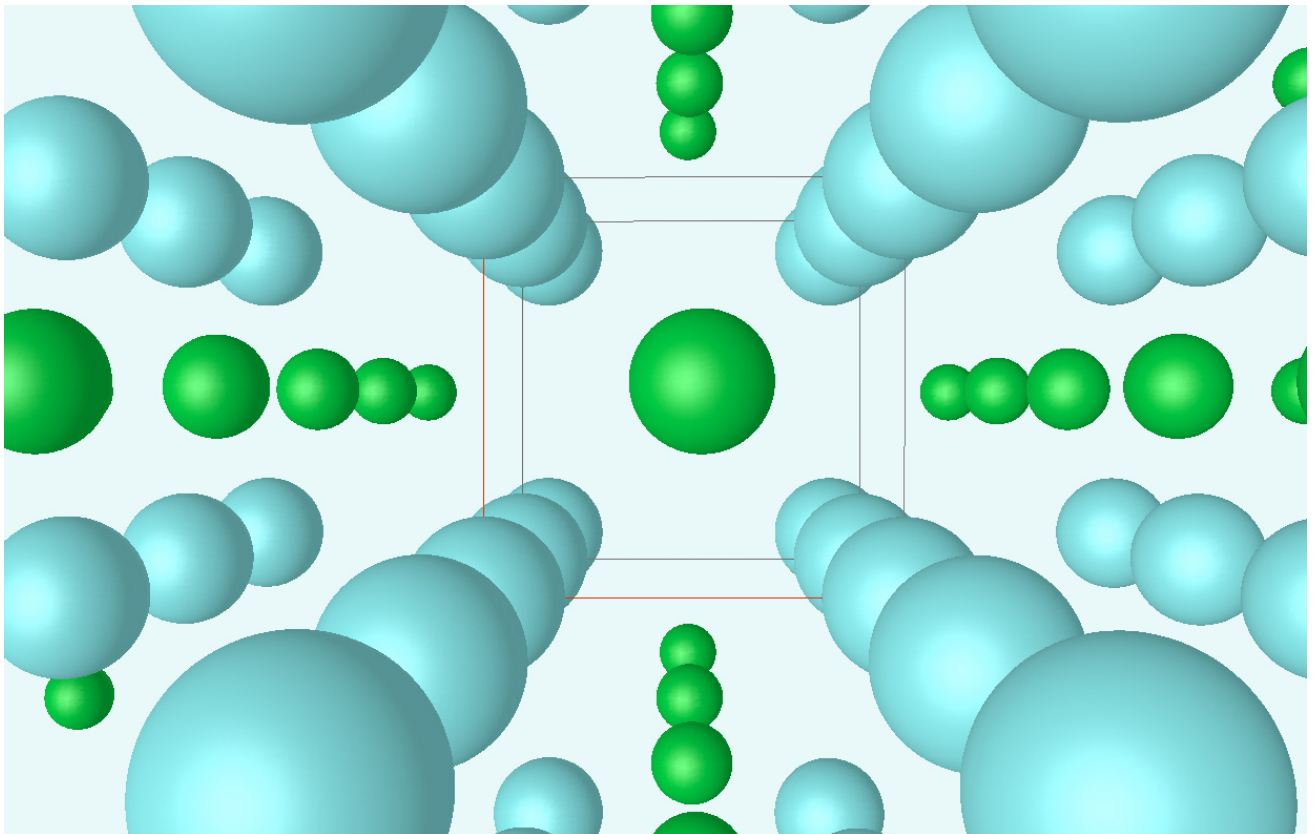


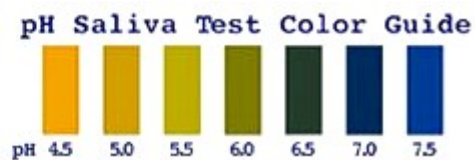
# *Pascas Care The Truth about Cancer*

## *Exploring Pathways*

**Volume III**



**This Test Could  
Save Your  
Life!**



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

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## PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – 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.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

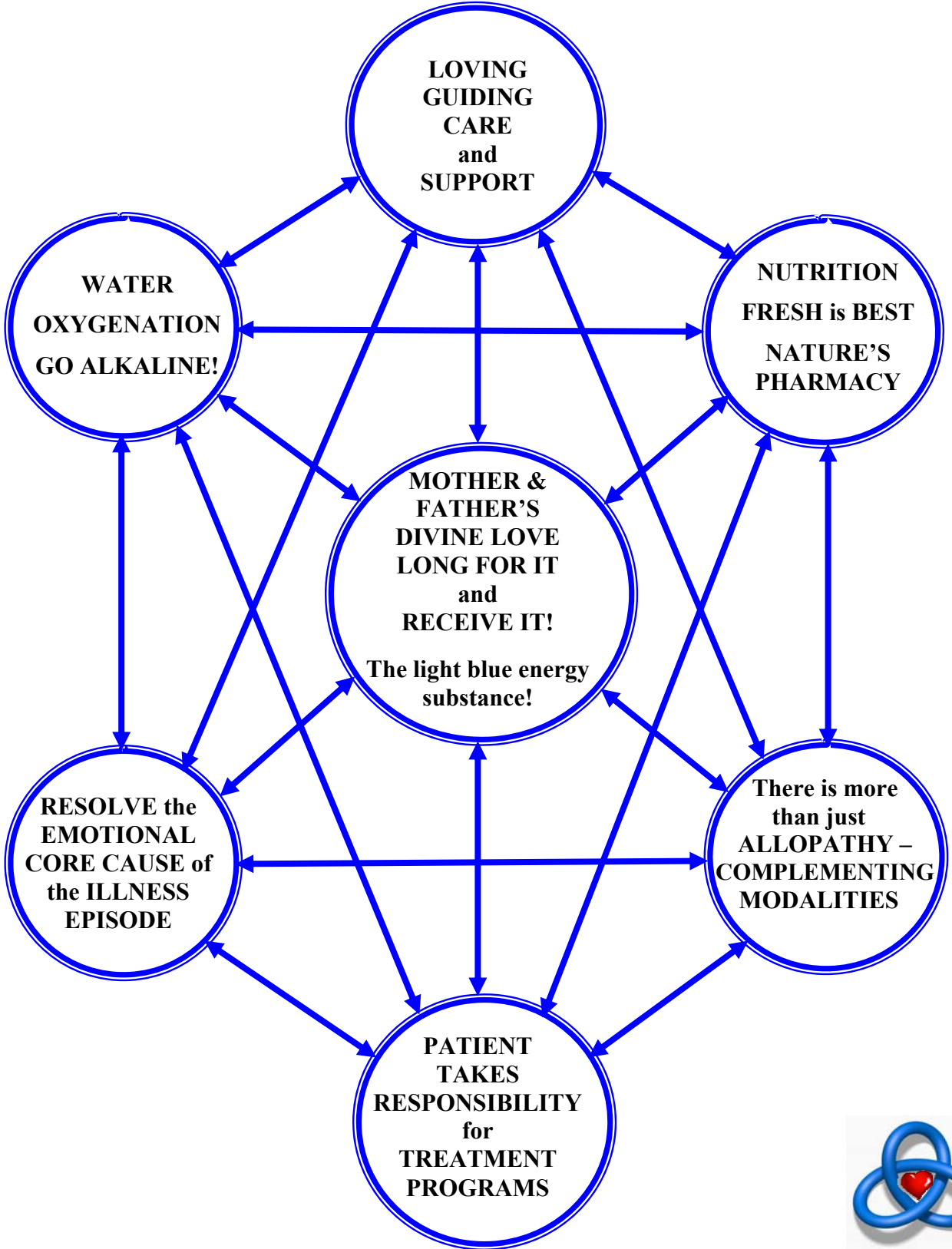
Living Feelings First, *John.*



***“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***

# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



## **Questions to Ask Doctors about One's diagnosis of Cancer:**

Being told you have cancer can be scary and stressful. You probably have a lot of questions and concerns. Learning about the disease, how it's treated, and how this information might apply to you is a lot to do on your own. You might need some help. In fact, ask family and friends to assist you every step along the way. Your country's Cancer Society can give you general information about the cancer and its treatment, but your doctor is the best source of information about your situation.

It's important for you to be able to talk frankly and openly with your cancer care team. They want to answer all of your questions, no matter how minor they might seem to you. But it helps if you know what to ask. Here are some questions you can use to help you better understand your cancer and your options. Don't be afraid to take notes and tell the doctors or nurses when you don't understand what they're saying.

The questions are grouped by where you are in the process of cancer treatment. Not all of these questions will apply to you, but they should help get you started. Many people have fully recovered from every disease known to man.

For more information on the type of cancer you have, consider contacting your country's Cancer Society or go on line.

### **When you're told you have cancer**

1. Exactly what kind of cancer do I have?
2. Where is the cancer located?
3. How do I get a copy of my pathology reports?
4. How do I get a copy of my imaging reports?
5. Has the cancer spread beyond where it started?
6. What's the cancer's stage?
7. What does that mean?
8. What are my treatment options?
9. How does this affect my treatment options?
10. How have patients successfully worked to recover from this illness type?
11. What are pathways to recovery, based on my cancer as you see it?
12. What is the cause of this cancer episode?
13. How do we identify the underlying cause of this cancer?

14. How does one remove the core cause of this cancer?
15. If the core cause or underlying cause cannot be addressed then won't the cancer re-emerge?
16. How much experience do you have treating this type of cancer?
17. Who do you recommend that I also engage to assist in developing a recovery program?
18. What other tests should be considered before we can decide on treatment options?
19. What are my treatment choices?
20. Should I think about genetic testing?
21. Should I think about taking part in a clinical trial?
22. What treatments do you recommend and why?
23. What is the goal that you see for your recommended treatment of me?
24. Does the recommended radiation therapy kill the cancer stem cell / mother cell?
25. Does the recommended chemotherapy kill the cancer stem cell / mother cell?
26. Who should I get a second opinion from? How do I do that?

## Questions to Ask the Doctor about One's Cancer

### When investigating treatment plan options

1. What are all the aspects of my life style that we need to consider in developing a treatment plan?
2. What are the aspects that will reinstate and strengthen my immune system?
3. What are the chances the cancer will come back after these treatments?
4. Does this treatment pathway address the stem cells / mother cells of the tumour?
5. What would we do if these treatments don't work, or if the cancer comes back?
6. Will I be able to have children after treatment?
7. Will I lose my hair? If so, what can I do about it?
8. How much will I have to pay / budget for treatment?
9. What will my insurance cover?
10. How long will treatment take in weeks / months? What will it involve?

11. Where will the treatment be done?
12. What risks and side effects should I expect?
13. Will the treatment be harmful / painful? Will I have any scars?
14. Will the chemotherapy truly extend my life expectancy?
15. What alternatives can I consider for each specified harmful drug?
16. What can I do to reduce the side effects of these treatments?
17. How will treatment affect my daily activities?
18. Will I be able to work during treatment?
19. Would you recommend this treatment for your family or take it yourself?

### Questions to Ask the Doctor about One's Cancer before Treatment

1. What should I do to get ready for treatment?
2. Should I change what I eat or make other lifestyle changes?
3. Can I have my blood analysed by **Research Genetic Cancer Centre (RGCC) – Greece?** Their analysis generally assists in determining if nominated chemotherapy will work, or if it is harmful, or if it simply will not work for me. Further, it will enable a more accurate nutrition program to be established.
4. Which nutritional expert(s) should I consult? I need to establish complementary programs such as:
  - a. Let food be your medicine (nutrition)
  - b. Detox
  - c. Balance Energy
  - d. Healing of emotional wounds
  - e. Biological Dentistry
  - f. Herbs and Vitamins
  - g. True Prevention.
5. Nutrition and detoxification are of enormous benefit in addressing the pathway to the return of full health of the body and the recovery of the immune system. Who do I talk to?

6. For detoxification of the body programs, consider:

Detox Step 1 – **Cleanse the Colon** – Psyllium Husk, [Royal Tea](#)

Detox Step 2 – **Cleanse the Kidney** –

<http://www.globalhealingcenter.com/natural-health/5-kidney-cleansing-drinks/>

Detox Step 3 – **Cleanse the Liver** – Parsley, Asparagus, Oils, Juicing (recipe from Cherie Calbom)

Detox Step 4 – **Cleanse the Lymph Nodes** –

Detox Step 5 – **Parasite Cleanse** – 6 week cleanse, black walnut hull, [wormwood](#), etc.

7. Another variation to complementary options can be:

Step 1. **Detoxification**

Step 2. **Physiological Optimization**

Step 3. **Immune Modulation**

Step 4. **Target Acquisition** – teach the body how to identify cancer cells properly

AARSOTA – autogenous antigen reception specific oncogenic target acquisition.

Step 5. **Maintenance** – living the life on a daily basis, the most difficult.

8. What should I do regarding the water I drink? How do I continually access alkaline water?

9. What should I do to mitigate my lifestyle stress?

10. What should I do to re-establish my immunity system?

11. Will I need blood transfusions?

## Questions to Ask the Doctor about One's Cancer during Treatment

Once you have decided on treatment, you'll need to know what to expect and what to look for. All of these questions may not apply to you, but asking the ones that do may be helpful.

1. How will we know if the treatment is working?

2. When is it appropriate to have further blood analysis by **RGCC**?

3. What can I do to help manage side effects?

4. What symptoms or side effects should I tell you about right away?

5. How can I reach you on nights, holidays, or weekends?

6. Do I need to change what I eat during treatment?

7. Are there any limits on what I can do?
8. What kind of exercise should I do, and how often?
9. Can you suggest a health professional / counsellor I can see if I start to feel overwhelmed, depressed, or distressed?
10. Will I need special tests, such as imaging scans or blood tests, and how often?

## Questions to Ask the Doctor about One's Cancer after Treatment

1. Do I need a special diet after treatment?
2. Are there any limits on what I can do?
3. What kind of exercise should I do now?
4. What type of follow-up will I need after treatment?
5. How often will I need to have follow-up exams and imaging tests?
6. What blood tests will I need?
7. How will I know if the cancer has come back? What should I watch for?
8. What are my options if the cancer comes back?

## Questions to Ask the Doctor about One's Cancer – other questions to consider

Along with the sample questions, be sure to ask any others you might have. For instance, you might need to know more about how long it will take to recover from surgery so you can plan your work schedule. Or, you may need to ask about insurance coverage or how you can get help paying for treatment. Write your own questions here; consider adding questions within the above sections also.

Consider this; the tumour took around six to eight years to become visible, taking your time to resolve all your questions and understand your options is very much appropriate.



## **Take an Active Role in Decisions about Your Treatment Options:**

Even if you're comfortable allowing your doctor to make decisions for you, there are good reasons why you should take the lead in deciding about your care.

First, making a shared decision with your doctor about treatment will help you become a better advocate for your needs. Moreover, playing an active role in your own care can have both physical and emotional benefits. Studies of cancer survivors show that those who are active in making decisions about their cancer treatment tend to manage the side effects of treatment better than those who have little or no knowledge or remain passive about their cancer. More importantly, only you can implement the nutritional program that is necessary and needs to be considered immediately. Your immune system needs all the boosting possible and that is from your nutritional intake.

<http://www.precisionnutrition.com/surprising-supplements>

### **How to Make Your Decisions**

It may be helpful to think of the process of choosing a treatment plan as a series of steps:

- Establish how much time you have to make a decision.
- Learn your options.
- Weigh the pros and cons for each treatment option.
- Consider your own personal situation and the impact each choice is likely to have on your life.
- Decide on a course of action.

Before you begin discussing options, you should be clear on an important issue: How quickly must you decide on a treatment plan? Do you have time to do more research and talk things over with others, or must you act immediately? Whether your answers bring you more pressure or less, you need to know the time frame for your decision. You may well have more time than what is being firstly suggested.

Your next step will be to discuss your available treatment options. As your doctor and other support explains each one, here are some questions to raise:

- How successful has this treatment been for other patients?
- What are the pros and cons of this choice?
- What side effects will I be likely to experience during each treatment option?
- What long-term effects might occur after treatment has ended?
- What changes can I expect in my lifestyle during treatment?
- Will I or my caregivers need to be aware of any extra care I might require during treatment?
- Does the treatment facility routinely deliver this type of care?
- Will my insurance cover the costs of this treatment? Will there likely be additional services I'll need that my insurance does not cover?

In addition to the treatments your doctor and others outlines, you may also want to explore two other options: the availability of a clinical trial, which compares a new treatment to a standard treatment being offered by your physician, and whether there are complementary options that you could use along with your primary treatment. These might include such approaches as massage therapy, nutritional changes, acupuncture, and others. Nutrition is important, as is detoxing and juicing.

Keep in mind that you can always seek a second opinion from another doctor. This does not indicate a lack of respect for your doctor—only a desire to thoroughly examine your options.

## Weighing Pros and Cons

Every treatment options have positive and negative aspects. Weighing those pros and cons is a necessary step in deciding which option to choose.

Some of the biggest questions that people have are, "What are my chances of recovery if I choose this treatment over another?" Or, "How much longer can I expect to live if I choose this treatment over another?" And "What will my quality of life be during this treatment program over other options?"

Some doctors respond to this by citing statistics that help you understand the effectiveness of the recommended treatment. Statistical information, sometimes called "data" or "evidence," can help you sort out your treatment options. But remember that statistics only show what has happened in general in large groups of cancer survivors. Gather the information you feel you need, understand the time you have to make your decision, and let all the pros and cons (including the best available data and your personal circumstances) guide you.

**EXERCISE and CANCER**      **Catalyst ABC story 10 May 2016**  
<http://www.abc.net.au/catalyst/stories/4459555.htm>



## **UNDERSTANDING the CAUSE of an ILLNESS EPISODE:**

### **Disease-Prone Beliefs**

P.216 Letting Go by Dr David R Hawkins

To ascertain our own disease proneness, we can look at the following questions:

Do I worry about my health, holding fear thoughts in mind about what might happen to me?

Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?

Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?

Am I interested in hearing about the diseases of famous people?

Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?

Do I believe that certain diseases “run in my family”?

Do I stop or want to stop (but don’t dare) to witness auto accident victims?

Do I like hospital TV programs?

Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime, and other forms of violence?

Am I a guilt-ridden person?

Am I holding a lot of anger?

Do I condemn other peoples’ behaviour? Am I prone to be judgmental?

Do I hold resentments and grudges?

Do I feel trapped and hopeless?

Do I say to myself, “Whatever is going around, I’ll probably catch it”?

Am I concerned with acquisitions and status symbols instead of the quality of relationships?

Do I carry a lot of insurance and still worry that it’s not enough?

In summary, the way to change our bodies is to change our thoughts and feelings. We must let go of negative thoughts and belief systems and shed the stress of negative emotions that give them energy. We have to cancel the negative programming that comes from the world, as well as our own belief systems.

This may appear to be an overwhelming endeavour at the present moment, however, it is the greatest gift that you can consider for yourself and your physical well being. Our words of support herein will introduce you to the simpleness of resolving these issues and enable you to become aware of the greatest gift in the universe that is little known to humanity at this time.

The learning of one core truth can unravel stress inducing patterns. “What is held in mind tends to manifest” – including unconscious beliefs. Further, what the mind perceives is achieved. Ask yourself, do you really want to be well again?

Stress arises from within as a response to unloving and negative stimulus. The stressor actually is the pressure of the suppressed and repressed emotional energies, which are a reflection of elements of low-level consciousness. Thus, it is the content of our consciousness that has to be changed to eliminate and prevent stress. The commonly prescribed treatments for stress are similar to the treatments in the field of medicine. They try to fix the damage done by the dis-ease we have, rather than cure the internal cause of the disease.

Without a change of consciousness, there is no real reduction of stress. Only the consequences are ameliorated by typically available therapies. All of the many after-the-fact techniques and treatments do help and often alleviate a given condition and bring some relief, but they leave the basis of the problem untouched. One can follow all of the techniques and yet remain the same stress-prone person. The conscious use of the mechanism of surrender is more effective in addressing chronic stress-related illness. Illnesses begin to heal spontaneously because the underlying emotional cause has been removed, and further treatments often become unnecessary.

Surrender at great depth is complete when a person has let go of needing or wanting a physical healing to occur. A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.

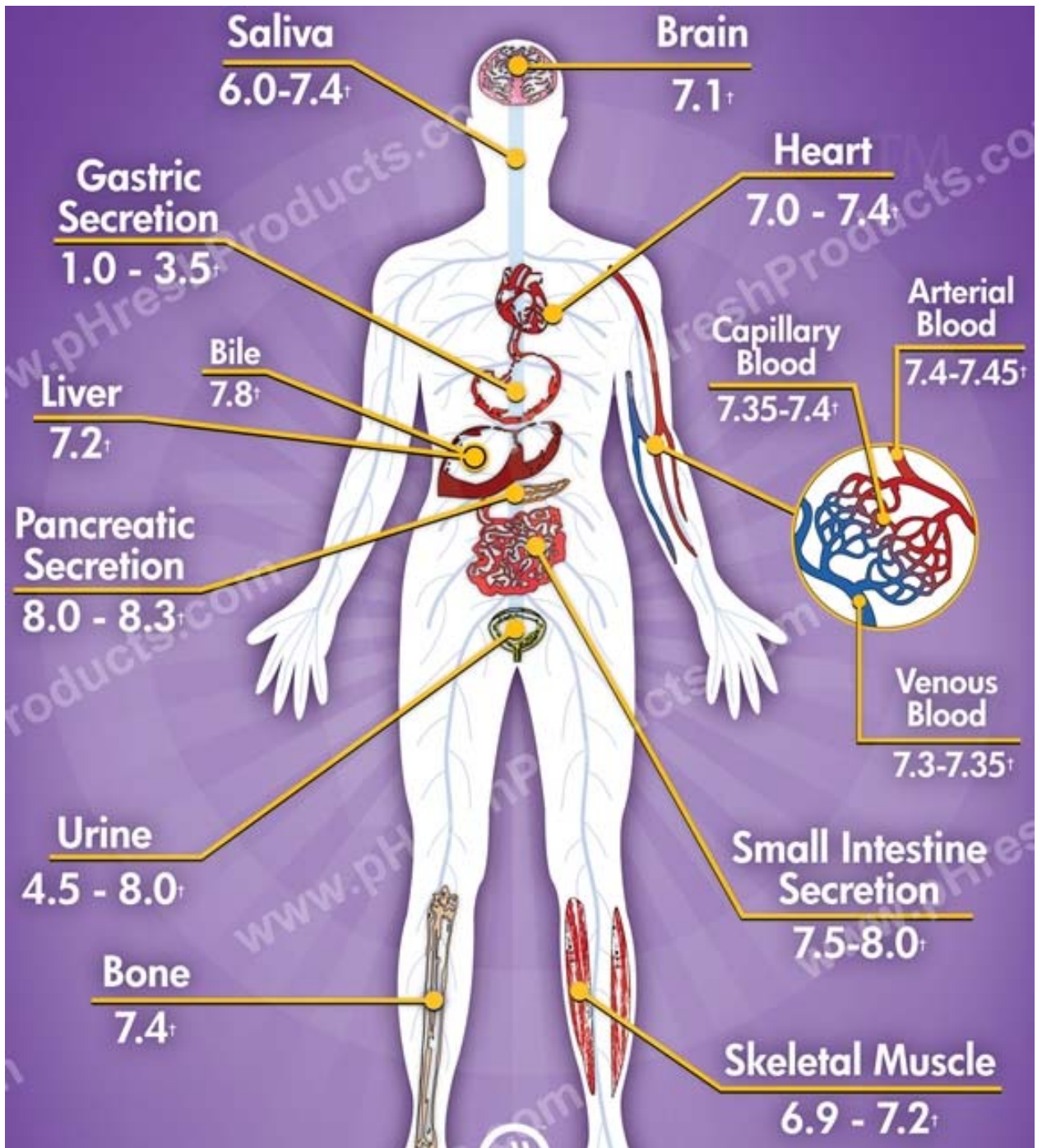
## Basic Principles

P.295 Letting Go by Dr David Hawkins

Basic working concepts:

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed. Our mind is within our spirit body, the spirit body is the template for the physical body.
- What is held in mind tends to express itself through the body. The mind is the source of all illness.
- The body is not the real self; it is like a puppet controlled by the mind. Errors of belief are held within the mind and emotional injuries are also mind based.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs / injuries / errors.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- Thoughts are caused by suppressed and repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.

- We surrender a feeling by allowing it to be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner self (soul which is connected by cords of light with one’s spirit body) always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won’t get what you want. It merely clears the way for it to happen.
- Get it by “osmosis”. Put yourself in the aura of those who have what you want.
- “Like goes to like.” Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don’t verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day’s activities.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that it applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. *We cannot feel a disease.* A disease is an abstract concept held in the mind. We cannot, for instance, feel “asthma”. It is helpful to ask, “What am I actually feeling?” Simply observe the physical sensations, such as, “Tightness in the chest, wheezing, a cough,”. It is not possible, for example, to experience the thought, “I’m not getting enough air”. That is a fearful thought in the mind. It is a concept, a whole program called “asthma”. What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for “ulcers” or any other disorder. We cannot feel “ulcers”. We feel a burning or piercing sensation. The word “ulcer” is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole “ulcer” programs. Even the word “pain” is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling “fear” in order to be aware of its energy and relinquish that energy.



**PASCAS  
HEALTH**



**PASCAS  
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**UNDERSTANDING WHAT a CANCER DIET IS:**[http://www.cancertutor.com/alt\\_diet/](http://www.cancertutor.com/alt_diet/)

THE CANCER DIET IS JUST AS IMPORTANT AS THE CANCER TREATMENT. IF THE CANCER DIET IS NOT, IN AND OF ITSELF, TREATING THE CANCER, THEN IT IS MOST LIKELY INTERFERING WITH THE CANCER TREATMENT!!!

Before reading this section, first **STUDY** this article on “What Causes Cancer” so you understand **WHY** some of these things are part of the cancer diet:

[What Causes Cancer](#)

Note that cancer is caused by microbes which are inside the cancer cells. These microbes love nothing better than sugar and dairy products!!! Ponder that and keep reading.

With regards to a cancer treatment, every food that we eat or drink can be categorized into several different categories:

1. Foods that feed and strengthen the cancer cells and/or the microbes in the cancer cells and body. Examples would be: refined sugar (e.g. see: [Challenge Cancer Website](#)), refined flour, soda pop, dairy products, etc.
2. Foods that cause cancer (e.g. trans fatty acids [margarine, french fries and virtually every other processed food you buy], aspartame [Diet Coke, NutraSweet, Equal, etc.], MSG, polyunsaturated oils [e.g. corn oil], etc.)
3. Foods that directly interfere with alternative treatments for cancer (e.g. chlorine, fluoride, alcohol, coffee, etc.)
4. Foods that occupy and distract the immune system from focusing on killing the cancer cells (e.g. beef, turkey, etc.)
5. Foods that contain nutrients that kill the cancer cells, stop the spread of cancer, or in some other way help treat the cancer (e.g. purple grapes with seeds and skin, red raspberries with seeds, strawberries with seeds, broccoli, cauliflower, several herbs, carrots, pineapples, almonds, etc.)

In addition there are things like cooking vegetables. The cooking destroys the enzymes in the vegetables and make them far less digestible and far less effective in treating cancer. Pasteurizing any food or drink also does this.

Ideally, during a cancer treatment, if foods are allowed on a particular diet, **100% of everything** you eat should be in the category of “Foods that contain nutrients that kill the cancer cells, stop the spread of cancer, or in some other way help treat the cancer.” **Whenever you eat a food that is not in that category, you are interfering with your cancer treatment!** This is why so many cancer diets are very high in certain raw vegetables and certain raw fruits.

Some foods, however, are in more than one category. For example, grapes feed glucose to cancer cells, plus they contain nutrients that kill cancer cells. So should you take grapes? Generally, no. However, the Brandt Grape Cure, which is a diet of nothing BUT grapes, is an excellent cancer treatment. The problem is that combining grapes with other treatments tends to do more harm (by feeding the cancer cells) than good (by killing cancer cells) because other substances in the treatment seem to be neutralizing the value of the grapes.

Juicing of certain raw vegetables and raw fruits is also good in some cases (but not all cases, especially when the seeds are important) because the vegetables and fruits are more easily digested (translation: more nutrients get to the cancer cells). However, when you juice you throw away a lot of nutrients.

But also understand that **not all vegetables and fruits are equal at treating cancer**. Some vegetables do not contribute significantly to treating cancer and some fruits do not contribute significantly to treating cancer (at least not that we know of at the current time). On the other hand, some vegetables are very potent cancer killers, as are some fruits.

### **Cancer Research: The Greece Test – Research Genetic Cancer Centre (RGCC)**

**Using the latest breakthroughs in molecular biology, the Greece Test can test the blood for malignant tumour cells and assess the patient’s sensitivity to chemotherapy.**

#### ***The Greece Test Benefits:***

- Studies cancer cells without invasive biopsy procedures.
- Tests are performed on the cancer cells themselves, not a subclone.
- Tests the viability of anti-cancer chemotherapy drugs and the patient’s ability to metabolize them.
- Identifies cancer cell mutations that can cause resistance to therapies.
- Testing of natural substances which may be used to support conventional oncology treatments.

Since the Human Genome Project sequenced human DNA, many in the medical community hoped this breakthrough could help diagnose and treat common human diseases, like cancer. Fortunately, new cancer tests have arrived which can help doctors develop a precise treatment.

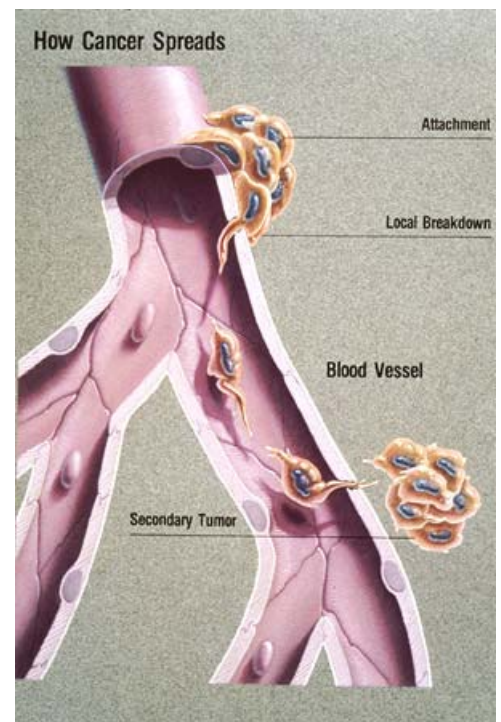
Using the latest breakthroughs in genetic therapy, the Greece Cancer Test can be used to isolate tumour cells in the bloodstream, culture them for further diagnosis, assess the patient’s sensitivity to chemotherapy, and then develop a profile of the cancer. Using those results, a personalized treatment program can be designed for the individual patient, instead of using a “hit-and-miss” approach using known cancer drugs.

#### **How The Greece Test Works:**

Cancer spreading through the circulatory system.

In addition, these circulating tumour cells can be used to assess the patient’s ability to metabolize chemotherapy drugs and assess the tumour’s resistivity to treatment. Their result is a more informed treatment procedure crafted for the patient.

Cancer cells travel the circulatory system along with the other blood cells. A medical professional takes a blood sample in the office. The sample is then sent to R.G.C.C. International GmbH, a European genetic research centre. They create blood culture and isolate the tumour cell and perform a series of tests are given such as micro-array, PCR, RT-PCR, southern and less northern blot.





Based on the results, the medical practitioner can do the following:

- Discover genes which aid cancer growth.
- Assess which mechanisms that causes the body to resist chemotherapy drugs, and seek chemotherapy drugs that can aid the patient's recovery.
- Assess which nutrients can cause apoptosis, tumour cell death, and slow cancer cell growth.
- Develop a natural treatment program to hasten recovery.

## **FIGHTING CANCER with DIET and NUTRITION**

<http://www.burtongoldberg.com/page83.html>

Complementary (alternative) cancer doctors have long known that diet and nutrition are absolutely essential when it comes to preventing and reversing cancer. Even the National Cancer Institute (NCI) and the American Cancer Society (ACS) now recognize the importance of a good diet. Yet most oncologists today still fail to educate their patients about the vital roles healthy diet and proper nutrition have when it comes to dealing with cancer.

Compounding this problem are the eating habits of the vast majority of people around the world today. As a people, we are eating more than we ever did, yet are also suffering from the highest rates of malnutrition in our nation's history. **Simply put, the average meal consumed in most economies today is overly high in calories and dangerously low in essential nutrients.**

Even more alarming is the fact that the segment of our population with the worst diets are people in their 30s or younger, setting the stage for an explosion in chronic diseases, including cancer, that once were very rare until late middle- to old-age.

After many years spent trying to educate the public on what they can do to stay healthy or, if necessary, regain their health, I've (Burton) sadly come to realize that far too many people are simply unwilling to do what they can on their own to improve their health. At the same time, however, *I have seen over and over again the miracles that can occur when individuals take responsibility for their health and take action.* The information I'm sharing in articles and on my website is dedicated to such people.

One can significantly reduce one's odds of developing cancer, as well as many other types of degenerative diseases. Let's start with one of the easiest and most important steps one can take.

### **Eat Your Vegetables – Lots of Them!**

Despite how powerfully effective this single dietary step can be, it remains one that many people have trouble abiding by. Don't be one of them. Here's why:

**Vegetables are by far the richest source of nutrients than any other food source. In addition, vegetables are also more nutrient-dense than most other foods, meaning they contain more nutrients per mouthful.** This is significant for many reasons. First, eating nutrient-dense foods typically result in less over-eating and caloric intake due to the rich supply of vitamins, minerals, and other nutrients they contain, all of which lead to feelings of satiety, unlike empty-nutrient foods. Second, because of the abundant supply of enzymes vegetables contain, the nutrients they supply to the body are able to be digested and utilized far more quickly, sparing your body from having to expend energy to metabolize them. Third, vegetables are rich in antioxidants, nutrients that help protect cells, tissues, and organs from free-radical damage, as well as damage to cellular DNA (damaged DNA is a prime trigger that causes healthy, normal cells to turn cancerous.) Vegetables are also the richest food source for fibre, which has a protective effect against certain types of cancer, including colon and rectal cancer.

Eating primarily vegetables at your meals will also greatly assist your body in ridding itself of harmful toxins, which also play a big role in the initiation of the cancer process. In addition, vegetables, due to the wealth of nutrients they contain, directly assist your body's immune system in its anticancer defences. This includes increasing the activity of your body's natural killer (NK) cells. NK cells are one of your immune system's prime tools for detecting and eliminating cancer cells and fighting tumours.

**Another important health benefit that vegetables provide is reduction of inflammation inside of your body. Chronic, low-grade inflammation is a leading cause of most chronic degenerative diseases, including cancer.** In addition, a diet high in vegetables will help to maintain your body's acid-alkaline balance. In order to thrive, cancer cells need an acidic environment in which to develop and grow. Vegetables help to prevent such acidity by providing your body with buffering alkalis so that acid-alkaline balance is maintained. **Restoring and maintaining proper acid-alkaline balance is absolutely essential for preventing and reversing cancer.**

To ensure you eat enough vegetables each day, it is recommend eating raw or lightly steamed vegetables with every meal. One easy and delicious way to do so is to have a salad with every meal that contains a wide variety of colourful vegetables, along with a serving of a steamed root vegetable such as broccoli.

Here are some other tips you should follow:

- **Choose organic vegetables whenever possible.** Not only are organically grown foods free of harmful pesticides, fertilizers, and chemicals, but they also have a higher density of nutrients.
- **Eat your vegetables raw or lightly steamed.** Other cooking methods destroy vegetables' enzyme content and greatly diminish their overall nutrient supply.
- **Eat a "rainbow" medley of vegetables each day.** Consuming an assortment of different coloured vegetables helps to ensure that you are receiving a wide variety of nutrients, since different vitamins and minerals are to be found in vegetables based on their colour or pigment.

### **Go "Low-Carb"**

To avoid and help reverse cancer, you need to restrict your intake of carbohydrate foods, including starchy vegetables. This means limiting your intake of breads, pastas, potatoes, and especially "simple carbohydrates," such as bagels, muffins, bleached flour, white rice, most cereals, and so forth. Although you require a certain amount of carbohydrates each day to help your body meet its energy needs, too much carbohydrate food intake can prove to be unhealthy for a number of reasons.

First, carbohydrates contain glucose and other sugars. Such sugars act as fuel for cancer cells. Therefore, the more carbohydrate foods you eat, the better able cancers are to feed and grow.

Most carbohydrate foods also tend to rank high on the glycemic index, a scale used by nutritionists to determine how likely a food is to cause a spike in insulin levels. **High-glycemic foods cause the most severe insulin spikes, leading to a greater likelihood of inflammation developing inside your body, as well as a lack of energy. Insulin spikes have also been shown to promote tumour growth. Low-glycemic foods, by contrast, do not result in either of these unhealthy effects.**

In place of high-glycemic carbohydrate foods such as breads, pasta, etc, substitute whole grains, such as brown rice, quinoa, and bulgur, as well as legumes such as lentils, chickpeas, green beans, and peas.

### **Eat More Berries**

Over the last decade or so, berries have emerged as a class of “super food” due to the many health benefits they provide, including their anticancer benefits. **Various foods in the berry family, especially blackberries, blueberries, raspberries, and strawberries, have been shown to be just as effective as new *antiangiogenic* cancer drugs, without any of the drugs side effects.**

*Angiogenesis* is the scientific term used to describe the process cancer cells and tumours use to literally grow their own network of blood vessels from which they derive their “food” in the form of glucose and other sugars. By shutting down this network of blood vessels, or preventing them from forming in the first place, cancer specialists in both the conventional and complementary cancer field are better able to prevent and reverse cancer. A variety of substances are able to accomplish this task to various degrees. Such substances are called *antiangiogenic*.

**While the pharmaceutical industry is now increasing its research into the development of antiangiogenic drugs, researchers have discovered that various compounds in berries, such as ellagic acid, already offer the same type of anticancer benefits.** In fact, ellagic acid from berries has been shown to inhibit two of the primary mechanisms that stimulate the growth of blood vessels. This points out another advantage that berries have over antiangiogenic drugs. Unlike the drugs, which typically only have one mechanism of action, ellagic acid and other anticancer compounds found in berries have multiple mechanisms of action. In addition, they have also been shown to increase cellular detoxification, while cancer drugs are highly toxic and immunosuppressive.

As with other foods, choose organic berries whenever possible.

### **Drink Green Tea**

Instead of coffee, try to drink at least 2-3 cups of organic green tea each day. **Research has shown that green tea is a powerful anticancer beverage because it is rich in a class of nutrients known as *catechins*. The catechins green tea contain, help prevent the invasion of healthy tissues by cancer cells and other foreign cells, such as from bacteria or viruses. Catechins also have potent antiangiogenic properties.**

**Green tea also acts as a detoxifying agent in the body, especially with regard to its ability to activate mechanisms in the liver that eliminate cancerous toxins.**

These are only a few of the important ways that you can use diet to increase your resistance to cancer. I will share other dietary tips with you in future articles on my blog. I’ve selected these tips first because of how effective they are.

Now that you know them, please consider to start to implement them in your daily life.

God bless, Burton



NAME:           DATE: 28 Dec 2015   CANCER: Prostate CARCINOMA  
STAGE N/A                   **EFFECTIVE NUTRIENTS**

<p><b>Agaricus Blazei Murill (Mushroom Extract)</b></p>	<p><b>35% C1</b></p>	<p><b>Extract</b> is the highest in beta glucans of any medicinal mushroom extract. It has been shown in several studies to help the immune system combat tumour as well as possessing other immune enhancing properties. Only a couple of reports over many years about increase liver enzymes. <b>Power Full Health Foods Corp. 215-1Hiraoka Shinanomachi Kamiminochigun Nagano-Ken, 389-1315 Japan T81(0)26-255-5581.</b></p>
<p><b>AMYGDALIN (B-17) LAETRILE</b></p>	<p><b>30% C1</b></p>	<p>This product is not allowed in the US. It can be bought by the patient or on the internet from several reliable sources. Apricot seeds are also available on line. Patient should order on their own and check for quality, <a href="http://www.cytopharmaonline.com/en/">http://www.cytopharmaonline.com/en/</a> this site may be able to help you as we are advised.</p>
<p><b>ARTECIN®</b></p>	<p><b>25% C1</b></p>	<p>Artemisia annua (Chinese wormwood or Sweet Annie), a member of the Composita family, acts as a bitter and carminative, and has been used traditionally for nutritional support of the gastrointestinal tract.* It can also promote digestion by enhancing secretion of digestive enzymes and bile.* Its most important mechanism of action is to help maintain a healthy balance of normal bacteria in the intestines.</p>
<p><b>ASCORBIC ACID (VITAMIN C) Intravenous form</b></p>	<p><b>30% C1</b></p>	<p>Vitamin C, food source best (STD. Process). If the cancer sensitivity test indicates Vitamin C works, we will give it in IV form for much higher doses. Cancer looks at Vit C as a sugar until it gets inside the cancer where it acts as a poison. Oral dose is taken on non-IV days.</p>
<p><b>Bio D Mulsion NuMedical Micellized D3</b></p>	<p><b>15% C1</b></p>	<p>This is the only true emulsion we know of at this time. Doesn't require the liver to get involved in digestion and absorption and therefore is safe in very high doses and is essentially 100% absorbed. We would do an initial test for your Vitamin D level first.</p>
<p><b>C-Statin</b></p>	<p><b>25% C1</b></p>	<p>C-Statin is a group of proteoglycan molecules (PGM) isolated from Bindweed (<i>Convolvulus arvensis</i>,) a common garden weed. It acts as a very strong anti-angiogenesis factor, it helps stop or slow the tumours ability to form new blood vessels. <b>Phone 480-756-8900</b> <a href="http://www.aidanproducts.com/products/c-statin.html">http://www.aidanproducts.com/products/c-statin.html</a></p>
<p><b>DCA (dichloroacetate)</b></p>	<p><b>15% C1</b></p>	<p>Could reverse the growth of cancer cells, can disrupt the growth of cancer cells, only side effect they found was a reversible change in peripheral nerve function. Studies are still going on with the American Cancer Society.</p>

<b>Lycopene</b>	<b>15% C1</b>	This carotinoid pigment is shown to likely help against cancer of the lung and prostate also atherosclerosis and macular degeneration. It is a strong antioxidant preventing damage.
<b>SALICINIUM™</b>	<b>25% C1</b>	This product is an exceptionally effective immune-modulating molecule. Cancer is anaerobic and this molecule will only enter an anaerobic cell. It removes the "cloak" which cancer cells use to hide from your immune system (NK cells). It appears that the <i>CTC's / CSC's</i> & unknown metastases are the main areas attacked. It also allows the Gc-Maf to restart and increase.
<b>SUPER ARTEMISININ</b>	<b>15% C1</b>	This is a Chinese herb used as an anti-malarial drug in many countries today. Beware of fraud. We use a very reliable source. It works by binding up free iron that many cancers use to grow new blood vessels. Best to take with fish oil.
<b>UKRAIN IV FORM ONLY PROTOCOL</b>	<b>20% C1</b>	Is a powerful biological response modifier (BRM). Alkaloids from <i>Chelidonium majus</i> L. (celandine herb) conjugated with thiophosphoric acid. Shown to decrease DNA, RNA and protein synthesis in cancer. Contact: Barbara Wider@cam-cancer.org.
<b>CURCUMA-SORB</b> [tumeric]	<b>50% C3</b>	Curcumin (* absorption) is the orange-yellow pigment that gives the spice tumeric its unique colour. Tumeric is a perennial herb in the ginger family and major component of curry powder. It's known effects: antioxidant, induces apoptosis, ↓ TGF-beta, ↓PTK, ↓ PKC, helps p53 function, ↓ NF-kB, ↓VEGF, ↓ Collagenase effects, ↓ platelet aggregation. <b>WF</b> As inhibitor (non-selective) of multiple kinases and growth factors in cancer cells.
<b>GENISTEIN</b>	<b>25% C3</b>	<b>Genistein</b> is one of several known isoflavones. Found in <u>plants</u> like lupin, fava beans, soybeans. <u>Kudzu</u> . p21 or p27 activity; ↓ ras cascade; ↓ angiogenesis; ↓ TNF, VEGF, & insulin resistance; ↓collagenase, ↓ tumour induced immunosuppression.
<b>INDOL-3- CARBINOL [13C</b>	<b>10% C3</b>	Found in the following foods: broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard, rutabaga, turnips, bok choy and Chinese cabbage. Arugula, horse radish, radish, wasabi and watercress are also cruciferous vegetables. Glucosinolates, phase 1&2 liver, hormone regulation

<b>PAW-PAW"</b>	<b>10% C3</b>	Paw-Paw (Natures Sunshine has the best Paw-Paw and can be bought by anyone from a representative). To get the lowest cost possible call 1-800-453-1422 and then give them the account #..... Paw-Paw helps ↓ the MDR1 efficiency.
<b>QUERCETIN</b>	<b>25% C3</b>	It's a water soluble polyphenolic bioflavonoid (sugarless form of rutin) and a strong anti- inflammatory. Found in apples, onions, tea and red wine, green leafy vegetables, beans and citrus fruits. Need about 1500 mg per day to get blood levels high enough. TAKE WF
<b>Vascustatin</b>	<b>15% C3</b>	C-Statin is a group of proteoglycan molecules (PGM) isolated from Bindweed ( <i>Convolvulus arvensis,</i> ) a common garden weed. It acts as a very strong anti-angiogenesis factor, it helps stop or slow the tumour's ability to form new blood vessels.

**\*Our goals for you:** we strongly recommend that you follow the re-check cell count schedule every 3-4 months so we can monitor your improvement. Our goal is to get **all co markers to negative and a total cell count as low as possible (< 2 or lower)**. Once we have done this then we will re-check the cell count in 6 months, then again in one year. As long as we continue to get < 2 on the total number of **ctc's / csc's** and since cancer is a systemic chronic disease (not a local disease), we strongly recommend the cell count be checked once a year from now on. Continue with the usual PET, CT, MRI and other blood markers as usual with this form of molecular test. The more objective positive test results the better for you.

**ANY RETURNED SUPPLEMENTS MUST BE PRE-AUTHORIZED, 6 MONTHS BEFORE EXPIRATION AND WILL BE SUBJECT TO A RE-STOCKING FEE**

C1, C2, & C3 denote classes of tested nutrients. Classes within which the nutrients are placed depend on which pathways the nutrients affect. These pathways refer to the 72 genetic modifications that are near the end of the chemo part of the RGCC test.

RGCC in its test results has a section CHEMO/FOOD/NUTRIENT/HERB INTERACTIONS that lists chemo drugs. If a patient elects to use Chemo, certain nutritional supplements can be used to enhance the effectiveness of the chemo and relieve side effects and what nutrition not to use. The goal is to get all CD markers to negative and total cell count as low as possible (<2 or lower).

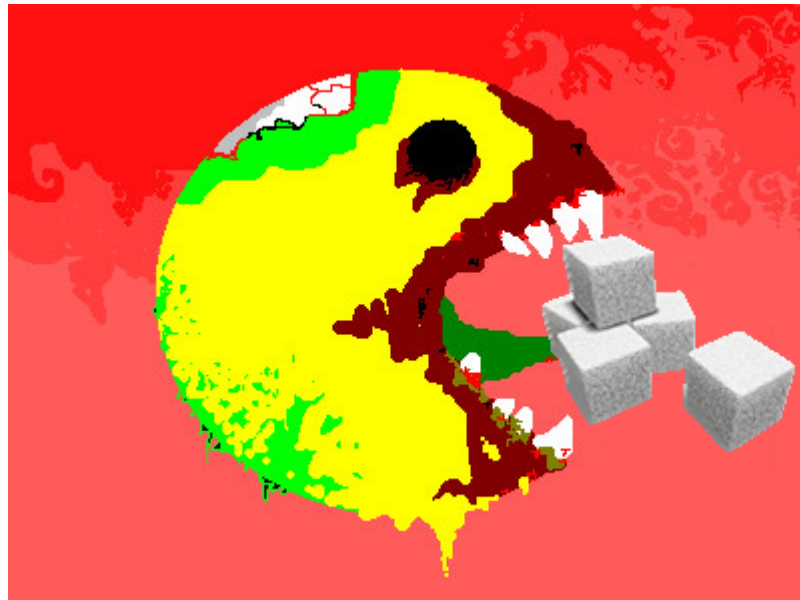
The best advice to a cancer patient is to always work with a qualified professional before making changes to diet, prescription medication, lifestyle or exercise activities. It is a question of finding a qualified professional who knows integrative and functional health and prescribes the RGCC test so that one may know what they are dealing with and how to fix it. The protocols include checking the cell count every 3-4 months to monitor improvement. It takes cancer years to come on and it will take a season to go away. The bonus of the protocol is that any form of cancer that pops up will be spotted and treated and/or the restored immune system does the job without our awareness as is the case for all healthy persons.

<https://www.rgcc-group.com/>





**Cancer cells thrive on refined sugars – glucose!  
Avoid processed white sugar at all times.**



**Sugar in New Zealand – is sugar the new fat?**

**Globesity: Fat's New Frontier**

**<https://www.youtube.com/watch?v=mGL3iT5MMdQ>**

**Fresh is Best!**

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- ✓ Episode 4: Excitotoxins that Fuel Cancer, Nature's Pharmacy and Healing Cancer with Sound & Light
- ✓ Episode 5: Cancer Causing Blindspots, Toxic Vaccines, Homeopathy & The Power of Emotions
- ✓ Episode 6: The NOCEBO Effect, Healing Vaccines, Advanced Detoxing & Going Inside A German Cancer Clinic
- ✓ Episode 7: Heal Cancer with Clean Electricity, Unique Water, Natural Sunlight & Combining Superfoods
- ✓ Episode 8: Cannabis, Nature's Epigenetic Switches, Peptides & Healing with Micronutrient Therapy
- ✓ Episode 9: Cancer Conquerors & Their Powerful Stories of Victory

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

<https://go2.thetruthaboutcancer.com/global-quest/gold/>

Em: [support@thetruthaboutcancer.com](mailto:support@thetruthaboutcancer.com)





**The SUBSTANCE of The LOVE brings about PHYSICAL HEALTH:**

December 5, 2003

<http://new-birth.net/contemporary/ks74.htm>

"When you know that you are souls with a spiritual body and a physical body, and that these two bodies reflect the condition of your soul, then how can there be any question about which part of your being is the most important?"

**"If you want to be well and healthy, happy and strong, then you must see that it is important for you to get your souls into the highest and best condition possible."**

Apostle Peter

In the same way we will go about achieving our very personal and valued goals so will we go about creating harmony within our communities and peace worldwide.

**"The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.**

**"But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace."**

Judas – August 19<sup>th</sup>, 2001

**Divine Love is the Great Gift that God desires to give to the heart-soul that asks, yearns and seeks for It. It is unconditional Love *conditionally* given that requires no preparation. It is conditional only because Divine Love cannot and will not be given to any person without that person first asking and yearning for It.**

**"Pray direct to the Father for His Love, and receive all that is necessary for a great earthly happiness and for a joy unspeakable in the spirit world."**

Rev Fontaine from the 5<sup>th</sup> sphere – 1 July 1917 – Padgett Messages

The simple asking for and receiving of the light blue energy substance that enhances the natural energy substance of our soul and personality that progressively, though slowly, enables the release of one's tendencies to engage with negative habit forming emotions and opens us to the realisation of truths that are life enhancing that brings about harmony throughout our bodies, namely the spirit body which is the template for our physical body, and consequently, then the physical body. The vibrancy of the great gift, the Love, enables a return to physical health. Try the experiment.

**Our Heavenly Mother and Father simply desire for us to ask for Their Love.**

**HOW EMOTIONS EMERGE AS AN ILLNESS:** Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage) as per the Map of Consciousness scale, we find upon testing that their energy system is imbalanced. Characteristically, most people will ‘blow out’ one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person’s habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one’s lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisation to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one’s spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged. Disease is an expression of one’s attitude and habitual way of looking at things.

The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

That being said, there is no need to analyse one’s condition, just receive healing by embracing, longing and ask for the light golden blue energy substance being the Divine Love.

## **PHYSICIAN, HEAL THYSELF:**

The basic principles that facilitate the process of self-healing:

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.

- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. ***We cannot feel a disease.*** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.
- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?

- Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
- Am I interested in hearing about the diseases of famous people?
- Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
- Do I believe that certain diseases “run in our family”?
- Do I stop or want to stop (but don’t dare) to witness auto accident victims?
- Do I like hospital TV programs?
- Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
- Am I a guilt-ridden person?
- Am I holding a lot of anger?
- Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
- Do I hold resentments and grudges?
- Do I feel trapped and hopeless?
- Do I say of myself, “Whatever is going around, I’ll probably catch it”?
- Am I concerned with acquisitions and status symbols instead of the quality of relationships?
- Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

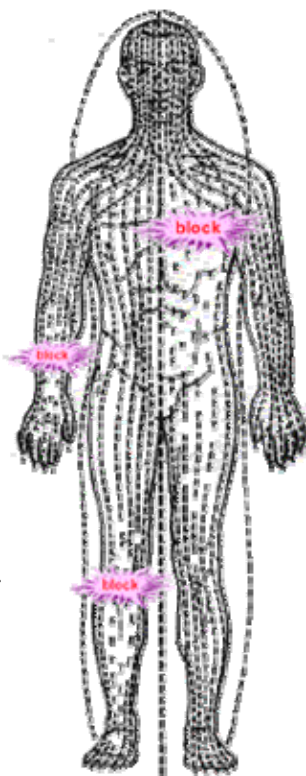
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



**DIVINE LOVE PERFECTS ONE’S NATURAL LOVE.**

The light blue energy substance of Divine Love is 10 to 100 times more robust than natural love. As the asked for Divine Love blends with the natural love, the Divine Love perfects the natural love whilst slowly removing man-made injuries and emotions encrusted around the soul.

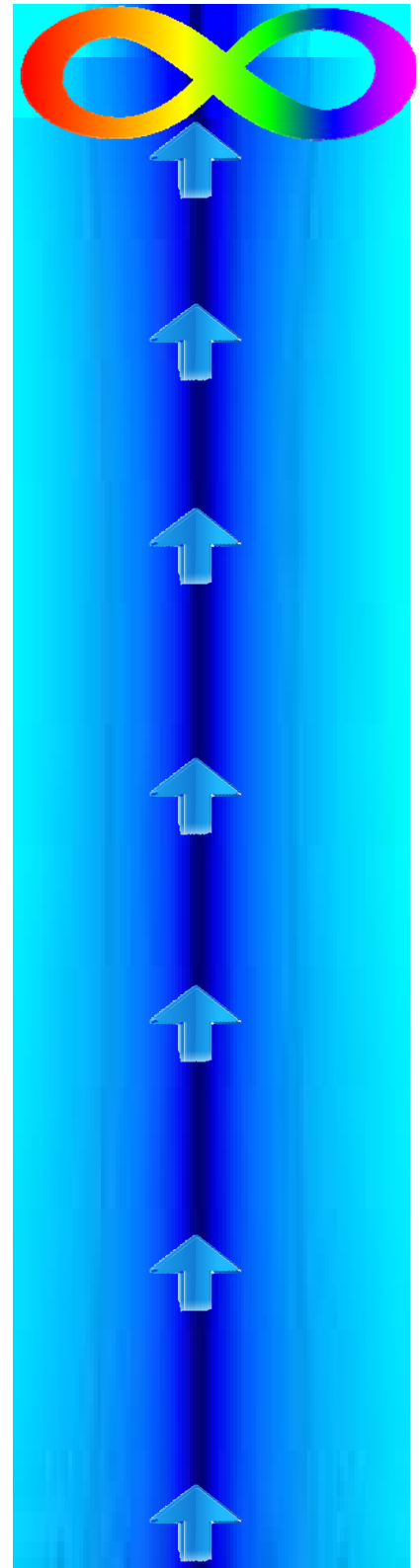
**MAP OF CONSCIOUSNESS**

SPHERE	Level	Log
10		
9		
8	At-onement	1080
7	Transition &	
6	ENLIGHTENMENT	700-1000
5	PEACE	600
4	JOY	540
3	LOVE	500
1	REASON	400
	ACCEPTANCE	350
	WILLINGNESS	310
	NEUTRALITY	250
	COURAGE	200
Spheres of Disharmony = Hells	PRIDE	175
	ANGER	150
	DESIRE	125
	FEAR	100
	GRIEF	75
	APATHY	50
	GUILT	30
	SHAME	20

Man with natural love alone cannot progress beyond the 6<sup>th</sup> Sphere.

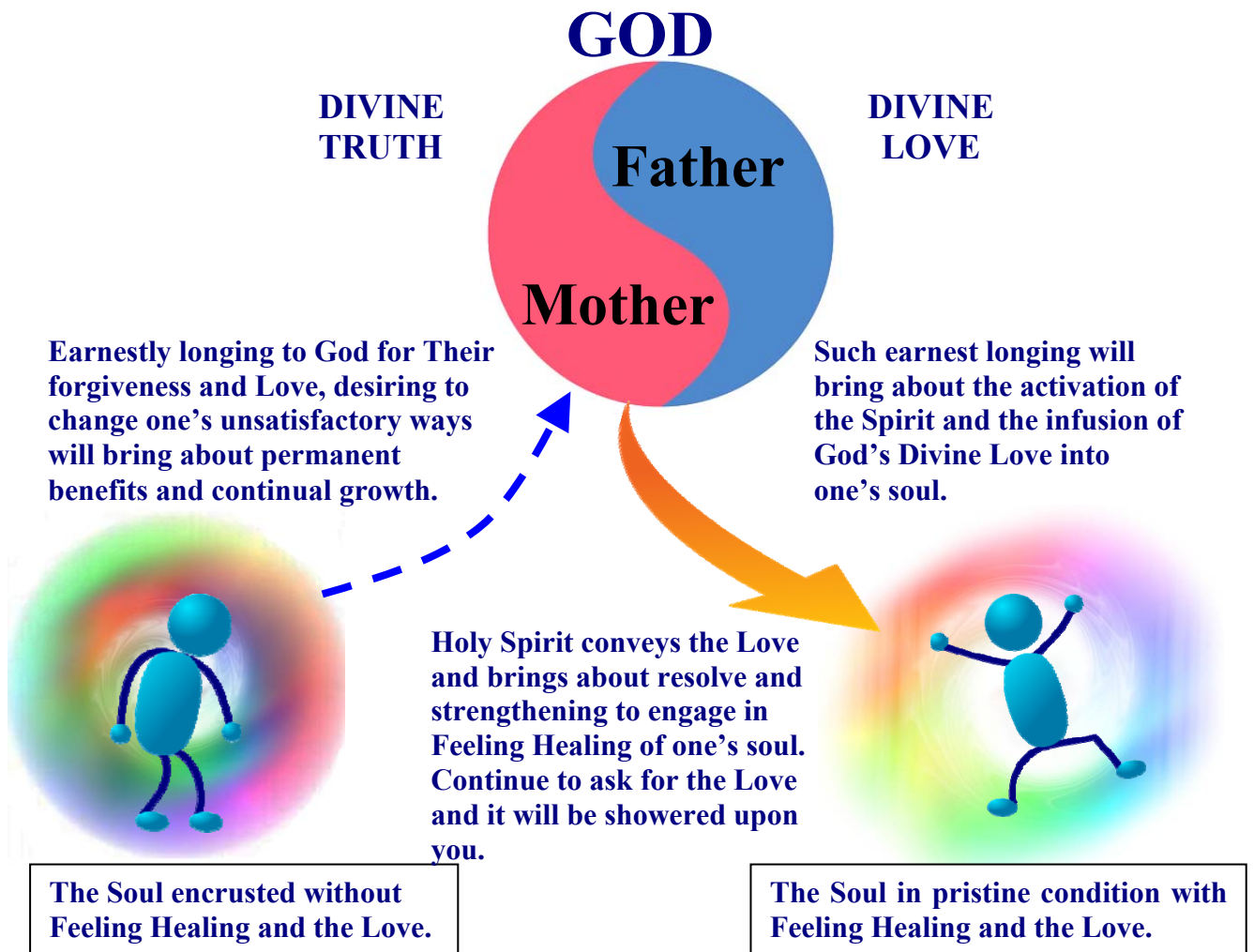
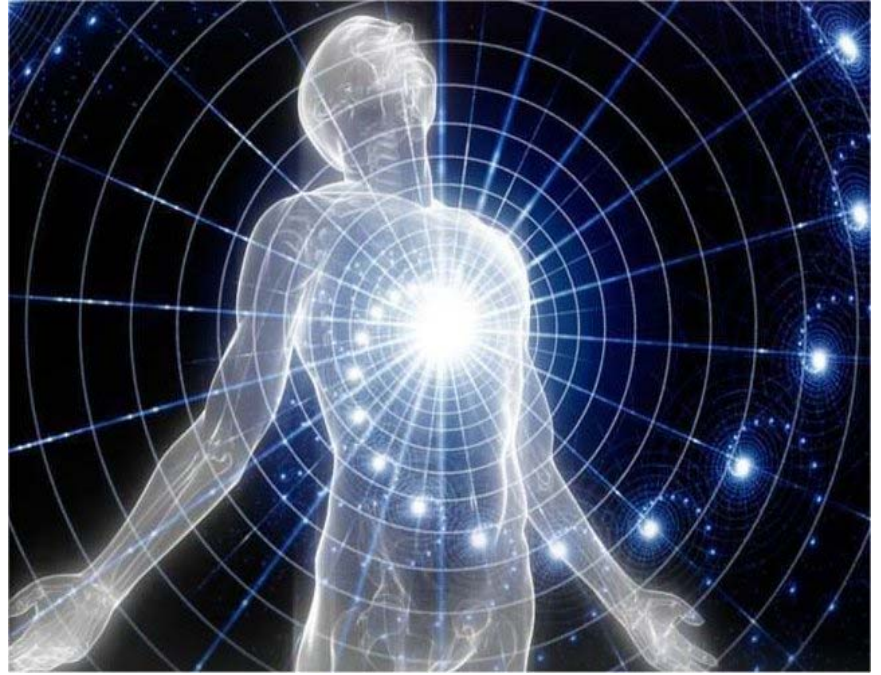


Emotional injuries degrade one’s soul condition.





One's soul is connected with one's spirit body in the region of the physical heart. The spirit body is the template of the physical body. Our mind is within the spirit body as are all of our senses that our physical body responds to. Our memory and personality are soul based. Upon shedding of the physical body we lose nothing, in fact we become more alive than ever. The Love of our Heavenly Parents, when embraced, is infused through our spirit body and into our soul bringing great freedom, love and joy.





### **The GREATEST EVENT in the HISTORY of HUMANITY:**

Living with our Mother and Father's Love is the greatest opportunity and gift that humanity can universally embrace, without exception. This greatly strengthens one's resolve to embrace their Feeling Healing. While living in the physical body, Feeling Healing with the Divine Love brings about harmony between all the bodies thus enhancing one's health. It is the ultimate pathway to one purging erroneous beliefs and emotional injuries. Self reliance is seldom successful in moving past habitual emotional injuries.

Our Mother and Father's Love is the ultimate high octane super fuel, being a light golden blue energy substance, that we can ask for and receive instantly, as often as we so please. It is this super fuel with one's Feeling Healing that perfects our natural love energy that typically has become impaired by false beliefs and emotional injuries. It is only with this process of Feeling Healing and the Love, this Divine Love that we can step away from erroneous beliefs and harmful lifestyle habits. While we depend upon our own perseverance and dogged determination, we will typically take eons to perfect our natural love soul that we have smudged with the absorption of emotional issues and drama from our living environment, commencing with our very early childhood.

By loving ourselves through embracing Feeling Healing and the Love we are striving to perfect our soul and spirit body which in turn repairs our physical body. A spirit body is unable to detach itself from the soul and the physical body while a person is still living their human experience. In the spirit world, the spirit body is unable to detach itself from the soul and personality. Thus what we do now in embracing the Feeling Healing and Divine Love has eternal benefits.

The goodness in men and women in their natural love, being the substance of one's soul, far outweighs the minority of those individuals who have lost their way in their goodness and who have succumbed to fear and living fear, as their chosen truth by which in this fear, one works against the goodness in man and themselves. It is the receipt of the Divine Love that purges fear from our essence, our soul.

There are many Truths which are consistent for one and all, and the availability of the Love is an individual choice that any person or spirit can make. Feeling the Love is evidence enough, try the experiment as many have.

The Love works in Its own time to bring about the necessary changes to the natural love in one's soul. You will come to know our Heavenly Parents as a Soul and that no matter of adversity that you may find yourself living in can impose itself so that the Love may be prevented from reaching one's soul.

You can rely on our Parents and the predictability of the Their Love as It is never ending and a constant true source of energy that is full of goodness, a goodness that can bolster your natural essence and provide you with feelings of faith. One's natural love is a good love, a very good love; believe in it and you will believe in yourself. Trust in your love and this will provide you with confidence and the nourishment of goodness that you may need to support you in your times of adversity.

One can begin receiving the Divine Love and live with the most predictable substance in the universe known to man and spirit! The Divine Love brings about the perfection of the natural love soul which in turn brings about health to the physical body. There is nothing unpredictable in the way the Love transforms souls. One can progressively become infused with the Living Energy that the Divine Love is.

One will become aware that the Love is the one true resource that regenerates one's soul energy and, with Feeling Healing process, dissolves the social minutiae and dramas that seem to matter so much to the power of people's lives, but is truly impermanent and only drains one of energy.

There are no paths in the natural and Divine, for our Mother and Father have established at origin, the journey that each soul takes to incarnate, to finitely individualise and to transition into the spirit world when that beginning happens. Our Mother and Father have also formed the way that we all live in our natural love and with the Divine Love. The human value of goodness is a Truth that depicts the essence of natural love at its heart, so let this goodness be in your heart.

Once our awareness has accepted the existence of the Love and how simple it is to accept this Love, our progression is an awareness that matures as an attribute in our spirit senses. Longing might be the catalyst as an emotion to get you started, but the attribute of awareness is far more compliant with self-realisation and the living causes of truth.

Our Mother and Father established the relationship between the Divine Love and the Acting Spirit / Holy Spirit before the outset and appearance of any mortal soul incarnate in a human life. It is the instrument of our Parents, the Acting Spirit which conveys the Love to those who ask for it.

By having asked and prayed for the Love, the souls of individuals progress and change from the receipt of this changeless Love, but, the individual is *asking* for the Love therefore, in an Immortal journey nothing is ever imposed.

There is nothing more simple than to be seated for five minutes and to lovingly ask the Soul, God, for an inflowing of the Divine Love.

This Love is a substance and a form of energy, a light golden blue energy. The substance of energy that the Divine Love is, is predictable and it isn't controlling.

The Divine Love present is a real living Truth that – if one in their human life can accept – may bring a shining light out on the road and the journey. This Love, with one's Feeling Healing, is the True Salvation of the soul, and not a salvation because one is weak and in need of saving, but a salvation knowing that God has provided the way of harmony and love that humankind cannot generate for itself.

No one is expected to begin their receipt of the Love and to know all the Truths at this beginning.

The Divine Love is available for your soul to receive and to experience. You can, by sincere prayer, receive this Divine Love. Experiencing the Divine Love is a beginning of your soul-life and an acceptance of your living with our Mother and Father. To begin receiving the Divine Love, initiates the individualisation of the independent mortal personality with the Loving Soul of God.

Faith connects the heart with our Mother and Father's Love and if in your doubt it will not be our Parents or the Love that is doubting you or disbelieving, but rather your own faith and acceptance that has left you in doubt and disbelief. The Soul of our Mother and Father is real. If one can find an acceptance of this Truth about the realness of our Mother and Father's Love, then one in their faith has taken a progressive step in their unknowing to knowing. Your soul is seeking the Truth and the Truth rests in our Mother and Father, our Parent's Love.

A moment of prayer and being in the Love is an experience that can progressively bring your heart and soul into a quiet place of positive feeling and happiness.

In the journey of your human days you have always been the soul you are, and your soul is certain to be the soul you will always be, but condition is a variable thing and one need not live in an abstract faith but a progressive faith that slowly evolves and that comforts your soul with happiness now that you are aware that your at-onement with our Mother and Father is a moment of prayer and that the Love is never withheld from you.

The natural love is the essence of a man and it is a good love. One's soul is formed from the energy substance called natural love, and it is in this forming that one's unique personality is shaped. When a person, man or woman, becomes aware of the Divine Love, there is no need for that person to disrespect their natural love, being the energy forming one's soul. There is no need to see that one's natural essence is an inferior essence to the substance of the Divine Love. The natural love is not equal in its quality, as with the Divine Love, but it has to it the particular requirements to set in place the individualisation of the finite soul that is commenced at the birth of a human life, namely conception. Quite simply put, our Mother and Father have formed the finite soul, in the energy of the natural essence of love, and no portion or part of the Divine Love forms part of this natural love to begin with, in a soul's life.

“Some people are introduced to the Love are coming from a religious background and other people might be on a spiritual journey. When a person is introduced to the Love the individual may rate their experience as a religious faith experience and another person may relate with the Love as a truth to the journey in their spiritual life.

“Individuals are well versed with their religious literature and spiritual literature and there are individuals who are just well read in all kinds of literature that relates to the nature of man and ideas about God, the physical universe and the spirit world. The question may arise when a person is introduced to the Love ... ‘is it a religion or is it a spirituality?’

“People invariably need structure. It is quite difficult when one is introduced to the existence of a Love that exists outside of any human or spirit structure. People like identity for personality relates with identity and identity with personality. How does one define their living with Divine Love as a structure of identity? What name may be given to this faith that one is hewing out in their individuality? The only definition I (Paul) can give you is ‘an individual faith experience in Divine Love’. I can't provide you with an actual name or identity that you can define yourself with as an image to follow.

“A spirit personality who commences their receipt of the Love soon learns as they progress, that their soul is more than adequate to identify their image in their living in structures of Love and Spirit that our Mother and Father have provided universally. Here in the Celestial Heaven religion and spirituality no longer exist. We (in the Celestial Heaven) have no belief to form such images that we then abide in and expect others to live in. We all live in the Love and the Love has progressed our soul and spirit attributes to such a degree that our image of self and soul is realised in our individual personality and that our Mother and Father is the *Image* and the *Substance* that we identify with.

“I (Paul) like images and respond to beliefs and need structures so that a sense of image can emerge that a personality can identify with. Faith in your soul is a substance of Truth that can be developed by your natural love and with the Divine Love. I, nor any other Celestial teacher or spirit will never provide you with a single name and identity that the diversity of human experience ‘must’ comply with in order to follow the teachings of Mary M and Jesus. Our Mother and Father's Love is the provider of any image

and structure and unfortunately, people may want more from us but we cannot give it for the obvious reason that we do not serve the egos of men and women.

“The Love is universal and some of you in your personal experience of the Love understand this and when asked along your way, ‘is it a religion or a spirituality’, it might be worth considering the expression “it is a souls journey in Divine Love that I am living” and this could lead one to expand on the many truths introduced at this beginning.” 29 July 2015 Apostle Paul 330 Traveller

The universal consensus of the indigenous cultures, peoples and their beliefs is that the Divine Love for the mortal soul unites and doesn't separate.

“Our Mother and Father genuinely loves people and spirits. Our Parents desires nothing more than for all souls to delight and to live in the receiving of this Gift of Love.” Paul 336 Traveller

Receiving the Divine Love is the beginning of a personalisation of one's individuality and personality independently with the Father. God is experienced as **Soul, Love and Spirit** and the Love is real energy that changes us. The Love commences to live in one's soul, and then one's soul commences to live in the energy of this Love so it is the living of the Love that defines everything!

This progression was and is never going to be in the form of religious gospel or a specific spirituality given for men and women to follow. It requires experience; experience that people and spirit have lived in their soul as they experience the Father through the living energy of the Fathers Love, the substance of the Divine Love.

Your faith and love for the Love is all you need. Let your faith be your truth and be true to your faith and self.

The possibility for a person to experience the Divine Love offers a most wonderful hope for one's soul in a human experience. The Energy of Divine Love changes one's soul condition, which enhances the energy of the spirit body and the attributes of personality and spirit body can interact with these forms of energy external to us.

“The natural love that your soul is in is a good sound, true love and that you need never doubt the good influence of this love in your daily life. Going forward with love and respect for yourself and to trust in love and faith, is a good place for you to begin in your awareness of the Living Divine Love.

“Each individual begins his or her experience as a soul receiving Divine Love from a natural life already in motion. And part of this natural experience, a small moment in prayer for Divine Love, can be included. A small amount of Divine Love may bring significant faith to your natural love. There is no need for you to be confused in your aspiration for an experience of God's Divine Love, and this I mean by wondering if in your aspiration for this Love, that you are doing the right thing in a certain way, to receive this Love.

“The Divine Love is in such abundance that a small beginning from your heart in the goodness of your natural love, asking the Soul, God for this Love will be sufficient for God to respond and the Love you have asked for will be received. Follow the leading of your own heart and the natural goodness that is truly there. Slowly, with a little faith and awareness from our innocence, our hearts may realise and we may feel the Love and this will be confirmation that the Father has heard your soul in prayer, and that the Acting Spirit has enveloped your heart and you will experience the inflowing of Divine Love.

“How much time and how often you choose to be in prayer is dependent upon your own interest. Each person will be in their respective human experience, and their natural love reflective of their true soul condition by the influences and experiences one has lived. A soul is shaped by one’s life experiences and one’s condition in their natural love will reflect this. But be you in light or in shadow, or with a lack of confidence, your soul is still none the less a soul capable of experiencing this natural love and its goodness, and in the receipt of Divine Love, a moment to resolve your faith at-heart. One may feel comforted to know that there is in great abundance this presence of Divine Love. Over a period of time, as a beginning made, a beginning of respect for oneself, one may see and feel this Love and Its presence.

“Be your prayer a minute of silence for the Love with our Mother and Father, or over an extended period of time, it is true that my (Jesus) teachings about Our Parent’s Divine Love can be understood by the heart.

“The principle teaching of Truth that I (Jesus) impart to you is that to ask and to receive the Love from your natural love is an act of faith and goodness, and that the Father will always respond to your heart perfectly. You can ask for the Love and be in prayer a short time or a longer time and you can ask as frequently or as infrequently as you like, for the Love will always be present when your soul needs to feel Its presence. There are no conditions placed on the activity or availability of the Love. Your circumstances in your human experiences may change, but you can be confident and rest assured that the Divine Love will never change, which is most comforting to know. Living with a little bit of awareness that this Gift is present for your soul, may provide you with a heartfelt confidence that you have accepted something that is very true and that this – in your heart – can be relied upon as many men and women and spirits who are living with this Love have found out in a most positive and loving way.”

Your loving brother and friend, Jesus

Message 447 Traveller – An Immortal Journey via Zara and Nicholas

“There is a story evolving here that is involving 100 years of spirit communication and the Divine Love journey, this immortal journey. There is no need for a person to place these words from spirit in a religious or spiritual identity or to be claimed by a selective set of human beliefs. The spirit communications that these receivers have revealed are always to remain for the individual and are universal in appearance. It is to the love of humanity that we have given and by example of the way the Divine Love is to humanity of Earth and to all spirits in the spirit world, these communications serve to illuminate this universal truth about the Love and the Acting Spirit. The essence of each contribution is a soul’s journey in love.”

Ann Rollins 365 Traveller

These gifts for humanity started with messages successfully conveyed through James Padgett starting on 31 May 1914. Between 1914 and 1923 some two and half thousand messages were documented. A student of Padgett’s messages, Dr Daniel Samuels, continued the work from 1954 to 1963. A student of both these works received the Judas Messages between 2001 and 2003. Students of all these works are now recording and publishing further expansive materials; both the Richard Messages and the Divine Universe were received during 2012 to 2013. Thus this program has been in progress for 101 years. However, it is the James Moncrief publications that commenced in 2002 that are the most important.

**“My coming to you (James Padgett) is really my second coming on Earth, and the result of my coming in this way will satisfy and fulfil all the promises of the scriptures as to my second coming.”**

**Jesus December 2, 1915**

## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

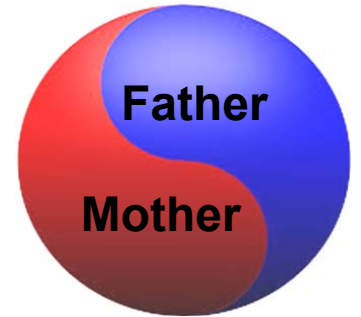
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

# GOD



M&F



J&M



AVO



HUM

**WE ARE Children of God**

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

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

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

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

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

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

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

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

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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



## Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.

Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.  
 You might not like feeling bad, but it's okay to feel bad.  
 You are allowed to feel bad. Give yourself permission to feel bad.  
 Bad feelings shouldn't be dismissed.  
 Bad feelings already feel unwanted, why make them feel more rejected?  
 You are your bad feelings – if you reject them, you are rejecting yourself.  
 Why are you rejecting yourself? Why are you rejecting your bad feelings?  
 Is this how you want to live – rejecting a natural part of yourself?  
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.  
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.  
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

## Feeling bad is Good! Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

### The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

**We are to be true to our soul by living true to our feelings.**

To want to live true; true to how you feel, is to want to be perfect.  
And your feelings are the way.

## 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.

**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**

<b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b>
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# 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

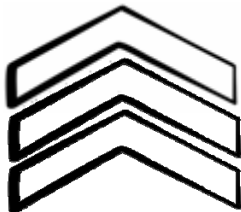
Heartfelt TRUTH



## 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.

## **Feeling Healing – Healing yourself through your feelings.**

- ✓ **Your feelings are the real and true you.**
- ✓ **If you are denying any feelings you are denying yourself.**
- ✓ **If you are denying yourself you can't ever be truly happy.**
- ✓ **To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.**
- ✓ **If you want to know the truth of yourself, then it's your feelings you will need to look to.**
- ✓ **Your feelings hold the hidden keys to unlocking the truth of who you really are.**
- ✓ **Uncover the truth of yourself through your feelings and you will know why you feel all you do.**
- ✓ **Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.**
- ✓ **Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.**
- ✓ **How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.**
- ✓ **However you will also have to pay attention to all your bad feelings, and this can be very harrowing.**
- ✓ **By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.**
- ✓ **And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.**
- ✓ **It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.**
- ✓ **Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.**
- ✓ **You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.**
- ✓ **And if you wish to do your Healing with God, you can also long for God's Divine Love.**
- ✓ **Feeling Healing – Using your feelings to heal yourself.**

## ***DIVINE LOVE – what does it do?***

**Divine Love, which is a substance, progressively:**

**Transforms one's soul from that which is of natural love to that which is Divine**

**As natural love is enhanced with the Parent's Love, we reject our tendency to error**

**Divine Love, our Parent's Love, restrains errors, untruths and emotional stress**

**As we reject the condition to error, we develop our love for our brothers and sisters**

**Divine Love helps one with the discovery of truth through one's soul-feeling healing**

**Our natural intelligence grows, perceptions rise with our soul intelligent feelings**

**As Law of Compensation is resolved, the Love reduces returning to being in error**

**Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant**

**As our faith grows our propensity to undertake one's Feeling Healing strengthens**

**With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake**

**Without the Love we remain self reliant and dependent upon our own will power**

**Only with the Love will our soul condition grow rapidly, all around us also benefit**

**The Love is the only substance that changes the human soul to that which is Divine**

**Only by asking and receiving Love do we become fitted to enter Celestial Heavens**

**Only by asking for and receiving the Divine Love does our soul become immortal.**

**A BEGINNING in the LOVE:**

Message 440 Traveller, An Immortal Journey

I am here; it is I, Paul (apostle). A beginning with the Love can be an innocent beginning by one who truly desires to receive this Love. A man or woman having been introduced to this Love, can in a small way, make a beginning in faith and begin praying for this Love that is so good for the heart and soul. A person may receive the Love – as many of you do now – and may never receive a direct communication from a spirit. The Love and experiencing the Love is truly a soul experience and includes only your soul with the Soul of God.

In a beginning it will be, as though you know nothing about this Love and the potential good that it can do for your soul. This unknowing is a consistent truth with many spirits who are introduced to the Love here in the spirit world. I would like to think that when a man or woman is first introduced to the Love and the Truths that identify this experience, that it can be done with love and the respect of the known and the unknown.

There is nothing to fear from God, or from us here in the spirit worlds, or from you. Feeling the Love is the example that we have all accepted from our beginning and along the way, a true confidence arises, and this confidence supports one in their faith and experience to continue on with the Love through continued prayer to the Father for His Love.

There are men and women living with this Love now in an unconditional way. There are millions upon millions of spirits living with this Love in the same way. A beginning in the Divine Love is a gradual awareness and though you may be less than perfect in your beginning, at least by beginning with Divine Love you will be receiving the most perfected Love a finite mortal soul can experience. A truth is shining brightly this morning and another traveller and journey fulfilled.

Your loving friend, Paul.

**ON the TEACHING of NATURAL LOVE:**

Message 453 Traveller, An Immortal Journey

I am here; it is I, Paul. I would like to reiterate the Master's teaching about the natural love. There is never a need to dismiss the truth about how good your natural love is. There is also no need for you to see that your natural essence – your natural love – is an inferior love compared to the Divine Love. If you see your natural love as being inferior, then you might be seeing and relating to the Divine Love as being superior, and this can cause you to doubt the quality of your natural love and to place the Divine Love on a pedestal that you will never be worthy to sit on.

Natural love and Divine Love here in the spirit world isn't defined in terms of one being an inferior and the other a superior Love. There is a difference between these two Loves, just as there is a difference between your soul and the Soul of God, and your soul and any other finite mortal soul. There are differences and these differences we have identified, but these differences never need to be seen as attributes that are cohesive and support one another.

The Father was very wise, forming the attribute of the natural soul in its natural love as this gives the personality independence. It has been identified to you that there is a finite limitation and boundary to this natural love. Understanding this truth causes us to realise that if there be a finite boundary to the perfection of one's attribute of their natural love, then the personality and attributes thereof, will be to a fixed position to this boundary of natural love.

A person or spirit can accept God in their natural love without ever experiencing the Divine Love. The truth about this acceptance is illustrated by the boundary and extent of the natural love being able to only progress so far, and then it is perfected. The natural love can ‘feel’ a love for God but this is derived from the individual going forward in their love for God – and God remains external to this natural extension of love.

When a person or spirit accepts their love of God by the experience of receiving into their soul the **Living Energy** of the Divine Love, in time the Divine Love includes the whole perfection of one’s natural perfection and acceptance of love for the Divine Love isn’t contained within the same finite boundary that the natural love is. The natural love and the Divine Love compliment each other really well. When the Divine Love is experienced in the soul, the Soul of God can then be experienced externally as The Soul, God, and internally in one’s soul – as in the **Living Love** from the external, Soul God.

Paul



**The natural love is the energy substance that is one’s unique soul. Each personality is unique and that is achieved through the natural love energy substance at the time of its creation by our Heavenly Parents. The natural love has a finite development potential towards its own perfection.**



**Divine Love is uniform and changeless. The Divine Love energy, being light golden blue, perfects the natural love energy without changing the personality created by Mother and Father. With the Love, one can grow beyond perfection and become fitted to live with in the Celestial Heavens and beyond.**

**The Love itself is not ‘spirit’; it is a substance of Energy that is harmonious with spirit. There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live with the Father in their at-onement in the Celestial Heaven and to progress beyond these glorious realms.**

**MY PERSONALISED EXPERIENCE:** 23 Aug 2015 Message 411 Traveller, An Immortal Journey

Good morning Nicholas, Zara and readers of the Love. I, Jesus, am well apprised of the evaluation that Paul has conveyed a word to you on, from the discussion that you and Zara have had about my not having given a personalised experience of my living with the Father, this is a very reasonable truth for you to have asked.

My experience with my living with the Father has always been the way of my life – my human life and my spirit life. Since I first became aware in my human life that this was my true soul purpose to be and live at-one with our Father, my human life commenced the receipt of my Father's Love, which in my soul I personalised. People prior to my human life had believed, loved, lived for, in faith, belief, culture and social standing in their human experience to personalise God.

As I have taught you all, my life represented the Father reinstating the availability of the Divine Love and the True Immortality that comes to the soul who receives this Love and that prior to my life, man could only personalise God on Earth and in the spirit world in the attribute of their finite natural love. The Father reactivated the Acting Spirit – the Holy Spirit as some of you identify in name this Spirit to be. By accepting of my Father, I received the Acting Spirit, and subsequently, the Divine Love into my soul and so, my personalisation of God was my living experience with the Father. This has never changed. Some of you may know that the Divine Love, this Immortal Gift, was present with the life and time of the First Parents, Aman and Amon, but then this Gift of Immortality was withdrawn until my human life.

My teachings about the New-Birth with all of my teachings are centred in the Father and not myself. I have no power to create Truth nor do I have any power to save souls. What I do have are the Truths that the Father has provided and that in my personalisation with the Father, I have lived all these Truths that I have then introduced as the true teachings of At-Onement. The at-onement that I live being the same at-onement that each and every mortal soul in their experience of living in Divine Love can as a soul, personalise.

I have no need to change any of my teachings. My personal experience to date has never changed. The Father has never afforded me any other way to live at-one with the Father, therefore the way for a soul to personalise their at-onement in their living with the Father is the same as it has always been since the Father re-bestowed the True Gift of Immortality and the way of At-Onement.

My experience is simple and clear. I pray to the Father as you do, and as many spirits do. By my living here in the spirit world I have clear vision about the fulfilment of the at-onement with the Father. I feel the Love like any other soul and I know that without this one true great resource, the fulfilment of my life or of any other mortal life would be to that end, and limit of the finite conclusion of natural love.

My life has been somewhat different than every other mortal for I was the first to receive the re-bestowal of the Divine Love and the Acting Spirit. This meant that the personalisation that I lived through as a man was different than any other man or woman that preceded my coming to Earth. By the time I entered the spirit world and commenced my teaching guidance to the many spirits here, I knew many of the Father's Truths required for the full realisation and living of that at-onement that many spirits are now living with.

The teachings that I conveyed to James Padgett I did so that men and women may come into touch with the true gift of Immortality and so that one may be more well informed as to what is required to live a life in faith and love and aspire as a soul, to live at-one with God.

There are many images of my life and spirit life. I ask that you see my life as clear and simple and that my experience is best defined as my living at-one with the Father. I know that some of you do not relate with the teaching words, 'new-birth' as it has religious overtones. I am quite happy that the word 'change' may be more adaptable to the individuals who like to feel independent in their soul life.

With the many spirits who have communicated their experiences with you (Nicholas and Zara), myself included, we have all lived through the changes that are brought about with the inclusion with our living with our Father's Divine Love. There needed to be a progression of Truths from the teachings I gave James Padgett, and this has happened now in the form of all the spirit communications that you have received that introduce a personalised experience of living with the Love and the changes that happen as the Truths are revealed. I would like to confirm that at-onement with the Father is a personalised living with the Father and this experience involves change.

Your loving brother, Jesus

Traveller, An Immortal Journey, via Zara and Nicholas

**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 your Mother and Father.**

**Our Heavenly Mother and Father simply desires for us to ask for Their Love.**



**Immortality with the Love.**



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





**Oliver Twist asked:**

*Please, sir, I want some more!*

**Maybe we should simply ask:**

*Please, Mother and Father, I want  
some more!*

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

**PRAYER of PEACE:**

Given to us by Apostle Paul on 7 June 2015:

Let us take a moment together, you and I, as I am here by your side and you and I are by the Father's side.

Let us think and feel the Peace that our souls know as prayer comes upon us as sweetly as the Acting Holy Spirit.

Love is in your physical breath; love is in my spirit breath.

Life is in your living heart and life is in my living spirit-heart.

Let Faith in your essence, and Truth in my spirit essence shine as the Peace of the Father's Love is presently upon us.

Here we will remain awhile, as you are Loved where you are and I am Loved where I am.

In the Loving Kindness of Our Heavenly Father,

Let us pray together – you of the Earth and I of the Spirit World.

You of the unsighted soul that you are and I am in sight of my soul.

The Divine Love fulfils in the seen and the unseen sight of all our souls.

Let us give our love, our finite love to the Father in prayer; a Prayer for Peace.

Let us give thanks to this beginning; a beginning that is truthful.

We recognise that our natural love is being perfected by the Perfect Fatherly Love, Divine.

Let us in our peace together, express our gratitude for this Love knowing that this Love will forever remain and that to no end will this Divine Love ever change.

Let us be together in our knowing, you there in your physical life and I here in my spirit life.

Knowing the Love of the Father slowly comes toward its fulfilment in our soul.

And then side-by-side together we live in this knowing that we are perfect in every way and that our hearts and souls no longer doubt this Living Truth, care and peace of the Father.

Amen.

## **Prayer of Acceptance**

Given to us by Apostle Paul on 14 August 2015:

Now my time has come, this minute is at hand;

My love for the Father at heart;

Father, I am the loving soul that I believe my true love and essence to be.

My soul, is my loving, loving you as I open to your Divine Love.

I never need to see myself – my true soul – as being unworthy of your Love and true perfect care.

I, in my beginning here with you, have realised that you exist and that I can experience your beautiful Divine Love.

In my human life in this minute at hand, I open toward your Soul and Immortal Love.

I know in my heart that I don't know you very well; I am innocence in this but my soul desires to belong in your harmony and in your independent and liberating embrace.

I know that all I have is my faith and belief that your Acting Spirit will surround my spirit body as I pray to you for your Love.

Even here in my prayer I feel that I am fumbling but I recognise the universality of your Divine Love and Its true abundance and that you can with all your Soul, love my true faith.

I will never take possession or seek ownership of your Truths.

I will show you my acceptance by the way that my soul accepts Your Love and that other people and spirits are also in the innocence of our receipt of your Immortal Love.

I am worthy to receive your Love;

My true heart's voice is giving of my love to Your Soul.

My time has come; this minute is at hand,

My prayer for Your Love is our togetherness for forever and one day.

I would also like to recognise to you Father that Your Divine Love is for all souls on Earth and in the spirit world and that You are Our True Father, the Soul and Source of all Love and Spirit.

Amen.

## Prayer for the Love

Given to us by Priscilla Stone – a Celestial Spirit with the Spirit of Truth:

Prayer for the Love, that the Soul of God, our loving Father who loves me.

Let me have such belief and faith that the Acting Spirit is present, enveloping my spirit body, and now my heart can feel the inflowing of the Love into my soul.

Let me not be fundamental about our prayer, for my true soul's desire for this Love, to be in this Love, is situated in my heart and the heart of love is my heart filled with goodness.

Let me be good and in this goodness as I trust that my heart is the perfect place for prayer, a place where I may feel connected, even if for a moment, in my natural essence as the Divine Love envelops my spirit body.

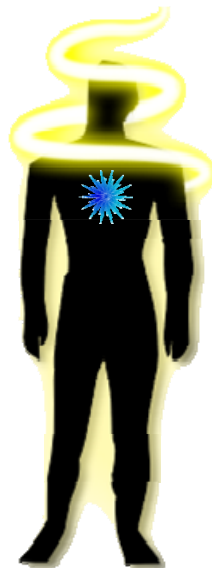
Then I look into my heart and I find myself accepting the journey I am on, and that whilst I may not comprehend the fullness of the Father's Truths, I accept with my belief that my heart and soul is in prayer, my finite love is received by the Father and that the Originator of all finite souls is Loving me in peace, at heart.

Message 115 in Traveller, An Immortal Journey, via Zara and Nicholas

**Soul within  
spirit body  
prior to receiving  
Divine Love.**



**Divine Love being received  
from The Spirit, covering the  
spirit body of the requesting  
personality.**



**Divine Love having been  
assimilated within one's soul,  
now being reflected through the  
radiance of the spirit body.**



## My Prayer for Divine Love

Given to us by 'Traveller' – being the voice in unison of Saleeba, Luke and Jesus: (see message 87)

My love forever and a day  
 Lovely sun and moon how sweet  
 Over the sea, ever the sea  
 On this beach my heart opening toward  
 My glorious finite soul calls out  
 God, I ask for your Divine Love to be with me  
 I ask to feel an inflowing of your Love  
 You know my heart, you know my soul  
 So you know I am asking for your Love.

Over the sea, ever the sea  
 I am feeling your Love in my finite soul  
 From you giving your beloved gift to me  
 Your beloved gift giving light  
 I am sailing like a silver star  
 Over the sea, ever the sea  
 Like a star my soul now shines  
 Toward the dawning of this day  
 I am like a traveller travelling  
 Over the sea, ever the sea.

Traveller

Message 22 in Traveller, An Immortal Journey, via Zara and Nicholas

**Divine Love is the greatest thing in all God's universe, and not only the greatest, but the sum of all things, for from it flows every other thing that brings peace and happiness.**

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

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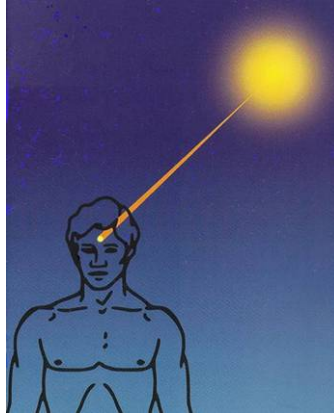
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)

**VISUALISATION with LONGING:**

**Holy Spirit infusing Divine Love.**

**Progressive escalation of Divine Love flowing.**

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



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





**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve. Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller





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

**Our salvation IS by embracing Feeling Healing with the Divine Love.**

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

**Please Mother and Father, may I receive Your LOVE.**

**“Every day is a day of devotion.”**

**Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.**

**“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”**

**“Mother – Father, I desire your Love and I am loving you.”**

**“Soul God, I love you and I love receiving and experiencing your Divine Love.”**

**“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”**

**Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.**

**One can simply receive the Love without following any religious or spiritual teaching taught by man!**

**Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.**

#### **Three Great Truths:**

- **God is Soul, being Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.  
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**Prayer for Divine Love – from the Padgett Messages** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>  
**The Voice of Divine Love** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

**LOVE and LIGHT:** The luminosity of a loving soul shines through the spirit body.



perceived truth MoC 880 – relative truth potential MoC 1,180