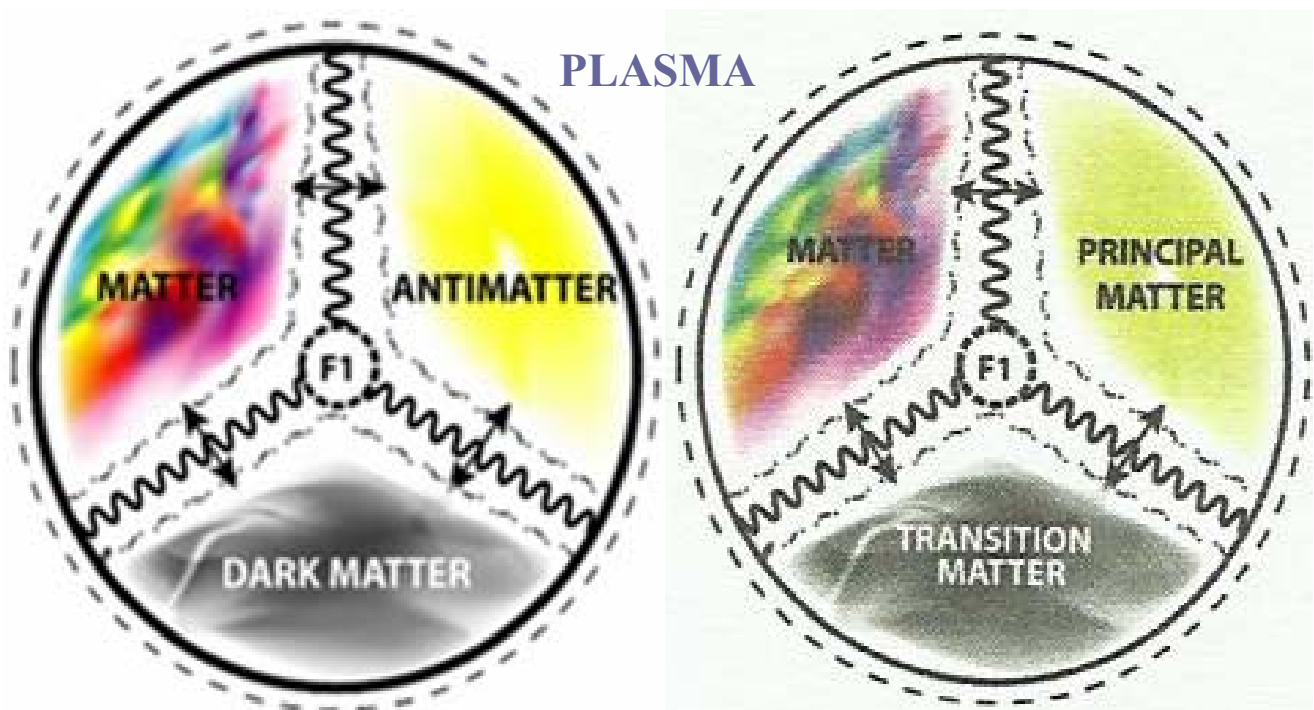


PASCAS CARE

Plasma



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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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



PLASMA:

www.keshfoundation.org

Key building block for any matter, including our body, our food, our water, our air, etc. is plasma. Plasma, in its collective existence, is a combination of different initial fundamental matters magnetic fields, which are created through the interaction of at least two or more of the same strength plasma magnetic fields of the initial fundamental particles and their rays.

Up to now we have three states of matter, now we can identify four states of matter. These were solid, liquid, and gas. Now it is considered that plasma as being the fourth state of matter.

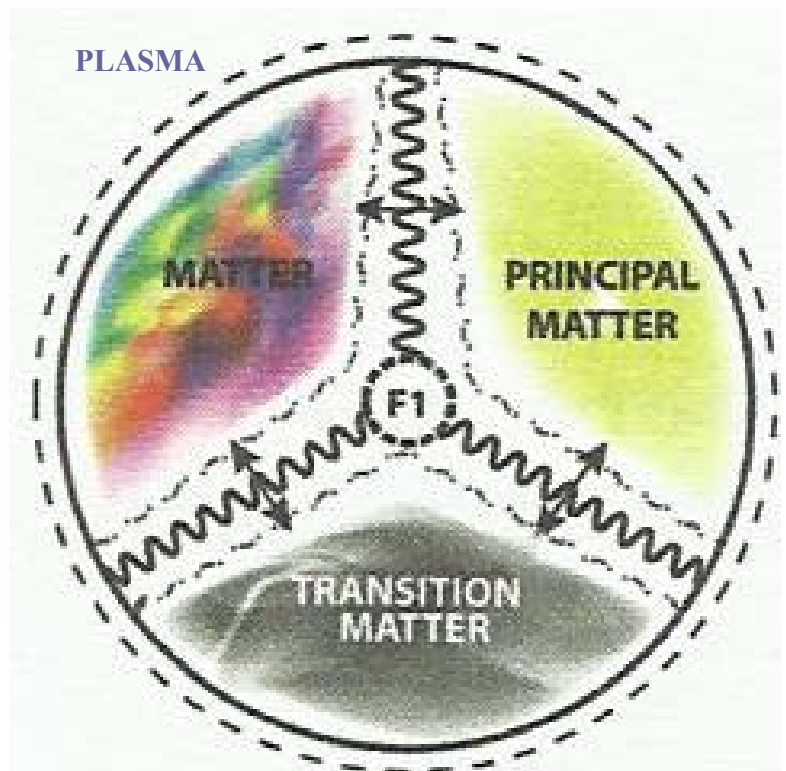
The fourth state of matter is what Nuclear Engineer Mehran Keshe refers to as gas, gas at nano-state.

Plasma, the key building block, is a substance that is smaller in particle size of 10^{-13} m. Nano state is generally recognised as 10^{-9} m. Plasma can be found as a particle smaller than $1 / 10,000,000,000,000$ of metre. Yet, when plasma particles of similar natures come together, we see the creation of matter such as an apple and the sun, and the universes.

Plasma coalesced becomes Matter which forms the physical. Plasma principal matter generates energy. Plasma transition matter absorbs light thus creating regions of darkness as well as dark items. Combinations of various elements and aspects of plasma are the building blocks of all there is.

Plasma is the building block of your physical body. Plasma, as new being researched by Mehran Keshe is the building block of your spirit body, which in turn is the template for your physical body. Plasma, in a finer state, is the building block of your soul.

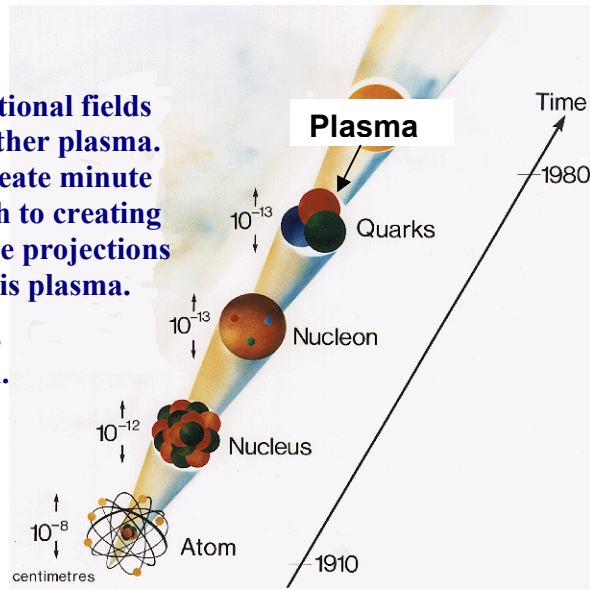
Your soul becomes only visible to you once you have grown in love sufficiently to be able to progress from the spirit world to the celestial heavens. To enter the celestial heavens, your soul needs to be transformed by the infusion of Divine Love, such Divine Love comes from the Father, who may be of an even finer substance.



PLASMA:

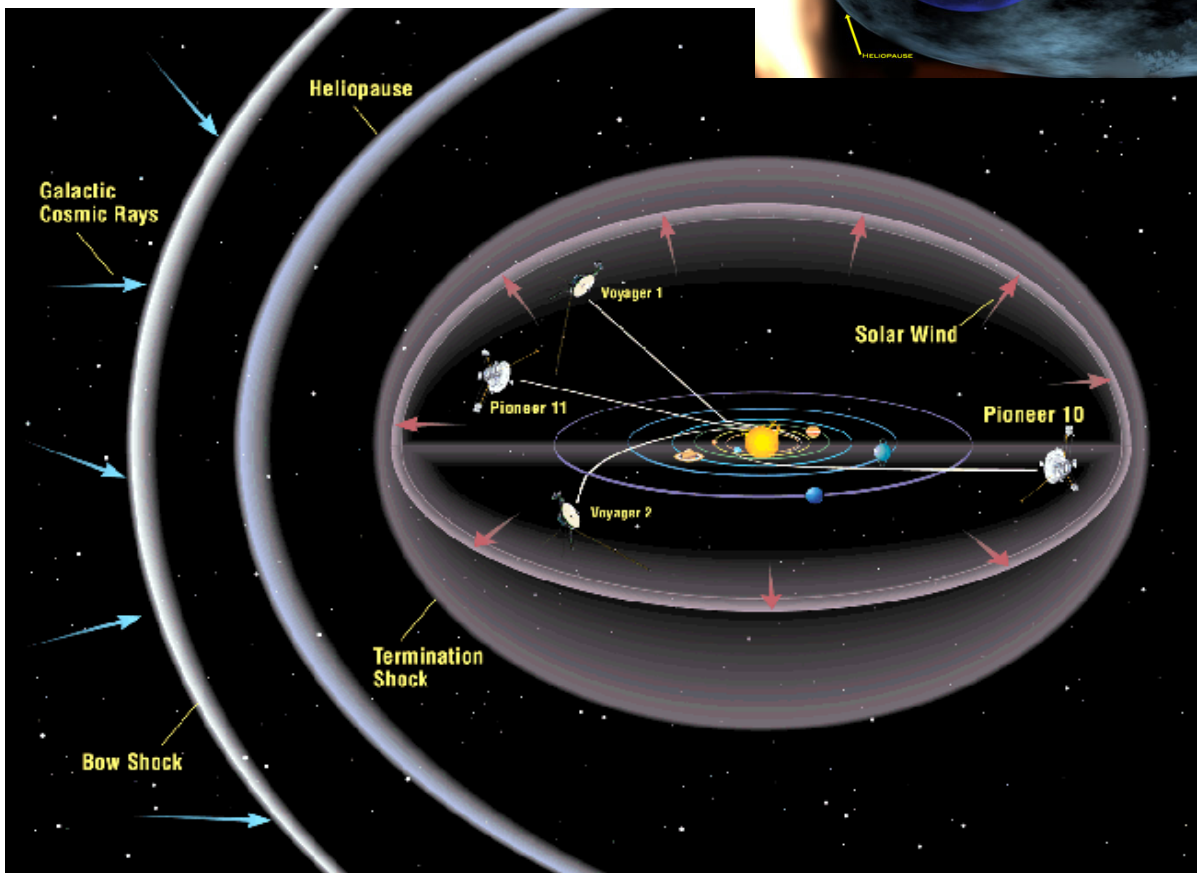
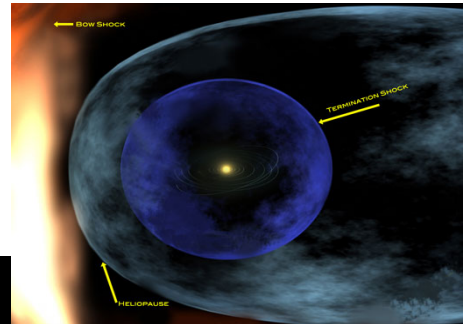
The magnetic and gravitational fields of plasma combine with other plasma. They group together to create minute things, all the way through to creating galaxies. Our thoughts are projections of plasma. Love received is plasma.

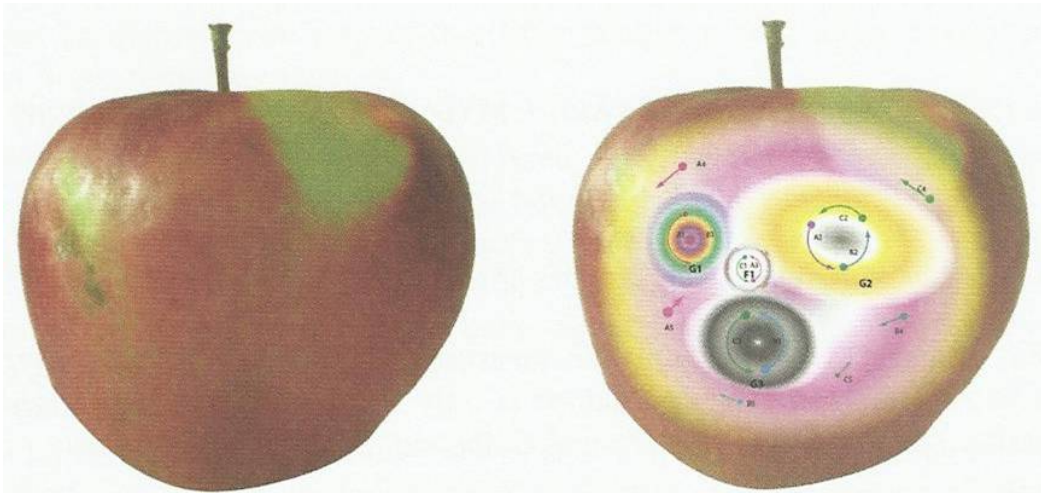
Every cell in our body has a plasmatic magnetic field. Our whole body has its own magnetic field. And so it goes on, and on....



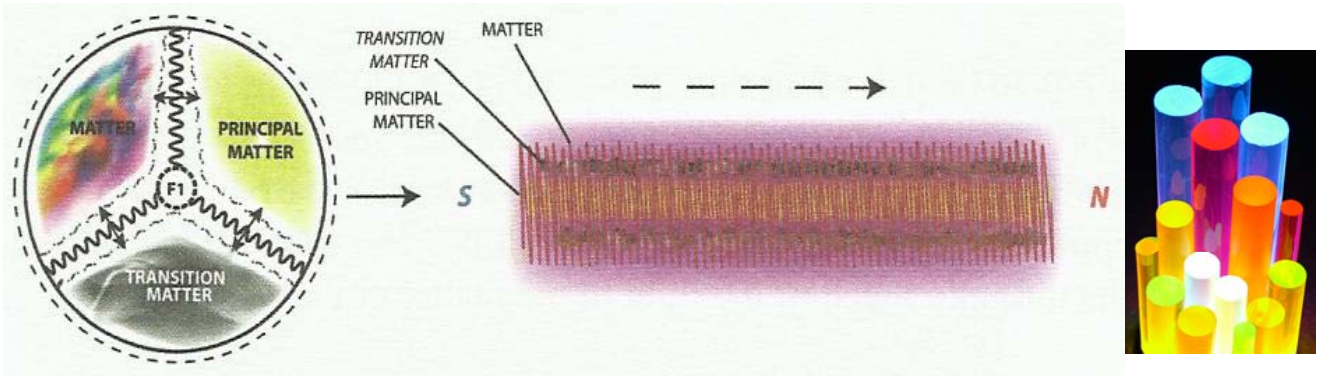
INTERSTELLAR BOUNDARIES:

The boundary is the outer limit of the magnetic field that encapsulates a solar system and universes.





Newton's apple has different types of plasma of magnetic fields and plasma matter magnetic fields.



Spherical

Cylindrical - RAY OF LIGHT

Conversion of the spherical plasma of a neutron into a cylindrical ray of light. Light, in this detail, is clearly visible to one who is in their spirit body, that is, whilst out of body one can see the end beams of light as described here by Mehran Keshe.

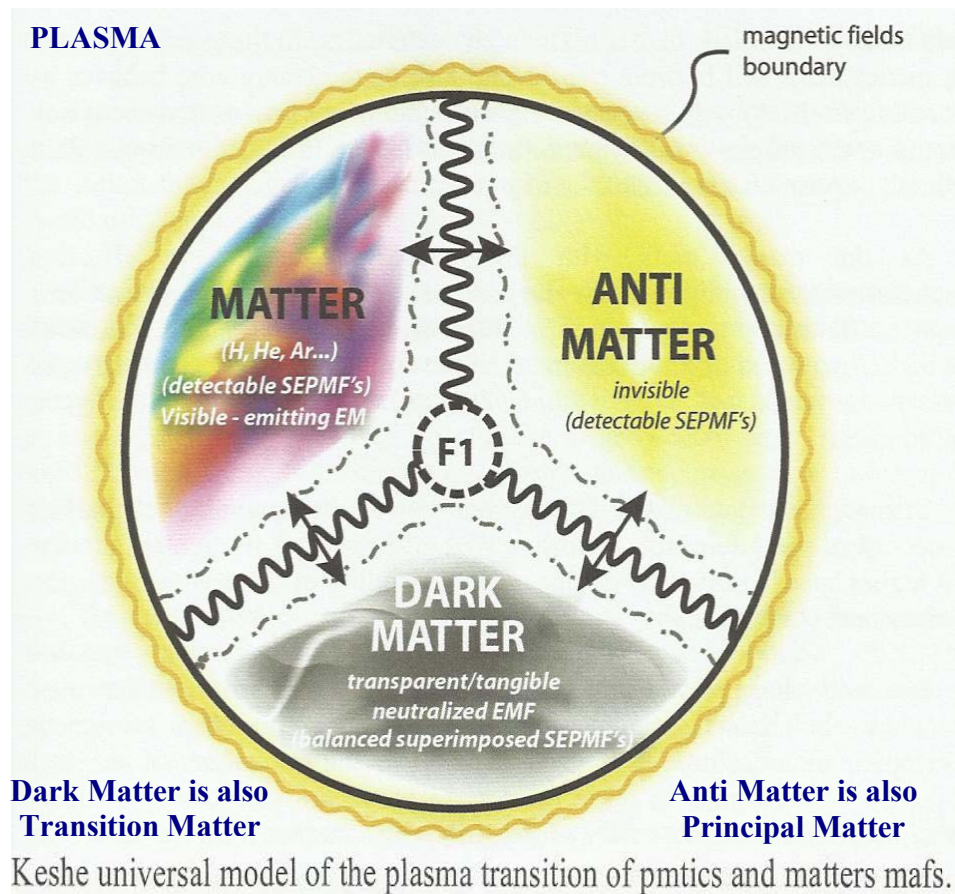
*Thoughts
become
Things.....*

*Emotions are
Things.....*

Published by Nuclear Engineer Mehran T Keshe from his research facilities, Keshe Foundation, in Brussels, Belgium, this book, *The Universal Order of Creation of Matters*, details the scientific and technical developments that he and his team have realised over more than three decades of research development pertaining to many aspects of space travel. The understanding and application of plasma has been central to his research developments.

www.keshefoundation.org

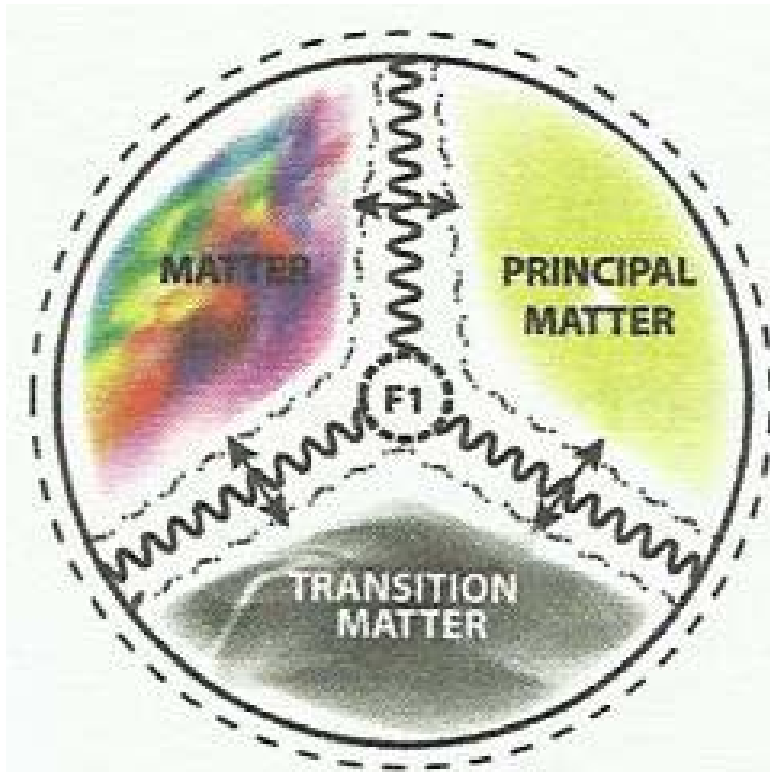
The fourth state of matter is what Nuclear Engineer Mehran Keshe refers to as gas, gas at nano-state, namely plasma.



**PASCAS
HEALTH**



**PASCAS
PAPERS**



PLASMA:

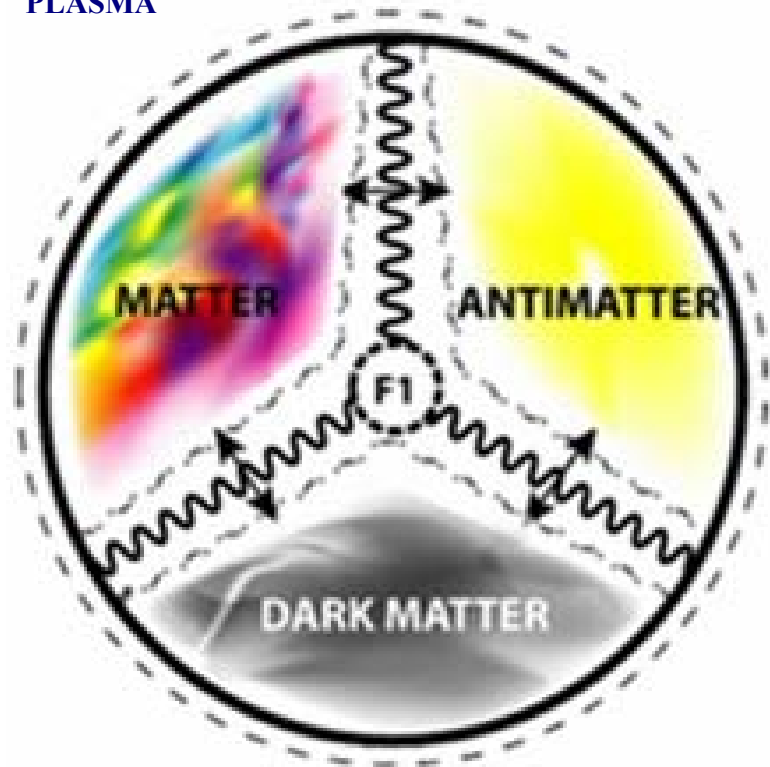
The three aspects of plasma present themselves in an ever variable degree of concentration and variation.

Matter plasma creates the physical.

Principal matter, antimatter is the energy aspect and the predominant energy of everything that exists.

Dark matter, transition matter restricts light, though transparent, a result is darkness and lack of energy.

PLASMA



Plasma, in its complete form, is the building block of all that is, however, there appears that there are even finer and even more incredible substances.

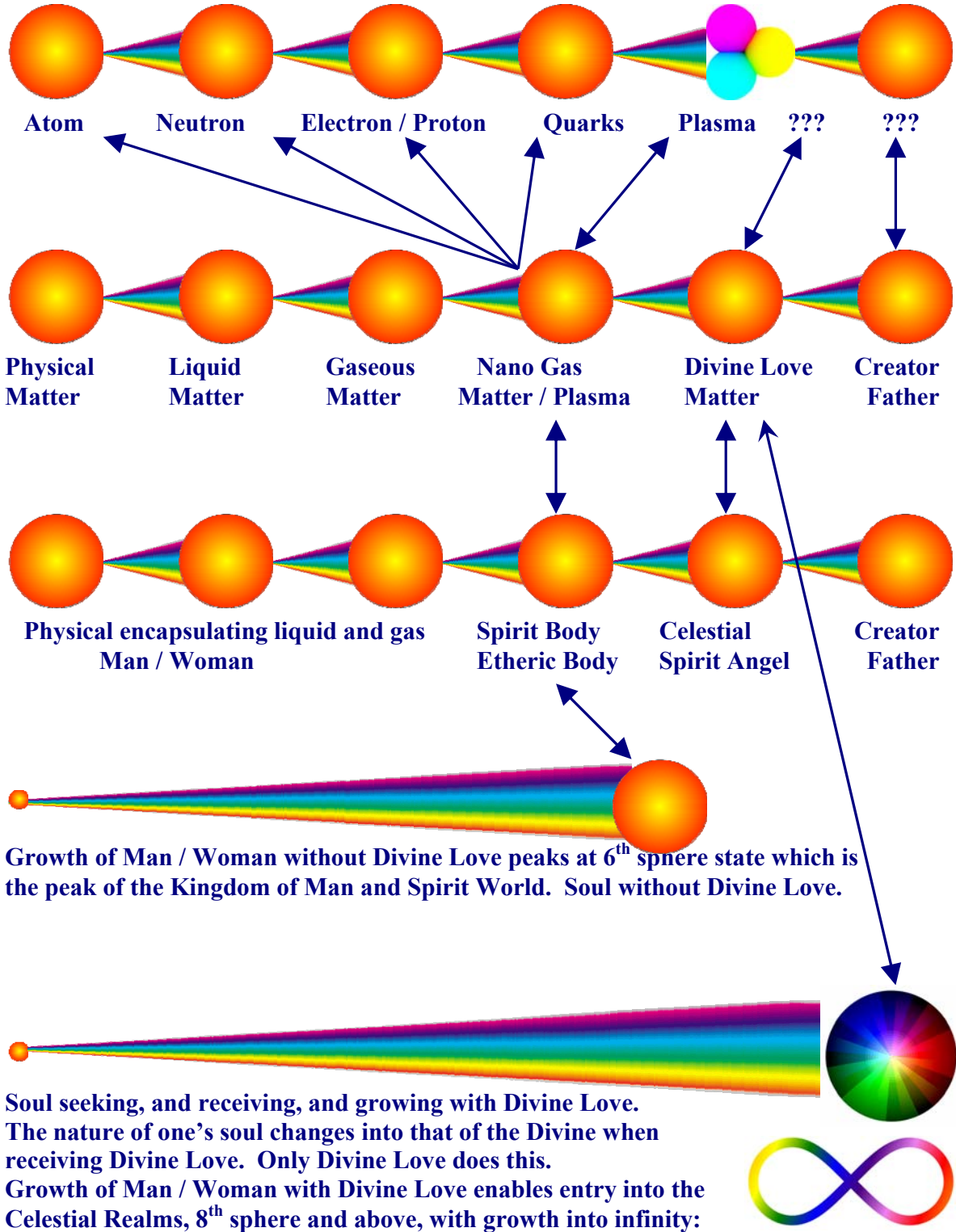
A plasma element may be dominated by its Matter aspect, thus being seen as physical matter.

Or it may be dominated by its Principal Matter / Antimatter aspect thus conveying an abundance of energy and love.

Or it may be dominated by its Transition Matter / Dark Matter aspect thus conveying darkness and a lack of love.

STAGES of MATTER:

Matter becomes finer and finer and more incredible within each phase:



LUMINOSITY of the SOUL grows with LOVE:

DIVINE LOVE is a SUBSTANCE

Angels actually do not have wings.



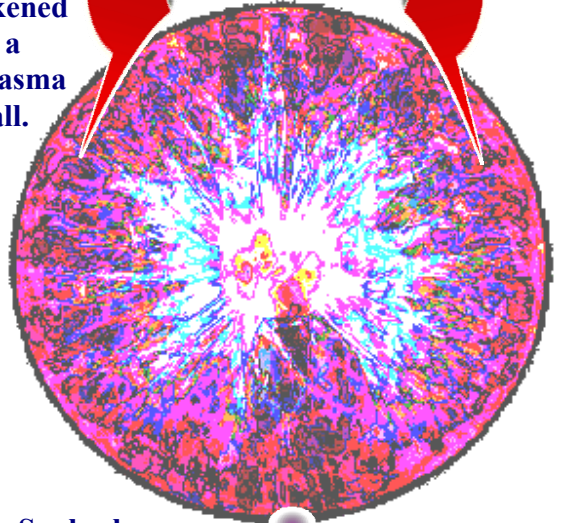
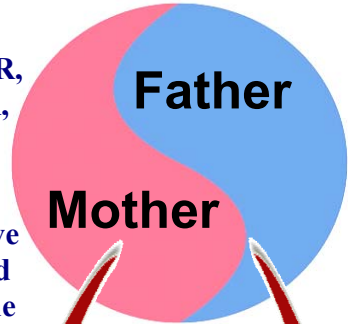
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



**CREATOR,
MOTHER,
FATHER,
GOD.**

Divine Love is delivered through the Holy Spirit, should you ask for Their Love.

Your soul can be likened to a plasma ball.



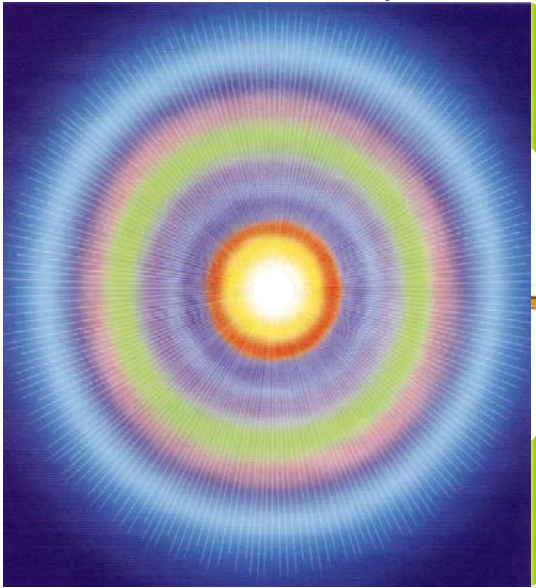
Soul releases errors and negative emotions via one's Feeling Healing with Divine Love.



DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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

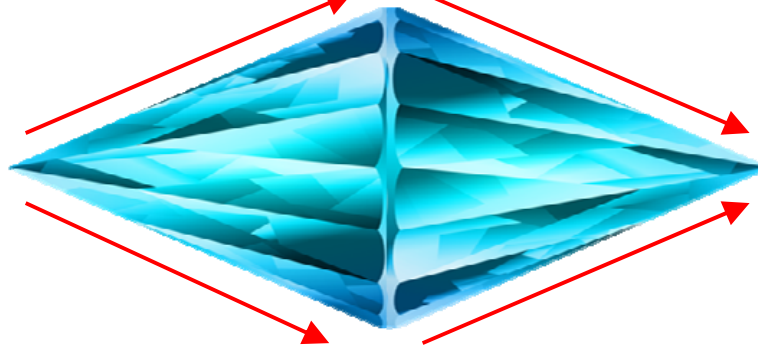
MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

Rebellion and Default

MIND-Created soulmate

HEALED (Celestial)

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



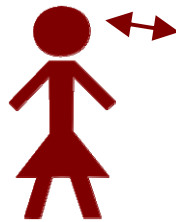
Female soulmate
fantasy man (untrue)
Unsuccessful marriage

**WOMAN
Eternal Marriage
MAN**

Male soulmate
fantasy woman (untrue)
Unsuccessful marriage

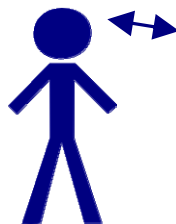
Rebellion and Default MIND-Created false soulmate:

Female soulmate
Unsuccessful
marriage to fantasy
untrue man



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

Male soulmate
Unsuccessful
marriage to fantasy
untrue woman



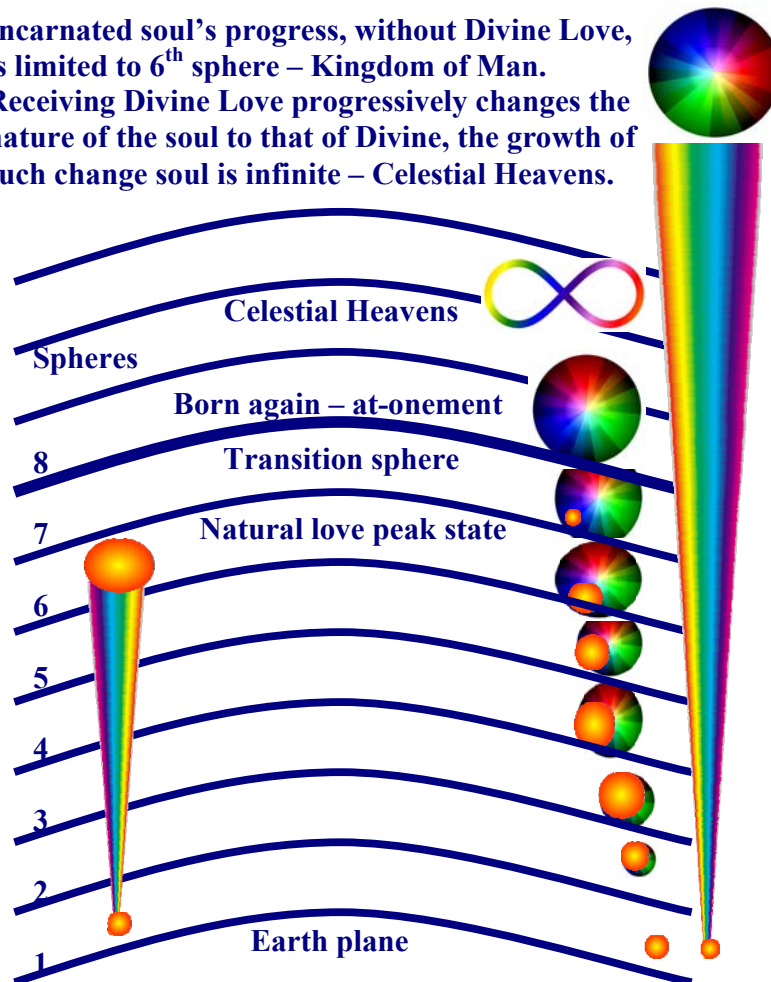
Eternal soulmate marriage between a man and a woman only takes place for those that fully heal themselves of the imposts of the Rebellion and Default. Through longing for the truth behind all our feelings (both good and bad), we can begin to live true to our feelings. And once healed, and reaching a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

The MIRACLE of the CHANGE in NATURE of ONE’S SOUL:

When man, by the way that has been pointed out to him, becomes possessed of the substance of the Father’s divine nature, even in an initial degree, his soul commences to change and lose its character as a mere image, and to progress towards the attainment of that condition when this image disappears and the divine substance takes its place. And as the progress continues, he receives so much of the substance that his soul takes on the divine love nature of the Father, and his at-onement with the Father becomes so perfect that he becomes an inhabitant of the Father’s kingdom. This occurs when he becomes fitted to enter the first Celestial sphere. Here occurs another change which may startle those who teach that the mind is the essence of God and that is, that the mind – which man, both as mortal and spirit, possesses up to that point in the progress of the soul where the transformation into the divine nature takes place – becomes a thing of naught (or rather becomes absorbed in the mind of the soul), which is the real mind of the Father. Then and ever after, only this mind of the soul is that which enables the real divine man to understand the things of God, to help him in his progress.

Your friend and brother – Jesus **March 23, 1916** P.340 Book of Truths via Joseph Babinsky

Incarnated soul’s progress, without Divine Love, is limited to 6th sphere – Kingdom of Man. Receiving Divine Love progressively changes the nature of the soul to that of Divine, the growth of such change soul is infinite – Celestial Heavens.



EXPERIENCING RECEIVING DIVINE LOVE:

Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.

Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.

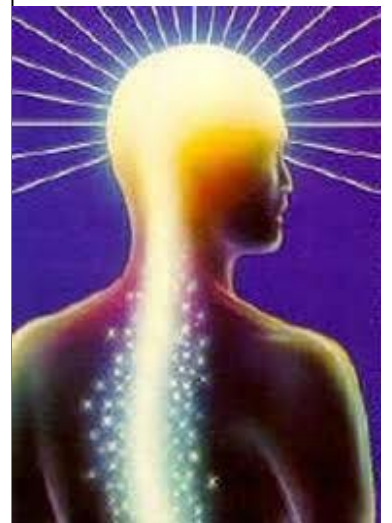
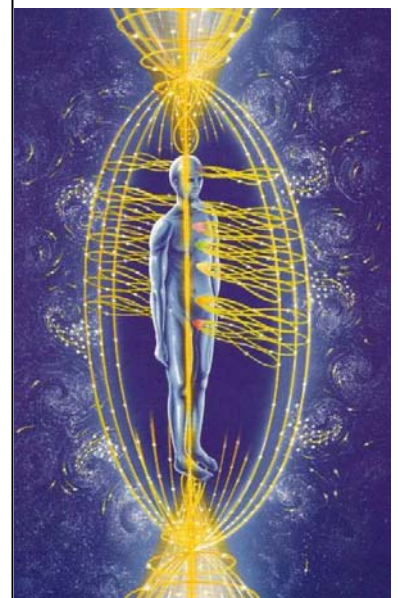
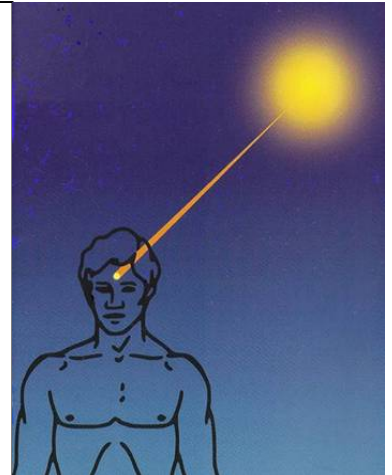
The Voice of Divine Love

~~~~~

As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Mother and Father to us all.





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

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



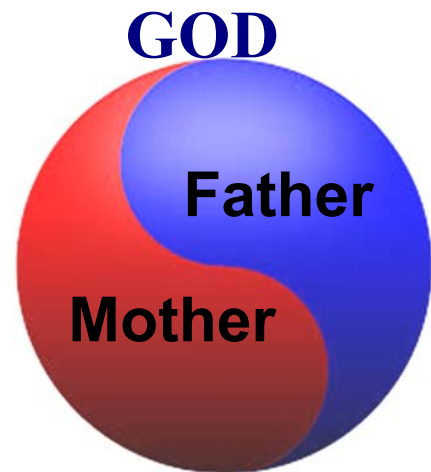
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.**

**Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.**

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

**It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.**

**WE ARE Children of God**



**LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:**

**1<sup>st</sup> sphere, lower regions – Natural Love MoC 50+/-**  
**The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.**

**The typical soul condition of humanity is such that they generate the luminosity of a single candle.**




**1<sup>st</sup> sphere, mid regions – Natural Love MoC 210**

**A soul that has grown in love and soul condition equivalent to the 8<sup>th</sup> sphere – the point of becoming at one with God, the luminosity of such a soul is equivalent to the midday sun.**

**8<sup>th</sup> sphere – only possible with Divine Love! MoC 1,000+**



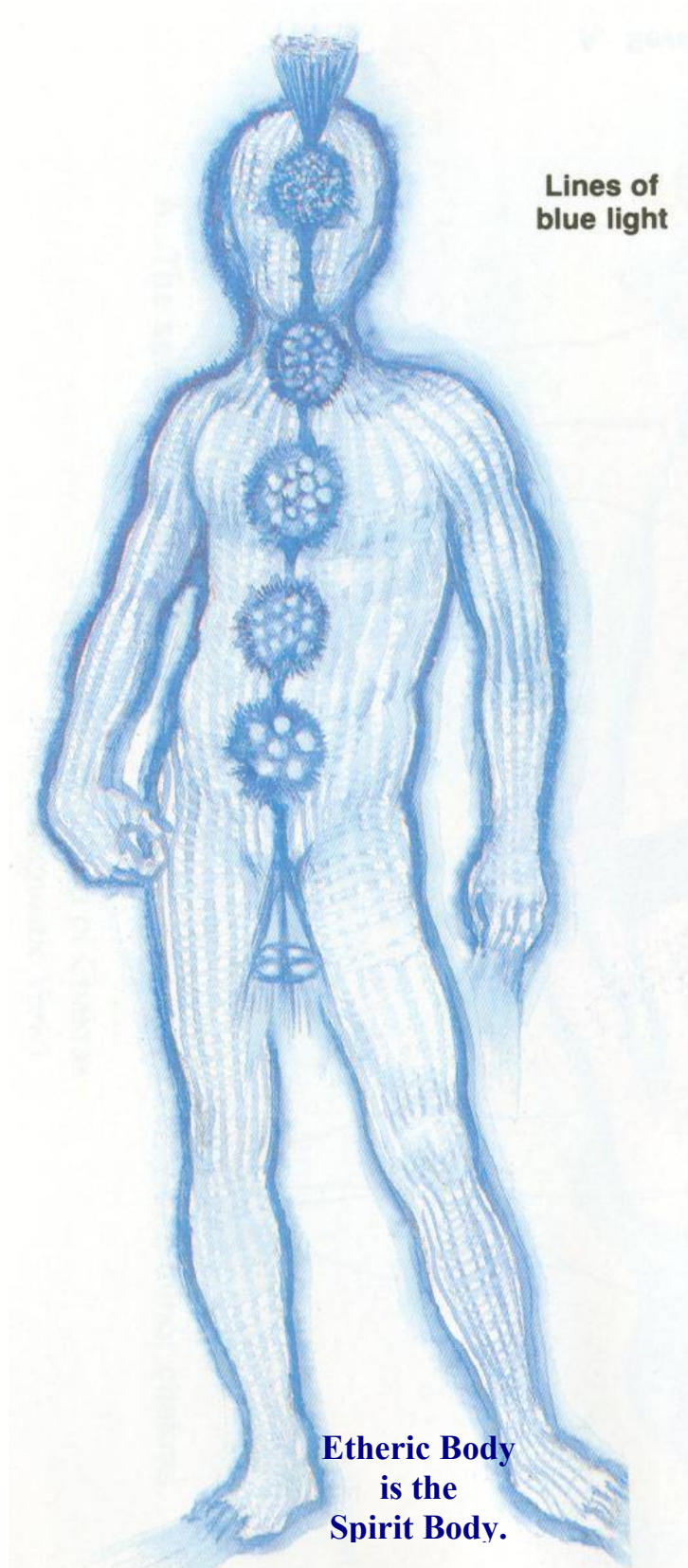
| MAP OF CONSCIOUSNESS |               |               |          |               |                    |
|----------------------|---------------|---------------|----------|---------------|--------------------|
| God-view             | Life-view     | Level         | Log      | Emotion       | Process            |
| Self                 | Is            | Enlightenment | 700 1000 | Ineffable     | Pure Consciousness |
| All-Being            | Perfect       | Peace         | ↑ 600    | Bliss         | Illumination       |
| One                  | Complete      | Joy           | ↑ 540    | Serenity      | Transfiguration    |
| Loving               | Benign        | Love          | ↑ 500    | Reverence     | Revelation         |
| Wise                 | Meaningful    | Reason        | ↑ 400    | Understanding | Abstraction        |
| Merciful             | Harmonious    | Acceptance    | ↑ 350    | Forgiveness   | Transcendence      |
| Inspiring            | Hopeful       | Willingness   | ↑ 310    | Optimism      | Intention          |
| Enabling             | Satisfactory  | Neutrality    | ↑ 250    | Trust         | Release            |
| Permitting           | Feasible      | Courage       | ↑ 200    | Affirmation   | Empowerment        |
| Indifferent          | Demanding     | Pride         | ↓ 175    | Scorn         | Inflation          |
| Vengeful             | Antagonistic  | Anger         | ↓ 150    | Hate          | Aggression         |
| Denying              | Disappointing | Desire        | ↓ 125    | Craving       | Enslavement        |
| Punitive             | Frightening   | Fear          | ↓ 100    | Anxiety       | Withdrawal         |
| Disdainful           | Tragic        | Grief         | ↓ 75     | Regret        | Despondency        |
| Condemning           | Hopeless      | Apathy        | ↓ 50     | Despair       | Abdication         |
| Vindictive           | Evil          | Guilt         | ↓ 30     | Blame         | Destruction        |
| Despising            | Miserable     | Shame         | 20       | Humiliation   | Elimination        |

|                                                                                     |                                                 |
|-------------------------------------------------------------------------------------|-------------------------------------------------|
|  | The Final Doorway to Enlightenment / Nonduality |
|  | The beginning of the Nonlinear Realm 500        |
|  | The beginning of Integrity 200                  |

| MoC       | No. of Countries | Average MoC | Average Life Expectancy |
|-----------|------------------|-------------|-------------------------|
| 400s      | 10               | 406         | 78.50                   |
| 300s      | 13               | 331         | 71.77                   |
| 200s      | 10               | 232         | 69.45                   |
| High 100s | 18               | 176         | 69.00                   |
| Low 100s  | 7                | 129         | 60.86                   |
| Below 100 | 11               | 66          | 52.73                   |

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



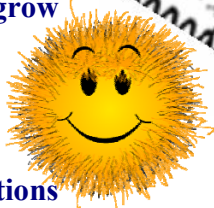


**Lines of  
blue light**

**Etheric Body  
is the  
Spirit Body.**

**PLASMA and YOUR WELLBEING:**

Loving emotions attract principal matter / anti-matter to your soul as you grow in love.



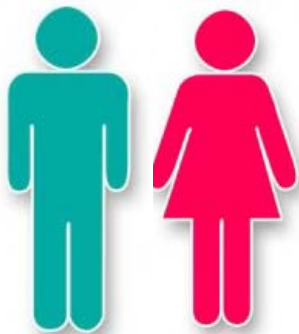
Soul



Spirit Body

Loving emotions enhance your life's experiences.

Your soul blossoms and your spirit state is one of beauty.



This way or that way?



Matter aspect of plasma is the energy that you recognise as your physical body. The energy lines of your bodies are enhanced with loving emotions. Negative emotions impede the flow of energy through your bodies and this brings about difficulties and illness. Love is the greatest energy that you can bring to your soul, spirit body, and physical body.

Attracting Antimatter Plasma results in a far healthier and loving life than by from attracting Dark Matter Plasma.

Unloving emotions cause the soul to loose radiance and to contract in size. Your spirit state experiences are devoid of happiness.

Unloving, negative emotions retard the growth of your soul and your life experiences are generally difficult in all aspects of your living.



Encrusted Soul

A soul's condition is never frozen. No matter what condition one's soul is in, from there it can grow in love. From the poorest state it can grow to



Spirit Body



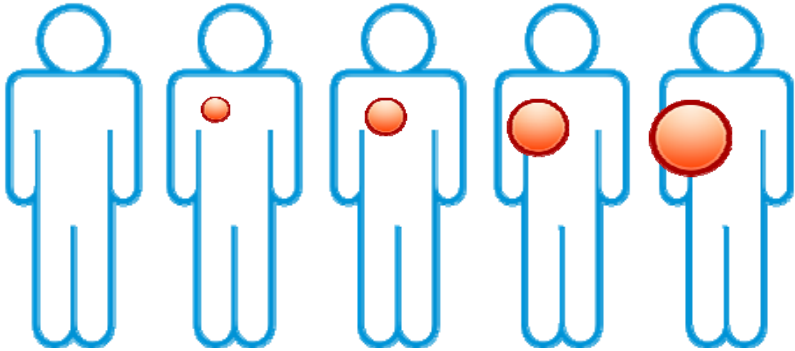
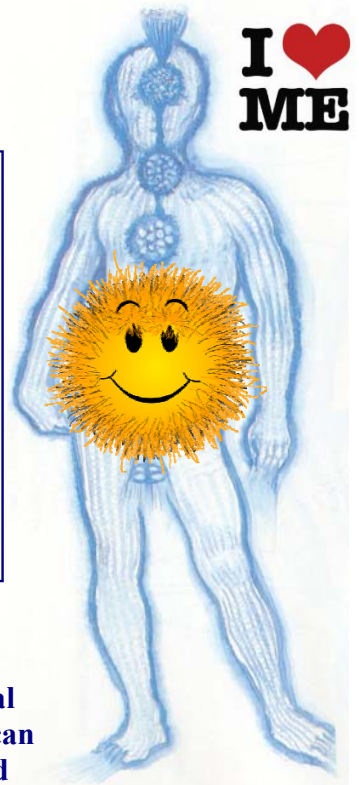
**LOVING and UNLOVING EMOTIONS:**

They are plasmatic balls of energy.  
Loving emotions are life enhancing.  
Unloving emotions are life retarding.

*Thoughts become Things.....*



*Emotions are Things.....*

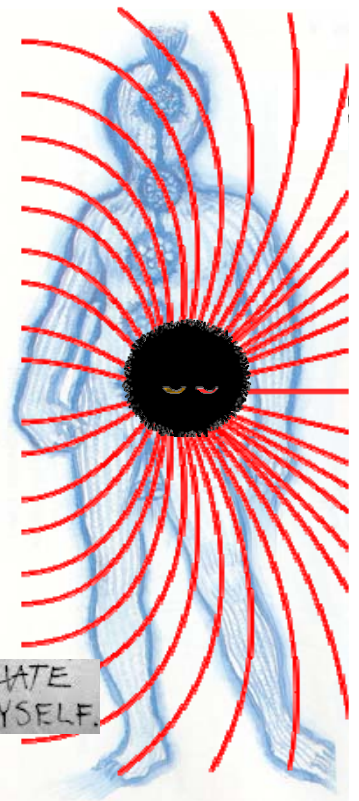
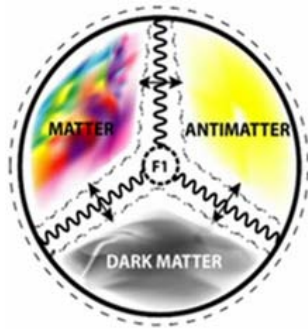
Emotional damage can fester and grow should you persist with the issue.

Negative emotions, that are those that calibrate 200 or under on David Hawkins' Map of Consciousness, create energy flow blockages within your meridians that are within your spirit body / etheric body. In the physical, these energy blockages / emotional injuries emerge to disrupt the flow of energy along your nervous system creating mayhem, pain, and ultimately illness. The frequency of the emotional injuries generally relates to the frequencies of specific organs in your body, that is why various emotional injuries are related to various illnesses.

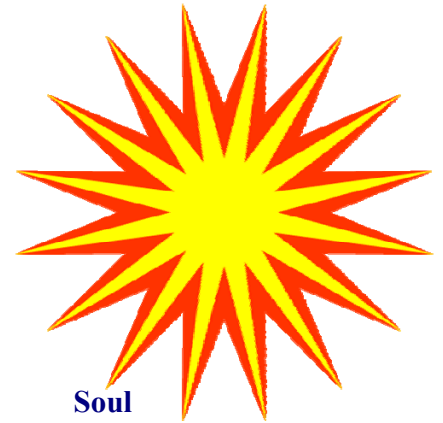
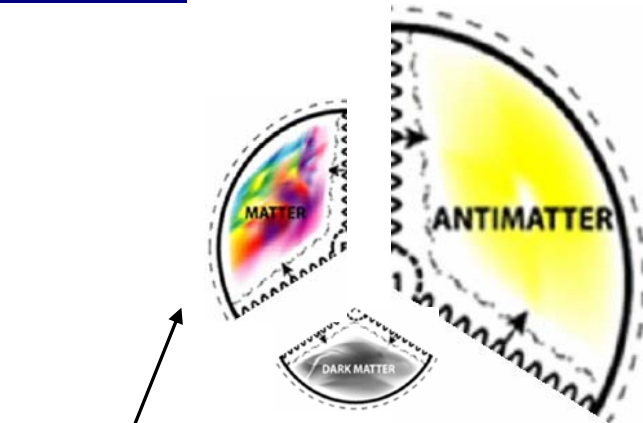
The emotional injuries can be readily removed – permanently.

**PLASMA:**

Antimatter / principal matter is the life giving energy source.  
Dark matter / transitional matter restricts the flow of light.  
Matter is the concentration of these energies resulting in physical matter.  
Plasma is the building block of all.

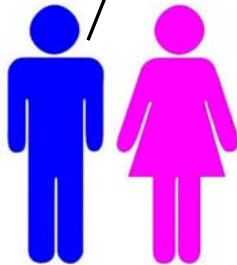


LIFE OPTIONS:

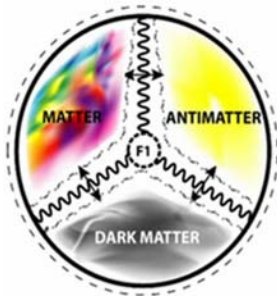


Soul

Your soul blossoms and your physical life and spirit state are ones of beauty.

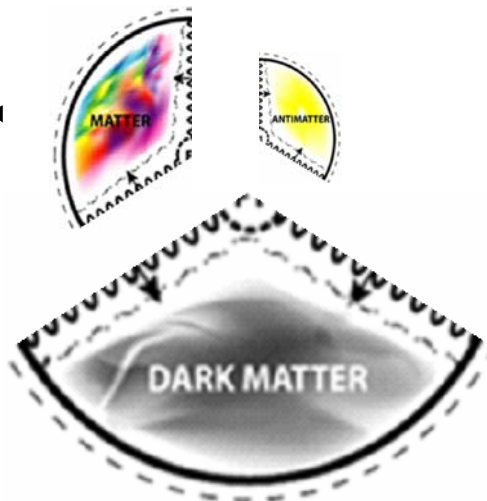


The building blocks of our physical / material body consist of plasma which is an endless array of the three fundamental aspects of plasma, called matters. Matters consist of matter, antimatter or principal matter, and dark matter or transitional matter.



As we allow negative or man made emotions dominate our soul, that is, emotions that calibration 200 or less, we are retarding our essence. The quality of our life and health is degraded. Dark matter restricts the flow of light and our ambience is suppressed.

As we grow in love and embrace emotions of love, antimatter or principal matter dominates our soul and essence. Our physical health is generally excellent and our quality of life exudes with pleasure and joy. Light floods our being and our ambience is one of brightness.



Encrusted Soul:  
Soul condition being in a very poor state.



**NEGATIVE BLOCKED EMOTIONS are CLUSTERS of PLASMA:**

P.167 The Structure of the Light by Nuclear Engineer M T Keshe

Electric charges, magnetic fields and gravitational fields are all of one and the same origin – plasma. Gravity is due to the pulling effect of two dissimilar poles of the same plasmatic magnetic fields interactions and the Magnetic field is due to repulsion of two similar magnetic poles, and electric current is due to the magnitude of the flow of magnetic field from one field to another.

Thus the *grand unifying field* is the magnetic field, and the missing link has been to understand that gravity is the product of interaction of two plasmatic magnetic fields, mass is the difference between the magnetic fields strength of similar and dissimilar field strength, and the energy is the measure of the magnetic field that is transferred between magnetic fields at the speed that magnetic field can travel within a given matters' medium, for it to be able to move from one magnetic field strength to another, and the electromagnetic current is the rate of movement of the magnetic field from one field to another and where the electromagnetic field is due to magnet field strength difference and is the equal to the magnetic field strength of an electron.

Thus the unified and common field is the magnetic field, between the gravity, mass, energy, and electromagnetic field.

Thus the unifying theory for the first time is complete and it is fully understood.

Where *magnetic field interaction* makes **the gravitational fields** and the *flow magnetic field from one field to another* creates **the electromagnetic current**. Energies can be created, from any ambient, depending on what one wants to produce or obtain from those currents or fields.

**Electromagnetism** is created *as magnetic fields strength are transferred from one field strength to another* and in the process of the flow of magnetic fields this leads to creation of measurable field movement of measurable current from what is call “electromagnetic fields”.

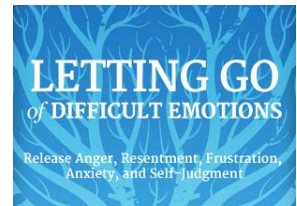
This simple sentence brings the whole of understanding between magnetic fields and its flow from one magnetic field strength to another and is the grand link between the gravity, the mass and energy and this finalises the long lasting missing link of the unifying field.

Now that one can understand that current is the rate of flow of magnetic field from one strength to another, and “the connection between electromagnetism, gravity, mass and energy” is finally understood. Thus the origin of all things tangible (and intangible) and their effects is magnetic field based and magnetic fields are the origin of all and unifying in the world of creation.

Thus one can see that the dynamics of vibrational rotational complex negative held emotions that are of low, or very low frequency, or even ultra low frequency, being life degrading, are best removed from one's being, namely from your physical body, your spirit body which is the template of your physical body, and your soul..

### **LETTING GO with The LOVE:**

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling.** Focus quietly on the feeling. Breathe into the sensations and allow them to be.

**Step 2: Ask yourself one of the following three questions:**

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

**Step 4: Ask yourself this simpler question: When?** This is an invitation to just let it go NOW.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

**The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...**

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

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

This process is ever so freeing and uplifting, though sometimes difficult.

Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins



# 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.**

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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



# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.  
 It embraces all people.

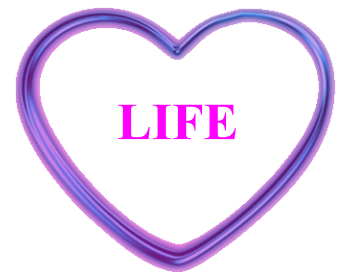
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home



Council of Elders  
now around 20  
Soulgroups

Celestial Heavens are the Spheres of Love.  
One has to be a fully integrated personality,  
as in expressing all the aspects of one's self  
equally and lovingly, before one can leave the  
3<sup>rd</sup> Celestial sphere – Sphere of Love, after  
having embraced the Way of Feelings.

When in the Celestial Heavens we work on bringing to light all the  
attributes of one's personality. We are to be a fully integrated  
personality, as in expressing all the aspects of ourself equally and  
lovingly, before you can leave the third Celestial sphere.

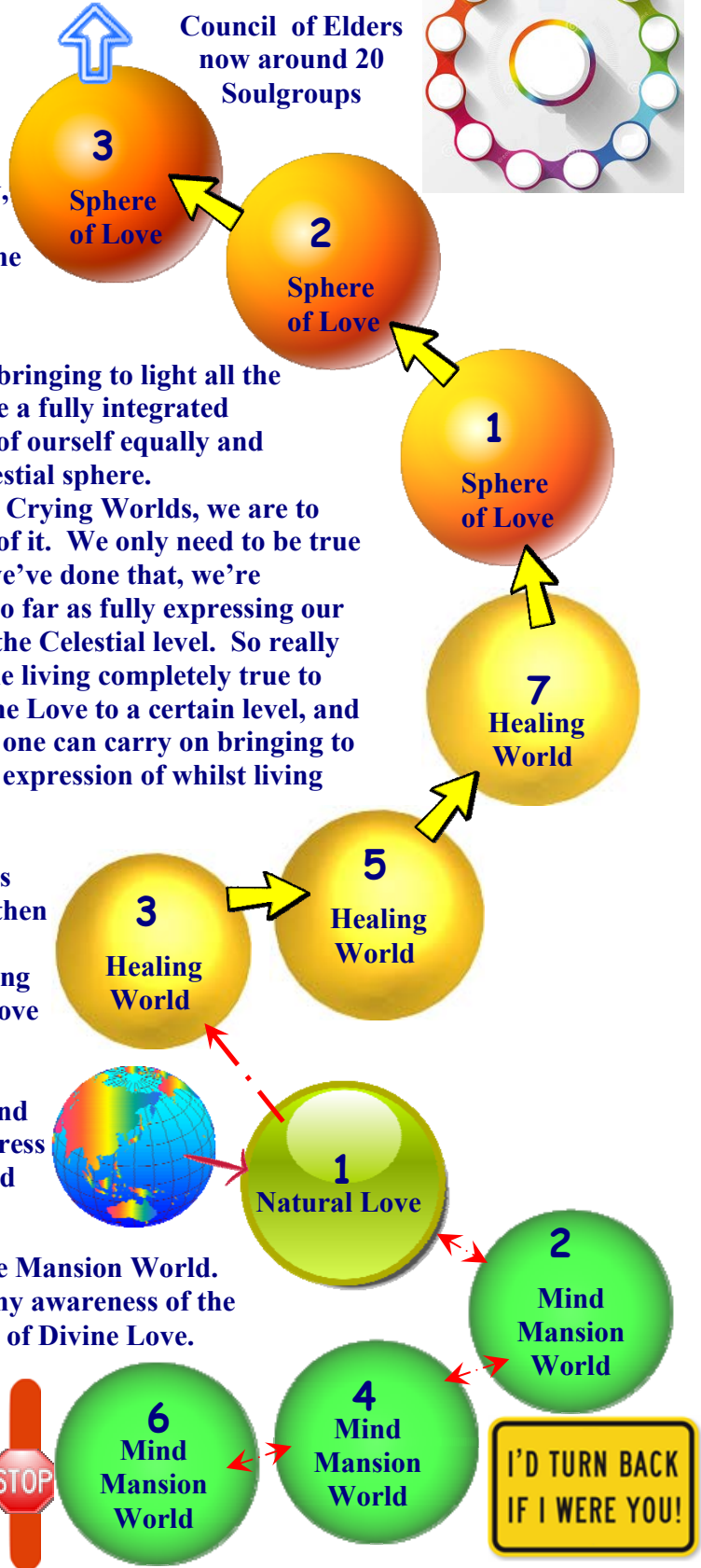
While we progress through the Divine Love Crying Worlds, we are to  
live true to our untruth, by living the truth of it. We only need to be true  
and perfect to our untrue state, and when we've done that, we're  
Healed. Even though we're still imperfect so far as fully expressing our  
personality, all of which we then perfect at the Celestial level. So really  
to qualify for the Celestials, that is about one living completely true to  
one's wrongness, and partaking of the Divine Love to a certain level, and  
then once that's done and being a Celestial, one can carry on bringing to  
light all those parts that one was denied the expression of whilst living  
untruth to oneself.

We are to uncover the truth of our untruth  
through the Healing crying Mansion Worlds  
levels (and their equivalent on Earth); and then  
once that's done, and with the appropriate  
amount of Divine Love in our soul warranting  
fusion with our Indwelling Spirit, we can move  
into the Celestial spheres of love (or their  
equivalent on Earth).

Earth has been subjected to the Rebellion and  
Default until now! As a soulmate pair progress  
with their Feeling Healing, the Rebellion and  
Default conditions are being cancelled.

We all arrive into the 1<sup>st</sup> Mind Natural Love Mansion World.  
Most continue their way of living without any awareness of the  
Feeling Healing process and the availability of Divine Love.

The 1<sup>st</sup> and 2<sup>nd</sup> Mind natural love Mansion  
Worlds are jammed to the rafters with  
spirit personalities. Those who progress to  
the 4<sup>th</sup> and 6<sup>th</sup> Mind Mansion Worlds are  
progressing further away from God,  
continuing with the Way of the Mind!



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

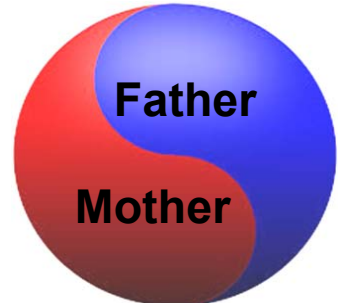
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

**GOD**



**M&F**



**J&M**



**AVO**

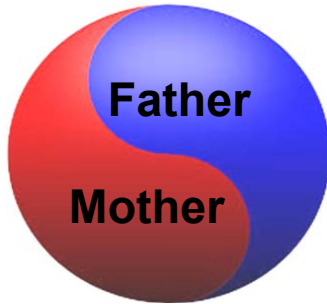


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

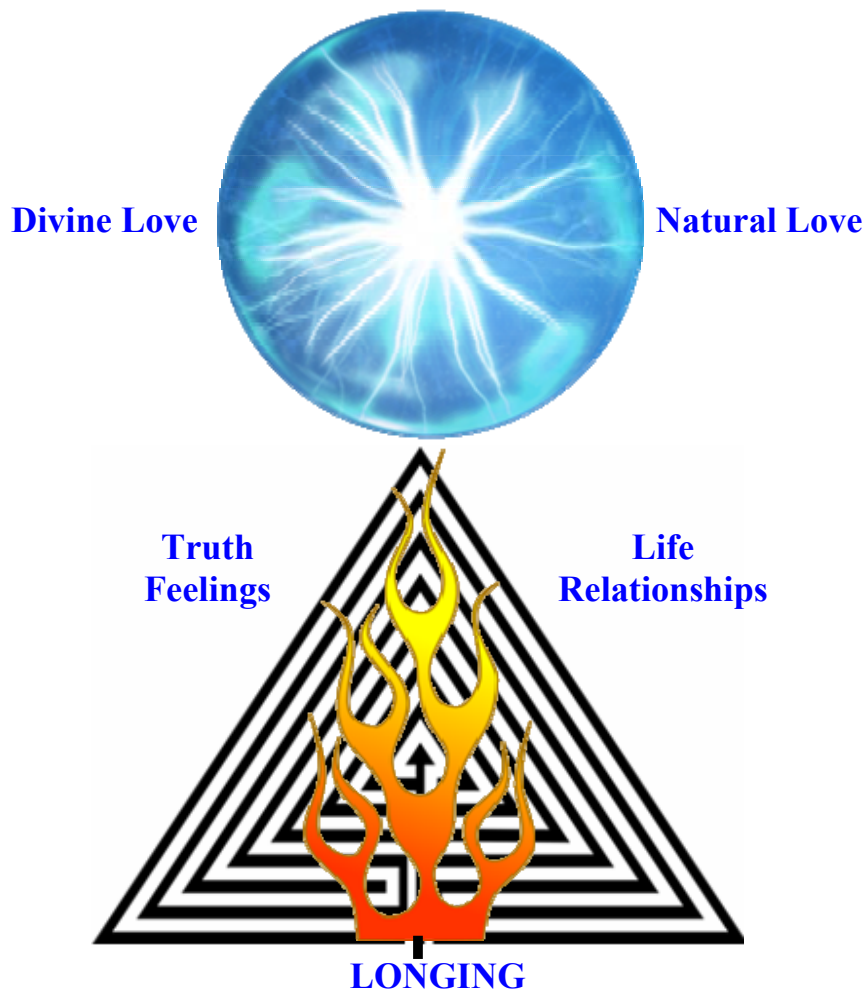
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

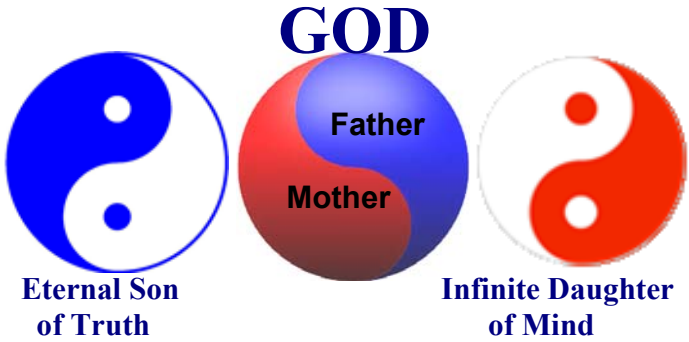
## HOW TO GET TO PARADISE:

Long for the Divine Love  
 Long for the Truth  
 Long for the truth of your feelings  
 Don't deny any feelings: accept, express and want to know the truth of them  
 Know your feelings are the key; your feelings are the Way  
 Want to end your falseness and being untrue  
 Want to understand the truth of your early life  
 Use your surface feelings to move deeper into yourself, bringing up your repressed feelings  
 Want and long to know the whole truth of yourself  
 Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

## The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



**PARADISE TRINITY:**

- 1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
- 2. **ETERNAL SON (ES) – Divine Truth**
- 3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

**The LOCAL UNIVERSE TRINITY:**

**Our MOTHER and FATHER – Love**

- 1. **MARY M and JESUS – the Living Truth**
- 2. **DIVINE MINISTER – Mind (and her Holy Spirit)**
- 3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

**PLANETS that engage in REBELLION:**

- 1. **AVONAL SOULMATE PAIR – the Feeling Healing process – incarnate**
- 2. **DAYNAL – TEACHER PAIRS – they do not incarnate**

**So in summary:**

**LOVE**  
Mother and Father

**TRUTH**  
Eternal Son (ES)  
Mary & Jesus (MJ)  
Humanity (H)

**MIND**  
Infinite Daughter (ID)  
Divine Minister and Holy Spirit (DM)  
Angels, Nature Spirits, Nature (A)

**Consider a diamond:**

**MF**





# Mother and Father Heavenly Parents

Creator Son & Daughter

Jesus and Mary

Avonals

as soulmate pairs

Trinity Teachers

as soulmate pairs

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

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

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

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

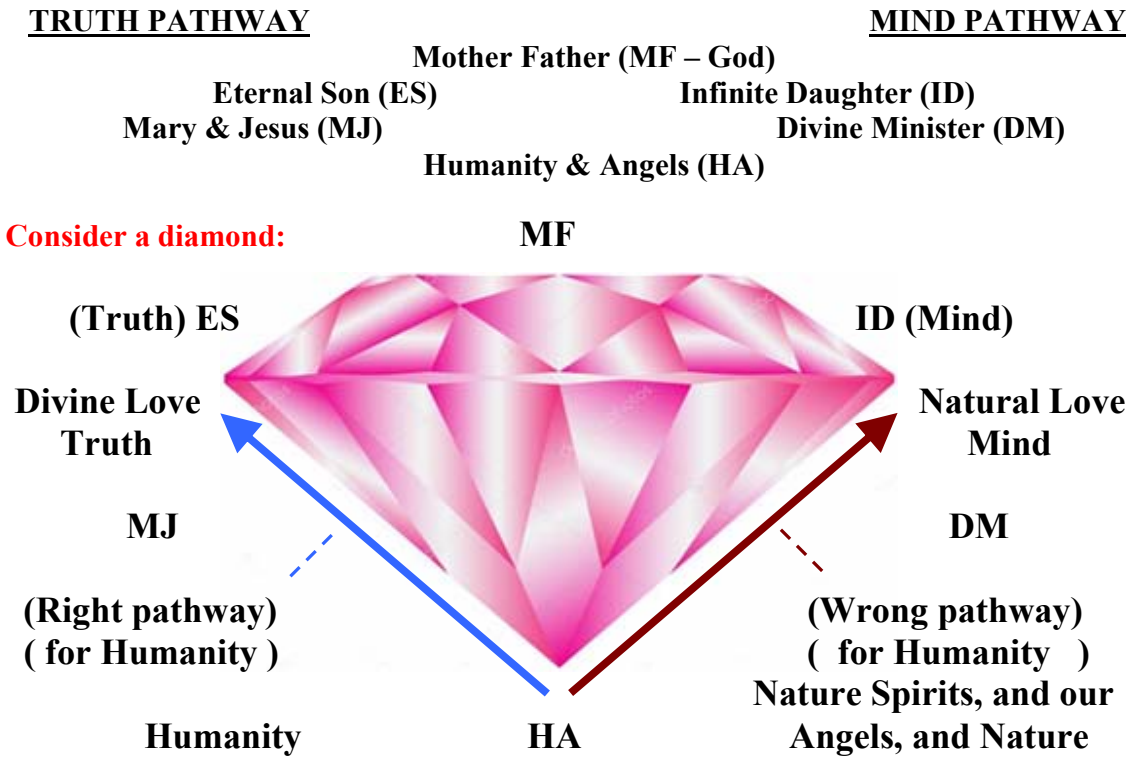
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

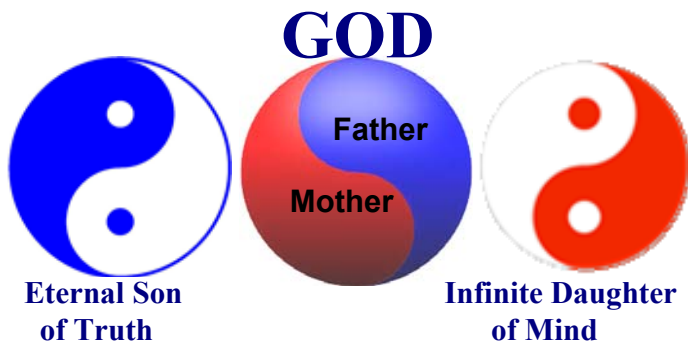
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

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.



**Humanity** is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



**CREATION of SOUL and SPIRIT:**

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

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

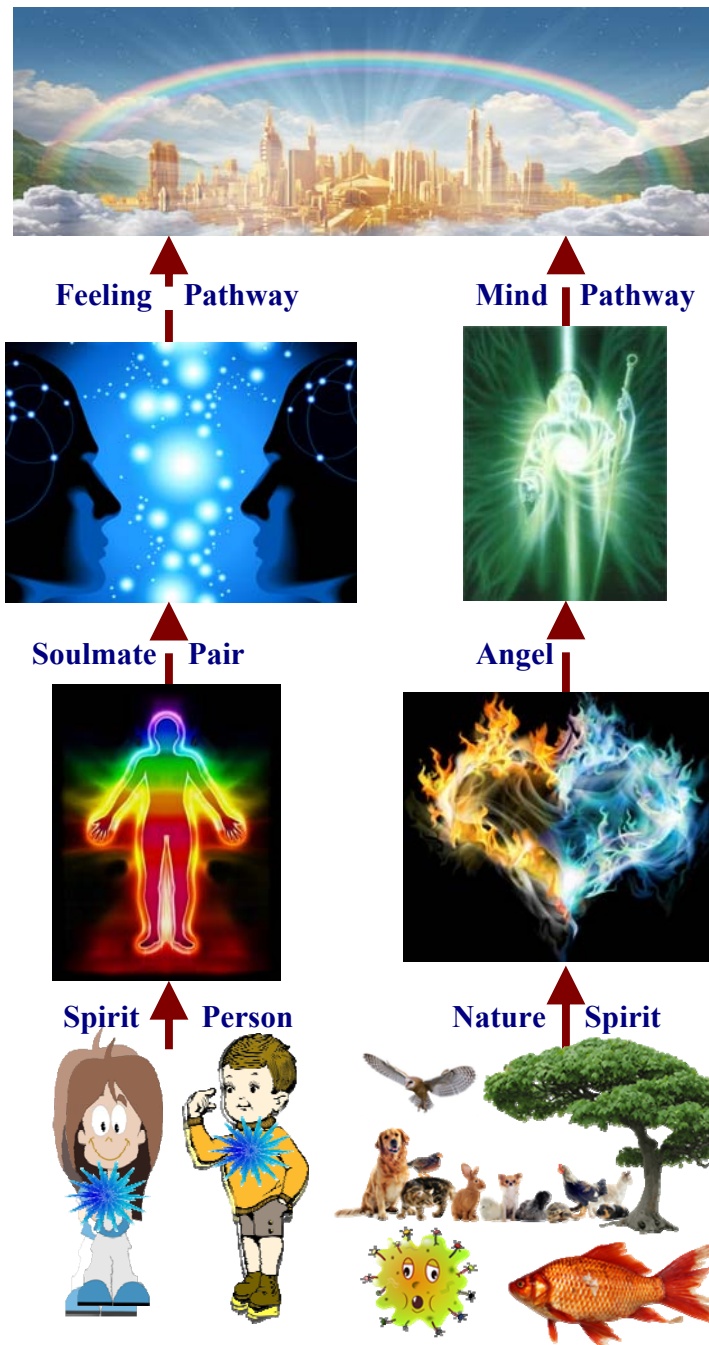
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



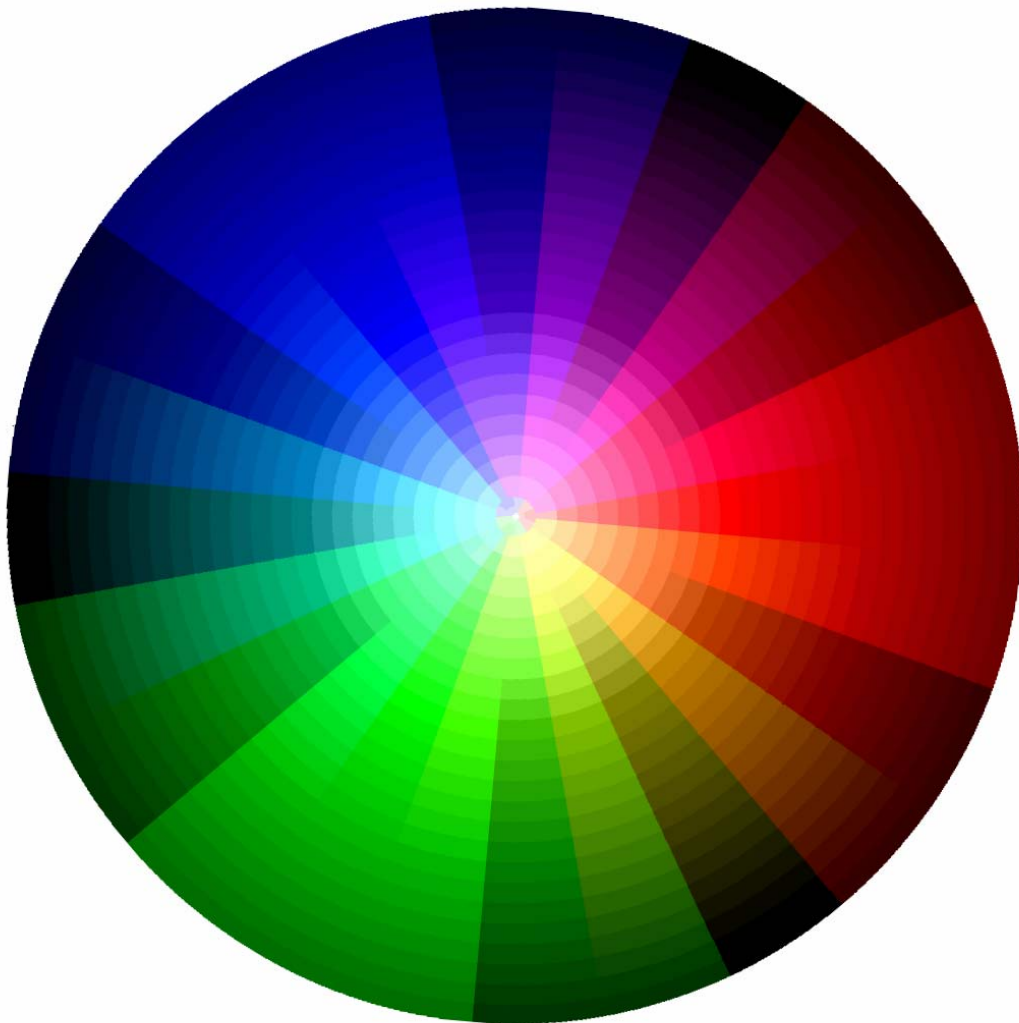


**Our wondrous soul is an incredible ball of plasmatic intelligent energy. With the infusion of Divine Love, our soul will progressively change from that which is not Divine to that which is Divine. All we need to do is ask!**

**We are created in the image of our Mother and Father, but not of the substance of our Mother and Father. There is nothing of the Divine within our soul at the time of our individualisation, that is, upon our incarnation which is at the time of conception.**

**We have free will. Only should we ask for God's Divine Love, do we receive it. With one's Feeling Healing, as we ask for and receive Divine Love the nature of our soul steadily changes to that which is Divine. Only through one's Feeling Healing and with Divine Love can we grow and become at one with our Parents. Becoming at one with our Parents occurs upon our progression into the 8<sup>th</sup> Sphere, which is upon entering the Celestial Realms and leaving the Spirit World.**

**We can become at one with our Heavenly Parents whilst here in the physical world.**



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## Your soul is the real you!

|                    |                 |                              |
|--------------------|-----------------|------------------------------|
| <b>Visibility:</b> | <b>Body</b> –   | limited sight of colour.     |
|                    | <b>Spirit</b> – | expanded visibility.         |
|                    | <b>Soul</b> –   | complete spectrum of colour. |



SOUL  SPIRIT BODY  PHYSICAL BODY  
 PERSONALITY

The soul can be likened to a plasma ball.