW it to. To every well-meaning parent: try and bear this in mind. Your child, that little helpless person lying there in front of you, has within her or his soul all truth, and if you don't interfere with it, if you allow it to fully express itself, it will naturally through the course of its life reveal this truth.

The great challenge to a parent is to not get in the way of its own child; to not take over and tell it what to do, what to say, what to feel and when, and how to behave. **DON'T TELL YOUR CHILD HOW TO DO ANYTHING EXCEPT WHEN IT ASKS FOR HELP.** It is the parent's responsibility to show its child by being the living way, the living truth for it, the living example for it to emulate, not to control and dominate with a heavy hand and a fierce voice. If you truly love your child then you will see it as an emerging soul who contains all the truth within itself, needing only your love and support to protect it and encourage it to express all it feels. And protecting and supporting it means learning how the Mother and Father protects and supports you, you being Their child, and you then loving your child as They love you. Your child looks to you and you look to Them, and They will show you the way through your feelings as you bring out the truth of yourself, just as your child will show itself its way through its feelings, as it too brings out the truth of itself.

Your child will ask you to help it when it needs it. You only have to be there for it. When your child asks of you something you cannot give, don't be mistaken in feeling you are being criticised for not being able to give everything, as this will cause you to over react by telling your child what to do. In your negative state you can't give all, as you are still in need yourself. You can't give what you don't have. If you take control your child will resist saying: no I don't want to do what you are telling me to do. Stop making me try and do it. I want you to love me! I want you to love me how I need to be loved. And this is exactly the same longing with which we reach out to the Mother and Father: with a longing and need to be loved by Them with all the expectation that They will and that we will get what WE WANT.

We want our Heavenly Parents' love just as we wanted, and still want until we've healed it, our parents' love. When our parents didn't give it to us we developed the belief that it would not come and so many of us have a belief that it will not come from the Mother and Father as well. We don't even try or bother to ask Them for Their Love as we naturally would, as we did naturally try to do with our parents. We need to re-ignite or reawaken our longing for love. And we need to believe that it is there for us to have.

Jesus came to tell us that the Divine Love of our Father is there for us, and Mary has revealed the same for our Mother, together with the way to heal all our incorrect belief; all the wrong beliefs and error that have deadened our longing and inhibit us making us scared to try. We tried countless times to get our parents love, but they refused to give it how we needed it. They gave us 'love' conditionally, all

according to how they wanted to do it – all without considering our feelings. So this ‘love’ made us feel rejected over and over, and now we’re terrified of being rejected. We are also scared that if we ask the Mother and Father for Their Love They too will reject us. And if this happens, to whom can we go to? We are faced with the end.

You were rejected by your parents and still live in that state of rejection, and will forever until you do your healing. But it was your earthly parents who rejected you NOT your Heavenly Parents; They are waiting for you to love Them, to WANT THEM WITH ALL YOUR HEART AND WITH ALL YOUR STRENGTH OF WILL. They want you to love Them and only Them, to give all of yourself to Them, and then They can shower you with all the love you need in ways you will not have dreamed of.

The Mother and Father have always loved you, They can’t not love you, and never will not love you. It’s just that through the Rebellion and Default we are rejecting Them, effectively turning our backs on Them saying: we don’t want Your love, we know what’s best for us, we can look after ourselves, we can do it all ourselves, go away and leave us alone – WE DO NOT WANT YOUR DIVINE LOVE! So when we long to Them we are now saying: we don’t want to reject You, we are wrong, please Love us and help us see the errors of our ways.

Your relationship with the Mother and Father is completely conditioned by the relationship with your parents. If you love or hate your parents, within you, even if you are not aware of it, you will love or hate your soul-Parents. You cannot freely love and live in truth with Them until you have healed yourself of all the evil, sin and error that exists as a result of your parenting. All that is unloving and not of love. And we are all of it. That is the condition of Earth. So as you heal your wrongness divesting and separating yourself from your negative unloving relationship with your parents, so will you be also clearing and opening the way for you to have a more personal loving relationship with Them.

If you are having difficulty asking the Mother and Father for Their Divine Love, ask Them to help you see the cause in you that is giving you the problem. Ask Them to show you the truth as to why you are feeling as you are. And ask Them to help you to ‘see’ it. “Ask and you shall receive”, but you have to want to both ask and receive. Have you asked with the intention of really WANTING to know the answer? You are wasting your time if you ask or pray without really wanting to know the truth about yourself. You have to come clean and squarely face yourself, and try to be as honest with yourself as you can; and really decide for yourself if you do really want to know. And then with all your want, ask, even if you believe it’s not much. And even if you are not being honest: either you can’t but would like to, or you have doubts about yourself, bring it all out, open up, and confess to the Mother and Father all your feelings of doubt, uncertainty, confusion and any negativity about yourself. This is the way to knowing yourself. By admitting to your self what you truly think and feel in each and every situation in life. It may sound like a lot to do, but at least you can begin by WANTING to do it. It is all in the wanting; in the desiring. If you really want to do it, then your will is active and it will take you along the way you want to go. “Where there is a will, there is a way”, and this is true; but it is your will and your way that you must want to live – and NO ONE ELSE’S – ESPECIALLY YOUR PARENTS.

Your parents are standing in the way of you and the Mother and Father. They are *in you*, you have accepted them, and more so than you know until you do your healing. You are a mixture of them with yourself struggling to fit in somewhere if you’re lucky. If your parents gave you some slack you may have a little of yourself, if they totally consumed you, then you are starting from scratch to find yourself. This you will find out as you go. However, no matter how bad you are, whatever your state is, if you want to live true and live the Mother and Father’s Way: live as They want you to; and you want to ask Them for Their Divine Love, then all you need do is long: long to Them for Their Divine Love.

Want with the expectation to get what you want. Be in no hurry and try not to condition it, even though unconsciously you will, but WANT to try not to. Try to be open to allow the Mother and Father to show you for yourself Their Way, and in Their time, for it will be what is right and true and good for you. And They will show you THROUGH YOUR FEELINGS – and in no other way. You'll simply feel to do what you want to do. And as you progress in your healing, what you feel you want to do, will become truer.

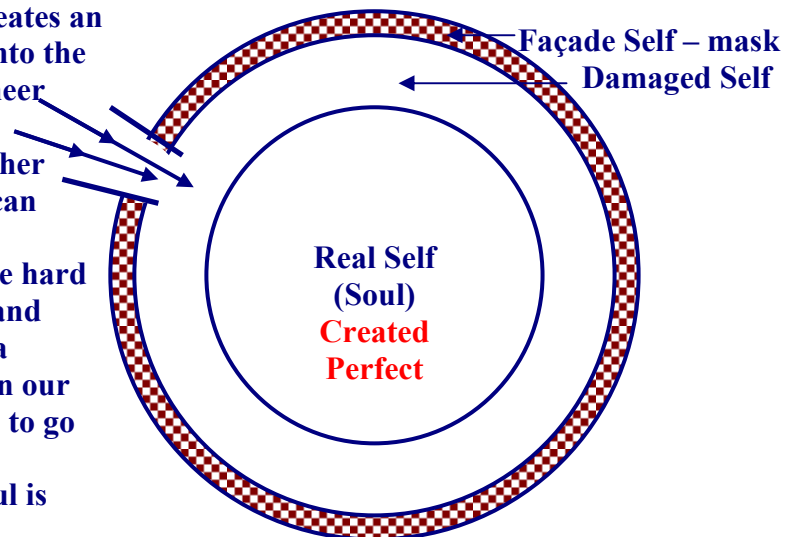
**The role of God's truth on the soul is to actually physically create the opening.**

**What truth does, it creates an opening for a vortex into the egg shell, 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 frozen into stagnation.**



**This is why many make no progress for decades and the passing down the generations of held beliefs and errors sees generation after generation also being frozen into a form of personal stagnation.**

Infographics and diagrams have been added by Pascas.

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

**in conjunction with**

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

# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.

We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000

years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through our spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents are holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.





This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take many years before we all become aware that we have to embrace our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.

Our children mirror us, as parents. It is not that ‘bad genes’ are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently embrace our soul based emotions, by-passing our mind’s controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



|                                               | Supportive<br>Parent is accepting and child-centered                                                          | Unsupportive<br>Parent is rejecting and parent-centered                                                              |
|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Demanding<br>Parent expects much of child     | <b>Authoritative Parenting</b><br>Relationship is reciprocal, responsive; high in bidirectional communication | <b>Authoritarian Parenting</b><br>Relationship is controlling, power-assertive; high in unidirectional communication |
| Undemanding<br>Parent expects little of child | <b>Permissive Parenting</b><br>Relationship is indulgent; low in control attempts                             | <b>Rejecting-Neglecting Parenting</b><br>Relationship is rejecting or neglecting; uninvolved                         |

**The Rejected Ones – Living True to One’s Feelings – Mary Speaks** by James Moncrief  
 Message 22 Mary Magdalene 27 December 2002

Jesus said that the meek shall inherit the Earth. Once you believe you know more than your baby you

are no longer meek. How can you know what your baby wants if you are not living true? You have to make it all up to make it stop crying, making it up with your mind and not with your feelings. Some parents are naturally better parents because of how they were treated as a child.

Some families do try at least to genuinely make the child the important one, however all intentions no matter how good are still hopelessly flawed due to the lack of truth, real knowing and understanding.

**The Rejected Ones – Living True to One’s Feelings – Jesus Speaks** by James Moncrief  
**Message 33** Jesus of Nebadon (Jesus of Nazareth) 9 January 2003

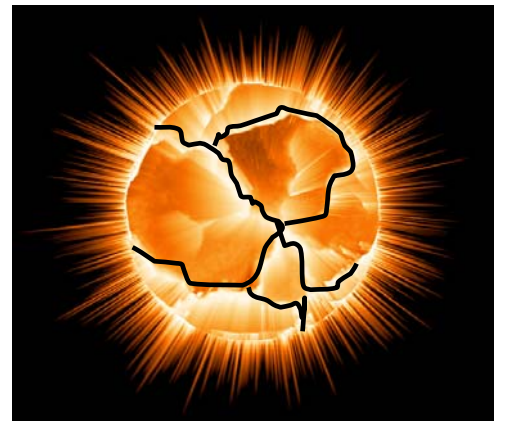
You are hopelessly bound up in your parent’s lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. If you feel you have power it’s because they allowed you to have it within their power structure. If you feel you have no power it’s because they took it all from you. But having no power need not be the end of the world, and it can in fact be just the beginning of a new way of life, and entry into another world. Power in a negative governed state of mind will only inhibit your souls advancement. And it will be hard to divest yourself of. Power as you understand it is an illusion, it’s not true power, not power that comes from love, but a false power derived from fear and lack of love. Through your soul-healing you will give up such falseness, it will be most difficult to do, but it will be what’s required of you if you want to be free. The meek shall inherit the world, meaning, those who relinquish all such false power. But the meek will not be powerless, for they will rise up in their true power, the power of the love of the Mother and Father residing in their soul.

To heal yourself will require that you accept all the evil, wrongness, falseness that you are. You will need to embrace it and allow yourself to be the negative state that you are. You will need to do this so you can see it, feel it, know it for what it is. And as you uncover and find the truth of it, so too will you be healed of it.

What you define as success is wrong, evil and false. You will find true success and your place with the Mother and Father, if you accept your bad feelings and the truth of them. You will need to give up and give in. It will be hard, very hard, because you are deluding yourself on so many levels, but it can be done. So much of your life is false and based on nothing more than fantasy, it’s unreal, with no firm reality, and ready to be taken from you at a moments notice. Your precarious existence is based on false promise and hope, none of which will ever make you feel secure. You have to insure yourself against misfortune because you can’t live true to your feelings, can't live the truth of your love, and live with the reassuring faith that stems from this way of life. If you want to live with faith in yourself and God, do your soul-healing.

Infographics and diagrams have been added by Pascas.

**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.**



**LUCIFER REBELION HAS ENDED, and now REVELATIONS for HEALING are HERE:**



**Lucifer soulmate pair**



**Satan soulmate pair**



**Caligastia soulmate pair**



**Daligastia soulmate pair**

**Lucifer** soulmate pair were magnificent beings, a brilliant personality as one. They were designated as one of the one hundred most able and brilliant personalities in more than seven hundred thousand of their kind. From such a magnificent beginning, through evil and error, they embraced sin. They believed that their minds were all powerful and that everyone should be independent and reject the illusionary God and those who lead the path to God, namely Michael of Nebadon (Jesus and Mary).

Very little was heard of Lucifer on Urantia (Earth) owing to the fact that he assigned his first lieutenant, **Satan** (also a soulmate pair), to advocate his cause on our planet. The “devil” is none other than Caligastia (again, another soulmate pair). At the time Michael soul partners (Jesus and Mary) were on Urantia in the flesh, Lucifer, Satan, and Caligastia were leagued together to effect the miscarriage of his bestowal mission. But they signally failed.

About five hundred thousand years ago and concurrent with the appearance of the six coloured or Sangik races, Caligastia, the Planetary Prince, arrived on Urantia. There were almost one-half billion primitive human beings on earth at the time of the Prince’s arrival, and they were well scattered over Europe, Asia, and Africa. The Prince’s headquarters, established in Mesopotamia, was at about the centre of world population.

**Caligastia** had been attached to the council of the Life Carrier advisers on Jerusem. Lucifer elevated Caligastia to a position on his personal staff, and he acceptably filled five successive assignments of honor and trust. The Planetary Prince of Urantia (Earth), Caligastia, was not sent out on his mission alone but was accompanied by the usual corps of assistants and administrative helpers.

At the head of this group was **Daligastia** (soulmate pair), the associate-assistant of the Planetary Prince. Daligastia was also a secondary Lanonandek Son. He ranked as an assistant at the time of his assignment as Caligastia’s associate.

**Lucifer, with deputy Satan, and lieutenants Caligastia and Daligastia have ingrained into the human psyche to be mind dominated with its errors passing down through all parents, being self reliant and rejecting one’s own soul based feelings that are to lead us to our Heavenly Parents with the truths being provided by Mary and Jesus of Nebadon. Lucifer and Satan were removed two thousand years ago, Caligastia and Daligastia have very recently been removed. Their crimes against humanity make Adolf Hitler appear to be a saint!**



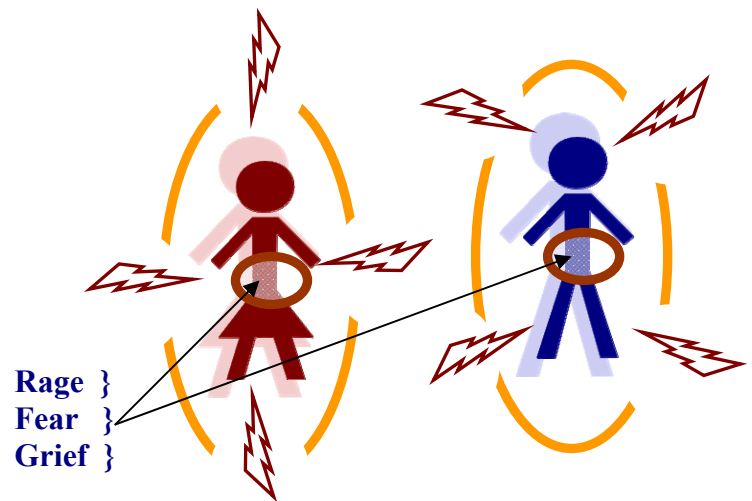
**WE ARE KILLING OURSELVES!** Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

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

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

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

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



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

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

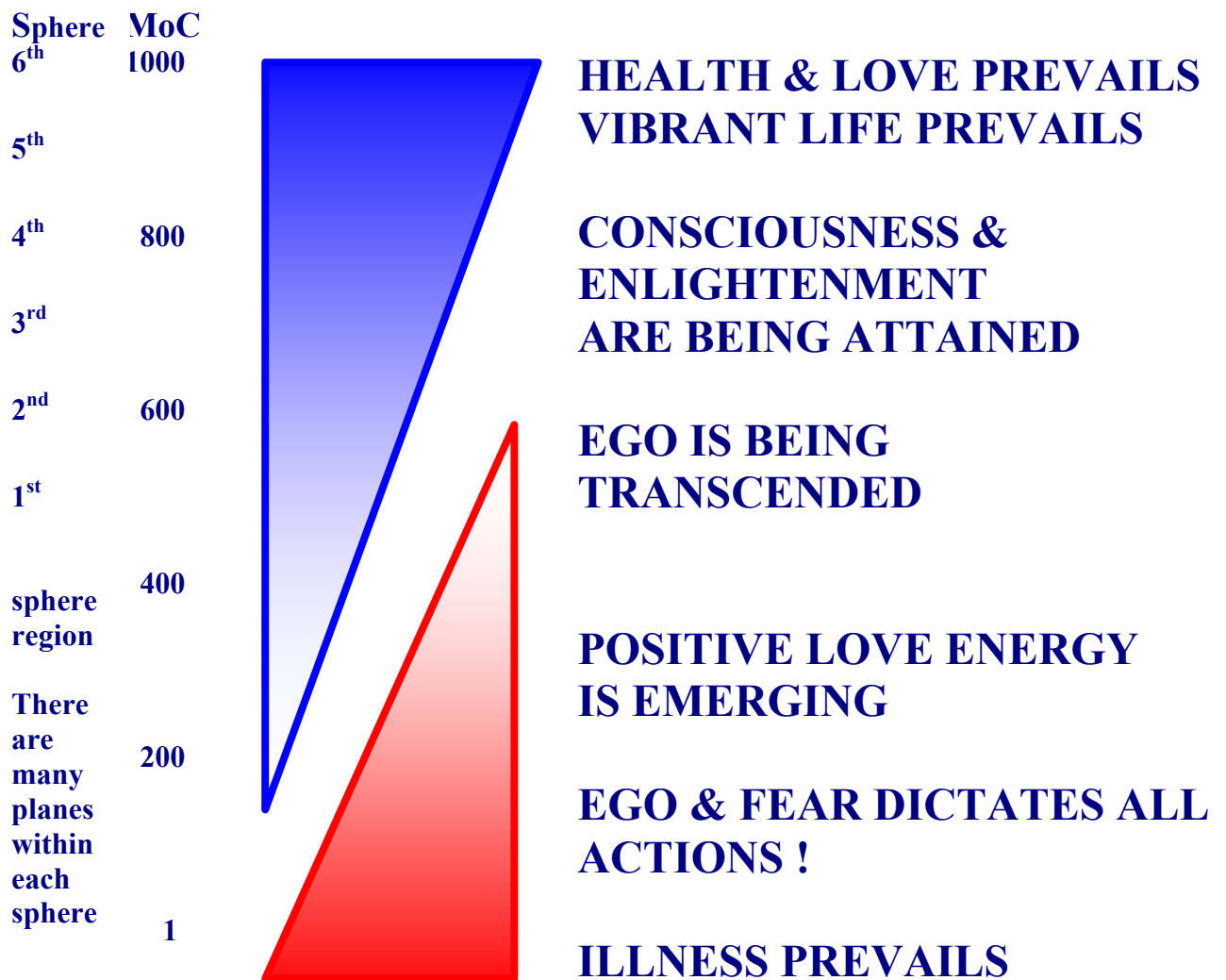
‘It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it’s conditioning our lives. And it won’t go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control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

Infographics and diagrams have been added by Pascas.



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

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



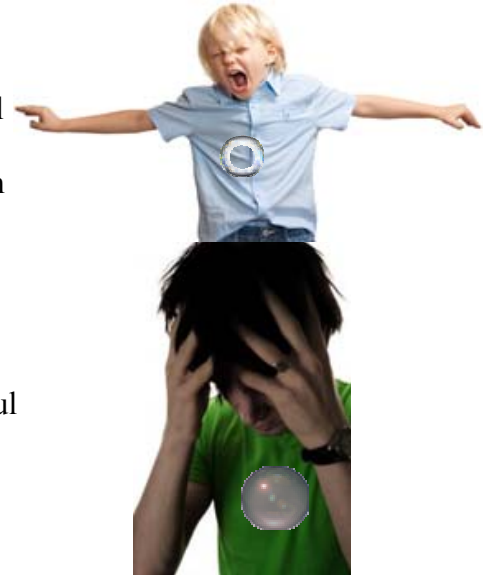
Infographics and diagrams have been added by Pascas.

## **FEELING HEALING and SOUL HEALING:**

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly removed the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



Infographics and diagrams have been added by Pascas.

## WE are SOUL!

The soul is perfect when it incarnates into a human! Most assuredly the soul is perfect! The prior existence of the soul is perfect, residing in God's soul-kingdom or realm. When it incarnates and individualises into a human, it is perfect. Further, one's personality is soul based.



The soul incarnates and begins its individualisation as a human in a state or condition of imperfection and corruption. The transition of a soul from a place of pure light and love into a place of darkness is a comparison where words fail us to describe.



Two states or conditions: The first of Light and Love, and the other, Earth, of darkness and imperfection. In this process of change, the soul is immediately damaged. This damage is not mere encrustments on the outside of the soul, where, somehow the interior part of the soul remains pure and pristine. The soul, the complete soul, suffers harm and damage.



For those who **lived** on Earth for a brief period of time, say, for only **one short day**, nonetheless, will have suffered damage, hurt, and injury. The damage being so deep, that the little human physical body may only live on Earth for as little as one day. At birth we arrive damaged. The spirit-body, after the Earth vessel is dropped, will continue to live and thrive in a nursery in the spirit-world.

In the spirit world nursery, one is encouraged to freely express their souls. They are not hindered or disciplined in anyway as we on Earth experience from our first days and years of life. They are not seen as most children are viewed on Earth, as wild animals that require training and rigid discipline. All are happy and able to express themselves freely.

The damage that is infused into the soul of babies emanates from its parents and those in close relationship. The soul damage becomes visibly seen as one matures into adulthood. Should we feel and express our childhood repression then our liberated soul and personality will express itself in the manner of the girl on the bottom right hand side, otherwise our appearance and health degrades as seen of those above.



**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 heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



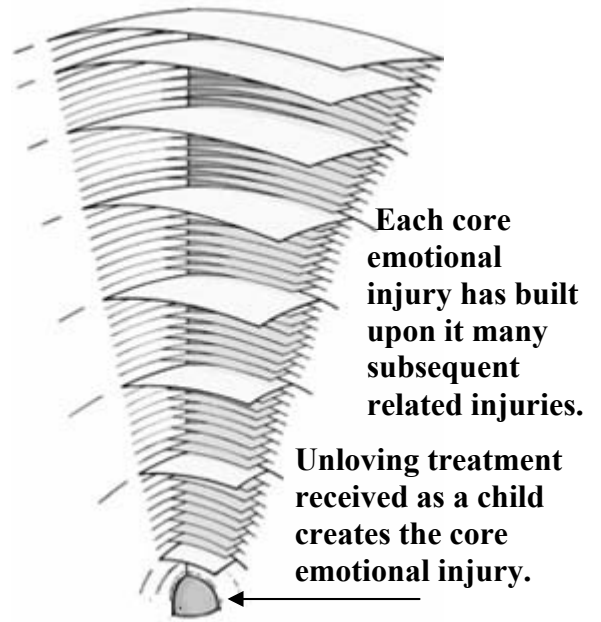


**LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:**

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

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

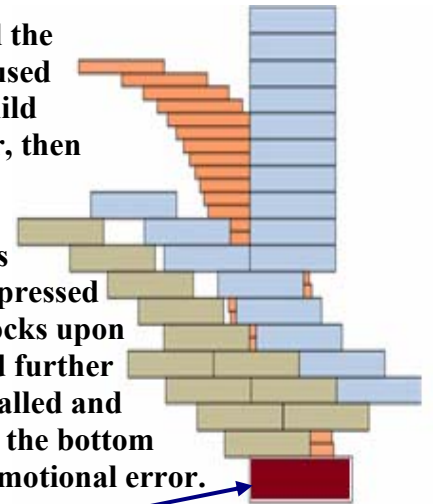
Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why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



**OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:**



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

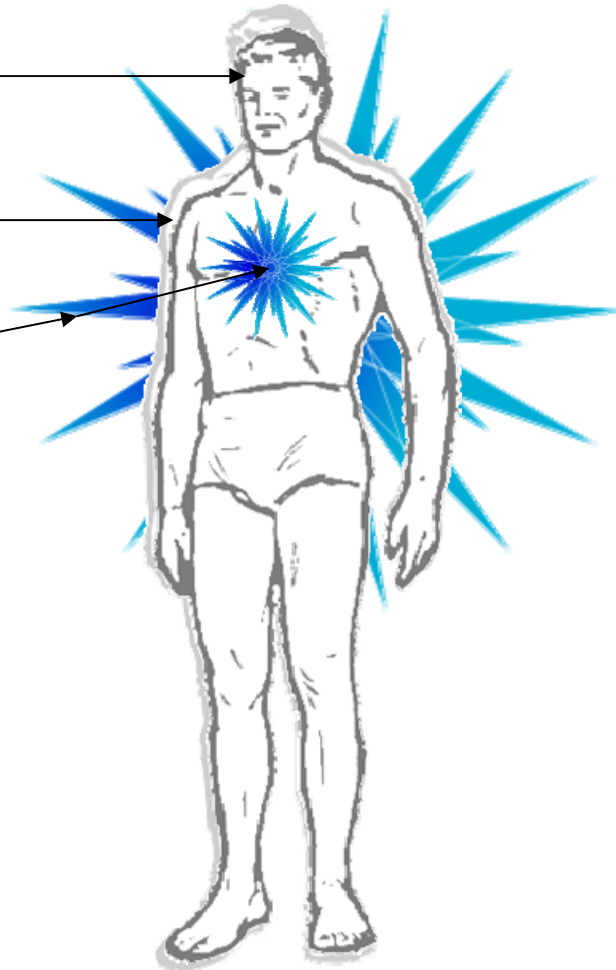


**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

Infographics and diagrams have been added by Pascas.

**ASPECTS of LIFE:**

|                                                                                                                                                                                                                                                                        |   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| <b><u>Physical /<br/>material body</u></b><br>Brain                                                                                                                                                                                                                    | → |
| <b><u>Spirit /<br/>etheric body</u></b><br>Mind                                                                                                                                                                                                                        | → |
| <b><u>Soul + Spirit<br/>Combination</u></b><br>Senses<br>Desires<br>Memory<br>Passions<br>Intention<br>Free Will<br>Emotions<br>Creativity<br>Awareness<br>Personality<br>Aspirations<br>Intelligence<br>Consciousness<br><b><u>The Real You<br/>is your Soul!</u></b> | → |



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

P529 Judas of Kerioth 8<sup>th</sup> May 2002

**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

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

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

Infographics and diagrams have been added by Pascas.

### The FASCADES WE WEAR!



Our true self is one's soul, our personality is soul based, we are to express our feelings, good and bad, at all times. We have been taught to be controlled by our inept and error riddled mind, this is how we continue to rebel against our true selves and our Heavenly Parents, by denying our feelings. Our dictatorial mind, for evermore, wants control and it shuts our feelings of truth out.

“By denying our bad feelings, by denying any part of ourselves is what's wrong, that's why we're evil. We don't have to be a bad person as in someone who goes around murdering or killing other people, someone like a Hitler, we can be evil – we are evil, just by being a good old (sport-loving anybody). And all that Christian stuff, as in them being the good ones and all the rest who are not ‘with Jesus’, who haven't been ‘saved’, are evil, that's all rubbish, as they don't even understand they themselves are all evil simply by believing such religious beliefs that help them remain in their feeling-denying states.

“We're all fixated about we being the ‘good ones’ and they being the ‘bad ones’, our enemy or whomever we see as being the evil ones, when we're also the evil ones as we all are because we're all living untrue to ourselves; because we're all just living in our own little fantasy worlds that are nothing more than an approved sub-world of our parents evil worlds.

“We don't even understand that we are evil, that just being what we think is our natural good and even true and right ways we live, is evil, and not good at all.

“We're stuffed full of all that anger, so angry for not being allowed to do all we wanted to do, not being allowed to be how we wanted to be, not being free, and having to change ourselves and be how they (our parents) wanted us to be.

“All we do is to keep ourselves shut out from ourselves, doing all our meaningless and pointless things all so we can keep our repressed bad feelings hidden. And then we wonder why we get sick, why when we're so stuffed full of bad feelings we're rejecting, suddenly we get sick and die of cancer. We all should be riddled with cancer, none of us should be alive in our meaningless lives.

“We can help each other heal ourselves of our unloved states, of our negative self- and feeling-denying minds.”

Notes from ‘Ann and Terry’ by James Moncrief

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

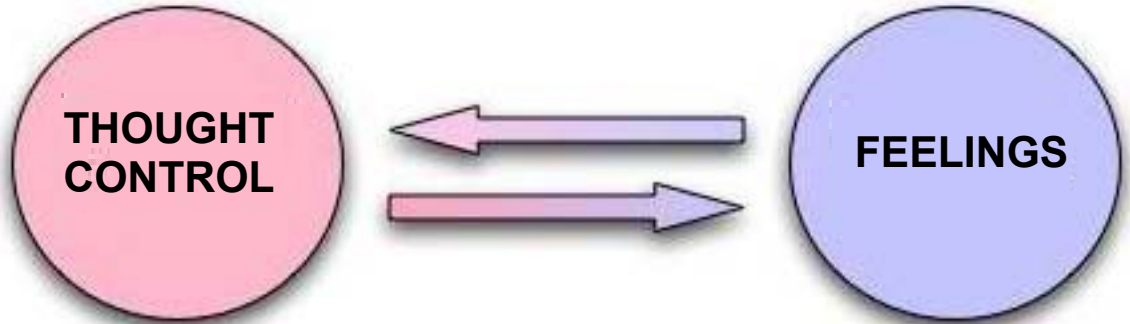


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

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



**ERROR INFLICTED MIND** V **TRUTH LOVING SOUL**



Infographics and diagrams have been added by Pascas.



**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**  
**Message 23 Mary Magdalene**

**by James Moncrief**  
 29 December 2002

Good morning James, I’ll continue – Mary.

The two ways of helping yourself are, as I have said: one, doing it all yourself by trying to identify your problems through your feeling acceptance, mainly psychological, using whatever measures you need to express yourself; the other is doing the above with the Mother and Father and Their Divine Love. And your on going **bad-feeling-acceptance** can readily apply in both situations. Also, remember as you look to other systems for help, that the systems, thoughts, medical approaches, spiritual outlooks and everything else, are all based on, and have all grown from, the problems that you already are. They are no different from you, and the individuals providing the help are themselves very heavily entrenched in all the wrongness. So even though they might be able to shed a lot of light on your negative state, really they are only offering another picture for you to adopt within the negative and are not dealing with the core problem of your repressed childhood feelings.

Some systems are designed to help you express your feelings; however they will be limited because they can only go so far. In spirit, the conditions are different and established such that if you want to perfect your natural love it is easier to do, however still much harder than accepting help directly from the Mother and Father. It will take you a long hard time no matter which way you choose to go be it in flesh or in spirit if you choose to go it alone perfecting your soul yourself. And then you can only do that to a certain level, attaining a level of natural love perfection and nothing further. You can continue to develop the attributes primarily of your mind, and once free of repressed bad feelings you will feel happy compared to how you feel now, but this natural love happiness cannot compare to the happiness you will experience with the Mother and Father’s Divine Love in your soul.

Only a soul who has done, or is steadily doing, her or his healing and knows that she or he is well on their way, can offer any real help to one starting out. If you choose the way of the Mother and Father and Their Divine Love by all means seek help from wherever you feel you want to, but bear in mind that unless the people offering the help are engaged in actively doing their soul-healing with the Mother and Father through prayer for Their Divine Love, then they will be limited by their negative mind patterns, as to how much they can help you.

Doing your healing with the Mother and Father brings about the activation of higher laws of truth, these are covered quite extensively in the Padgett Messages, so I won’t go into them to deeply here, but the Law of Compensation will give way to the Law of Forgiveness making your healing progression much swifter and more focused, more potent, and with far greater rewards. There is nothing to compare with the feeling of feeling your soul – you – actually being transformed as you are expressing your bad feelings, and then to know that when you have done it, they are gone for good.

I can only stress that the way to Paradise is with the Mother and Father and Their Divine Love, being achieved by growing in truth. You can still have an impersonal relationship with Them through the limitations of your natural love soul, however it won’t be as fulfilling as a personal one when you start to partake of Their Love.

When you begin to pray to the Mother and Father for Their Love expect to feel worse than you already are. Remember it is all about feeling bad. Initially you might feel better as you partake of the Love, however if this continues you might like to consider your relationship to the truth – are you wanting to do your soul-healing and find the whole truth of yourself, or do you just want to receive the Divine Love like taking a pill to make you feel good? No doubt you’ll want the Divine Love because you feel bad

and would like it to make you feel good, but this is not the correct motivation for asking Them for it. You are asking Them for Their Love because you want to be like They are – Perfect. You want to be of Their Divine essence, and then live according to a Divinely inspired will. You want to live and do Their Will. If you ask Them for Their Love solely to make you feel good by magically removing all your wrongness and bad feelings, then you may believe you feel better but you won't advance your soul.

It can be easy to delude yourself into believing that you are growing in truth and advancing your soul, and even healing it, simply because you are receiving Their Love, however unless you are actively longing for the truth and doing your soul-healing you will not be advancing anywhere. You can accumulate a certain amount of the Love without starting your soul-healing, but there will be only so much you can receive before things start to stagnate once again. Just because you are longing for and partaking of Their Love doesn't mean you don't need to do anything else. If you want the Divine Love to actively start transforming your soul, you will need to actively start doing your soul-healing. **Jesus has only revealed the first part, the truth that you can ask for and receive the Divine Love; I am revealing the next part, that you will need to do your soul-healing if you want to start your soul-ascension.**

The Mother and Father want you to commit the care of your soul to Them, and this requires you to submit your will and control, that which you're living with your negative state, giving it all up to Them, so They can resume the control in your life which you have taken from Them. So you can live your full positively inspired mind and will doing Their Will lovingly. Your healing is only a very small part in your overall relationship with Them. Nevertheless it's the most pressing part you need to attend to once you've started longing for Their Love. You are standing in the way of Them with your negative mind. To long to do your healing, and to ask and beg Them for help, is needed because your negative state is interfering with your ability to live true to Their Will and become as all-loving and unconditional and all-accepting as They are. Even if you grew up on a world of positive mind still the same real problem of how to live with Them would be present.

The pull to be as They are is very strong in every soul. You are ascending souls of truth, and as you study the information given to you in The Urantia Book you will see that Paradise is a long way off but exerts a very firm pull on you. Always within you is the desire to move on, and only if you insist on keeping it covered and living in denial of it, will you remain in your early childhood bad feelings – repressed.

The essential ingredient in it all is the Truth. And the Truth is the Truth. It is the only thing of Creation that is permanent. It underpins Creation; Creation forms itself along the lines or circuits of Truth. And Truth emanates from the Mother and Father's Soul and is completely manifest in the Eternal Son (The Second Person of Deity – re The Urantia book) who coordinates all Daughters and Sons of truth so far as helping you to know Them as your true Heavenly Mother and Father, the One Great Soul – God.

You will feel the benefit of the Mother and Father's Love in your own way. Each of you will have a very different relationship with Them, negatively influenced to begin with by the negative relationship you have with your own parents. If you have one wrong circuit on any level in your relationship with your own parents then this wrong circuit you have with your Divine Parents too. If your parents parented you perfectly then you would begin your relationship with your Mother and Father perfectly, however as you have all been parented imperfectly – negatively – then this is how you will start your relationship with Them. And so as you do your soul-healing your relationship with Them will change.

The Perfection of Divinity is coming into your soul as the Divine Love. It is the Mother's and Father's Essence coming into you! Just imagine a drop of such purity merging with the impurity of rebellion and default in your soul. There is going to be an effect of some sorts, **BUT ONLY IF YOU ALLOW AND**

WANT THERE TO BE. The perfection will displace the imperfection. And the imperfection will come out, BUT ONLY AS YOU DO YOUR SOUL-HEALING, only as you allow it to.

The doing of your healing is you taking responsibility for all that's wrong within you, and your 'willing' it out of you as you express, speak, about your bad feelings. It's you choosing to no longer be of it, all by uncovering the truth of it – the truth you need to see showing you your imperfection. So it's conceivable that even though you are receiving the most perfect love you will only feel worse and worse as that imperfection surfaces within you. But it will be only worse in the short term whilst you're doing your healing; in the long term you will feel the Love for what it really is. But first all the yuk needs to come out of you and as this happens you will feel bad.

So you could say that if you want to know as to whether you are receiving the Divine Love, by feeling worse about yourself and your life is a good indication that you are and you're healing is beginning. And conversely, if you believe you are receiving the Divine Love and are only feeling better and better then perhaps you may be going the wrong way and deluding yourself about the Love and these 'good' feelings. I say that perhaps, because there are no fixed rules. It might be right that you spend a season (and it might consist of many years) partaking of the Love, feeling good having it in your soul and not starting your healing. The time to start your healing will be the right time for you. Many people will find they may need a time of grace, a time to just allow the Divine Love to make them feel good whilst they prepare for the hard time of doing their healing. Many of you have been so heavily knocked about through life because of your negative mind, so might need this time for certain pressures to ease before you are ready to do the hard healing transforming work.

And you might also need this time of grace to prepare your mind, to learn more about what your healing is about. To introduce yourself to and start accepting such notions like: all you thought your relationship with your parents to be might not be as you believe. It will take a lot for most people to start to consider and accept much of what I am telling you now, namely that you are evil; your whole world is wrong; your relationship with your parents was based on no love; and that to do your healing will require more effort than just sitting back in meditation or prayer soaking up the Divine Love. And it could also be that it is not a part of your souls plan to begin your soul-healing on Earth. So all you do for the remainder of your physical flesh life will be in preparation to embrace your healing when you come to spirit. It will be, as everything is, different for everyone. Your time to begin doing your healing will be perfect for you, and you will know when it's time to start through your feelings.

Your commitment to yourself will be matched by the Mother and Father. By this I mean you can't and won't precede any faster in your healing than your commitment to do it; and any faster than what They know is best for you. As you work your way through your soul-healing bad things may happen to you at times, things which you might think loving Parents might or should prevent, however They will be making such things happen even though they seem to contradict what you'd call loving, all so you can feel bad enabling you to express more bad feelings uncovering their truth. Bad things will continue to happen throughout your healing because of this, however they will diminish in intensity as you heal. The Mother and Father will make sure nothing happens that you can't deal with through the expressing of your feelings. As you will see, all such bad things will still happen to you in a very loving and supportive way, something that only Parents of extreme love could bring about.

Try to remember – along with everything else – that you are embarking on something that you have no idea about. You don't and can't know what you need and what is good for you. You are trying not to lose control desperately hanging on. And yet your healing will require things to happen to you so you do lose control, and can't hang on. You need to smash apart and break down all your wrong beliefs, and at times you will feel really bad. But this is all good and you will be supported along the way in ways, which you will not initially comprehend, but which you will come to understand. You are in the

best of care even though you can't have any idea about it, but slowly the Mother and Father will show you how much They are looking after you and how much They do care and love you.

You cannot feel the Divine Love itself. It is Light and so fine a vibration that your soul perceptions will not have developed enough to feel it – they will have developed enough by the time you reach Paradise. However, you can feel the Holy Spirit bringing the Divine Love into your soul, coming about and even entering you – the spirit you. If you feel you need the help of a formal prayer to help long for the Love, Jesus has given you one in the Padgett Messages. If you say this prayer with all the intention of being true, then you will invoke the Mother and Father's Love even if you are not sure as to whether or not you are actually receiving it. I am not going to give you a prayer because I want you to find your own. All you need do is express your feelings – what you feel you want. I want you to find your way and feel what is right for you. It is all up to you. I can't say this enough, and it is for you to find your feelings in it all, because, how else are you going to know what is true and what is not if you can't feel it?

So far as needing any type of 'religious' or 'spiritual' ritual or place to pray in – you don't. **YOU ONLY NEED YOURSELF.** Of course if you do want to long for Their Love in such places, do so by all means – always do what you want to do, however it's not a prerequisite for living true to Them and receiving Their Love. As James found, he started out with formal meditations and prayers, having a special room with incense and music and the 'right' atmosphere, and it suited his needs and beliefs for then, but as he has progressed he has dispensed with all of that, longing to the Mother and Father for the Truth and Their Divine Love wherever and whenever he feels like it – nothing formalised about it anymore, all simply acting on his feelings.

You are already living your life for someone else and possibly two, three, four people or even more. As yet, you don't really exist, so you won't know what you truly like or dislike. But as you let go of all the controlling beliefs and patterns through your healing, you will let go of all that is not you being left with and discovering the true you – what you like, what makes you feel good.

You will only be able to do what you can do. Don't try to do too much. If something begins to make you feel too bad, and you don't want to go on trying to express all you feel, stop if possible, you'll always get another chance at expressing your bad feelings. And if it's not possible to stop, then keep going expressing all the way how much you don't want to do it. If you hate vacuuming for example, don't do it. See what happens, but in every moment express your bad feelings.

Then if you have to do it because the dust and fluff is piling up all over the house, or you are worried about who will think what, do it, but express all your worries. Tell them to the Mother and Father if no one is with you. And ask Them to show you the truth of all you feel. And what you like and dislike will change. You may feel you love doing the vacuuming, but the deeper you go into yourself, uncovering how you really do feel, you might find you actually hate doing it – your 'love' of it merely being a belief. It is for you to see what happens for yourself and what you truly feel about everything. And even though it is only the vacuuming and surely there are better things to get on with, such as healing your soul – just remember, it is through the FEELINGS to do with the vacuuming that you WILL heal your soul because it is doing the vacuuming that is currently giving you the bad feelings.

During the day things around the home contain, for most of you, the horrible stuff, because it was doing, or having to do, those things as a child when you didn't want to do them, that involved the conflicts with your parents. And in these conflicts so much of your relationship was unexpressed – you weren't allowed to say what you felt. The truth of your relationship with your parents is in the yelling and screaming, the protesting and being punished, the reprimands and being forced to do what you didn't want to do; followed by all the false nice 'loving' words that came when the storm had passed.

You will have to go back into these traumatic times and re-experience all of your feelings. IT WAS NOT NICE – NOT NICE AT ALL! It is hard to even remember exactly the torture you suffered, and why would you want to, when it was so horrible? But it all has to come out – every last bit. There is no other way, and as I have said, anything else is only an escape. You are already escaping with all your might. You hated the treatment your parents made you suffer and now all you do is try to forget it. And so this is what you have done, forgotten it. As an adult you live in denial of this. Your healing is recovering your memories and unfortunately they will mostly be the unpleasant ones. And once recovered, re-experienced to the degree of seeing and feeling what you need to, so they will go.

You don't actually have to be beaten or yelled at again, but you will need to remember the feelings, the true feelings of what was actually happening, and what you felt before, during and after. You won't for example have to feel the pain of being hit on your bottom by your father, but you have to remember that when it happened you felt very scared, rejected and unloved; angry, humiliated and powerless, and you never understood why your very own father hit you and hurt you. All of the physical pain also will need to come out, but this will happen in different ways for different people. For example, one person may cry it all out; another might experience anger rashes covering parts of their body. Another might experience muscle soreness, bone aches, stiffness and pain, inflexibility, skin irritation. It will all need to be expressed one way or another.

All that has remained unexpressed on all levels will need to be expressed and in doing so the causes will be shown to you and the effects – the controlling beliefs that lock it all in place – will be broken and you will feel freer and freer and more and more a separate and unique individual.

Your parents are the cause of all your problems. The reason why anything goes wrong for you IS because of them. They are the causes, but you have taken it all on so now you are the cause and your life – what you feel – the effect. You have taken it all on because you are a separate will and personality. You naturally look to your parents to show the way until you are old enough to look to your higher 'parents' Jesus and myself (Mary), and then even higher Parents, the Mother and Father.

Everything bad that happens to you as an adult is caused by you taking it on from your parents. They forced their negative patterns and their ways on you, and now you are living those patterns with full strength of will, in effect, doing it all to yourself – what your parents did to you. And even the seemingly out of the blue accidents are all your manifestation. The Mother and Father organise it for you. You are creating a life for yourself based on the expression of the attributes of your soul, most of which are now severely impaired because of your parents negative effect on you. As some of these attributes are now being negatively expressed so to will you create this negativity for yourself and your life will reflect it all back to you. So all your problems from illness to hating the vacuuming you are creating for yourself. You are making yourself sick, because you are sick of yourself and because your parents were sick of you. They rejected you and you now do the same to yourself – you reject yourself and so in accordance with the needs of your overall soul growth, when it is time to become sick you will.

Medicine is trying to kill the bugs, however they will always be there because you need them. What would all the doctors and all the money making medical companies do if you did not have the bugs, or even if they were there but did not bother you? And yet if you were living true to yourself you would not need the help of the bugs to show you that you are living untrue. You wouldn't need all the medicine that you have. So while you all need the bugs to make you sick they will. If they didn't, then you would have real cause to be angry.

But the Mother and Father have provided well for your needs, and I can tell you that if for some strange reason the doctors did manage to find a cure for everything, we over here in spirit, would be at liberty to



give you new bugs they couldn't cure. This being done by the angels through their little helpers, the nature spirits. You need things to make you ill, to show you that you ARE ill. Not sick as you understand sick to be, but sick in your soul, sick in your spirit, because you are living denying so many feelings. If you expressed ALL your feelings you wouldn't need to get sick.

As you progress in your healing less and less bad things will happen to you. You will no longer need them to stimulate your bad feelings. You will get to a point in which you don't need bad things to happen to make you feel bad, your bad repressed feelings simply being free to surface of their own accord in accordance with your growth of truth. At this time you will become more focused on the intricacies of your relationship and all the small things that go into making you be with another person correctly.

Then you will not need big outside things to upset you as small inside things will make you feel crushed. You may suddenly step aside allowing your husband to pass through, and in an instant you might feel deeply unloved and so crushed and defeated, you have to stop everything, sit down and cry. And as you express all your feelings you'll move back into something that happened when you were young, or how your parents treated you, showing you why you now feel like this. And you will feel the devastation of not being and feeling loved by them.

You have been made to accept all the bad stuff by default. You are conceived and born into it and it might seem like you don't have much of a say. However you do. You will be saying a lot throughout your healing! As you will see one day for yourself, you have actually chosen everything for yourself to experience. You are just not aware of it yet. You have wanted the parents that you have and wanted all they have done to you, and by the end of your healing you will completely accept this truth.

Now however, your revulsion to such a thought as to wonder why on Earth you would want to be treated so badly and to live your childhood rejected and unloved with it full of such horribleness, is a long way from the truth. And just as how you are a long way from understanding that you are the cause of all your problems, so too are you a long way from knowing you have wanted it this way, all of your life, no matter how bad it is now or has been or ever will be. The Mother and Father don't do anything to you, that you do not want. However, what your soul wants, and what you want, will, until you've healed yourself, be two different things. **Your healing will bring you back to your soul so that you can be the real and true you: wanting exactly everything the Mother and Father know you need. Then They as the Loving parents They are, can give you, Their child, all the positive parenting you will ever want.**

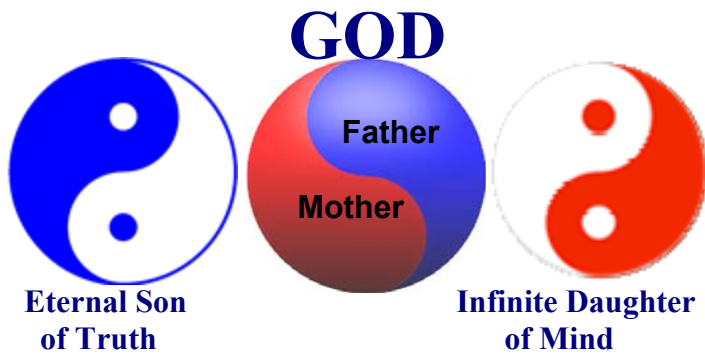
We'll end here for the day James. Thank you. Mary.

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

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**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.



**SPIRITS of TRUTH and HOLY SPIRIT:**

More from James regarding Spirits:

The Holy Spirit provides differing support and guidance to that of the Indwelling Spirit. The Indwelling Spirits guides one to God, our Heavenly Mother and Father; the Holy Spirit brings Their Divine Love into our heart.

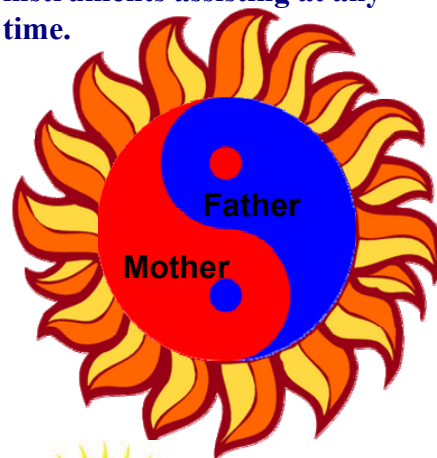
The Spirit of Truth becomes active ONLY when we choose to follow the ‘owner’ of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so ‘be like them’ and in doing so this activates the Spirit of Truth. And so if we choose to be as they are in truth, to live how they live the truth, to be of truth and the same truths they are, then with their Spirits of Truth assisting us we will come to relate to our Mother and Father just as they do.

We are growing spiritually in Mary and Jesus’ universe. We have to want to be as they are in truth, if we don’t want to do that then we’re rebelling against them. And if we don’t embrace them, then we’ll never leave Nebadon, the region of the universe that encapsulates Earth.

The whole idea about having Spirits of Truth coming from Paradise Pairs is so the ascending mortals (us) of that universe (from the Creator Pair) and specific worlds (from the Avonal Pairs), all end up living the same truths. And if we didn’t live the same truths, we’d all still remain all over the place and have nothing we can all connect with and relate to in each other.

So we can come from all over the planet, from very diverse races and cultures, yet because we all end up embracing the Spirits of Truth that are to help reveal the truths we are to know, so we’ll all be able to connect and relate to each other through the truth we’re living, all being able to live happily together as Celestials, and eventually as Celestials on Earth. It’s the Spirits of Truth that bring us all together, homogenises us if you like. And if we all lived true to them, we would not need any rules or laws because we would all be living and knowing the same truths – so all living the same way only expressing those truths individually.

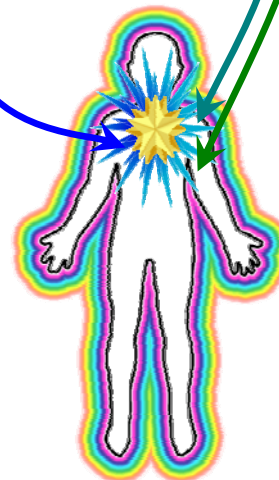
**Our HEAVENLY PARENTS**  
have any number of spirit instruments assisting at any time.



**Holy Spirit**  
conveys Divine Love from our Heavenly Parents



**Spirits of Truth**  
of Mary Magdalene and Jesus



Infographics and diagrams have been added by Pascas.



**SPIRIT MIND 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 3 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.



**Note: The 1<sup>st</sup> Divine Love Sphere and the 1<sup>st</sup> Sphere of Disharmony may simply be planes within the 1<sup>st</sup> Natural Love Spirit World.**



**The Rejected Ones – Living True to One’s Feelings – Ursula Speaks by James Moncrief**  
**Message 13 Ursula 17 December 2002**

As souls, a part of how we relate to reality needs some sort of context into which we can feel a part of. Our parents and our family are supposed to provide this for us until we are sexually mature by which time we can step out into life as a complete person looking for further ways to live.

But the trouble, or at least one of our troubles, is that our parents do not provide us with the correct picture, as their lives are not perfect, so we cannot be perfect either. So we receive all the wrong pictures into which we try with all our will, to be. We do this because we innately believe that they are right and how they are is the right way to be in life. So we willingly adopt all that they are; all of their negative mind and will state, thereby completely forming in wrongness. We don’t even consciously suspect that anything is wrong, and we carry on living their ways in the world under the misguided belief that it is the right way.

Mary and Jesus come to us with the correct picture. They are the pictures living. They are truth personified. They are the Mother and Father as Daughter and Son together as one in the full meaning of truth. They are the feminine and masculine aspects of the Mother / Father expressed in the Daughter / Son relationship. And so as we too are daughters and sons of truth, ascending daughters and sons, they are for us our role models of perfection. They then provide for us a reality – a real picture – a personal picture for us to look towards and to try and strive to be like.

Humanity as parents, have not until now, had such a picture of Mary and Jesus. Some people might have wanted it, but they could not have it. They could at best only have half of it, as Jesus’ Spirit of Truth has been available for us since his liberation of it two thousand years ago. But as for Mary’s Spirit of Truth, that has been only available to us in spirit, but not to you in flesh. However, this is soon to change for there is to come about on Earth an outpouring of spirit by one who can do such a thing, and who for all intents and purposes is a real living picture of the feminine aspect of truth. In a way it is through this individual, that Mary’s revelation of truth can become manifested on Earth, with her Spirit of Truth becoming available to all whom want to know and live the truth. And once this outpouring has happened, then Mary’s Spirit of Truth can unite with this individual’s Spirit of Truth and together they will provide the Way to the truth through life on the feminine side, which will of course balance the masculine side as seen in Jesus. And this woman will have a soul-partner who also will liberate his Spirit of Truth and it will come under alignment with Jesus’ existing spirit, and will fill in the gap of one having lived and being conceived in evil.

I can’t tell you more about who these two individuals are, however, it is a very big time once again for humanity. These two people stand on the threshold of a new age in the sense of truth-revelation and the understanding this will bring. These two being a high Daughter and Son will have traversed the circuits of negativity, of denial, of rebellion and of default, and will have come through to be of perfect love living back in perfect harmony with their Mother and Father of Creation. They will have been tried and tested and will be able to declare to the world of humanity that now the gateway is open for all to follow; for all to follow if they so choose, in the way of the light and the life of themselves and of Mary and Jesus. For all to follow them to Mary and Jesus. They are the bridge for humanity to cross, to life with Mary and Jesus and so the Mother and Father.

Symbolically and personally this couple will represent the Truth that can now be lived, and so the next great age that has been prophesied as the Age of Peace will unfold. However, this age of peace is peace for the souls who embrace the truth of this couple and achieve living true to their soul. In other words, it will only be peace of soul, spirit, mind and body that will come to the souls who do their soul-healing.

Peace and a feeling of contentment will come into their hearts as their hearts and souls fill with the Divine Love of their Mother and Father, and as their natural love becomes purified, bringing them into perfect harmony with such Love.

In principle now it can begin, as you can begin to do your healing, you can now completely find peace of soul, mind, heart and spirit on Earth. This truth we have all found out since coming to spirit.

Humanity has been hopelessly lost, this we can see easily as we ascend higher with the Mother and Father's Love. And we all come to accept and see for ourselves that the Mother and Father of course know exactly what They are doing and it is always the best for everyone. No matter when you begin your life on Earth; no matter how lost you get, and no matter what age or time it is, so far as your soul is concerned, all that will and does happen to you is exactly for you and perfectly so. This is another of the things I find astounding to contemplate: the sheer wonder of how our Heavenly Parents have organised it all allowing us to play our parts in Their lives.

This forth coming planetary age involving the full liberation of all Spirits of Truth, will enable people to live to the level of Celestial love perfection, so that when they die they need not live up through the seven Mansion Worlds having already done that in the flesh, and will come into spirit going directly into the Celestial worlds after only a few days spent in each Mansion World for orientation purposes. As to the heights of Celestial love and truth one can achieve living on Earth during this next age, I do not know. I suppose that this waits to be seen, however I am sure those above me do have more of an understanding of these things.

Still, the actual doing of one's soul-healing to achieve this Celestial level of love and truth perfection will be difficult for women and men. Many women look to having their power centred in the family at home and over their children, and to relinquish this will be very challenging. Men, at first glance, might seem to have all the power, but they are equally as lost as women; they don't live with any real truth (the 'truth' they have being contrived by the mind and only believed wrongly to be truth), so don't have any real power. Women although they feel largely inferior to men still have control and power over the child giving them enormous power.

**Everyone is parented to be subservient to their parents, even those people given more freedom than others. And this, whether you are a woman or man, is the root of all evil within you.** And so even though you may feel you have power, somewhere within you, you will still feel powerless. **Real power comes only to us with truth, and truth only comes as we submit all false-power and control to the Mother and Father replacing it with Their Love.** Jesus shows us real power in that he only exists to live and do the Will of His Heavenly Parents. As for his own body and life he willingly submitted to those who believed it to be important and powerful. They, his judges and executioners, through their actions were examples of people who wrongly believed they had all power and authority, able to take human life, but could only do such a thing because of their own deeper feelings of powerlessness. Jesus made them feel threatened and scared them by not conforming to their desires, so he threatened what they believed was their power. And this scenario you can see in every family with parents believing they have all power and their children having to submit to them. Their children end up feeling subservient and powerless under the roof of the very people whom they are so willingly and openly longing to for love. These deprived children, all children of humanity, grow up to be adults forgetting for the most part how powerless they have been made to feel, only to want to have children for the same reason that their parents did: to regain power.

The great challenge facing humanity is to accept and acknowledge, and then to express, to bring it out in the open, as a child how powerless and subservient your parents made you feel; and as an adult, choosing

to relinquish such desires for power, especially trying to regain it by having your own children.

**Our Mother and Father did not create us to have power over one another, nor do They want us to be subservient to Them or anyone else.** We are to be of Their Love in our soul, and all-powerful (power derived from truth and not false mind / belief contrived power) in our natural love, wanting to willingly do and live Their Will by living true to our will – all expressed and lived by living true to our feelings. Our parents have us so they can become all powerful, not to help us gain our own full expression of soul and therefore love, and be naturally the power of that love. We parent all around the wrong way and for all the wrong reasons. It will be individuals who really and truly want, and ONLY want, to be honest with themselves, honest about what they feel, who will be able to see the truth of themselves and their corresponding motivations for doing things. It is, and has always been, the same great challenge that faces us all, but at least now with the help of Mary's understanding we can shed light on it for you.

This truth I have been saying to you has come up in me in answer to my acceptance of my self – my soul. It is how I see it, my expression of the truth. However the truth has already been revealed by Mary and Jesus. They gave me the pictures into which I have grown. They have been my necessary substitute parents to whom I have looked for love, truth and acceptance. And they have loved me and supported my existence up through the Mansion Worlds, and they have provided me with the Way to see where to go. And they have also helped me to see that really **it is all contained within me**, and with their love I have been able to, and are able to do, my soul-healing, coming into this understanding for myself. They have also shown me the way to the Mother and Father and this I am the most grateful to them for. Because, as you will come to see for yourself just as I have, when it is all said and done, you are the Mother and Father's child of love and They are all you need.

James, thank you for your time. Yes you were right to feel that I felt and sounded more like Mary herself speaking to you, however it was all me. But I did as we can through you – utilise her Spirit of Truth if we so desire, and this is what I did and why I felt familiar to you and as though I was Mary. This is something that has been only briefly touched on and I have been allowed to help you experience such a thing – all for you to ponder.

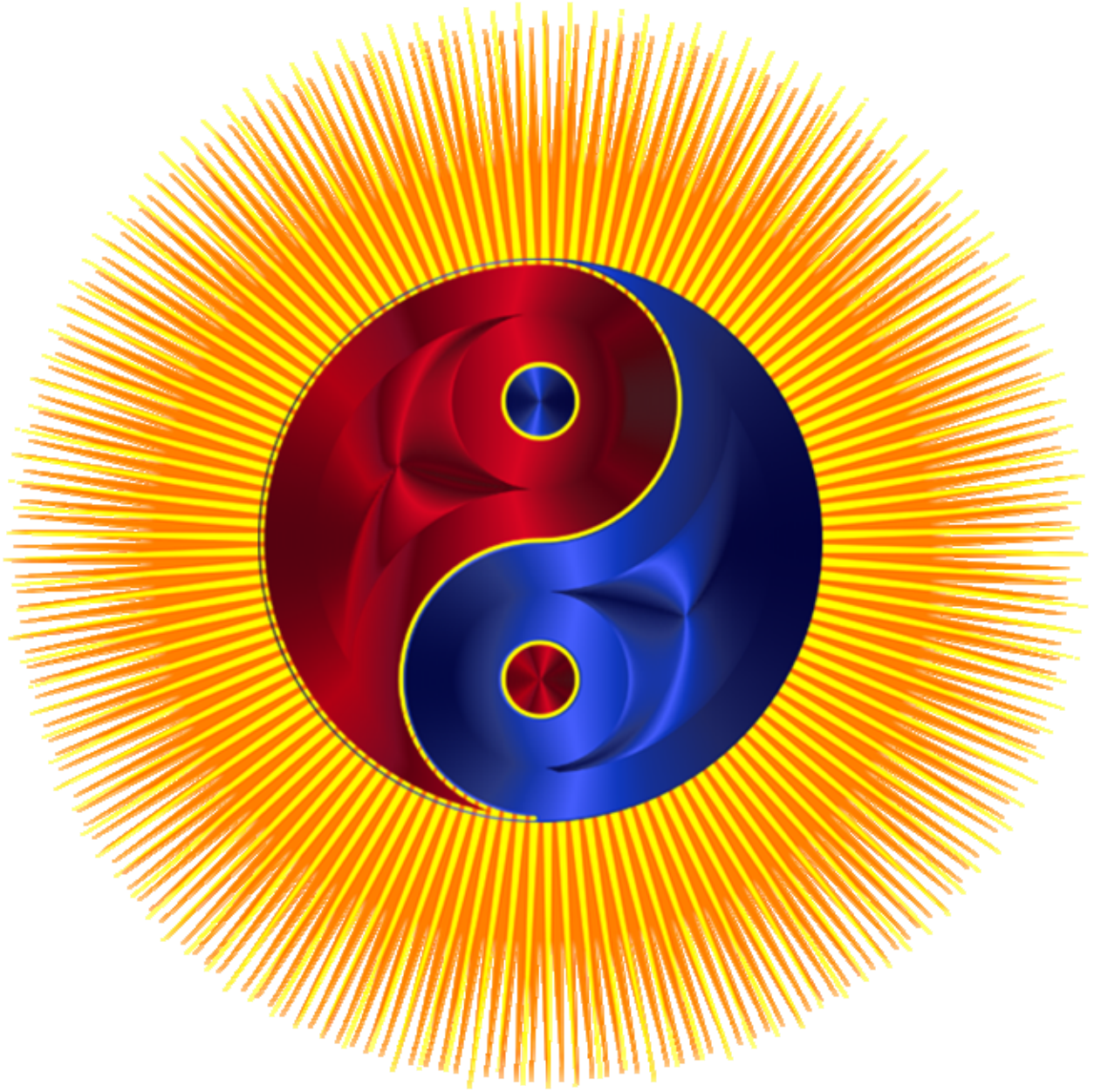
Good-day to you and Marion, and I will speak again later in the book, Ursula.

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

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

**To liberate one's real self, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the 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.**

# Our Heavenly Mother and Father



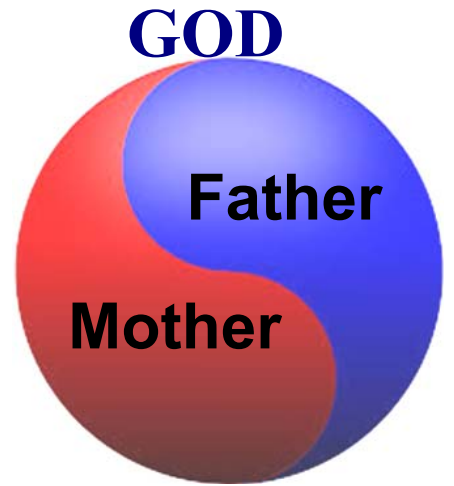




God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.

Jesus and Mary are soulmates and a son and daughter of God.

Mary of Magdalene and Jesus of Nazareth, where both free of sin. Mary and Jesus, combined in their love for us, are our spiritual teachers and guidance for us to find our way home to our Heavenly Parents. Mary and Jesus have liberated their Spirits of Truth who we can long to for assistance and guidance. They are known as Jesus and Mary of Nebadon, the universe system in which Earth is. They are the Creator Son and Daughter ruling this region.



To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since our conception.



The Avonal pair, should they be here, are to support humanity on Earth exclusively. They are to continue the work of the Creator Pair, Mary and Jesus, and will be assisted by them. The Avonal pair will, during their life on Earth, experience the full Feeling Healing process and Soul Healing process so that through their Spirits of Truth, which they are to release upon their physical death, will be able to be called upon by all those who embrace their own Healing. The Earth names of the Avonal Pair may not become known.



Humanity, all being soulmate pairs, are ascending mortal souls who are to reach inward and progress Paradise-ward for the God experience. As part of our journey of evolving our souls we are to experience evil, that is the denial of God and the Creator Pair. We can long to the Spirits of Truth of Mary and Jesus and soon to the Spirits of Truth of the Avonal Pair. Our Indwelling Spirit is our direct connection to and with God.



**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 your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

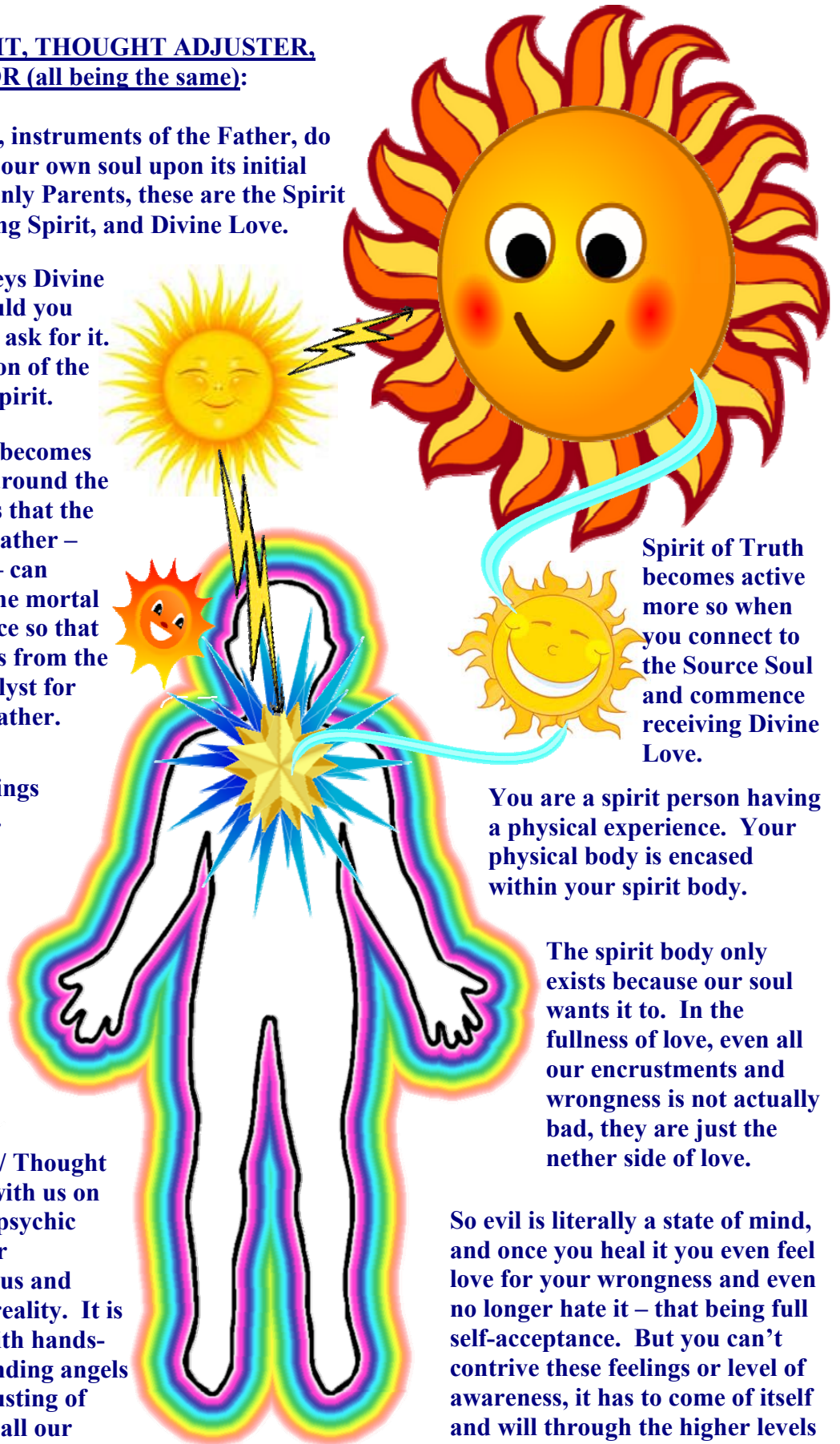
The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the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

The Indwelling Spirit reveals intrinsic workings of Father to your 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 you connect to the Source Soul and commence receiving Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your 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 you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

**SAYING “NO” to being CONTROLLED by ONE’S MIND, and EMBRACING ONE’S FEELINGS:**

Chapter ‘Day 6’ of “Paul – City of Light” by James Moncrief

‘By choosing the way of the Mother and Father and by accepting Mary and Jesus, by longing for the truth and allowing their Spirits of Truth to work with you to help you to see the truth of your soul and your soul denial, you are saying “NO” to the rebellion, “NO” to the Evil Ones who started it in the first place and “NO” to all its evil influence. You are saying “NO” to it within yourself. You are standing up and saying “No, I don’t want to live untrue, with my mind in the negative. I don’t want to live honouring the wrongness, I want to live true and with love and be with my Heavenly Parents living life according to Them, how They want it to be.” So within yourself you are in effect bringing yourself back into universal alignment, ending the Rebellion and coming back into the fold this will be realised by your entry into the Celestial spheres. And what you’re soul-healing will show you, is you’re standing up and saying “NO” to your parents because it’s our parents who’ve passed it all onto us.’

‘The great mystery that humanity has never been able to see into and crack open. Humanity has to come to the understanding that they, every parent, is passing onto its child its own negative mind condition, every parent is passing on the evil rebellious state to its child.’

‘The False Teachers are our parents, they are ALSO the Evil Ones. As of now, technically, all the evil higher rebelling spirits have been dealt with and are no longer allowed to influence humanity, so we are all the Evil Ones who constantly surround each other!’

‘As children we’ve all been made to deny our bad feelings. We felt bad because of some negative and unloving treatment we were getting, because our will was being denied its expression instead of being able to express itself. We were forced to suppress our feelings and to hold them in. And they’ve gone into our soul waiting for the day when we go back to our young selves, as it were, and reclaim them, bring them up and out into the open. It involves a heavy amount of self-analysis and psychology but we all have to do it if we eventually want to be free of our negative mind states and free to live the Will of God.’

**‘What we all discover is nothing that happens in our adult lives is as bad as what happened to us as young children – Nothing!’ ‘If a child at any stage of its life is not allowed to express itself freely then it suffers terribly.’**



‘The Divine Love will eventually start to make you feel bad, stirring things up within you, all to help you become aware that you are not living true and living according to God. And if it doesn’t, then it means you’re refusing to allow it to work on your soul. You’re refusing God showing you what’s not perfect within you. **The effects of the Divine Love when you are wanting to live true, you can’t escape any longer, you have to face the truth, and express all your bad feelings.’**

‘When you do your soul-healing with the Divine Love of God you are doing more than just healing yourself. You are setting out on your ascension consciously taking it and your life into your own hands. You are setting out to make perfect all your relationships, with yourself, your soul-mate, with all other people and creatures and the Mother and Father. It’s a whole spiritual life you’re embarking on. It’s spirituality with Divine Love – *Divine Love Spirituality*. It will make you look into all the reasons why your relationships aren’t working, as they should be, particularly the one with God and yourself. Your mind has to become perfected, pure, not rebellious – positive. Your soul will release into your aura as



you progress through your healing each next part for you to heal. So the next ‘batch’ of bad feelings will come back into your system, your soul bringing them forth to match the experiences it’s providing for you all according to your soul-life-plan all within your *Soul Light Print of Destiny*, your souls pattern for life.

‘This truth has not ever been released to Earth before. Even Jesus didn’t speak about it all. And so nothing that currently exists on Earth or in the mind Mansion Worlds is anything like it and nothing that currently exists can help you do all your soul-healing.’

‘There is a grand plan to the evolution and unfolding of all Creation, and we are all a small but equally important part of it. We are all equally as important as each other in our Mother and Father’s eyes and heart. There is also a grand plan for the unfolding and revelation of Divine Love to all worlds. On Earth it began in earnest with Jesus’ life and it is continuing to steadily evolve. Although on the surface of things it might appear that the darkness is increasing, you can rest assured that the light will resurface ever stronger. It will be a triumphant re-emergence. Humanity will see its way clear of the darkness at last. From our level of truth we can see that all is foretold and it’s a joy to play our role. And as none of us like to see the continued suffering of people and spirits, our motivation is to reveal the saving truth of Divine Love as we can. The truth can only be revealed in stages, humanity and individuals need time to integrate and outwork it. However, it all must go according to the Universal Plan and everyone must fulfil their *Soul Light Path Of Destiny*.’

‘So up until now because Mary and Jesus weren’t fully honoured no one has been able to completely access their childhood repression you speak of, and do their soul-healing.’ ‘Humanity is now going through quite a unique time on a spiritual level’

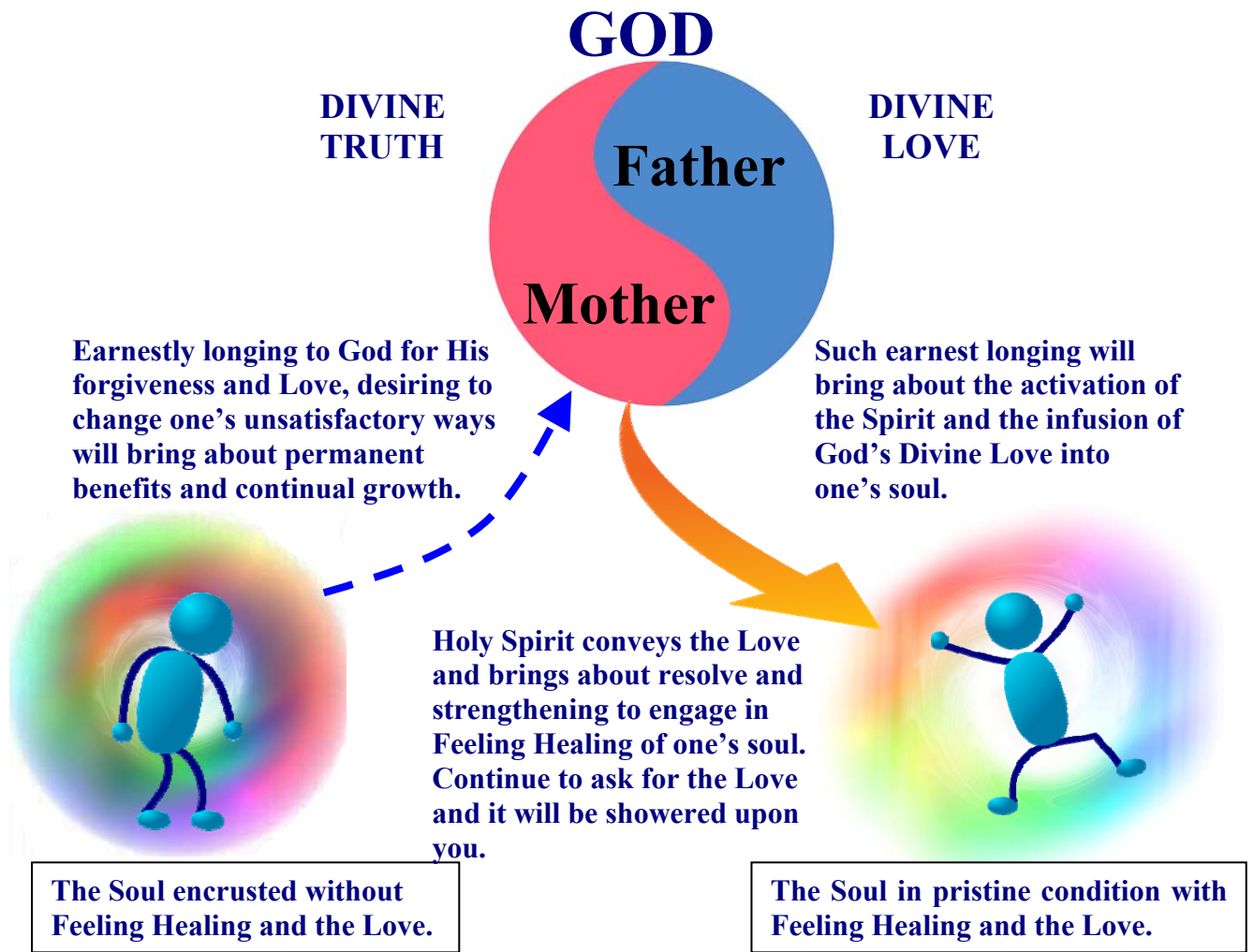
‘It’s the beginning of a whole new spiritual planetary age, an *Age of Light*, that will last for the next one thousand years with lots of revelation and things going to happen all with the effect of bringing the spirit worlds, the truth of them, closer to the lives of people on Earth who want it.’

‘Jesus and Mary’s lives on Earth two thousand years ago were fundamental to the whole evolution of this *Local Universe*, their universe. Their coming wasn’t only about Earth. This other pair that is now here on Earth, is all about Earth and as Jesus and Mary affected the whole of their universe so too with this couple will affect the whole of Earth. In time when you start to look into other spiritual and religious beliefs on Earth and begin to compare them to what the Divine Love offers you’ll see how superior it is compared to anything that’s gone before. It will really be the first time on Earth that people can actually live full spiritual lives: the truth will be available for them to do so. Up until now what people have believed to be spiritual has all only been mind advancement, not soul advancement. What I’ve been teaching you about and introducing you to is a whole *new* way of living.’

‘For the first time on Earth people will be able to directly relate to their Heavenly Parents, both their Mother and Father; long to Them for Their Love and ask Them to help them see the truth of themselves, of their negative mind states, and of their childhood repression. Nothing like this has ever been offered to humanity. Not even when Jesus came, because Mary Magdalene was denied her rightful place. So this is the first time all truth in the balance of feminine and masculine has been offered to mankind.’







Goals of Pascas WorldCare are marked by our desire to:

**Treat the cause rather than the symptoms; this is the focus of Pascas Care.**

**People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.**

Further stated policy, Pascas Care – Kids of the World:

**The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.**

**Yes, a child who is free of fear is free of illness due to being loved.**



**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 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 could be like them.

Childhood repression encrust 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 feel for the truth of all of our feelings, good and bad.

**MIND**

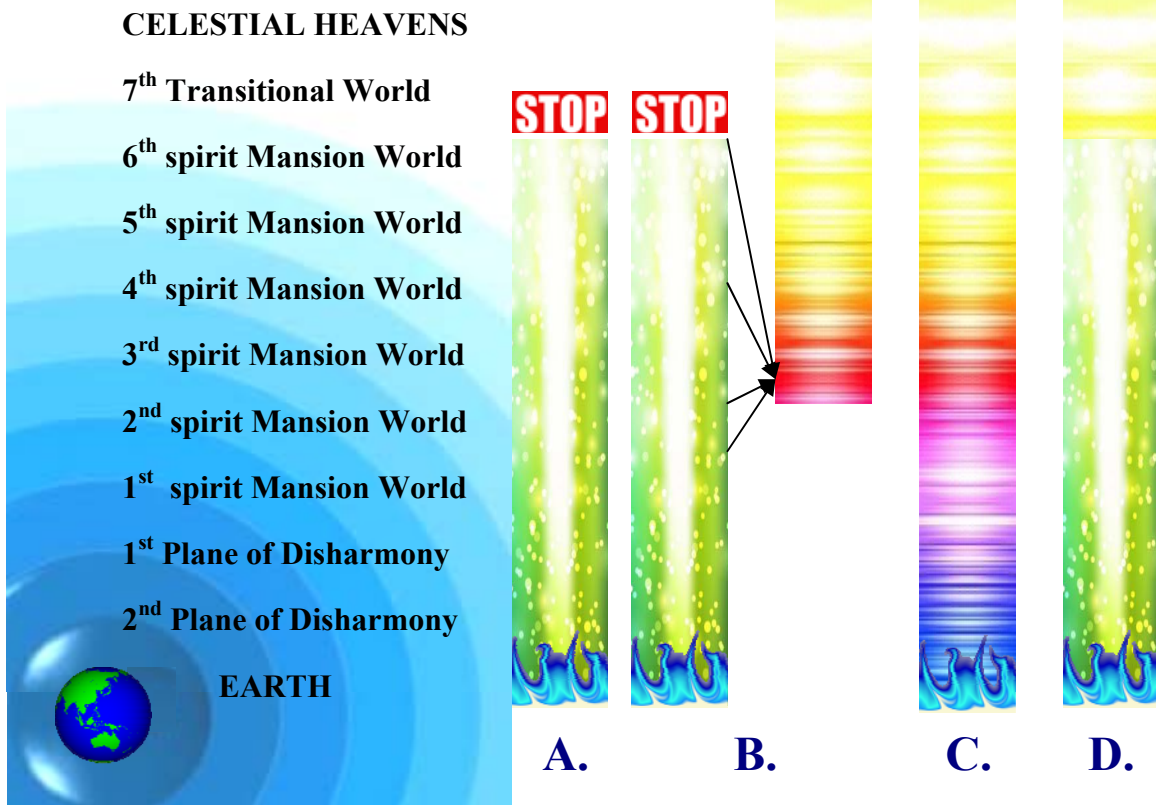


**SOUL**



Infographics and diagrams have been added by Pascas.

**SOUL GROWTH UP THROUGH SPIRIT  
MANSION WORLD SPHERES:**



- A.** We all arrive into the 1<sup>st</sup> sphere before being drawn to where we are suited. Living on Earth is typical to living in the hells being the Spheres of Disharmony. With one's natural love and mind dominance, one can pay their compensation being pain equivalent to the pain they have caused others and one's self. In this manner, one can progress through mind Mansion Worlds 1, 2, 4, and 6. With natural love only, one cannot progress beyond the 6<sup>th</sup> mind Mansion World. The mind Mansion Worlds are self reliant experiences.
- B.** Should one embrace the Mother and Father's Divine Love while advancing within any of the natural love mind Mansion Worlds / spheres, then one will be draw to the 3<sup>rd</sup> Divine Love Mansion World to commence their soul healing which is doing their feeling healing whilst longing for and receiving Divine Love. This process overrides the Law of Compensation as the soul healing is experiencing one's repressed childhood injuries and liberating one's soul will. Progression is through spheres 3, 5 and 7, and then into the Celestial Heavens. With the receiving of further Divine Love, one evolves even further.
- C.** Presently, we can embrace Divine Love here on Earth, on transitioning into the 1<sup>st</sup> spirit world, we will continue with our Feeling Healing while longing for Truth and the Divine Love and progress through worlds / spheres 3, 5, 7 and into the Celestial Heavens.
- D.** For those who do not embrace God, one can embrace their Feeling Healing and perfect their soul whilst paying their compensation and reach the 6<sup>th</sup> Mansion World. With a perfected soul having also resolved their childhood repression, one may then embrace the Mother and Father's love and progress directly into the 7<sup>th</sup> Divine Love transitional sphere and then into the Celestial Heavens and onwards. This is how it was meant to be.

Infographics and diagrams have been added by Pascas.

# 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 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  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018





# REVELATIONS



**Revelation 1:** Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



**Immortality with the Love.**

## WHAT IS THIS ALL ABOUT?

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

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

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

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

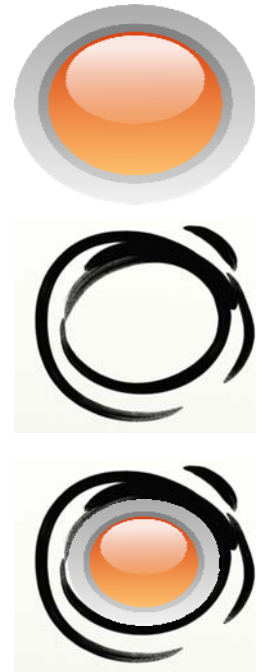
**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error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

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

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

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

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



**EXPRESSING ONE'S FEELINGS is the LIBERATION of ONE'S PAIN:**

Our negative childhood repressed events, hurtful experiences, dramas and harming influences, are like festering cocktails of noxious energetic misery and pain?

That's right. It's as though something was put into you that's not meant to be there, it's making you be imperfect, and so it all has to come out, which you do by expressing all your feelings. And when all the bad feelings have come out, then you'll be left with the true and perfect you, that you which would have come naturally into being had it not been interfered with.



So you want to be true. And you ask God, your Mother and Father, to help you express all your bad feelings and to see the truth They want you to see. And then you just focus on expressing your feelings however you can; so to someone if you have someone who wants to listen to all you want to say, all the bad, yuk, stuff; or you write and say to yourself how you feel, and of course tell God all you feel.

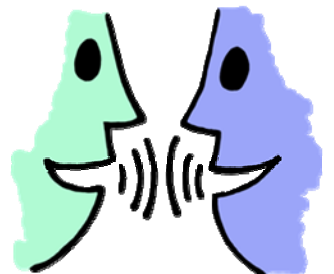
So you stay focused on your feelings, you keep expressing all they are making you feel, and you long for the truth of them, and that's all. You don't have to make yourself go deeper into them, that will naturally happen, and you don't have to do anything with your mind. You just keep trying to articulate all you feel, accepting those feelings, feeling how bad or good they make you feel, express all the emotions associated with them, and long for the truth they are to show you.



And in doing that, all the bad or wrong parts will slowly come out of you; and by liberating them, so too are you setting yourself free of them. Your soul then effects the necessary changes when all the pain has come out and the truth of it has been seen, and that is your Healing. And slowly you will perfect yourself, become true, start having good, loving, open, honest and truthful relationships, with your partner, if they are also doing their Healing, and then with everyone else. And most importantly, with yourself.



We are to grow in truth through our feelings, which is why our feelings are needed.



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

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Notes above are drawn from James Moncrief's writings.



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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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

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

*Feelings First Spirituality, The New Way* is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

*Feelings First Spirituality* is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your 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**

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

*And to do this you need to do your Healing*

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

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

## **Feelings First Spirituality** **The New Way**

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

**Please Mother and Father** help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

**Please Mother and Father** help me see the truth of myself through my feelings.

**Please my beloved Heavenly Parents**, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

**Please Mother and Father**, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

**Please Mother and Father help me**, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

**Please Mother and Father love me**. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

**Please make me feel how unloving I am**. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

**The mind way is the 'dead' way; the feelings way is the 'alive' way.**

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

**Please God** show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

**Heavenly Mother and Father**, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

**Please Mother and Father** fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

**I hate you Mother and Father**; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

**I long for Your Divine Love** Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



# FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

## FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. KEEP YOUR MIND OUT OF IT. It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

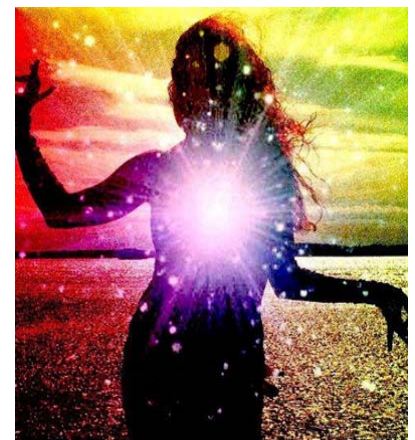
## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

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

**Note:** **Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.

Want to understand why you're feeling them.

Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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



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



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

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

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

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

**Feelings First Spirituality, The New Way**



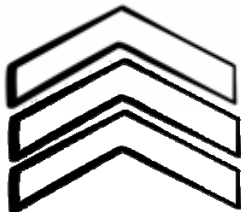
my  
**House** is your  
**Paradise**  

**HOME**

## The CHOICE is OURS to MAKE:

### 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 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.

**MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE / SOUL PARTNER:**

**SOUL:**

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

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

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



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

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

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

95%+ of humanity currently are within the 1<sup>st</sup> sphere of development.

**PERSONALITY**

Soul    Spirit Body    Physical Body

**PERSONALITY**

Physical Body    Spirit Body    Soul



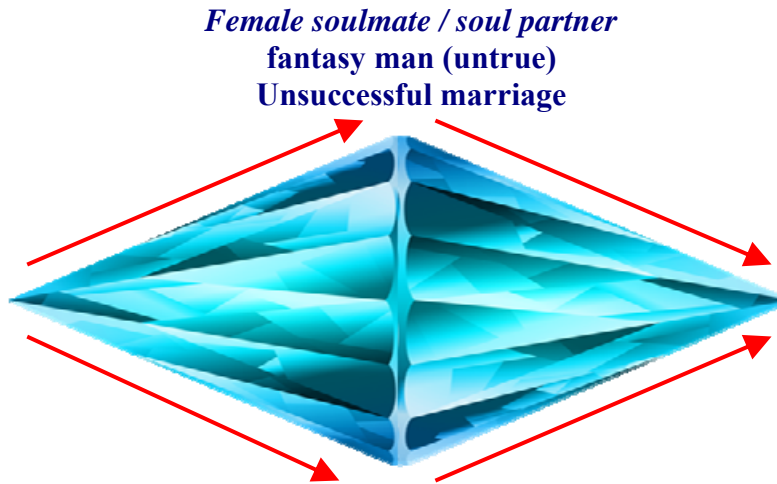
**MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:**

**Rebellion and Default**

**MIND-Created soulmate**

**HEALED (Celestial)**

**Incarnation  
TRUE Soulmate  
Soul : Expressing  
two personalities  
– being soulmates**



*Female soulmate / soul partner  
fantasy man (untrue)  
Unsuccessful marriage*

**WOMAN  
Eternal Marriage  
MAN**

*Male soulmate / soul partner  
fantasy woman (untrue)  
Unsuccessful marriage*

**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 that 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.



**Relationships formed through the minds of couples who are unhealed are temporary!**

We should incarnate as One soul – expressing Two personalities – soulmates, a woman and man – the perfect union for all eternity.

We incarnate into Rebellion by Default against this.

We live in denial of the truth of ourselves – the truth of our soul.

We look for our soulmate / soul partner, however it's the 'other half' of our fantasy mind. It's all an illusion, false – the imperfect union. It can't possibly ever be perfect, it's doomed for destruction. No false and untrue union is eternal.

We project this mind-fantasy soulmate onto our partner. We mistakenly believe they are our soulmate, our true other half, yet they are at best only the other half of our mind-contrived soulmate belief. These relationships never last. They are a moment, a glance of hope, a one night stand, a relationship short or long term, marriage with children, lasting until we die and possibly carrying on in the mind worlds in spirit, but doomed to extinction. If your marriage is 'successful', it's just that you manage to fit your false mind fantasy that you are soulmates, well enough to last a little while longer than most who are 'unsuccessful'.

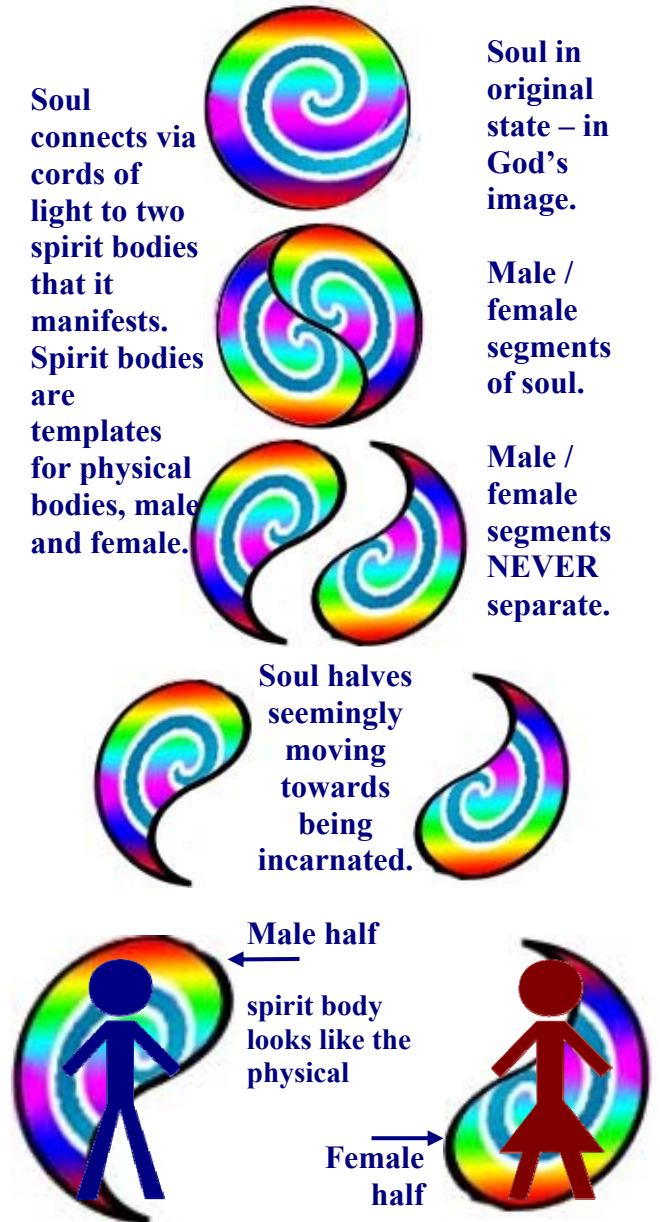
We are to heal our untruth, fantasy, mind-generated false soulmate. By bringing it out so we can understand how and why we're created it and what we expect, long for, hope, it will give us – all the love our parents didn't give us. We want our fantasy mind-created false soulmate to fill all the holes in us, to unconditionally love us, to never reprimand, criticise, judge, curse, hate, disrespect and make us feel bad – only to love us and make us always feel good – to take all our pain away.

The ultimate mind panacea.

We are to heal the need for creating such a wrong thing.

We are to live true to all our pain and feelings of powerlessness and utter devastation of not having anyone who loves us and we can love, because we weren't loved and aren't loving. And once we understand it all, we are then to come to terms with the fact that all our relationships are false and will end.

And that one day, when we are ready to let go of our falseness, we will change into becoming the



opposite – truly loving and truly loved, with no more holes that need to be filled in. So our mind can stop being our chosen soulmate and saviour, it can stop being our substitute Mother and Father, and we can live true to our feelings, enjoying our true soulmate, the one God has provided for us.

As we give it up becoming of a Celestial truth, we meet our true soulmate, she/he having healed her/his untrue mind-fantasy soulmate / soul partner, thereby becoming true soulmates, free to live happily and lovingly forevermore – a truly successful relationship and eternal union.



# **SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**

**Self Revealing**

**Self Loving**



**Feelings First**

**PARENTING:**

Tuesday, 16 October 2018

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

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

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

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



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

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

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

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

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing,

then you will be totally free of your parents. Until then, even through they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

## 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.**

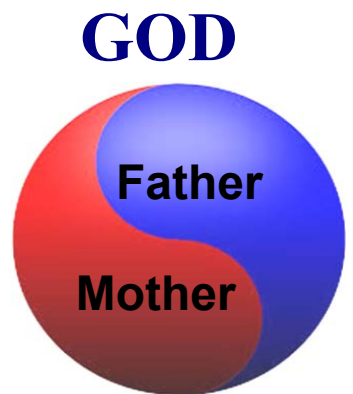
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

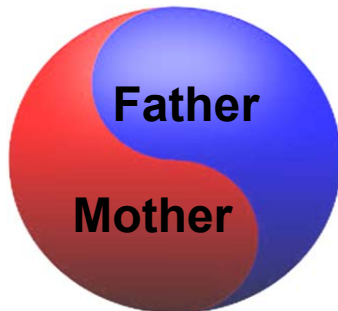


**HUM**

**WE ARE Children of God**

**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 from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, 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.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



**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.



**HOW TO GET TO PARADISE:**

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

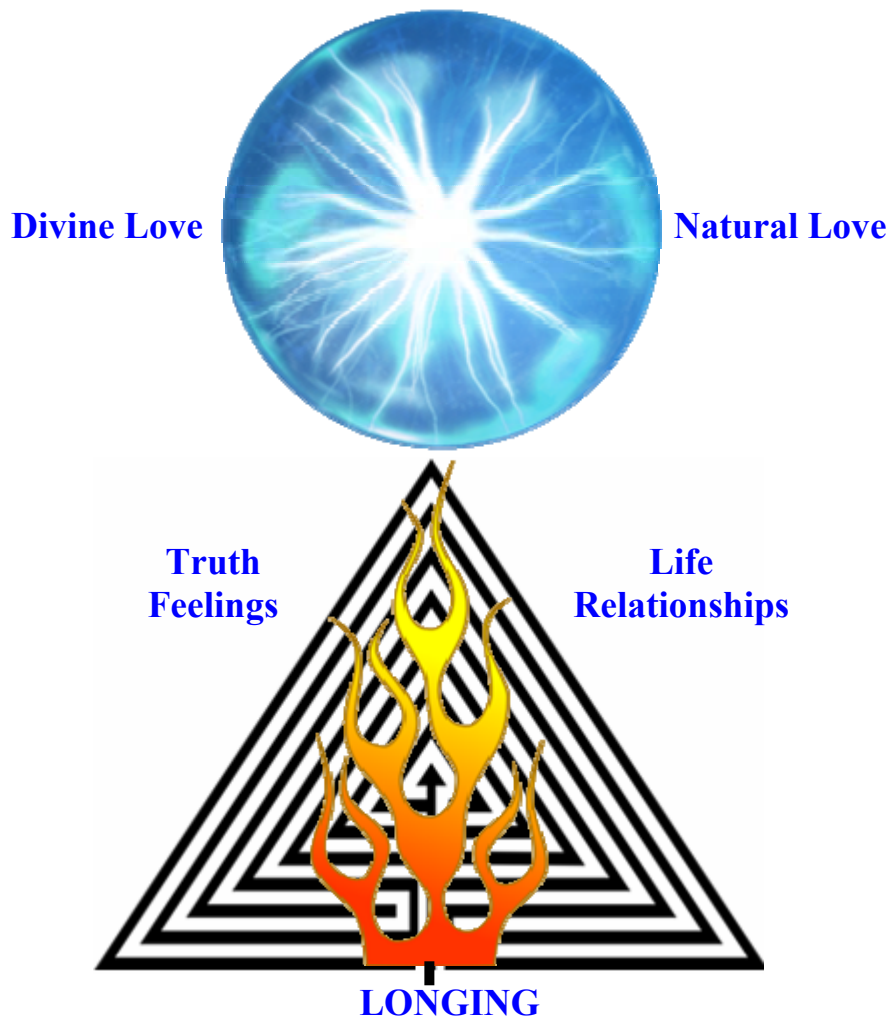
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

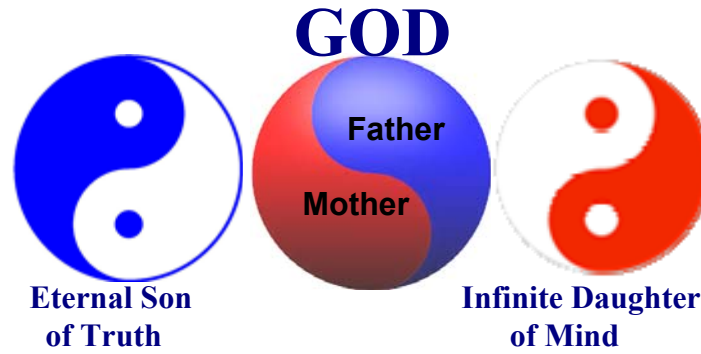
Want and long to know the whole truth of yourself

Want to do it all with God, your 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 you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



**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.

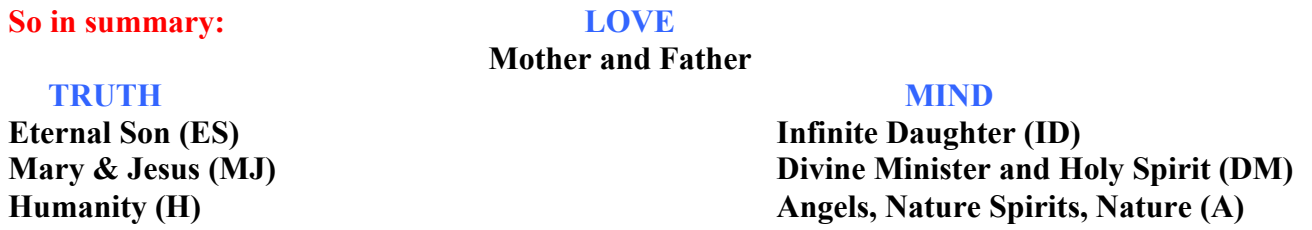
**The LOCAL UNIVERSE TRINITY:**

- 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**

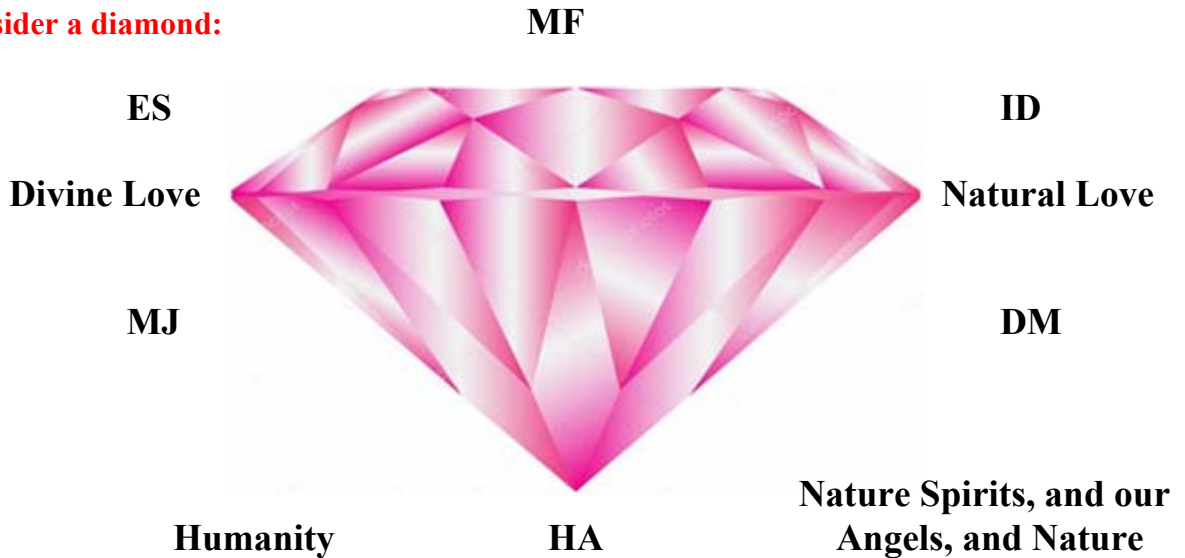
**PLANETS that engage in REBELLION:**

- 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 / soul partners.

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 cases through the Rebellion and Default.

Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias 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: and 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.





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, last soul partner pair on Earth.

Lucifer & Satan

Adam & Eve

Rebellion leaders are now removed

Jurisdiction of humanity and spirit worlds is now with Celestial Spirits.



It begins!

**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)

### **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 Nabadon, 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 Nabadon, our Local Universe. The regents of Nabadon 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.

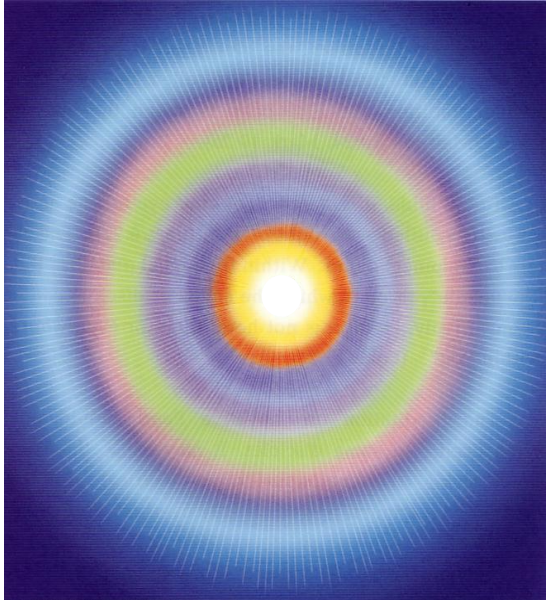


**The New Way: learning how to live true to ourselves by living true to our feelings.**

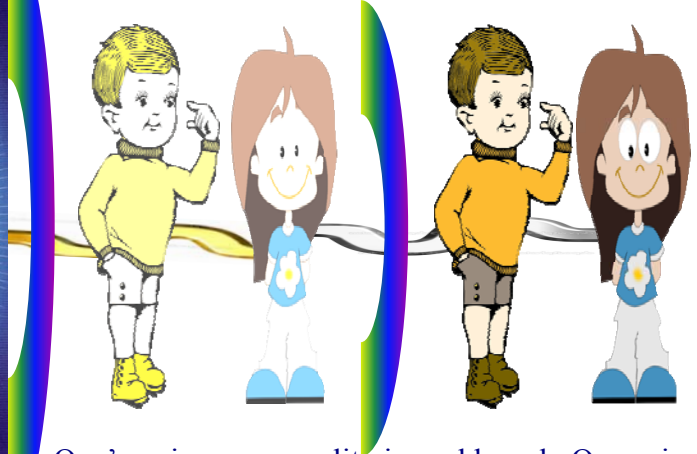
## DIMENSIONS of ONE'S EXISTENCE:

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!**



## 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:

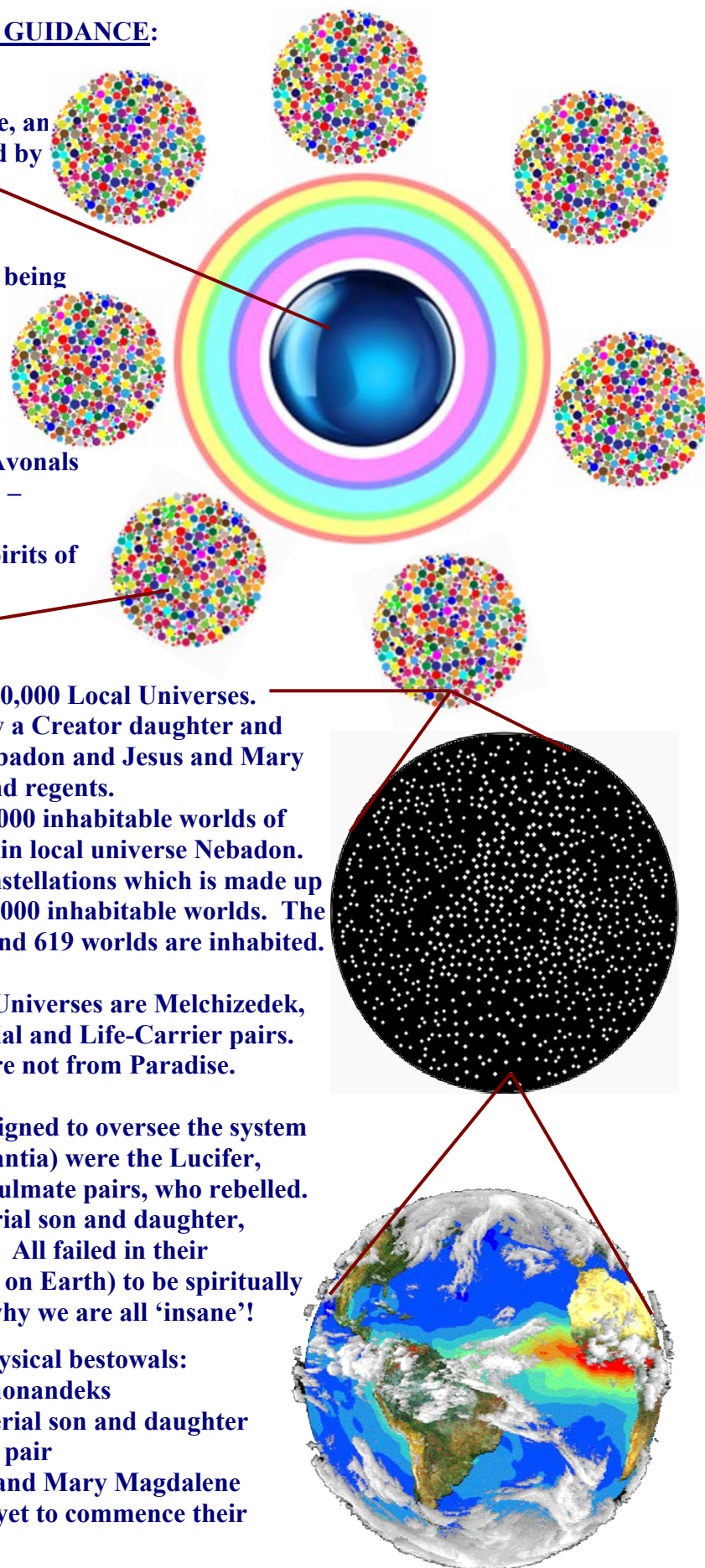
Daligastia soulmate pair being Lanonandeks

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.





**EXPERIENCES, FEELINGS and TRUTH:**

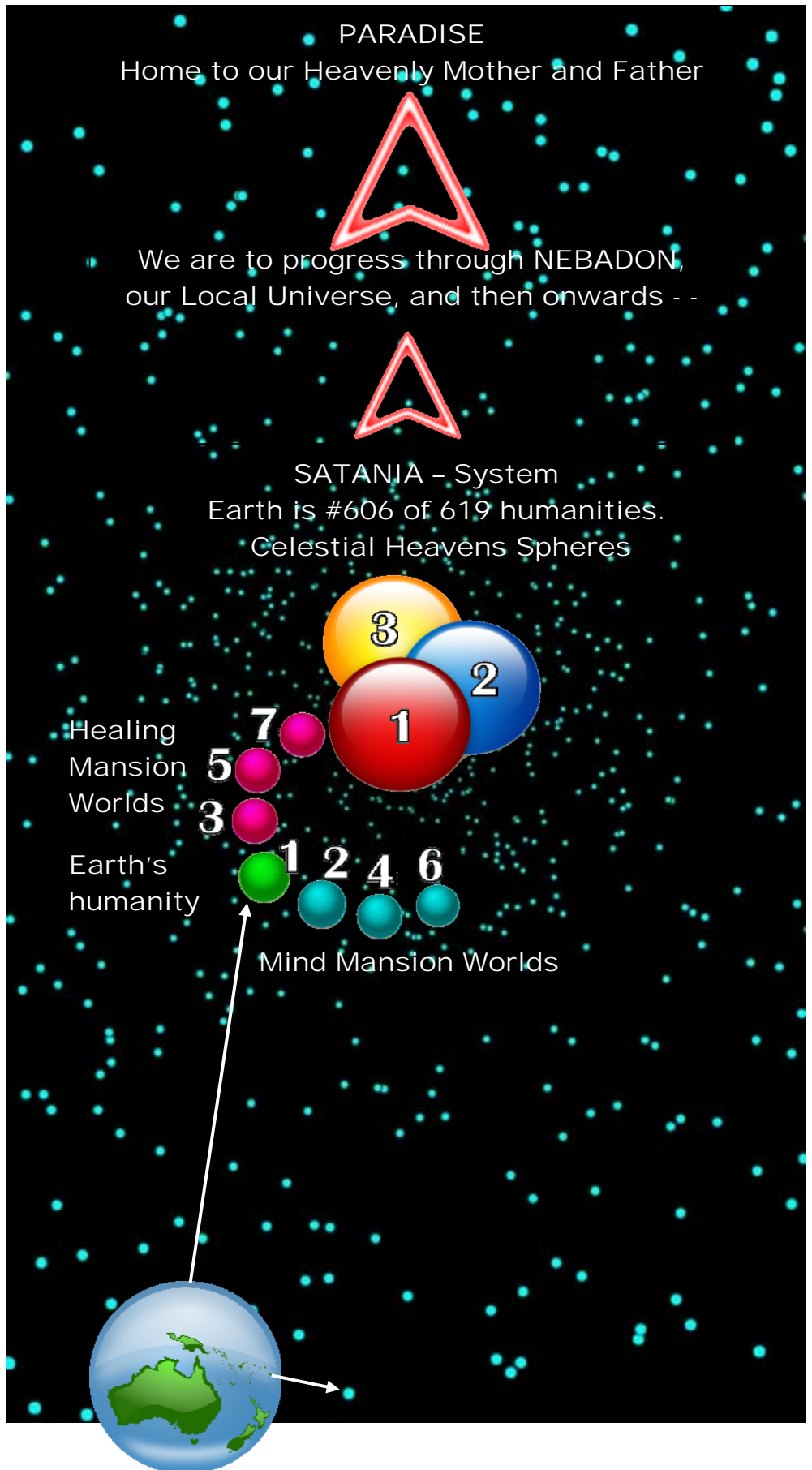
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we 'die', and shed our physical body as we are spirits having a physical experience, we all arrive on the 1<sup>st</sup> spirit Mansion World.

If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However, picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.



## 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: The 'false teachers' are our parents, as they are also the 'evil ones'.  
Also, the evil ones, being those parts of one's mind, that are controlling you.

## Prayer for Divine Love

Long to God for Their Divine Love

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

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

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

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

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

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

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

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

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

Summary:

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

James Moncrief

**Feelings!**  
*first*





## How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.





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

**REVELATION 1**

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's 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 the Father is actually loving us! When we progress, it is the Father's way of loving us into love and then we live what we are, love.

**REVELATION 2**

The way to clear one's soul of childhood errors and injuries is revelation 2:

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.



**PAPER SCAPERS**

## **INTRODUCTION for a HEALTH CARER ENGAGING ASSISTANCE:**

**So who am I to heal?**

**Not everyone, most, but some will need temporary relief from it, so they can do other things with their lives, things they couldn't do when they are in such pain. But as you understand, that pain will still be there in their soul, and one day they will have to return to it and bring it up and out of themselves, all so they can see what truths it has hidden in it for them.**

For some people its necessary they feel all their pain because it will help them to understand more about themselves when they come to see the truth of their pain. So they need the pain so as to find the truth, it all being around the wrong way because of the rebellion against truth.

Possibly the angels might work more closely with people should those people embrace at least the notion of doing their Feeling Healing.

So, what is Feeling Healing? It's looking to your feelings for the truth of what's making you feel bad:

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

And it's possible that you can heal everything that's wrong with you on all levels through your Feeling Healing.

Relief may occur immediately, or it may be later on. One's heartfelt longing for the truth of their feelings being good and as well as bad will determine what assistance is provided. It is up to each individual to want to live true to their feelings, and when they do, then the angels will be there to help them.

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

**in conjunction with**

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

MoC 1,500

|                                                                                      |                                                                                                                                                                     |                                                                    |                            |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------|
| <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 containing the Padgett Messages or Little Book of Truths</b>   | <b>1914 – 1923</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– Joseph Babinsky</b>   |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                         |                                                                                                                                                                     | <b>xxx</b>                                                         | <b>– Geoff Cutler</b>      |
| <b>Available generally from:</b>                                                     |                                                                                                                                                                     |                                                                    |                            |
| <a href="http://www.lulu.com">www.lulu.com</a>                                       | <a href="http://www.amazon.com">www.amazon.com</a>                                                                                                                  | <a href="http://www.bookdepository.com">www.bookdepository.com</a> |                            |
| <b>For Divine Love focused websites and forums:</b>                                  |                                                                                                                                                                     |                                                                    |                            |
| <b>Pascas Health:</b>                                                                | <a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>                                                 |                                                                    |                            |
| <b>Spiritual Development:</b>                                                        | <a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>                                                                     |                                                                    |                            |
| <b>Padgett Books:</b>                                                                | <a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>                                                                       |                                                                    |                            |
|                                                                                      | <a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a> |                                                                    |                            |

### **BIBLIOGRAPHY NOTE:**

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

Pascas has 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 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

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

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

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

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

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

**PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

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

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

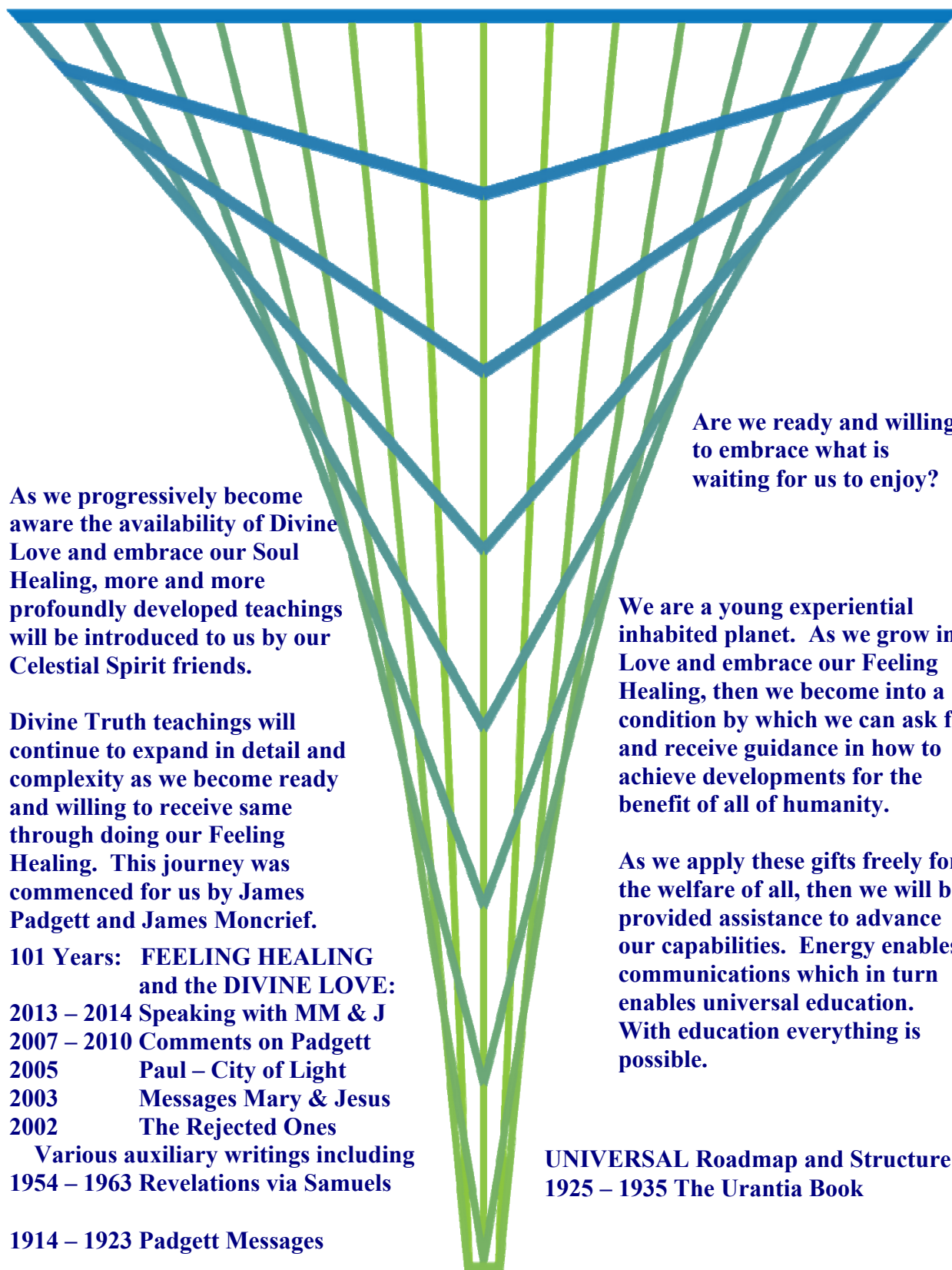
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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







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