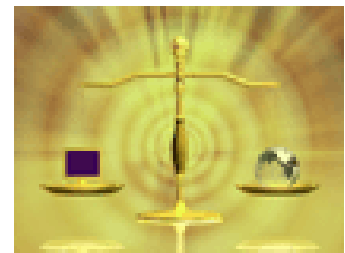
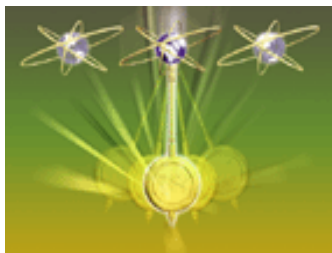


# PASCAS CARE

# HANDS OF

# LIGHT

## Aura & Chakras



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

**PASCAS FOUNDATION (Aust) Ltd**  
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**Pascas Foundation is a not for profit organisation**  
**Queensland, Australia**

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

## 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 Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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***

# THE BARBARA BRENNAN® STORE



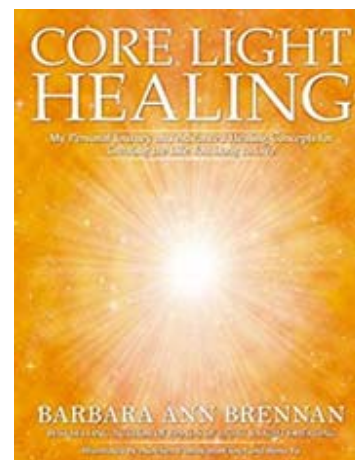
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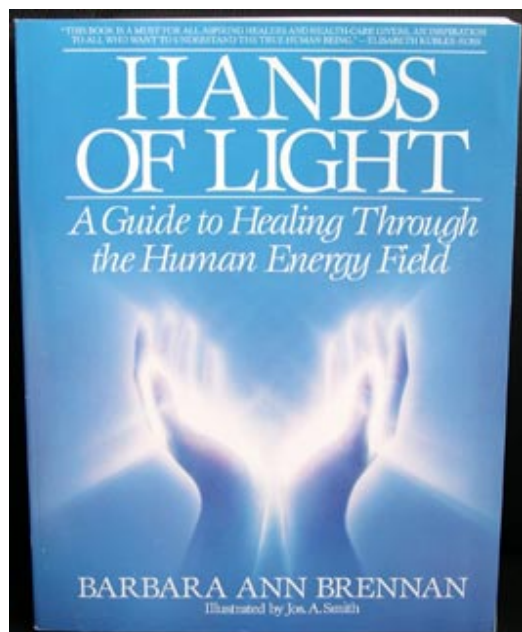
Books  
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## Seeds of the Spirit® 2004

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**Hands of Light®**

**ISBN 0 553 34539 7**

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Map of Consciousness calibration 710

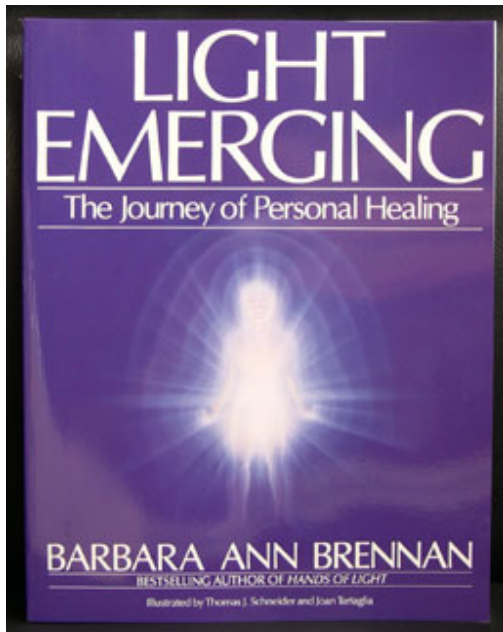
Book first published in 1987

With the clarity of a physicist and the compassion of a gifted healer with more than 25 years of professional experience observing 5,000 clients and thousands of students, Barbara Brennan presents the first in-depth study of the Human Energy Field for people who seek happiness, health, and their full potential.

Our physical bodies exist within a larger "body," a human energy field or aura, which is the vehicle through which we create our experience of reality, including health and illness. It is through this energy field that we have the power to heal ourselves. This energy body, only recently verified by scientists but long known to healers and mystics, is the starting point of all illness. Here, our most powerful and profound human interactions take place, the precursor and healer of all physiological and emotional disturbances.

Barbara Brennan's personal and intriguing life adventure gives us a model for growth, courage, and possibilities for expanded consciousness. **HANDS OF LIGHT®**: a Guide for Healing through the Human Energy Field is your guide to a new wholeness. It offers:

- A new paradigm for the human in health, relationship, and disease.
- An understanding of how the Human Energy Field looks, functions, is disturbed and healed, and interacts with friends and lovers.
- Training in the ability to see and interpret auras.
- Medically verified case studies of healing people from all walks of life with a variety of illnesses.
- Guidelines for healing the self and other.



## Light Emerging

ISBN 0 553 35456 6

<http://www.barbarabrennan.com/>

Map of Consciousness calibration 770

Book first published in 1993

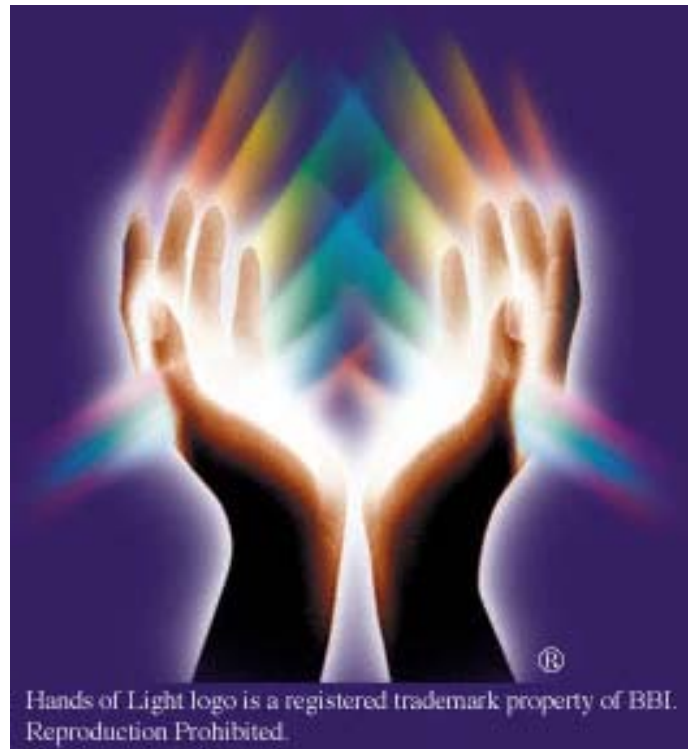
In Barbara Brennan's second book *LIGHT EMERGING: The Journey of Personal Healing*, she continues her groundbreaking exploration of the Human Energy Field, or aura, the source of our experience of health or illness. Drawing on many new developments in her teaching and practice, she shows how we can be empowered as both clients and healers to understand and work with our most fundamental healing power: the light that emerges from the very centre of our humanity.

In a unique approach that encourages a cooperative effort among healer, client, and other health care providers, Barbara Brennan explains what the healer perceives visually, audibly, and kinesthetically and how each of us can participate in every stage of the healing process. Presenting a fascinating range of research, from a new paradigm of healing based on the science of holography to insights into the Hara Level and the Core Star, *LIGHT EMERGING* is at the leading edge of healing practice in our time. You will discover:

- How each of us can tap our innate power to heal ourselves and others.
- A complete client's guide to working with a healer: how a healer's techniques and goals differ from those of a physician or therapist and how these professionals can best cooperate to facilitate healing.
- The seven layers of the healing process: how to meet your needs on each level, plus step-by-step instructions for creating your own healing plan.
- Startling new information about energy interactions in relationships and how to break through negative patterns to new, positive contracts with those closest to us.
- The crucial connection between healing, creativity, and transcendence.

## **COMMON QUESTIONS ABOUT THE BARBARA BRENNAN SCHOOL of HEALING:**

1. **What does the school teach?**  
We give our students comprehensive instruction in self-transformation, hands-on healing techniques, body-oriented psychotherapy, high sense perception, meditation, creative arts, channelling, ethics and professional practice development.
2. **What are the details of the training?**  
Our Professional Studies Program is a 4-year program. There are 26 days of yearly Resident Training held in five sessions, session one being six days, and sessions two through five for five days each session. Between sessions, there are Distance Learning Modules encompassing reading, self-reflection and skills practice. Students register one year at a time.
3. **What are the requirements for enrollment in BBSH?**  
Students have to be at least 18 years of age and have a high school diploma or GED equivalent.
4. **What other requirements does the school have?**  
All 4-year students are required to have 18 individual psychotherapy sessions during the program year with a BBSH approved therapist. We recommend 2 sessions per month. Also, prior to Year 3, students must have completed an Anatomy & Physiology (A&P) course from an accredited college or university that offers degrees, minimum of 80 hours, and covers all ten systems of the body; or they may take the BBSH A&P course.
5. **What language is used at the school?**  
All classes and lectures are in English.
6. **What are the visa requirements?**  
International participants qualify and may apply for a B-1 visitor visa (not student visa), which allows a stay in the U.S. up to 90 days a year to attend professional development training.
7. **Do you offer financial aid or scholarships?**  
We do not have any scholarships or financial aid available. However, we do participate in a student loan program with SunTrust Bank. Through the "eCareer Loan" program. SunTrust will allow you to borrow up to the complete amount you need to attend BBSH including tuition, fees, transportation, meals, therapy and the Anatomy & Physiology course. International students may also apply for a student loan but must have a creditworthy co-borrower who is a U.S. citizen or permanent resident. Applying is easy. You can apply online or by telephone. Their web site is [www.suntrusteducation](http://www.suntrusteducation) (eCareer Loans) or you may call 1.888.816.2797. We also have a tuition payment plan available whereby you pay a tuition deposit of approximately 45% and the balance in seven monthly payments.
8. **How can I use my training after graduation?**  
Many graduates integrate their training into their current careers including nursing, massage therapy, counselling, medicine, business and teaching. Others establish a professional practice as a Brennan Healing Science® practitioner. The training assists each individual in developing their abilities to be and do that which they are born to do, enriching every aspect of one's life, personally and professionally.
9. **How can I prepare myself for upcoming classes?**  
We encourage you to read Barbara Brennan's books "Hands of Light" and "Light Emerging". They are principal texts for students.
10. **Are you accredited?**  
We are not currently accredited, however we are licensed by the State of Florida; Commission for Independent Education, License No. 2897.



### OUR INDIVIDUAL STRUCTURE:

**Our base and focus is our physical body:**

**Ketheric Template Body – Causal Body – Divine  
Knowing – Spiritual Body (soul, senses and memory)**



**Celestial Body – Divine Loving**



**Etheric Template Body – Divine Will**



**Astral Body – Loving**



**Mental Body (very active mind, consciousness and  
domain of the ego)**



**Emotional Body – Real Feeling**



**Etheric Body (incorporates Chakras) – I Exist**



**Physical Body (including the brain) – Beingness**



## 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.

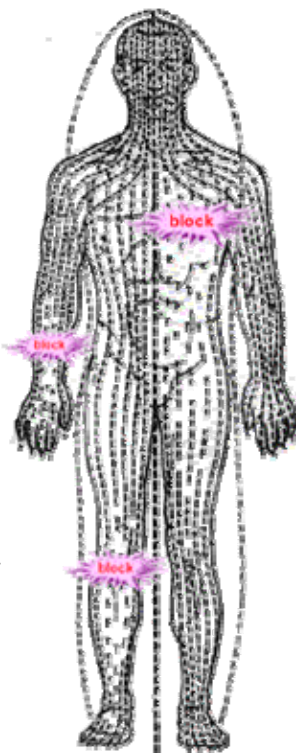
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence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

With Feeling Healing and the greatest infusion of Love, this is 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.

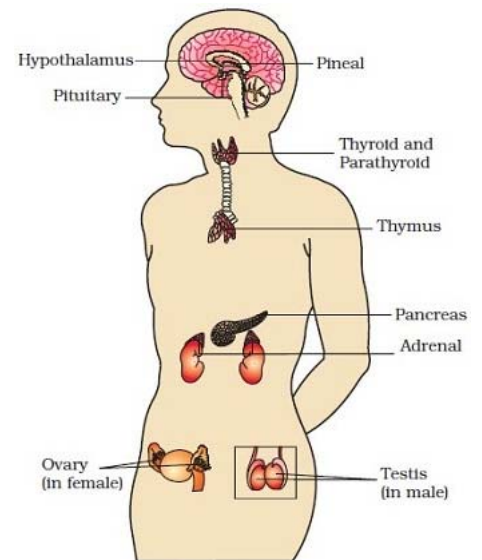
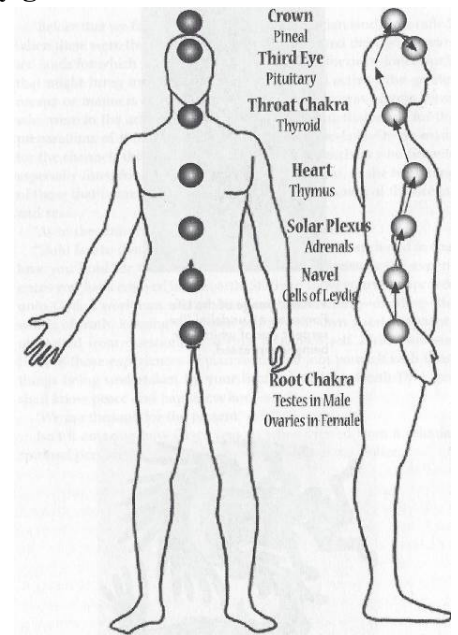
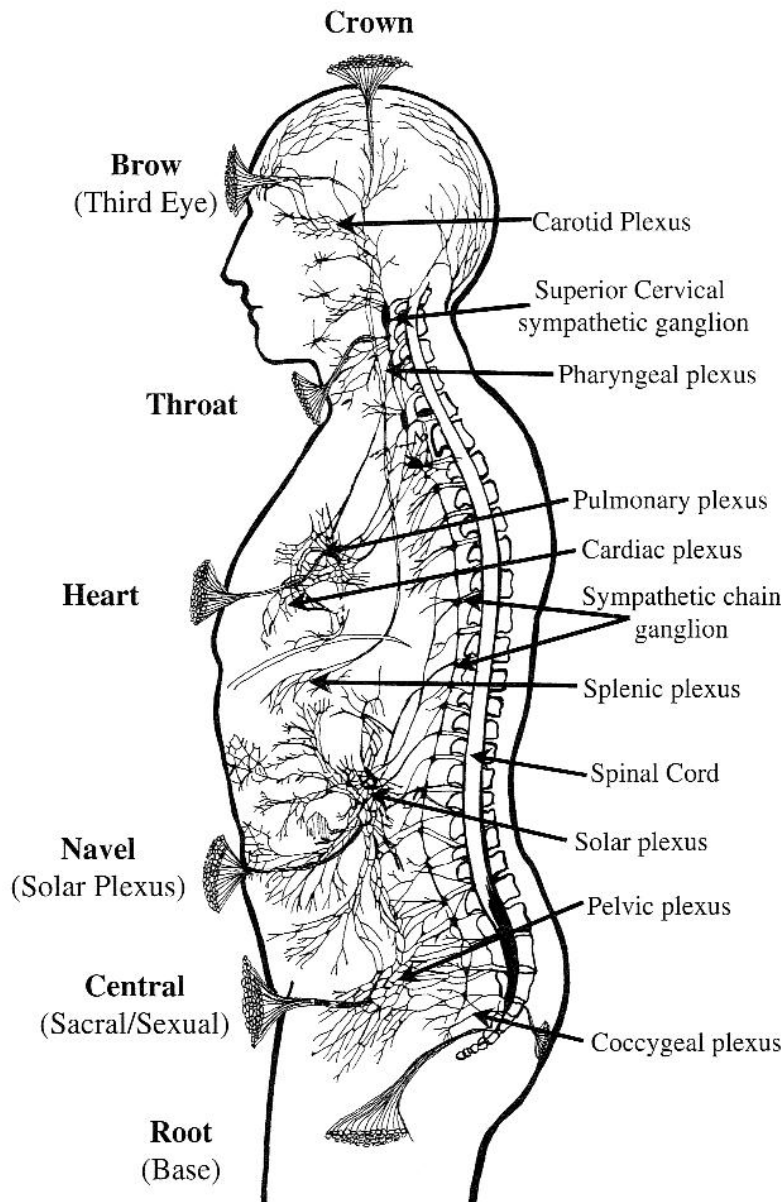




**INTERCONNECTION of BODIES:**

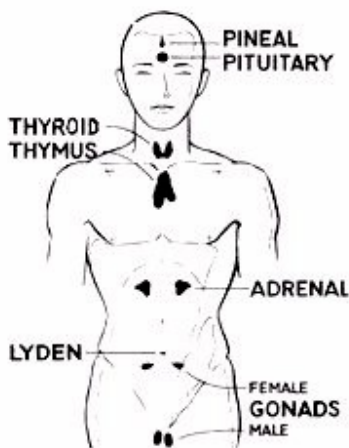
The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul connects to the spirit body, within the heart region. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run the full length of one's body in various channels. It is due to emotional injuries and errors of belief that flows of energy may become blocked.

The main meridian interconnects with the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



*Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.*

According to Edgar Cayce, Eastern mysticism, and NDE studies, the human body is a receiver of cosmic energy (like a radio) for which we are able to connect with [spiritual realms in the afterlife](#) as well as with



physical people. This "receiver" aspect of the human body is made up of a system of endocrine glands within our body (see chart on the left) which are points of contact to an associated system of spiritual energy centres (called "[chakras](#)" in the East) which are collectively called the "subtle" or "[astral body](#)" (or simply the "spirit body"). The spirit body is the "vehicle" by which people have [near-death experiences](#), [out-of-body experiences](#), and [lucid dreams](#), for example. One's soul is permanently connected by cords of light to the spirit body. Near-death experiencers, such as Cayce and [Mellen-Thomas Benedict](#), have described how with the silver cord, which corresponds to the spinal cord, how one's spirit body may temporarily leave the physical body with this cord extending out from one's head, or from the chest area, or from the navel area of the abdomen. From the head, it may extend from the forehead, back or top regions. From the top it is from the soft area of the skull that can

clearly with babies.

The spirit body is also the energetic form of the physical body. The spiritual centres of the spirit body are points of contact where the physical, emotional, and spiritual aspects of the body come together. Each spiritual centre associated with an endocrine gland is also a point of contact to a particular energy transference. The [pituitary gland](#) – the "master" gland of the body – is associated with the "[third eye](#)" chakra in Eastern religions and is the point of contact connecting our physical body to loving energy sources, namely natural love and Divine Love.

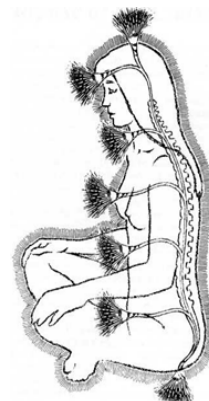
The seven major endocrine glands, which secrete hormones directly into the bloodstream to keep the body running optimally, are also a physical portion of the seven spiritual centres or chakras (spinning wheels) that effect major changes in our vibrations and consciousness. The central nervous system, so vital to living in the three dimensional world, is also a portion of the Kundalini pathway, which can raise our vibrations and help us perceive beyond three dimensions. Spiritual centres are both energy vortexes that generate movement as they are stimulated (as a spinning wheel) and enlightenment complexes that unfold as they grow (as an opening lotus). These centres correlate with the endocrine glandular system in the body. Seven are important to us, however, there are twelve.

Like the caduceus, there are three pathways in the body. Two are an interwoven double helix often represented by double serpents. The third is a single path, beginning in the lower pelvic area and travelling directly up the body to the top of the head. These two pathways correspond to the body's two nervous systems: the Sushumna to the central nervous system, with its spinal column and the brain, and Ida and Pinala to the deeper autonomic nervous system, with its woven nerves that begin in the lower torso and ascend to the brain. These three pathways act as one. The energy flows through them simultaneously.



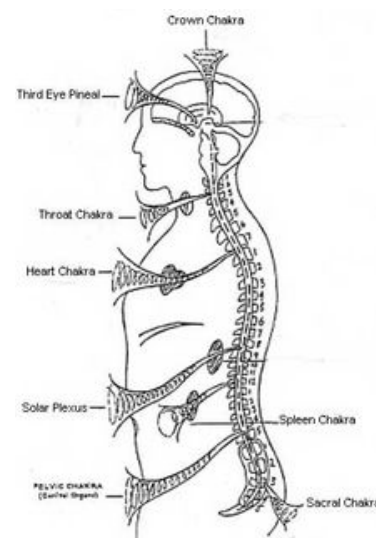
The endocrine glands along this pathway are these (in order from lowest to highest): gonads (male testes and female ovaries); cells of Leydig (named after the doctor who discovered them), located in and above the gonads; adrenals (located on top of the kidneys); thymus (located in upper chest); thyroid (in the throat); pineal (near the centre of the brain at the top of the spinal fluid canal); and pituitary (just above the back of the roof of the mouth, behind the bridge of the nose, tucked under the frontal lobe). These

are the corresponding chakras: the root, navel, solar plexus, heart, throat, crown and brow (third eye). The energy flows along a path that is like a question mark (?), not like an exclamation mark (!). The energy flows up the body to the base of the brain, then over to the centre of the brain and the crown of the head, and then on to the forehead and the great frontal lobe of the brain, where the third eye is located. This is also how it is symbolised in ancient Hinduism, the Kundalini pathway is symbolised by a cobra in the striking position, not straight up. In mystical Egyptian and Mayan art, it is a winged serpent in the striking position.



Many experiencing receiving Divine Love do so through the third eye and flowing then to the centre of the brain and then downwards.

Each spiritual energy centre corresponds to one of the [seven notes on a musical scale](#): C, D, E, F, G, A, B. Each spiritual centre also corresponds to a colour on the [light spectrum](#) of which there are seven: red, orange, yellow, green, blue, indigo, violet (or white). The positive and negative "vibes" a person is outwardly exposed to in life can influence the inward functioning of the endocrine glands and their corresponding spiritual centre. The dominant vibration – positive or negative – within a person's body reflects which spiritual centre is dominant within a person's life. It is the dominant vibration of a person's life – body and spirit – which determines the level of the corresponding afterlife realm they have attained. Certain yoga meditation techniques (such as chanting mantras) have been used in the East to raise the quality of the spiritual energy vibration to help heal the body and spirit (one's mind is within the spirit body). Divine Love is the optimum pathway.



Thus, the breaking of the connection between the spirit body and the physical body is fatal to the physical body. When the silver cord is disconnected from the physical body, there is never any recovery of the physical body. It is the disconnection of the silver cord that brings about death of one's physical body. Life of the personality then continues in a different form, life continues with the soul continuing to remain imbedded within one's spirit body. The real you is your soul.

### **The Silver Cord:**

**The silver cord is the energy conduit for the natural love and divine love energies as they are received through the chakras, particularly the third eye chakra. The energies flow in both directions following the spinal cord column.**

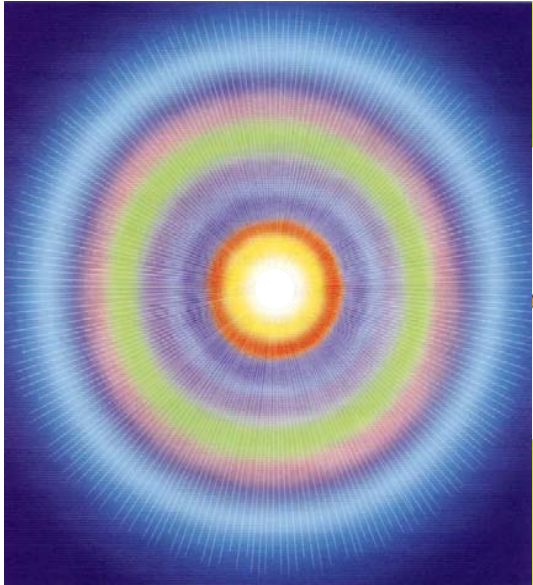


**Divine Love is received through the third eye or heart chakras generally.**

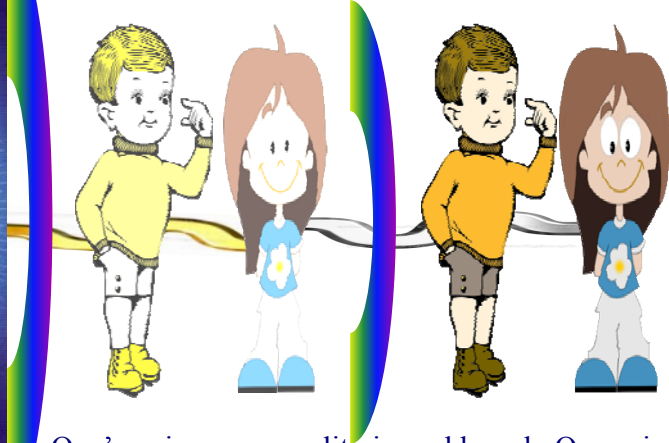
### DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

### **The HUMAN ENERGY CONSCIOUSNESS SYSTEM, or HUMAN AURA:**

The Human Energy Field (HEF) is the manifestation of the universal energy that is intimately involved with human life. It can be described as a luminous body that surrounds and interpenetrates the physical body, emits its own characteristic radiation and is usually called the "aura."

The auric field is a quantum leap deeper into our personality than is our physical body. It is at this level of our being that our psychological processes take place. The human energy field is the vehicle for all psychosomatic reactions.

The physical body arises out of the energy field, thus an imbalance or distortion in this field will eventually cause a disease in the physical body that it governs. Therefore, healing distortions in the field will bring about healing in the physical body.

The human energy field is composed of an infinite number of levels. We focus primarily on the seven lower levels in our Professional Brennan Healing Science Program. Each level penetrates through the body and extends outward from the skin. Each successive level is of a "higher frequency" or a "higher octave". Each extends out from the skin several inches farther than the one within it of lower frequency. The odd-numbered levels are structured fields of standing, scintillating light beams. The first, third, fifth, and seventh levels of this field are structured in a specific form. The even-numbered levels – the second, fourth, and sixth – are filled with formless substance / energy.



### **HIGH SENSE PERCEPTION:**

Everyone has a Human Energy Field (HEF) or aura that surrounds and interpenetrates the physical body. This energy field is intimately associated with health. **High Sense Perception (HSP)** is a way of perceiving things beyond the normal ranges of human senses. With it one can **see, hear, smell, taste and touch** things that cannot normally be perceived. High Sense Perception is a type of “seeing” in which you perceive a picture in your mind without the use of your normal vision. It is not imagination. It is sometimes referred to as clairvoyance. HSP reveals the dynamic world of fluid interacting life energy fields around and through all things. We sense each other with it; we are of it; it is of us.

The human energy field is intimately associated with a person’s health and well-being. If a person is unhealthy, it will show in his energy field as an unbalanced flow of energy and/or stagnated energy that has ceased to flow and appears as darkened colours. In contrast, a healthy person shows bright colours that flow easily in a balanced field. These colours and forms are very specific to each illness. HSP is extremely valuable in medicine and psychological counselling. Using HSP, one can become proficient in diagnosing both physical and psychological problems and in finding ways to resolve those problems.

With HSP, the mechanism of psychosomatic illness lies right before your eyes. HSP reveals how most diseases are initiated in the energy fields and are then, through time and living habits, transmitted to the body, becoming a serious illness. Many times the source or initiating cause of this process is associated with psychological or physical trauma, or a combination of the two. Since HSP reveals how a disease is initiated, it also reveals how to reverse the disease process.

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

The healing process includes rebalancing the field, changing the living habits and dealing with the initiating trauma.

A return to health requires much more personal work and change than simply taking pills prescribed by a doctor. Without personal change you will eventually create another problem to lead you back to the source that caused the disease in the first place. The source is the key. To deal with the source usually requires a life change that ultimately leads to a personal life more connected to the core of one’s being. It leads us to that deeper part of ourselves that is sometimes called the high self or the divinity within.

High Sense Perception (HSP) is a natural evolutionary step for the human race, leading us into the next stage of development where, because of our newly gained abilities, we will have to be deeply honest with others. Our feelings and private realities will no longer be hidden from others. They already are automatically communicated through our energy fields. As everyone learns to perceive this information, we will see and understand each other much more clearly than we do now.

Everyone who really wishes can become proficient in healing and channelling.

It is very important for the healer to have a lot of technical training: counselling methods, anatomy, physiology, pathology, and massage technique, as well as some knowledge of acupuncture, homeopathy and nutritional and herbal cures.

These other counselling methods are almost always combining with the laying-on of hands, either by the healer or other health care professionals who are working on the case. The healer must have some knowledge of these methods to understand how they dovetail to make a healing a whole one, and to be able to communicate with the other people involved in the cares. Various other health care methods may be indicated through the channel of the healer. The healer will need to know anatomy and physiology to help interpret the information she/he is receiving. Above all, the healer should be able to work with other medical professionals to help a client heal herself.

To become a healer is no easy task, just as it is no easy task to do anything well. One needs spiritual as well as technical training. This energy and power must be used with integrity, honesty and love, for cause and effect are always at work in every action. You always get back what you put out. That is what is called karma. As the energy flowing through you as a healer increases, so does your power. If you put any of this power to a negative use, you will eventually experience that same negativity coming back at you.



## **ENERGY FIELDS:**

Modern science tells us that the human organism is not just a physical structure made of molecules, but that, like everything else, we are also composed of energy fields.

In this universe, all things are interconnected, corresponding to a holistic experience of reality – take a holographic view.

Dr Bohm states that the holographic view of the universe is a jumping-off place to begin to understand the implicate enfolded and explicate unfolded orders. The hologram concept states that every piece is an exact representation of the whole and can be used to reconstruct the entire hologram.

Dr Karl Pribram accumulated evidence that the brain's structure is essentially holographic.

From the point of view of the holographic universe, events emerge from frequencies that transcend time and space; they don't have to be transmitted. They are potentially simultaneous and everywhere.

As time is not linear, it may have already occurred. It may occur at the time we see it, and it may occur in the future. It may even be a probable occurrence that never manifests itself. Just because it didn't happen at the time a clairvoyant tried to correlate it, by no means proves that a clairvoyant's insight about the possibility was wrong.

Two times: the regular linear time and the clairvoyant time. Clairvoyant Time is the quality of time experienced by clairvoyants when they are using their gifts. What occurs has sequence but can only be seen from the point of view of being or experiencing that sequential flow. As soon as the clairvoyant actively tries to interfere with the sequence of events she is witnessing, she/he is immediately thrown back into linear time and will no longer be witnessing events outside the normal here-and-now framework. He/she must then refocus his/her attention to Clairvoyant Time.

Mass is nothing but a form of energy. Matter is simply slowed down or crystallised energy. Our physical body is energy also.

The phenomenon of the aura is clearly both inside and outside linear time and three dimensional space.

The ability to perceive events from the past by simply asking for that information, or to see a probable event and then to change that event by intervening through the healing process, could imply nonlinear time. The ability to see an event that will take place in the future goes beyond linear time.

Once we associate ourselves with energy fields, higher consciousness becomes associated with higher frequency and greater coherency.

As our awareness progresses into higher frequencies and higher bodies, we become more and more connected until we are eventually one with the universe. Using this concept, the meditative experience, then can be defined as an experience of raising our consciousness to a higher frequency so that it can then experience the reality of our higher bodies, our higher consciousness and the higher worlds we exist in.



### **HUMAN ENERGY FIELD or HUMAN AURA:**

Each succeeding layer of the aura interpenetrates completely all the layers under it, including the physical body. Thus the emotional body extends beyond the etheric body and includes both the etheric and physical bodies. Actually, each body is not a “layer” at all, although that is what we may perceive. It is rather, a more expansive version of our self that carries within it the other, more limited forms.

Thus we have seven bodies all occupying the same space at the same time, each one extending out beyond the last. Many people erroneously assume that the aura is like an onion, where you can peel away consecutive layers. It is not.

The structure layers contain all the forms that the physical body has, including internal organs, blood vessels, etc., and additional forms that the physical body does not contain. There is a vertical flow of energy that pulsates up and down the field in the spinal cord. It extends out beyond the physical body above the head and below the coccyx. There are swirling cone-shaped vortexes called chakras in the field. Their tips point into the main vertical power current, and their open ends extend to the edge of each layer of the field they are located in.

Every other layer of the aura / field is highly structures, like standing waves of light patterns, while the layers in-between appear to be composed of coloured fluids in constant motion. These fluids flow through the form set by the shimmering standing light waves. The direction of flow is some-what governed by the standing light from, since the fluid flows along the standing lines of light. The standing forms of light are themselves scintillating, as if they are composed of strings of many tiny, rapidly blinking lights, each blinking at a different rate. These standing light lines appear to have tiny charges moving along them.

Thus, the first, third, fifth and seventh layers all have definite structure, while the second, fourth and sixth are composed of fluid-like substances that have no particular structure. Each succeeding layer inter-penetrates completely all the layers under it, including the physical body.

We have seven bodies all occupying the same space at the same time, each one extending out beyond the last.

### **Seven Layers of the Aura and Seven Chakras of the Auric Field**

Each layer appears different and has its own particular function. Each layer of the aura is associated with a chakra. That is, the first layer is associated with the first chakra, the second with the second chakra, and so on. The first layer of the field (human energy field / auras) and the first chakra are associated with physical functioning and physical sensation – feeling physical pain or pleasure. The first layer is associated with automatic and autonomic functioning of the body. The second layer and second chakra are in general associated with the emotional aspect of human beings. They are the vehicles through which we have our emotional life and feelings. The third layer is associated with our mental life, with linear thinking. The third chakra is associated with linear thinking. The fourth level, associated with the heart chakra, is the vehicle through which we love, not only our mates, but also humanity in general. The fourth chakra is the chakra that metabolizes the energy of love. The fifth level is the level associated with a higher will more connected with the divine will. The fifth chakra is associated with the power of the word, speaking things into being listening and taking responsibility for our actions. The sixth level and sixth chakra are associated with celestial love. It is a love that extends beyond the human range of love and encompasses all life. It makes the statement of caring and support

for the protection and nurturing of all life. It holds all life forms as precious manifestations of God. The seventh layer and seventh chakra are associated with the higher mind, knowing and integration of our spiritual and physical makeup.

Thus there are specific locations within our energy system for the sensations, emotions, thoughts, memories and other non-physical experiences that we report to our doctors and therapists. Understanding how our physical symptoms are related to these locations will help us understand the nature of different illnesses and also the nature of both health and disease. Thus the study of the aura can be a bridge between traditional medicine and our psychological concerns.

### **The Function of the Seven Chakras**

Each of these vortices (chakras) exchanges energy with the universal energy field (UEF). Thus, when we speak of feeling “open”, that is literally true. All the major chakras, minor chakras, lesser chakras and acupuncture points are openings for energy to flow into and out of the aura. We are like sponges in the energy sea around us. Since this energy is always associated with a form of consciousness, we experience the energy we exchange in terms of seeing, hearing, feeling, sensing, intuiting or direct knowing.

Therefore, we can see that staying “open” means two things. First, it means metabolizing a lot of energy from the universal field through all the chakras, large and small. Second, it means letting in, and in some way dealing with, all the consciousness that is associated with the energy that is flowing through us. That is not an easy task, and most of us cannot do it. There would simply be too much input. Psychological material related to each chakra is brought to consciousness by increasing one’s energy flow through that chakra. Too much psychological material would be released by a sudden flow of energy, and we could not process it all. We therefore work in whatever growth process we are in to open each chakra slowly, so that we have time to process the personal material that is released and integrate the new information into our life.

It is important to open the chakras and increase our energy flow, because the more energy we let flow, the healthier we are. Illness in the system is caused by an imbalance of energy or a blocking of the flow of energy. In other words, a lack of flow in the human energy system eventually leads to disease. It also distorts our perceptions and dampens our feelings and thus interferes with a smooth experience of full life. We are not psychologically prepared, however, to stay open without working and developing our maturity and clarity.

Each of the five senses is associated with a chakra. Touching is associated with the first chakra; hearing, smelling and tasting with the fifth (or throat) chakra; and seeing with the sixth (or third eye) chakra.

The chakras of the auric body have three major functions:

1. To vitalise each auric body and, thus, the physical body.
2. To bring about the development of different aspects of self-consciousness. Each chakra is related to a specific psychological function.
3. To transmit energy between the auric levels. Each auric layer has its own set of seven major chakras, each located in the same place on the physical body. Since each progressive layer exists in ever increasing octaves of frequency, this is possible. For example, for the fourth chakra,

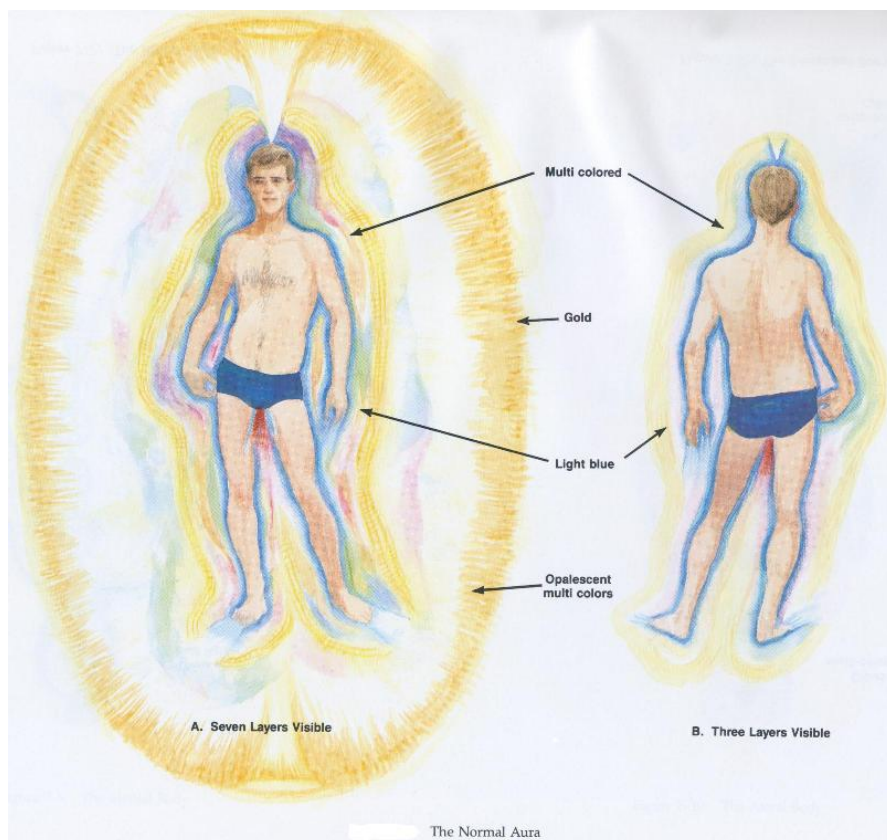
there are really seven chakras, each of a higher frequency band than the lower one. These chakras appear to be nested within each other like nesting glasses. Each chakra on each higher layer extends out farther in the auric field (to the edge of each auric layer) and is slightly broader than the one below it.

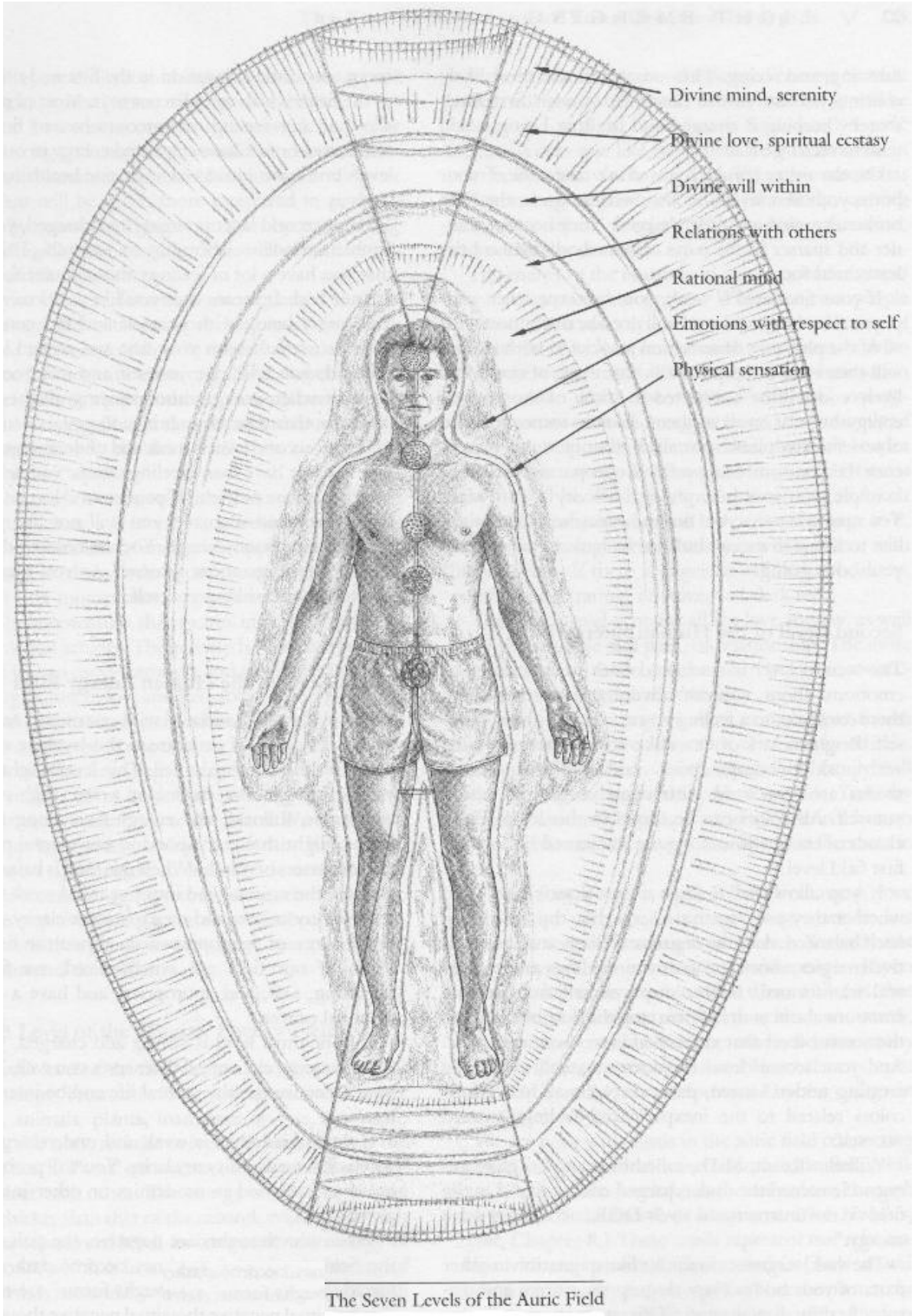
Energy is transmitted from one layer to the next through passage-ways in the tips of the chakras. In most people these passage-ways are sealed. They open as a result of spiritual purification work and thus the chakras become transmitters of energy from one layer to another. Each chakra in the etheric is directly connected to the same chakra in the next finer body that surrounds and interpenetrates it. The chakras in the emotional body are connected to those in the next finer body, the mental, etc., and so on for all seven layers.

In eastern esoteric literature, each of the chakras is seen as having a certain number of petals. On closer investigation, these petals appear to be small rotating vortices spinning at very high rates. Each vortex metabolizes an energy vibration that resonates at its particular spin frequency. The pelvic chakra, for example, has four small vortices and metabolizes four basic frequencies of energy, and so on for each of the other chakras. The colours observed in each chakra are related to the frequency of energy being metabolised at its particular rate.

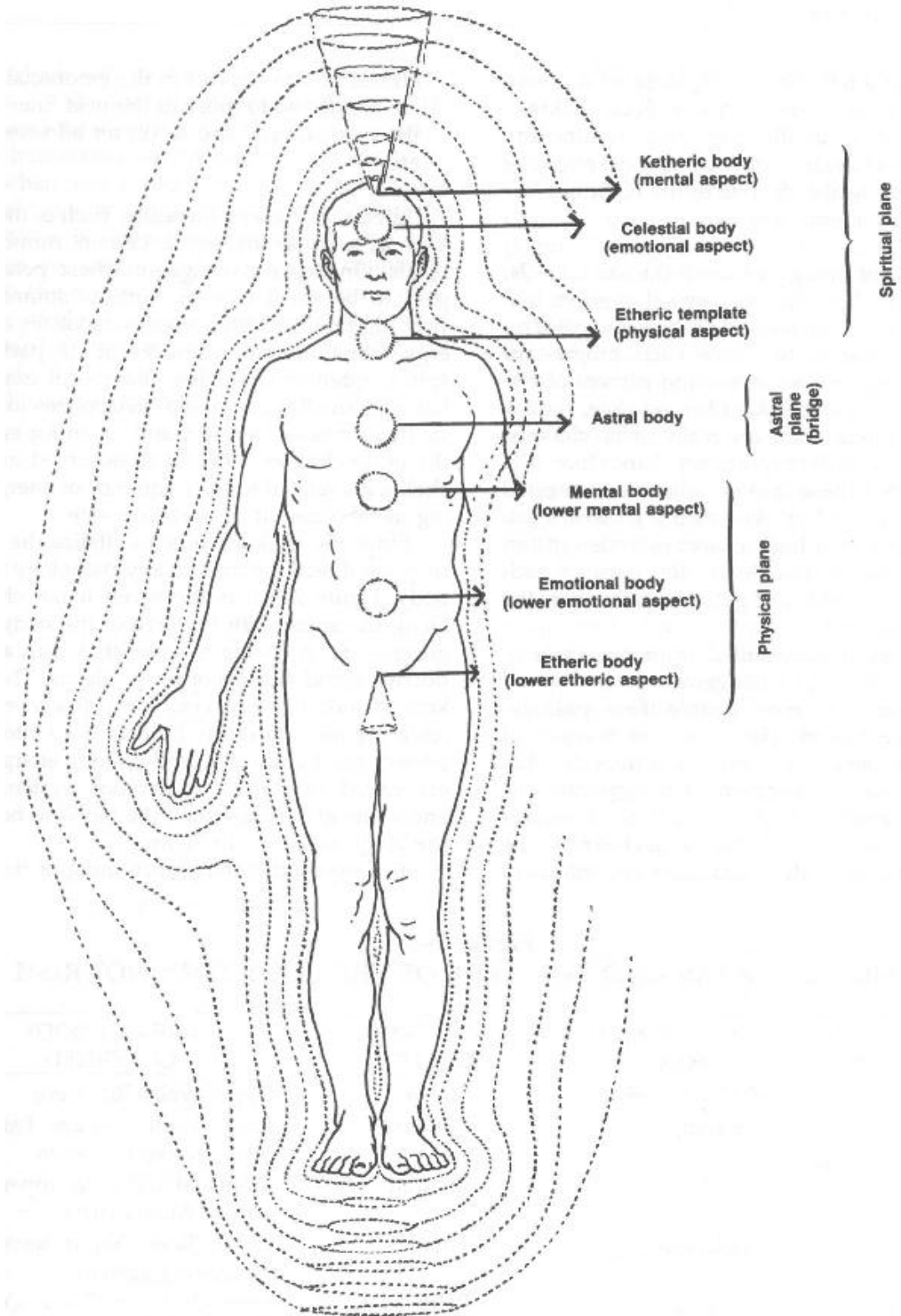
Since the chakras serve to vitalise the body, they are directly related to any pathology in the body. Each chakra is associated with an endocrine gland and major nerve plexus. The chakras absorb the universal or primary energy (chi, orgone, prana, etc.), break it up into component parts and then send it along energy rivers called nadis to the nervous system, the endocrine glands and then the blood to nourish the body.

The psychodynamic functioning of the chakras relates mainly to the first three bodies of the aura, those associated with physical, mental and emotional interactions on the Earth plane. For example, when one's heart chakra is functioning properly, one is very good at loving. When the first chakra is functioning healthfully, one usually has a strong will to live and is connected well to the ground. This is the person who is very grounded in his life. When someone's sixth and third chakras are functioning well, he will think clearly. If they are not functioning well, his thoughts will be confused.





The Seven Levels of the Auric Field



The Seven Layer Auric Body System  
(Diagnostic View)

**SEVEN LAYERS of the AURA**

**Ketheric Template Body – Causal Body – Divine Knowing  
– Spiritual Body (soul, senses and memory)**



**Celestial Body – Divine Loving**



**Etheric Template Body – Divine Will**



**Astral Body – Loving**



**Mental Body (very active mind, consciousness and  
domain of the ego)**



**Emotional Body – Real Feeling**



**Etheric Body (incorporates Chakras) – I Exist**



**Physical Body (including the brain) – Beingness**



The Etheric Body



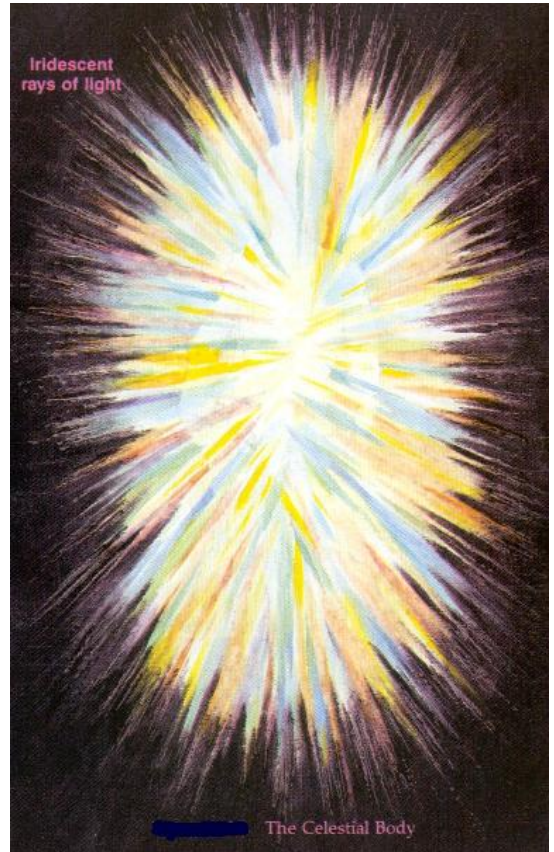
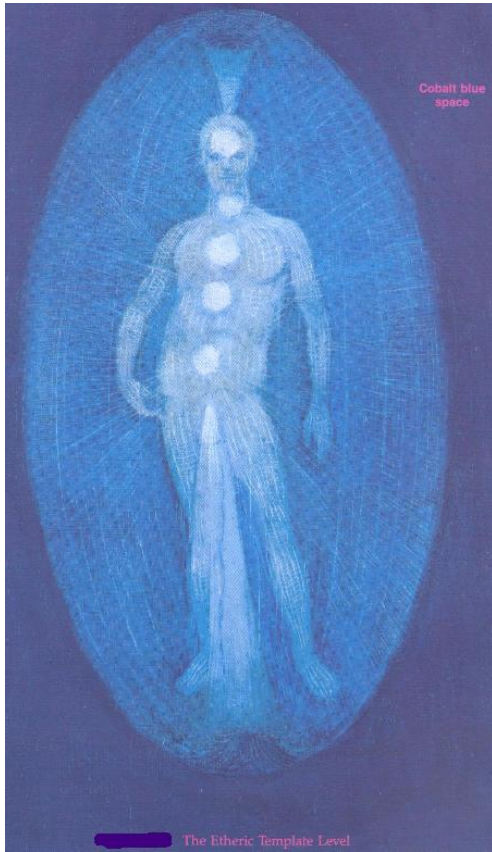
The Emotional Body



The Mental Body



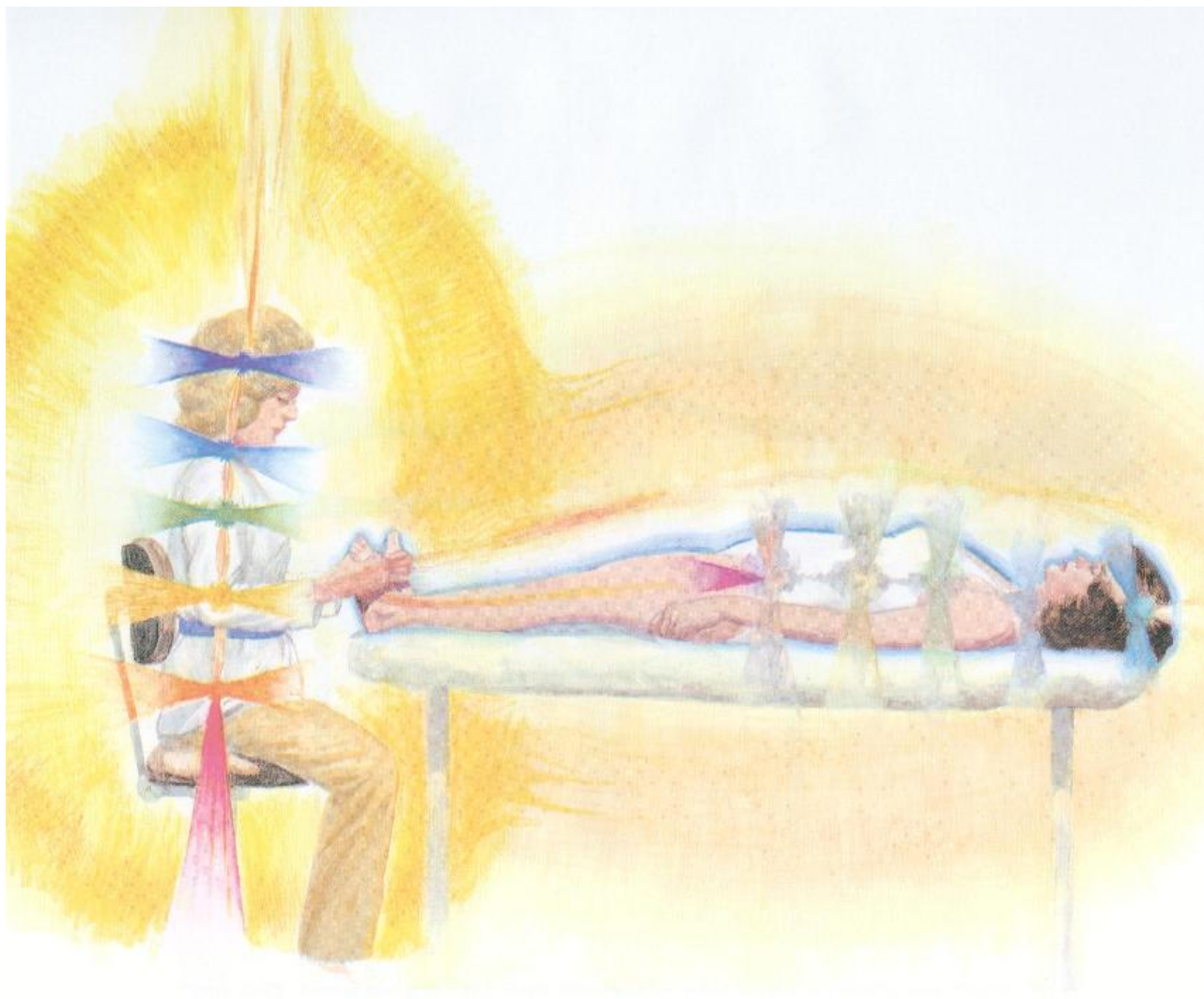
The Astral Body



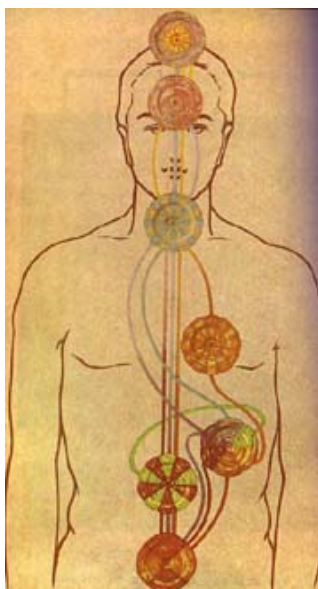


Hands of Light



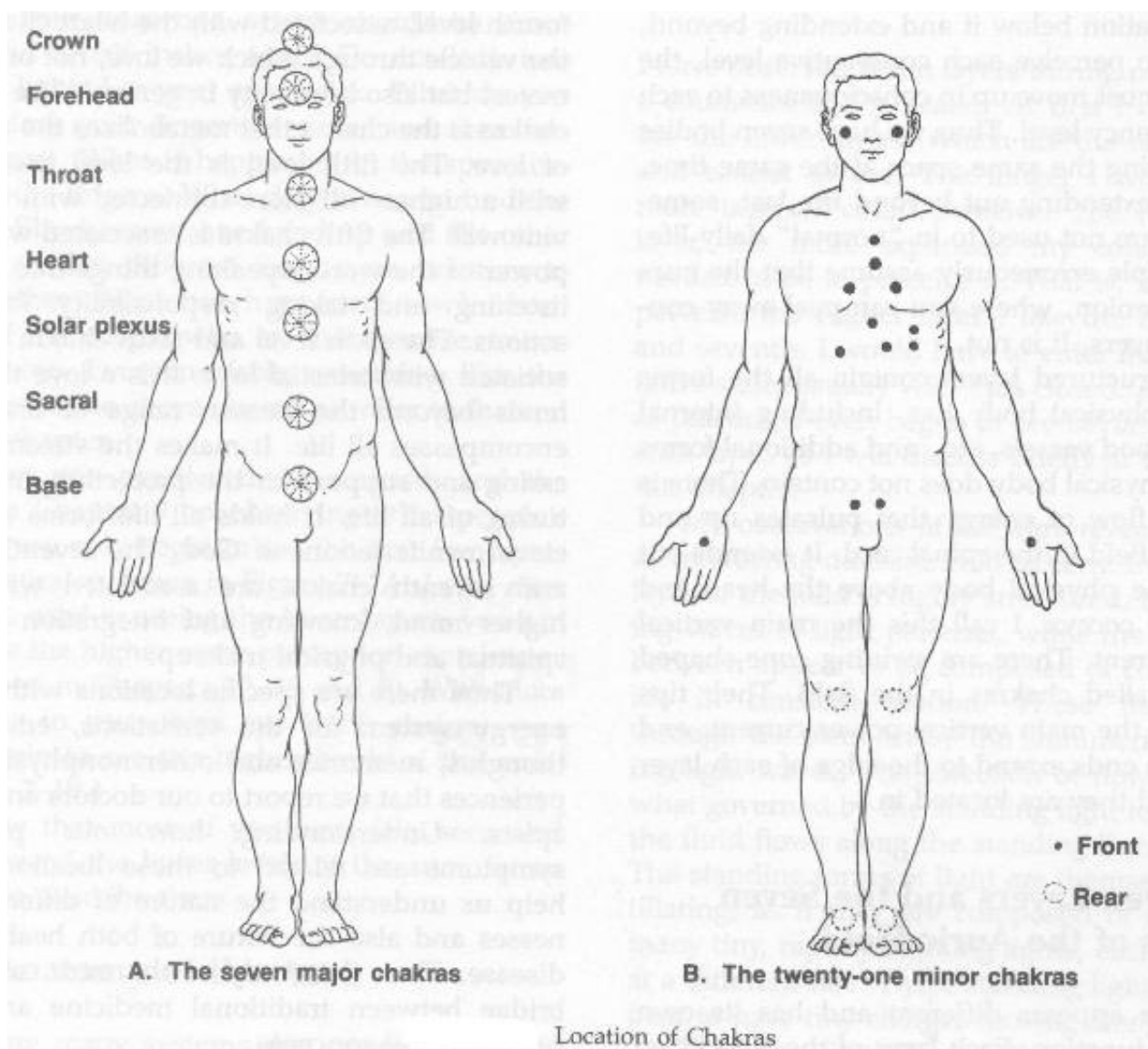


Balancing Auric Field of Patient, Healer and Universal Energy Field



## MAJOR CHAKRAS AND THE AREA OF THE BODY THEY NOURISH

CHAKRA	NO. OF SMALL VORTICES	ENDOCRINE GLAND	AREA OF BODY GOVERNED
7-Crown	972 Violet-White	Pineal	Upper brain, Right eye
6-Head	96 Indigo	Pituitary	Lower brain, Left eye, Ears, Nose, Nervous system
5-Throat	16 Blue	Thyroid	Bronchial and vocal apparatus, Lungs, Alimentary canal
4-Heart	12 Green	Thymus	Heart, Blood, Vagus nerve, Circulatory system
3-Solar Plexus	10 Yellow	Pancreas	Stomach, Liver, Gall bladder, Nervous system
2-Sacral	6 Orange	Gonads	Reproductive system
1-Base	4 Red	Adrenals	Spinal column, Kidneys



## SENSES OF THE SEVEN CHAKRAS

Chakra	Chakra Perception	Nature of Information	Meditation Practice
7	Knowing whole concept	Receiving a whole concept that goes beyond each of the senses listed below	Be still and know I am God
6	Seeing Visualizing	Seeing clear pictures, either symbolic or literal	Messianic or Christ Consciousness
5	Hearing Speaking	Hearing sounds, words or music and also taste and smell	Sounding Listening
4	Loving	A sense of loving another	Rose light of love Love a flower
3	Intuition	A vague sense of knowing that is not specific—a vague sense of size, shape and intent of being that is sensual	One-pointedness of mind
2	Emotional	Emotional feeling—joy, fear, anger	Meditate on peaceful sense of well-being
1	Touch Movement and presence Kinesthetic	Kinesthetic feeling in your body—like feeling of balance, shivers, hair standing on end, energy running, physical pleasure or pain	Walking Meditation Touching Deep relaxation

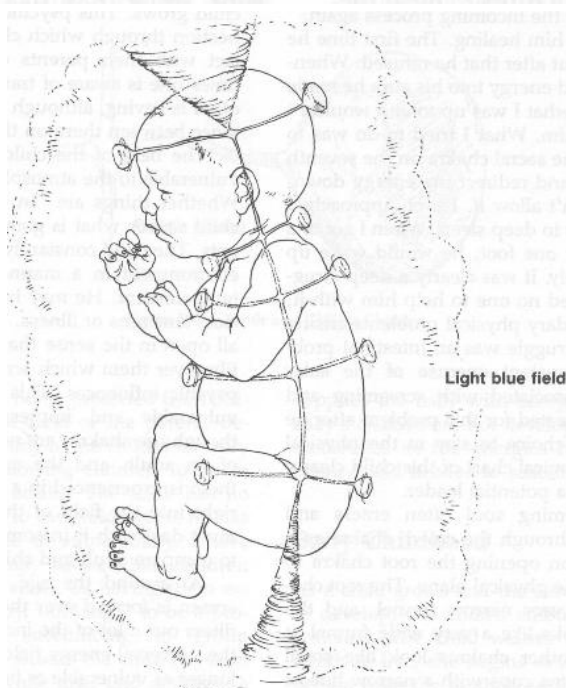
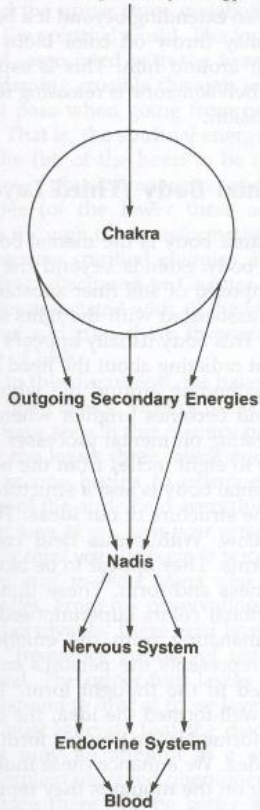


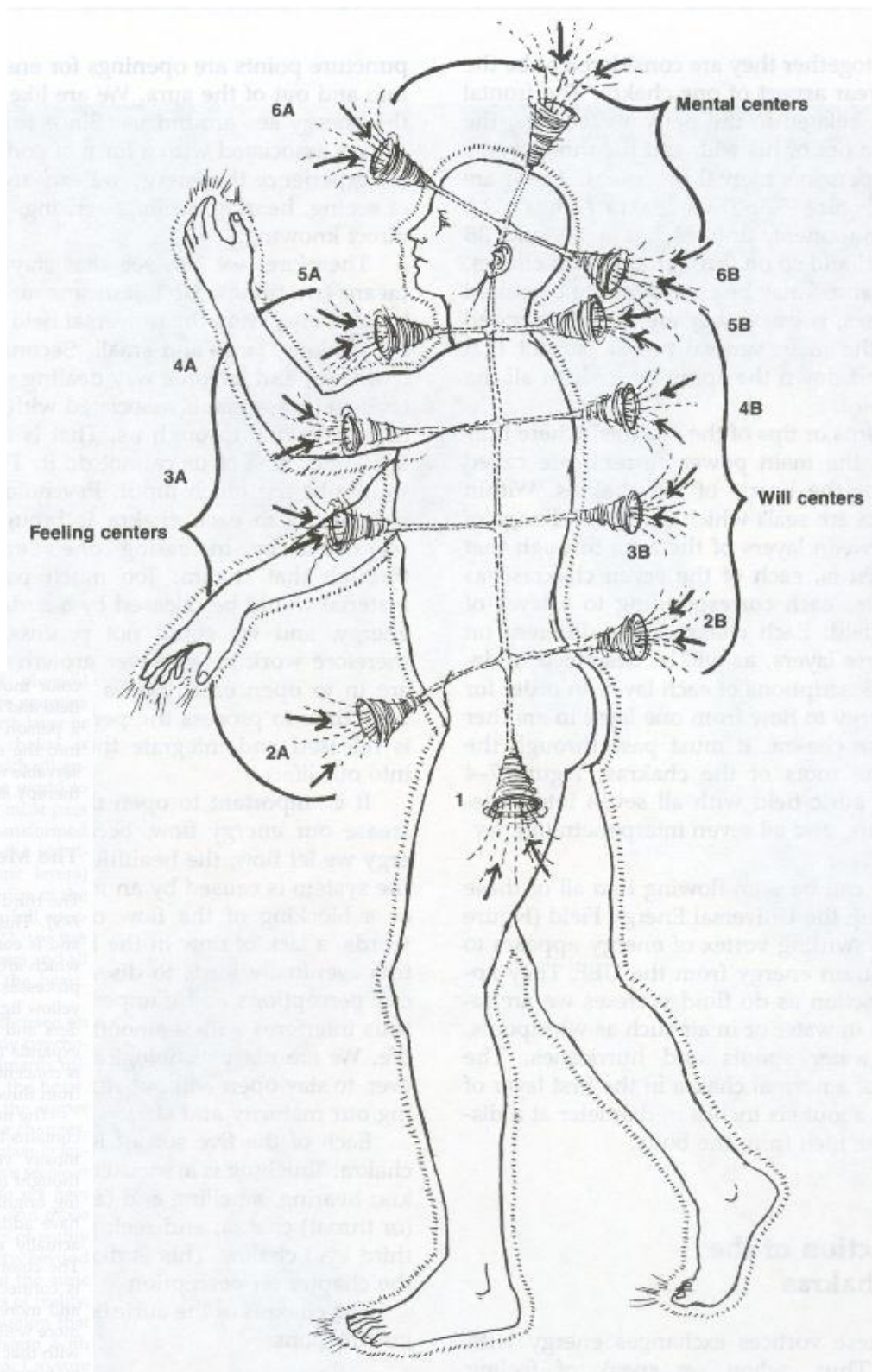
Figure 8-1: Normal Aura of a Baby  
(Diagnostic View)



Incoming Primary Energy



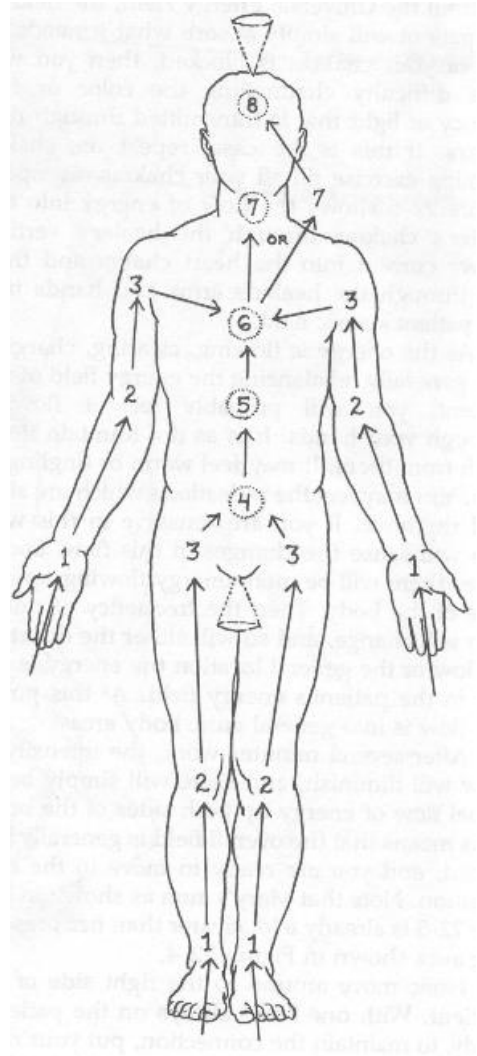
Metabolic Path of Incoming Primary Energy



The Seven Major Chakras, Front and Back Views (Diagnostic View)



Removing Auric Mucus With a Crystal  
Crystal Hooks Mucus and Draws It Out.



Chelation Chart

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



**PASCA  
PER S**

### **The CONE of PERCEPTION:**

Opening your perception to higher levels of reality by increasing the vibratory rate of your auric field.

Each of us has a cone of perception through which we perceive reality. One can use the metaphor of frequency to expand this concept, meaning that each of us is able to perceive within a certain frequency range.

As humans, we tend to define reality by what we can perceive. Everything inside our perceptual cone we accept as real, and everything outside that cone isn't real, and everything outside that cone isn't real. If we can't perceive it, then it doesn't exist.

Let us look at this from the point of view of what is called the Brahman and the Maya of the Buddhist tradition. Maya is the manifest world, which according to Buddhism is illusion. Brahman is the basic reality that lies beneath Maya and supports what is manifest. This is not to be confused with Brahmin, the educated priest class in the Hindu caste system.

The more we use our HSP (high sensory perception), the more we are able to perceive (which makes more of the spiritual world accessible to us), the more we come out of illusion and into Brahman or enlightenment.

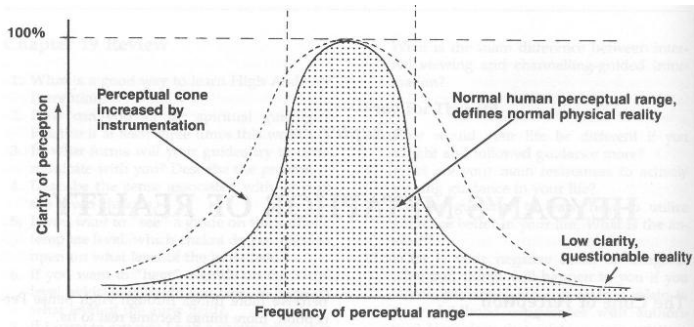
Healing is ultimately dissolving the veil between the spiritual and material worlds.

Diagram – Cone of perception increased by high sense perception (HSP) shows the effect that High Sense Perception has. What we used to call unreal and nonexistent as the spiritual reality is now relabelled. As we increase our perceptual range to higher levels of vibration, more of the spiritual (non-physical) world becomes real to us.

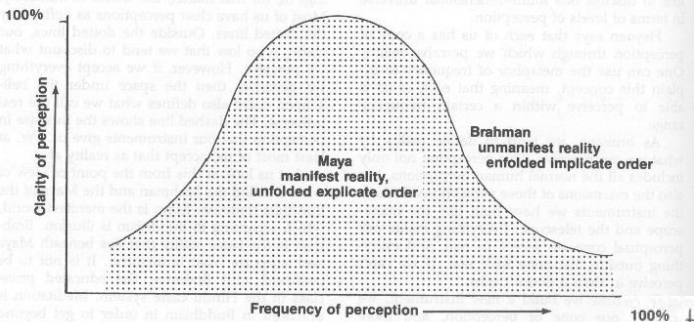
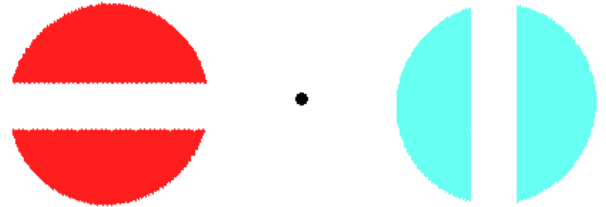
“And what then is manifestation? It is related to the ability to sense what has been manifest. That ability relates to the One and relates to each person's individuation and where his/her sensing window is. What is perceived within that window of sensing is what you have defined as the manifest world. When that narrow view through which you sense manifestation expands, then the manifest world expands. For example, when you begin to hear our (spirits) voice, then you can experience more of the manifest world. That world appears to be less solid or thinner, but it is still of the manifest. The appearance of thinness has more to do with your ability to sense higher frequencies than the reality of higher frequencies having a quality of thinness. This limitation on your sensing, which makes the higher realities appear thinner, also gives you the impression that the higher frequencies appear to be fading back into the unmanifest. However, that is not the case.”

“As you expand your cone of perception, our (spirit) world becomes more and more manifest to you and you will then relate to it as part of the manifest world. Thus, as you continue to expand your perception through your personal evolution, more and more of the Universe becomes manifest to you and you approach the Universal Oneness. In a sense, you are coming back home.”

**CONES of PERCEPTION**

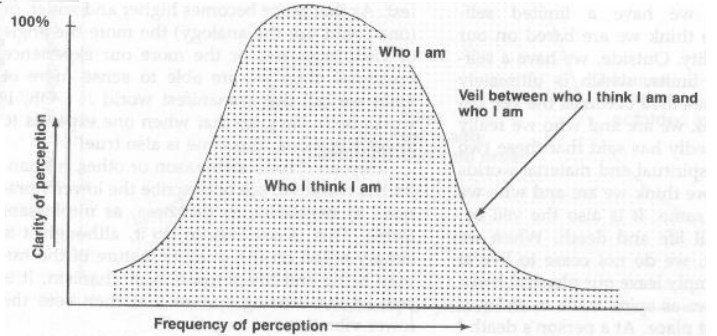
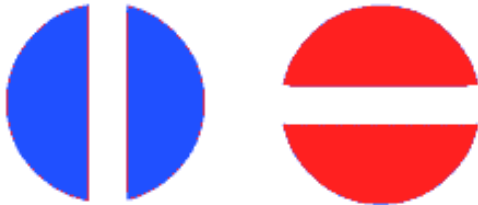


A. Graphic depiction of our perceptual cone



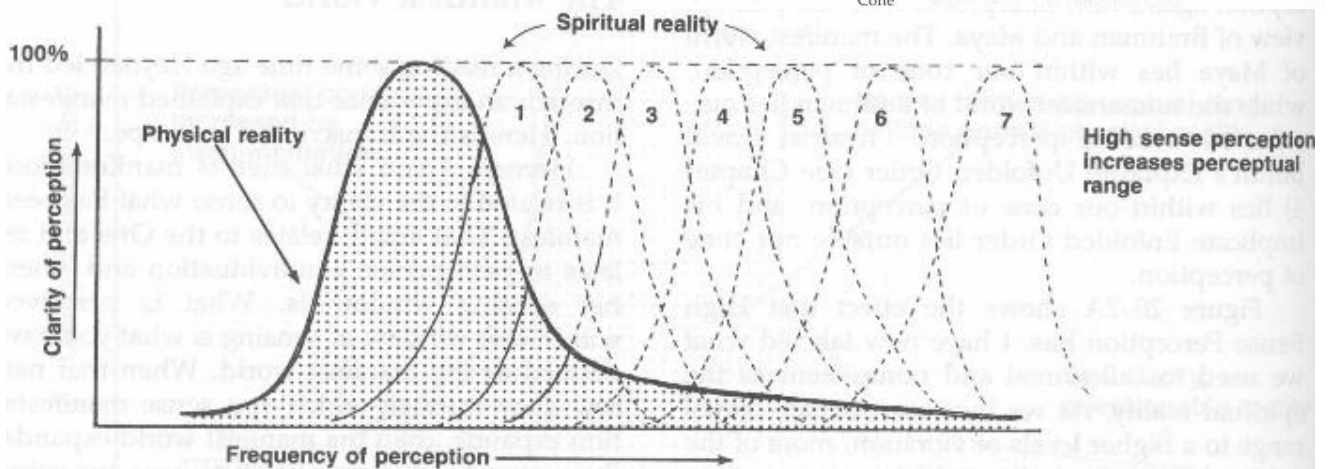
B. Spiritual interpretation of our cone of perception

Our Perceptual Cone



B. Cone of perception limited by definition of personal reality

Defining the Boundaries of Our Perceptual Cone



A. Cone of perception increased by high sense perception

## **BEYOND the PHYSICAL WORLD:**

As soon as one begins to examine the upper four layers of the auric field everything changes, because as soon as you open your perception to layers above the third you also begin to perceive people or beings who exist in those layers who do not have physical bodies. From observations of clairvoyants, there exist layers of reality or other “frequency bands” of reality beyond the physical. The upper four layers of the auric field correspond to four of those layers of reality.

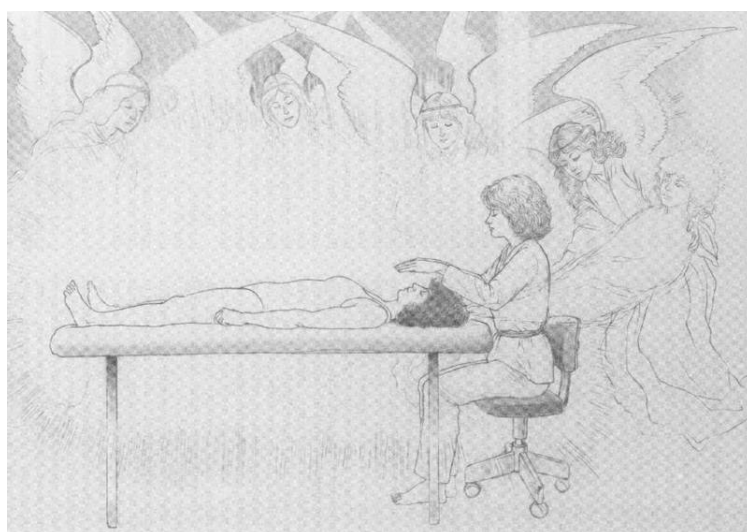
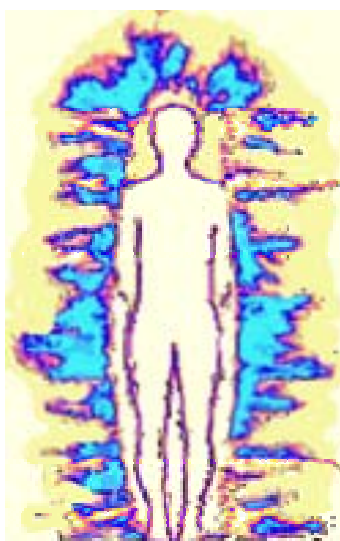
Each of the layers above the third is an entire layer of reality with beings, forms and personal functions that go beyond what we normally call human. Each is an entire world in which we live and have our being. Most of us experience these realities during sleep but do not remember them. Some of us can go into those states of reality by expanding the consciousness through meditative techniques. These meditative techniques open the seals between the roots of the chakra layers and thus provide a doorway for consciousness to travel.

### **Incarnation**

The process of incarnation takes a lifetime. It is not something that happens at birth and is then finished. To describe it, we need to use metaphysical terms. Incarnation is organic soul movement in which higher, finer vibrations or soul aspects are continually radiated downward through the finer auric bodies into the more dense ones and then finally into the physical body. These successive energies are utilised by the individual in his/her growth throughout his/her life.

It is at adulthood that the individual may try to settle down and have no more changes. Some are able to accomplish this and with it cause their lives to stagnate into safe, set, patterns of clearly defined and limited reality. Most people, sufficiently shaken by their life experiences, see that reality is not so easily definable and continue a lifelong search for meaning that leads them through constant challenge to deeper experiences of fulfilment.

At maturity, people’s hair turns bright white as the white light coursing through their being increases their affinity with the spirit world.



Celestial Level Healing (Sixth Layer)



### **PSYCHOLOGICAL FUNCTION of the SEVEN MAJOR CHAKRAS:**

As a human being matures and the chakras develop, each represents the psychological patterns evolving in the individual's life. Most of us react to unpleasant experiences by blocking our feeling and stopping a great deal of our natural energy flow. This affects the development and maturation of the chakras, resulting in inhibition of a fully balanced psychological function.

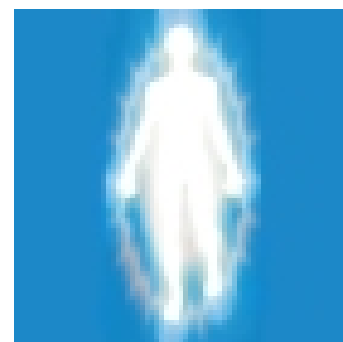
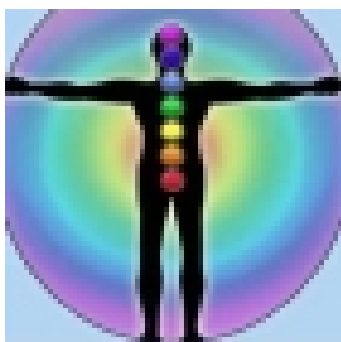
For example, if a child is rejected many times when he tries to give love to another, he will probably stop trying to give love. In order to do this, he will probably try to stop the inner feelings of love that he is responding to with action. In order to do this, he will have to stop the energy flow through the heart chakra. When the energy flow through the heart chakra is stopped or slowed down, the development of the heart chakra is affected. Eventually, a physical problem will very likely result.

This same process works for all chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. The chakras become "blocked", clogged with stagnated energy, spin irregularly, or backwards (counter clockwise) and even, in the case of disease, become severely distorted or torn.

When the chakras are functioning normally, each will be "open", spinning clockwise to metabolise the particular energies needed from the universal field. A clockwise spin draws energy from the UEF (universal energy field) into the chakra, very much like the right-hand rule in electromagnetism, which states that a changing magnetic field around a wire will induce a current in that wire. Grasping the wire with the right hand, point fingers in the direction of the positive magnetic pole. The thumb will automatically point in the direction of the induced current. The same rules hold true for chakras, in such a way that the fingers curl clockwise around the outer edge of the chakra, your thumb points toward the body and in the direction of the "current". Thus we label the chakra "open" to incoming energies. On the contrary, if you curl the fingers of your right hand counter clockwise around a chakra, the thumb will point outward, in the direction of current flow. When the chakra spins counter clockwise, the current is flowing outward from the body, thus interfering with metabolism. In other words, the energies that are needed and that we experience as psychological reality are not flowing into the chakra when it is spinning counter clockwise. We thus label the chakra as "closed" to incoming energies.

Since each chakra is related to a specific psychological function, what we project through each chakra will be within the general area that each chakra functions and will be very personal to each of us because each person's life experience is unique. Thus, by measuring the state of the chakras we can determine one's overall long-term and current life issues.

Human beings are infinitely beautiful and complex wonders.



## MAJOR CHAKRAS AND ASSOCIATED PSYCHOLOGICAL FUNCTION

### MENTAL CENTERS

- 7 Crown Center.....
- 6A Forehead Center.....
- 6B Mental Executive.....

### WILL CENTERS

- 5B Base of Neck.....
- 4B Between Shoulder Blades.....
- 3B Diaphragmatic Center.....
- 2B Sacral Center.....
- 1 Coccygeal Center.....

### FEELING CENTERS

- 5A Throat Center.....
- 4A Heart Center.....
- 3A Solar Plexus.....
- 2A Pubic Center.....

### ASSOCIATED WITH:

Integration of total personality with life, and spiritual aspects of mankind.

Capacity to visualize and understand mental concepts.

Ability to carry out ideas in a practical way.

Sense of self, within society and one's profession.

Ego will, or will towards the outer world.

Healing, intentionality towards one's health.

Quantity of sexual energy.

Quantity of physical energy, will to live.

Taking in and assimilating.

Heart feelings of love for other human beings, openness to life.

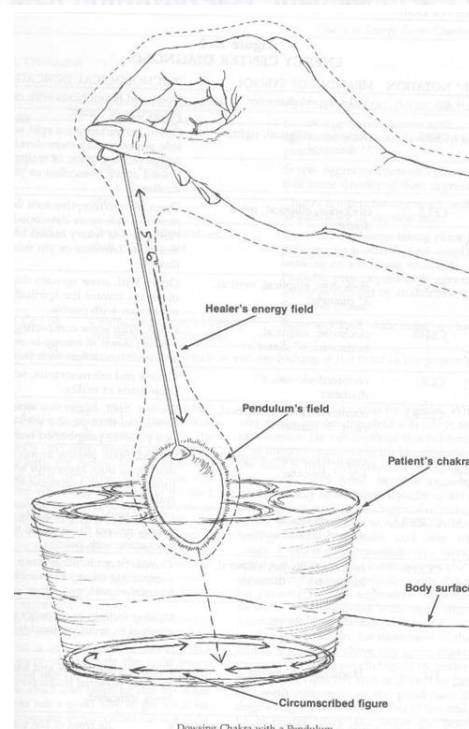
Great pleasure and expansiveness, spiritual wisdom, and consciousness of universality of life. Who you are within the Universe.

Quality of love for the opposite sex, giving and receiving physical, mental and spiritual pleasure.




## CHAKRA or ENERGY CENTRE DIAGNOSIS

Sensing the states of chakras can involve the application of beechwood pendulums that can be purchased from the Metaphysical Research Group – England.





One must focus on comparison of the relative sizes among the chakras. Health is achieved by balancing the chakras to create an even flow of energy through them all. For health then, all chakras should be about the same size.



### ENERGY CENTER DIAGNOSIS

SYMBOL* NOTATION	MEANING OF SYMBOL	PSYCHOLOGICAL INDICATIONS
 C6	clockwise, 6" diameter	Open and harmonious with clear perception of reality.
 CER3	clockwise, elliptical, right, 3" diameter	Open. Active/receptive split with active side of personality more developed than receptive. Perception of reality biased toward active, masculine or yang side of dualism.
 CEL3	clockwise, elliptical, left 3" diameter	Open. Active/receptive split with receptive side more developed. Perception of reality biased toward receptive, feminine or yin side of duality.
 CEV3	clockwise, elliptical, vertical, 3" diameter	Open. With some upward displacement of energy toward the spiritual to avoid interaction with people.
 CEH6	clockwise, elliptical, horizontal, 6" diameter	Open. With some compacting and holding down of energy to avoid energetic interaction with people.
 CC6	counterclockwise, 6" diameter	Closed and inharmonious, with active projections of reality.
 CCER3	counterclockwise, elliptical, right, 3" diameter	Closed. Split, aggressive aspect more developed than passive with projection of a passive, yang biased reality.
 CCEL2	counterclockwise, elliptical, left 2" diameter	Closed. Split, passive aspect more developed than aggressive with projection of an aggressive biased reality.
 CCEV3	counterclockwise, elliptical, vertical, 3" diameter	Closed. With upward displacement of energy toward the spiritual to avoid interaction with people.
 CCEH5	counterclockwise, elliptical, horizontal, 5" diameter	Closed. Some holding down and compacting energy to avoid energetic interaction with people.
 V6	Vertical, 6" swing	Moving feelings and energy toward the spiritual to avoid personal interaction.
 H4	Horizontal, 4" swing	Holding energy flow and feelings down to avoid personal interactions. Strong block indicated.

\* Remember that the figure symbols are drawn as you are looking at the front of the patient's body.

SYMBOL*	MEANING OF SYMBOL	PSYCHOLOGICAL INDICATIONS
 R3	Right, 3" swing	Severe aggressive/passive split, aggressive side more developed than passive.
 L4	Left, 4" swing	Severe aggressive/passive split, passive side more developed than aggressive.
.	Still	Chakra not functioning at all, will lead to pathology in physical body.
 CEAS5	Clockwise, elliptical, axis shift, 5" diameter	Tremendous change taking place in person who is actively and deeply working on the issues involved. Probably preoccupied with relevant issues as defined by chakra function. Sensitive chaos.
 CCEAS6	Counterclockwise, elliptical, axis shifting, 6" diameter	Same as CEAS, with negative chaos.

\* Remember that the figure symbols are drawn as you are looking at the front of the patient's body.

### **OBSERVATIONS of AURUS in THERAPY SESSIONS:**

The aura is really the "missing link" between biology and physical medicine and psychotherapy. It's the "place" where all the emotions, thoughts, memories and behaviour patterns we discuss so endlessly in therapy are located. They're not just suspended somewhere in our imaginations, but they are located in time and space. Thoughts and emotions move between people in time and space through the human energy field, and learning about it is the way to get a handle on this activity. Let's look at some of the fluid energy flows of auras as people move through their daily lives:

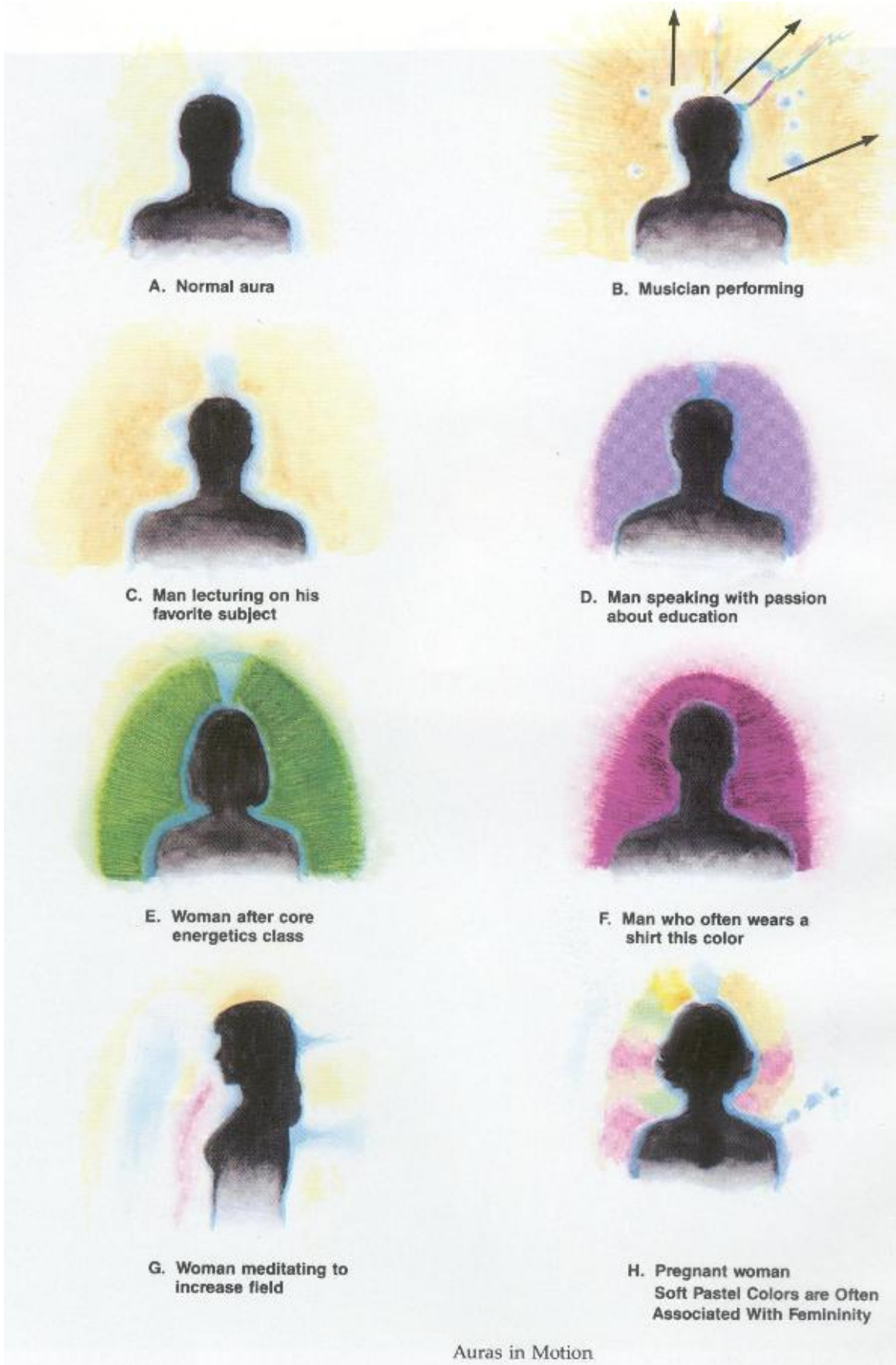
Every thought, feeling, and experience a person has affects and changes his aura. Some effect always remains.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual mis-function. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

Woman Working in a Core Energetics Session



Woman Defending by Creating a Pink Cloud of Energy





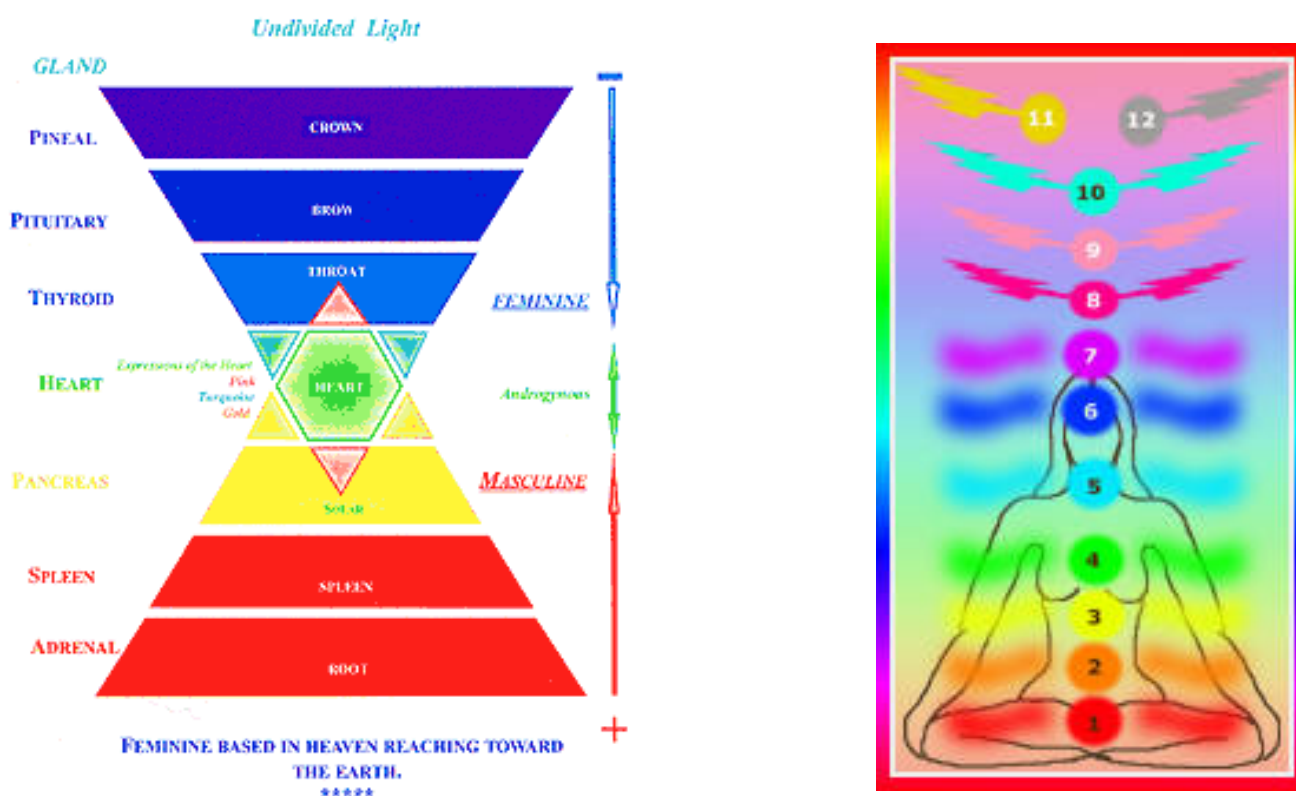
Auras Seen in Therapy Sessions

### AURA and CHAKRA PATTERNS of the MAJOR CHARACTER STRUCTURES:

The life task is seen in two forms. First, on the personal level, there is a personal task, which has the purpose of learning to express a new part of one's identity. The parts of the soul that are not one with God help form the specific incarnation in order to learn how to be one with the creator and still remain individuated. The world task, second, is a gift that each soul comes into this physical life to give to the world. Many times it is the same as the life's work that comes naturally early on.

The individual's body is the crystallisation in the physical world of the energy fields that surround and are part of each person. These energy fields contain the task of each soul. The character structure can then be seen as the crystallisation of the basic problems or personal task a person has elected to incarnate and to solve. The problem (task) is crystallised in the body and held there so that the individual can easily see and work with it. By studying our character structure as it relates to our bodies, we can find the key to heal ourselves and find our person and world task.

The basic malady found in people is self-hatred. Self-hatred is the basic inner illness in all of us, but just how that self-hatred and non-acceptance of the self manifests is shown in the different character structures. As we work to understand our dynamics on a daily level, we can learn to accept ourselves through this process. We can go through years of living by God's will (the God within), by the truth, and by love – these are all steps to self-realisation – but until we love unconditionally we are not yet home. This means starting with the self. Can we love ourselves unconditionally even though we see our shortcomings? Can we forgive ourselves when we make a mess of things? Can we, after making a mess, get right up and say, "Well, I'll have to learn from that one." "I am a woman / man of God." "I realign myself with the light and keep going through whatever it takes to find my way back to my Godself inside and home."





### **The CAUSE of ILLNESS:**

From the perspective of a healer, illness is the result of imbalance. Imbalance is a result of forgetting who you are. Forgetting who you are creates thoughts and actions that lead to an unhealthy lifestyle and eventually to illness. The illness itself is a signal that you are imbalanced because you have forgotten who you are. It is a direct message to you that tells you not only how you are in imbalance but also shows you the steps that will take you back to the real self and health. This information is very specific if you know how to secure access to it.

Illness can thus be understood as a lesson you have given yourself to help you remember who you are. Immediately you will think of all kinds of exceptions to this statement. But most of them will limit you to a perception of reality that only includes this particular lifetime and only life in the physical body. The above statements can only be understood in a whole and healthy way if you already accept yourself as existing beyond the physical dimensions of time and space. The statements can only be felt as loving, if they also include you as a part of the whole, and therefore the whole. They are based upon the idea that individuation and wholeness are the same. That is, a priori the whole is made up of the individual parts, and individual parts are therefore not only part of the whole, but like a hologram are in fact the whole.

Healing became first an extension of the therapy and then the central core of all therapy because it reaches all the dimensions of the soul and body far beyond that which the therapy was able to do.

Humanity carries with it terrible pain, loneliness and deep longing to be free. The work of the healer is a work of love. The healer reaches into these painful areas of the soul and gently reawakens hope. She/he gently reawakens the ancient memory of who the soul is. She/he touches the spark of God in each cell of the boy and gently reminds it that it is already God and, already being God, it inexorably flows with the Universal Will towards health and wholeness.

### **From ENERGY BLOCK to PHYSICAL DISEASE**

#### **Dimension of Energy and Consciousness**

Looking at ourselves with a broader perspective than we did before, we see that we are much more than our physical bodies. We are composed of layer upon layer of energy and consciousness.

Our inner spark of divinity exists in a much higher plane of reality and advanced consciousness than that of our everyday consciousness. We are this higher consciousness just as much as we are our everyday consciousness. This higher consciousness can be tapped into with practice. Once it is found, it is no surprise. One has the sensation of “Oh, yes! I knew that all along.” Our divine spark has supreme wisdom; we can use it to guide our daily life, growth and development.

Since the aura is the medium through which creative impulses from our higher realities are precipitated down into the physical reality, we can use the auric field to bring our consciousness back up (in vibration) through its layers into the reality of the Godself. To do this, we need to know more specifically how these creative impulses are transmitted, layer by layer, into our physical world to help create our daily experience of life.

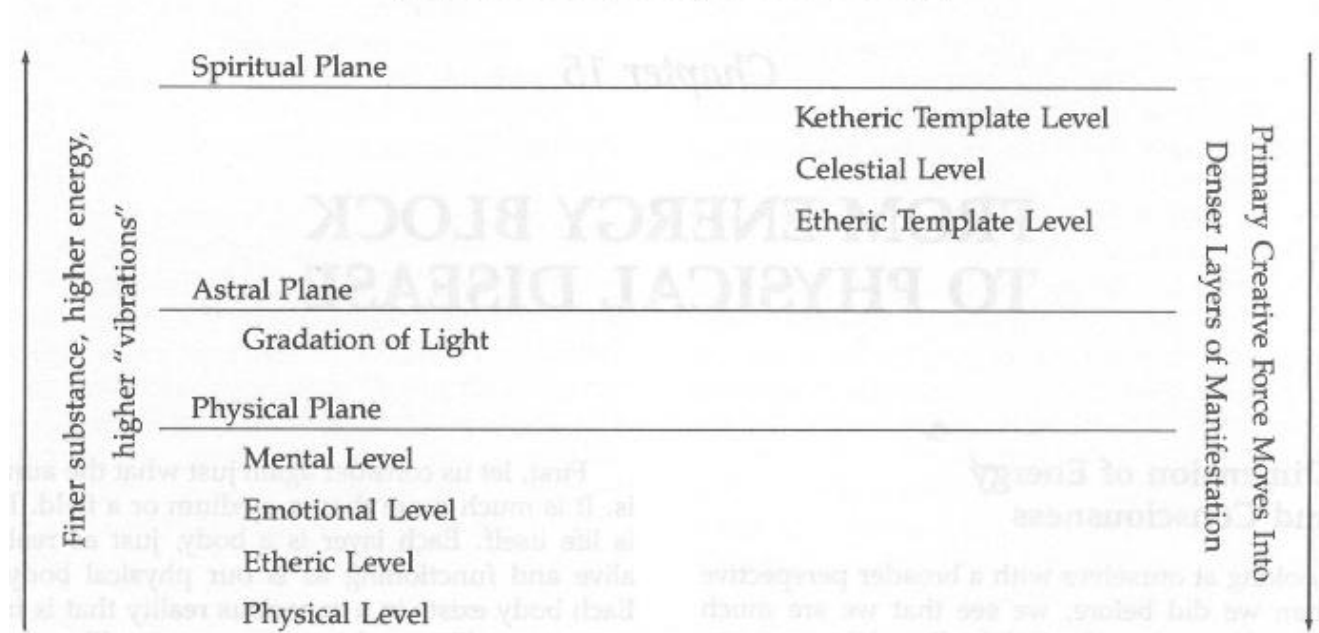
First, just what is the aura? It is much more than a medium or a field. It is life itself. Each layer is a body, just as real, alive and functioning as is our physical body. Each body exists in a conscious reality

that is in some ways like, and in some ways unlike, the physical reality. Each layer is, in a sense, in a world of its own, yet these worlds are interconnecting and exist immersed within the same space in which we experience our physical reality.

The physical plane is composed of four levels: the physical, etheric, emotional and mental levels. The astral plane is the bridge between the spiritual and physical, and the spiritual plane is above it and has gradations of enlightenment within its. We have at least three layers in our spiritual bodies – the etheric template level, the celestial level and the ketheric template level.

Creation or manifestation takes place when a concept or a belief is transmitted from its source in the high levels down into the more dense levels of reality until it becomes crystallised into physical reality. We create according to our beliefs. Of course what is taking place on the lower layers also affects the higher ones.

### PLANES OF REALITY IN WHICH WE EXIST (as related to the layers of the aura)



On the physical level, consciousness takes the form of instinct, automatic reflexes and automatic functioning of internal organs. Here consciousness makes the statement, "I exist". At the etheric level, consciousness is expressed in terms of sensations like physical pleasure or pain. Unpleasurable sensations such as cold and hunger are signals that something is needed to rebalance our energy in order to flow once again in harmony. At the emotional level, consciousness is expressed in basic primal emotions and reactions like fear, anger and love. Most of these emotions relate to the self. On the mental level, consciousness is expressed in terms of rational thinking. This is the plane of the linear analytic mind.

On the astral level, consciousness is experienced as strong emotions that extend beyond the self and the other to encompass humanity. The astral plane, an entirely different world, is the plane where astral travel takes place, and, as described by people who have experienced it, that plane differs from the physical plane in the following ways: objects have fluid form; light is radiated from objects rather than

being primarily reflected off them; and to travel, one need only concentrate on where one wants to go and stay focused on that place. The direction shifts with the focus, so that if you shift your focus, you shift your direction. Concentration power is very important on this plane!

The differences and similarities between the physical and astral planes would not be surprising to the physicist, since the laws that govern the astral plane would be based on natural law governing a medium of finer substances, higher energy and faster vibrations. These laws would correlate with those we know in our physical world.

On the spiritual plane there is yet another world with its own reality, one that seems to be far more beautiful, full of light and loving than ours. On the fifth layer, the etheric template, consciousness expresses itself as higher will, with which we will things into being through the power of naming and defining them. On the celestial level, consciousness expresses itself as higher feelings like universal love, that is, love that goes beyond human beings and friends into a universal love for all life. On the seventh level, consciousness is expressed in higher concepts of knowing or belief systems. This is where the initial creative impulse begins from our knowing, not just linear knowing, but integrated knowing.

The basic primary creative force is initiated in the highest spiritual body and is then moved into the astral body. Or, from another point of view, one might say that the finer substances and energies in the spiritual bodies induce harmonic resonance in the astral which then induces harmonic resonance in the lower three bodies. This process continues all the way down into the frequency level of the physical body. (The phenomenon of harmonic induction is that which occurs when you strike one tuning fork and another in the room will sound.) Each body expresses this impulse in terms of its conscious reality at its own level. For example, a creative impulse from the spiritual moving into the astral will be expressed in terms of broad feelings. As it moves into the lower frequency layers, it will be first expressed in terms of thoughts, then specific feelings, then physical sensation, and the physical body will respond automatically through the autonomic nervous systems. It will either relax if it reads a positive impulse or will contract if it receives a negative one.

### The Creative Process of Health

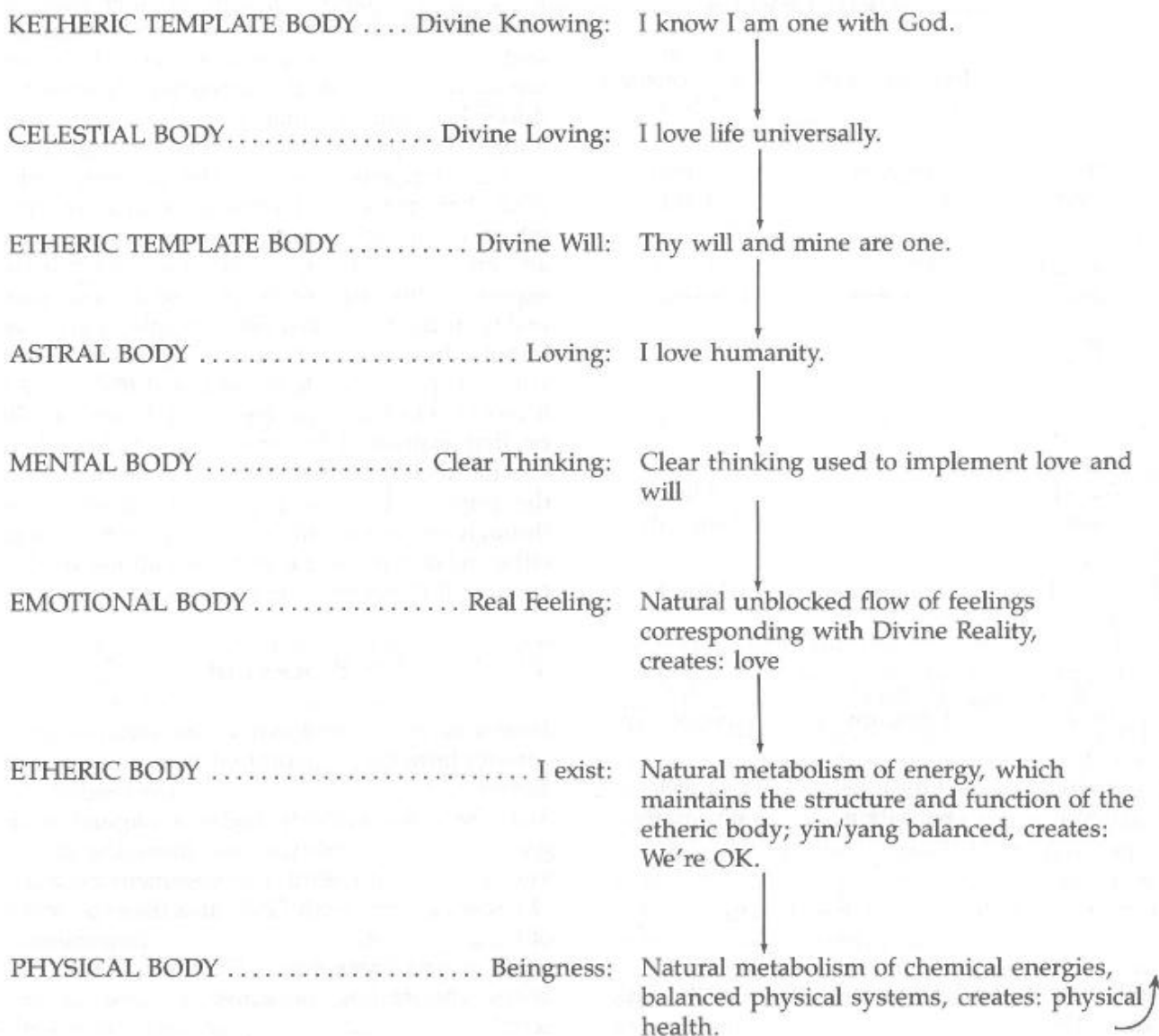
Health is maintained when the creative force coming from human spiritual reality is directed according to universal or cosmic law (see chart – the Creative Process of Health). When the ketheric body is aligned with greater spiritual reality, it manifests the divine knowing of that reality. The statement made is, “I know I am one with God.” It is the experience of being one with the creator, yet being individuated at the same time. This reality then induces the feeling of universal love in the celestial body. This feeling of being one with God in turn creates an alignment of the individual will in the etheric template with the Divine Will. This in turn is expressed in the astral level as love for humanity. The experience of love for humanity will influence the mental layer and inform the perceptions of reality in the mental body. This vibration in the mental body is then transmitted by the laws of harmonic

#### EXPRESSION OF CONSCIOUSNESS IN THE AURIC LEVELS

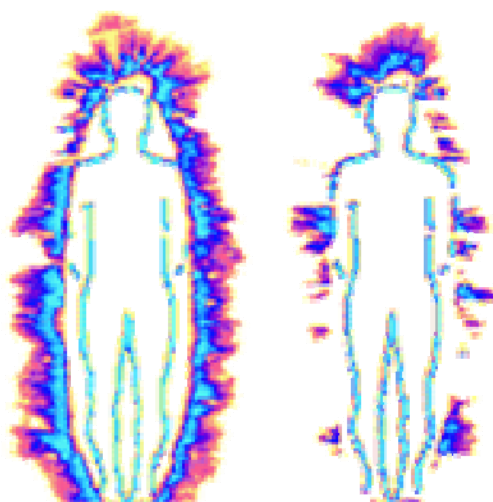
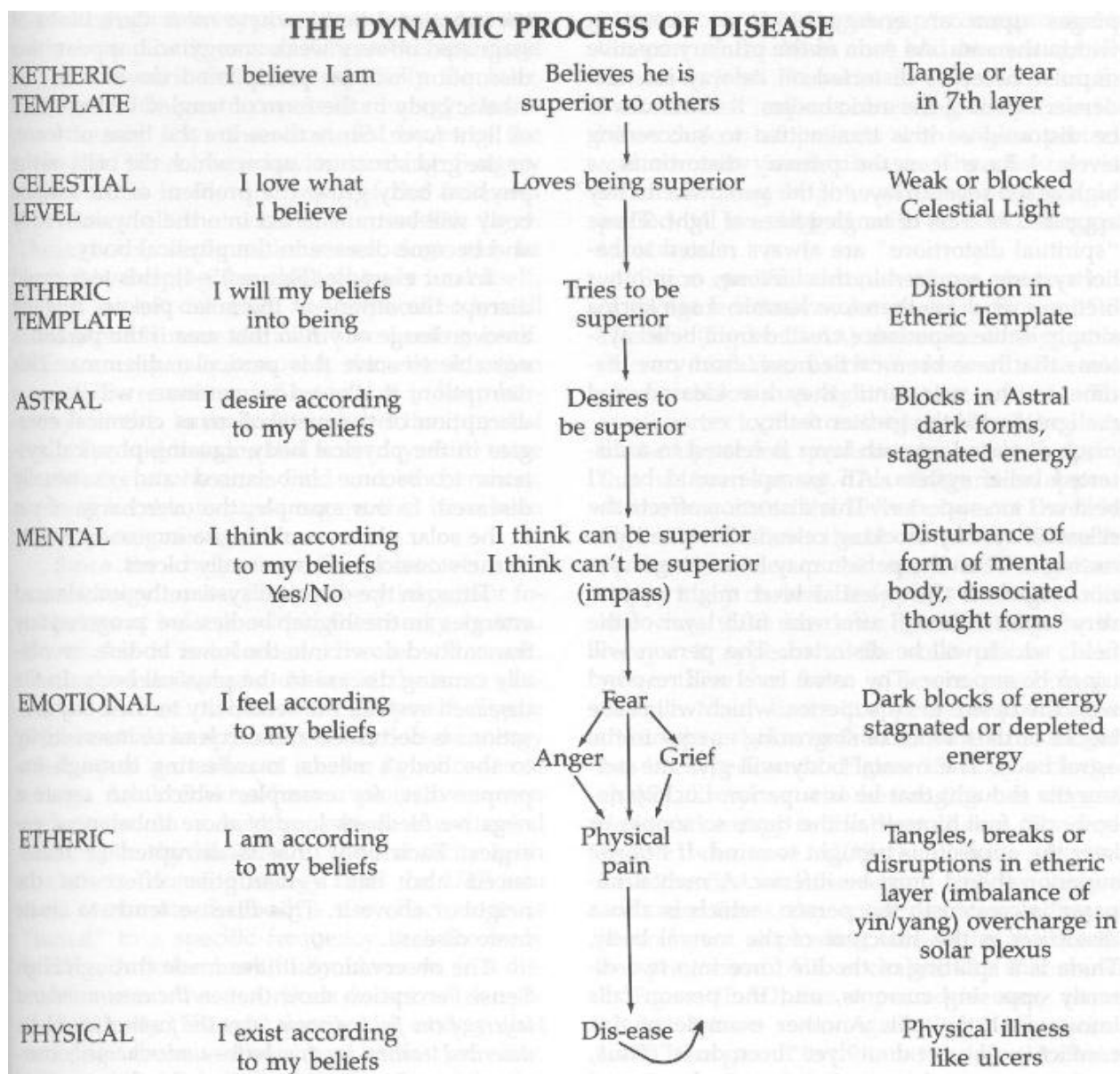
Level	Expression of Consciousness	Statement Consciousness Makes
7 Ketheric Level	Higher Concepts	I know. I am.
6 Celestial Level	Higher Feelings	I love universally.
5 Etheric Template Level	Higher Will	I will.
4 Astral Level	I-Thou Emotions	I love humanly.
3 Mental Level	Thinking	I think.
2 Emotional Level	Personal Emotions	I feel emotionally.
1 Etheric Level	Physical Sensation	I feel physically.
Physical Level	Physical Functioning	I exist. I am becoming.

induction and sympathetic resonance down into the matter and energy of the emotional body, which then expresses itself as feelings. If perception of reality is consistent with cosmic law, the feelings will be harmonious and accepted by the person and allowed to flow. They will not be blocked.

### THE CREATIVE PROCESS OF HEALTH



This flow then is transmitted down into the etheric body, which responds in a natural harmony. The result is pleasurable body sensations that promote natural metabolism of energy from the Universal Energy Field. This energy is needed to nourish the etheric body and to maintain its structure and function. A natural balance of the yin/yang energies in the etheric body is also maintained. With this balance, the natural sensitivity in the body, coming from the natural flow of feelings, leads to increased awareness of body sensations, which in turn leads to following proper diet and exercise. The healthy etheric body then supports and maintains a healthy physical body, in which the chemical and physical systems remain balanced and functioning normally, perpetuating physical health. In the healthy system, the energies in each body remain balanced and support the balance in the other bodies. Health is thus maintained; i.e., health attracts more health.



## **The Dynamic Processes of Disease**

In the diseased system the same step-down process is at work. However, after the primary creative force moves out from human spiritual reality, it becomes distorted (within the mind) and then acts against universal law. This distortion occurs when the primary creative impulse impinges upon an energy block or distortion within the aura. As soon as the primary creative impulse becomes distorted on its way into the denser layers of the auric bodies, it continues to be distorted as it is transmitted to succeeding levels.

These “spiritual distortions” (which occur within the mind) are always related to belief systems acquired in this lifetime, or in other lifetimes, and are therefore karmic. Karma is simply life experience created from belief systems that have been carried over from one life-time to the next until they are cleared and realigned with the greater reality.

Thus, in the diseased system the imbalanced energies in the higher bodies are progressively transmitted down into the lower bodies, eventually causing disease in the physical body. In the diseased system, the sensitivity to the body sensations is decreased and can lead to insensitivity to the to the body’s needs, manifesting through improper diet, for example, which can create a negative feedback loop of more imbalanced energies. Each body that is disrupted or imbalanced also has a disruptive effect on the neighbour above it. This disease tends to create more disease.

On the even-numbered layers of the field, disease takes the form of the blocks described previously – undercharged, over-charged or clogged dark energy. On the structured layers of the field, disease takes the form of disfiguration, disruption or entanglement. There may be holes in the grid structure on any of the odd-numbered layers of the aura.

Drugs affect the aura a great deal. Dark energy forms in the liver left from drugs taken for various previous diseases. Hepatitis leaves an orange-yellow colour in the liver years after the disease is supposedly cured. The radiopaque dye used to observe the spine that was injected into the spinal column to diagnose injury ten years remains visible although it is supposed to be cleared by the body in a month or two. Chemotherapy clogs the whole auric field, but especially the liver, with greenish-brown mucus-like energy. Radiation therapy frays the structured layers of the auric field like a burned nylon stocking. Surgery causes scars in the first lay of the field and sometimes all the way to the seventh layer. These scars, disfigurations and clogs can be healed by helping the physical body heal itself. When an organ is removed, the etheric organ can still be reconstructed and serve to keep harmonic in the auric bodies above the physical body.

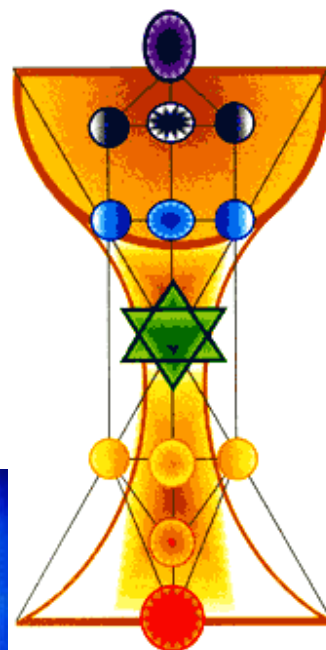
Since the chakras are the points of maximum energy intake, they are very important focal points of balance within the energy system.

In a healthy system these spiral cones spin rhythmically in synchronicity with the others, drawing energy from the UEF into their centre for the body’s use. Each cone is “tuned” to a specific frequency that the body needs to function healthfully. However, in a diseased system these vortices do not work synchronistically. The spiral cones of energy that make up these vortices may be fast or slow, jerky or lopsided. Sometimes breaks in the energy pattern can be observed. A spiral cone may be fully or partially collapsed or inverted. These disturbances are related to some dysfunction or pathology of the physical body in that area.

Disease at any layer of the field will express itself in that level of consciousness. Each expression is some form of pain, be it physical, emotional, mental or spiritual. Pain is the built-in mechanism that

alerts us to correct a situation. It brings our attention to the fact that something is wrong and makes us do something about it. If we have not listened to ourselves before, if we have continued to ignore what we know we want or need to do, eventually pain will help us do it. Pain teaches us to ask for help and healing and is, therefore, a key to the education of the soul.

We all create disease to some extent in our physical bodies. If you look back at the original cause, it is always based on forgetting who we are. As long as we believe that we must be separated in order to individuate, we will continue to create disease. Again, we are right back to where we started from – the holistic or holographic view of the universe.



**The SEVEN BODIES:**

P.104 A Life of Miracles by Almine

1. **Physical Body:** The physical body is the anchoring point for your Higher Self to explore the mystery of your being within physicality. It is highly susceptible to programming transmitted through touch for several minutes after birth. It holds the memories of this and other lives.
2. **Etheric or Astral Body:** The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body.
3. **Emotional Body:** It is the auric field. Past trauma is held in the first three bodies (the physical, astral, and emotional bodies), therefore, as we overcome our past and balance our sub-personalities, this body becomes clearer. This body is a flowing field that extends about fourteen inches (35 centimetres) out from the physical body.
4. **Mental Body:** As we balance the three minds, including the left and right brains, the mental body ceases to block access to the higher bodies. This body is linear and is located about fourteen inches (35 centimetres) out from the physical body.
5. **Universal Intent Body:** When able to access this body, we begin living in eternal time, which aligns us with the intent of the Infinite. This body is a flowing field that extends about nineteen inches (48 centimetres) out from the physical body.
6. **Universal Awareness Body:** The information within this body contains the specifics regarding the blueprint for this physical lifetime. When access to this body is achieved, we start seeing from a cosmic perspective. We begin to see the innocence and value of our life as it mirrors to the Infinite either that which it is, or that which it is not. We see that there is no guilt so all judgement effortlessly dissolves. This body is linear and is located about nineteen inches (48 centimetres) out from the physical body.
7. **Spirit Body:** It is trillions of little fibres of light radiating out in all directions from the lifeforce centre (located behind the bellybutton). Every living creature within the cosmos has a band of awareness among these light fibres within our spirit body. That is why we are literally the cosmos. This is the body shamans use to be able to shapeshift into animals or other forms; plus they use this body to access parallel realities. They move a point of illumination called the assemblage point. It is located an arm's length behind the heart, and a little bit to the right. This body is a linear field radiating out from the centre to an arm's length from the physical body.

*The assemblage point is on the outer rim of the seventh Lightbody (spirit body) and is an illuminated spot that determines which reality we are in. If that point moves, this universe, which seems solid, disappears and another reality assembles. It is as though we have accessed different holographic experiences. A slight movement of the assemblage point puts us in an altered state, such as in meditation. With practice, we can go into a temporary meditative state, even if we are just going to the end of the garden to get the mail. It is a temporary disconnecting of the clamour of left-brain that allows pure information from higher realms to shed light on the situation and give us accurate information about the unknown.*

The lifeforce centre is a ball of white light about the size of a grapefruit. Luminosity is increased light and light is information / knowledge or perception. Increased perception yields increased power.

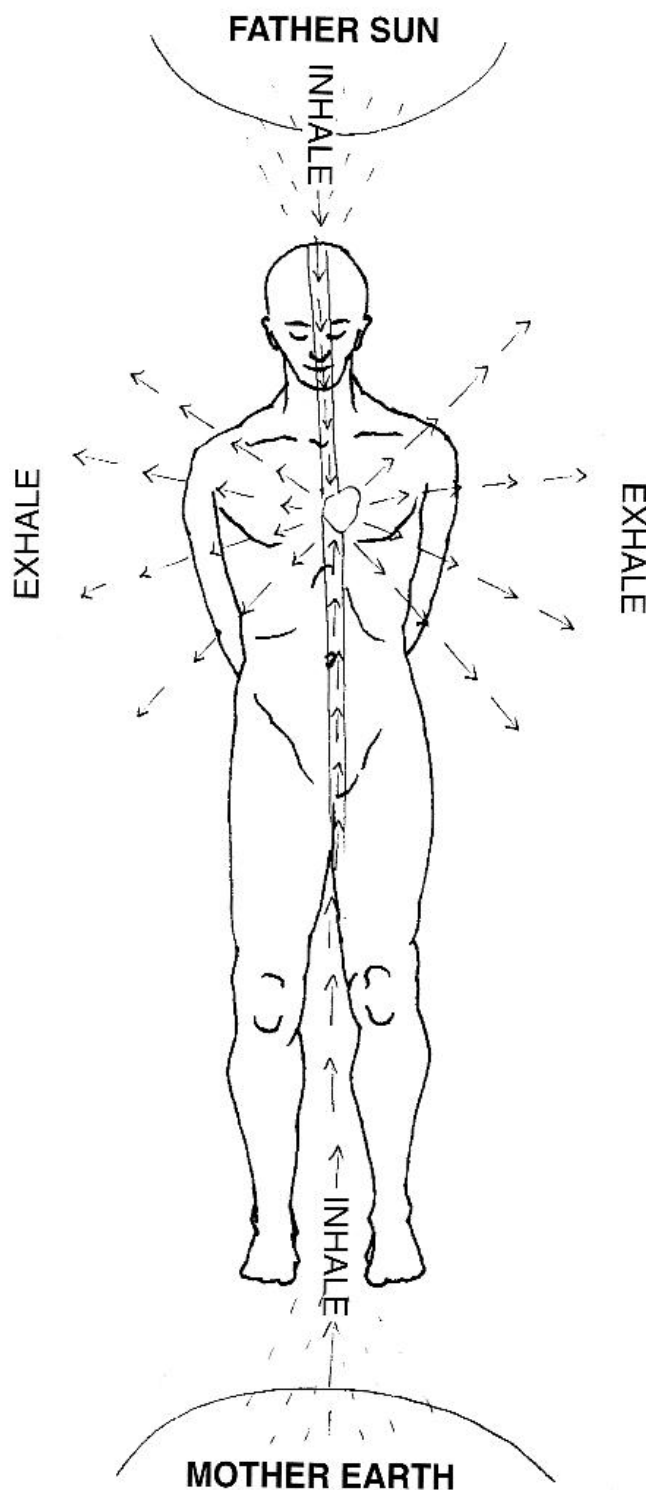


Our energy comes from bodies 5 – 7, consequently, if our innermost bodies have constrictions, we become tired easily because the flow of energy from the higher bodies is blocked. The emotional body is particularly important in allowing the flow of energy.

Beyond the Seven Bodies, we have five larger bodies, with the twelfth body being the one as vast as the cosmos overlaying everything. As we move through the various stages of ascension, we fully activate all twelve lightbodies. At this point we function from twelve chakras instead of seven.

When all twelve bodies are accessed in this lifetime, we enlighten everything in all our lifetimes since they are all connected. Every past act and thought becomes perfected. This is an important factor because if we die we may leave ripples of discordance from sowing seeds that were less than loving. When we change the past, the present changes; and when the present changes, the past changes.

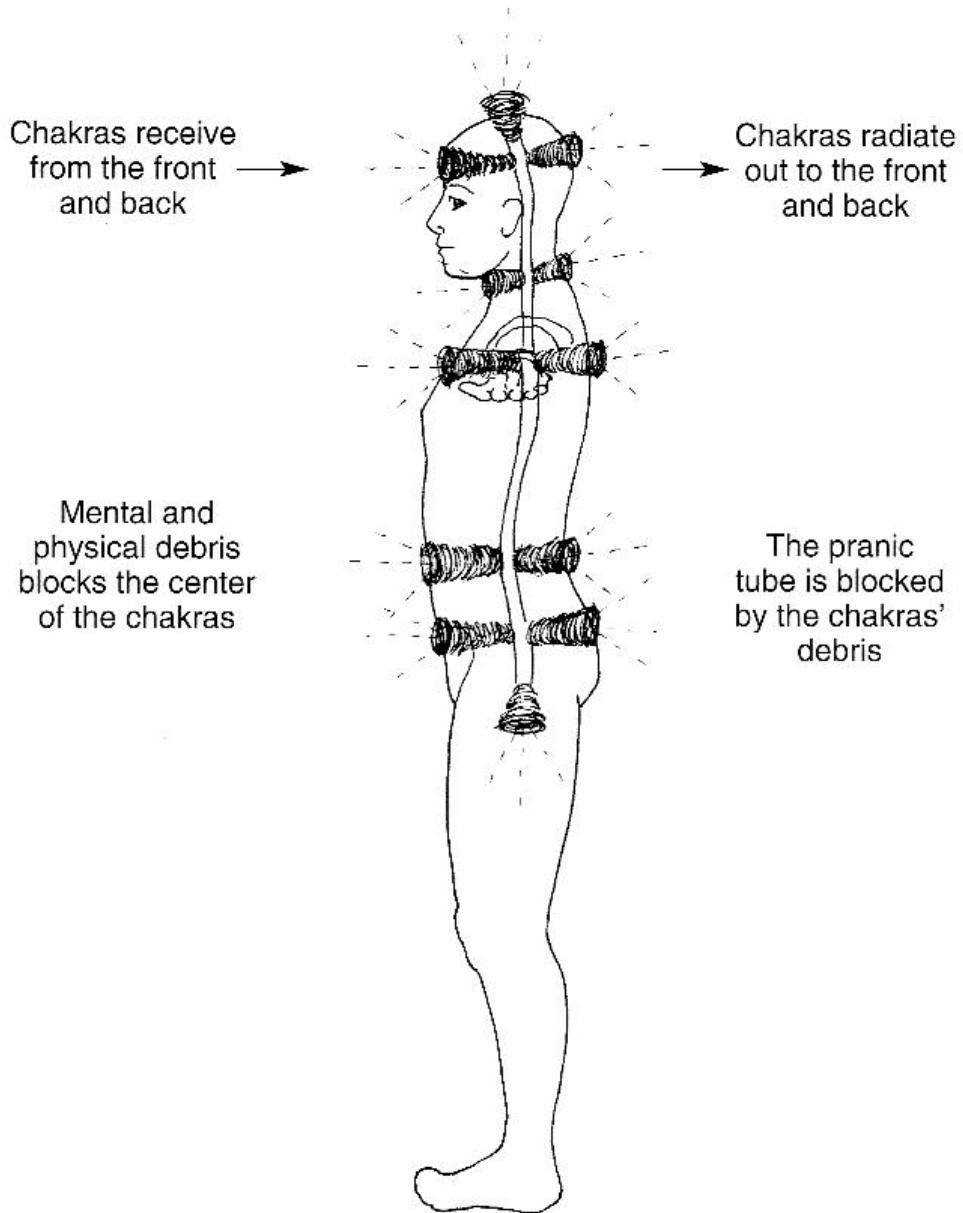
## Marriage of Light and Love



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

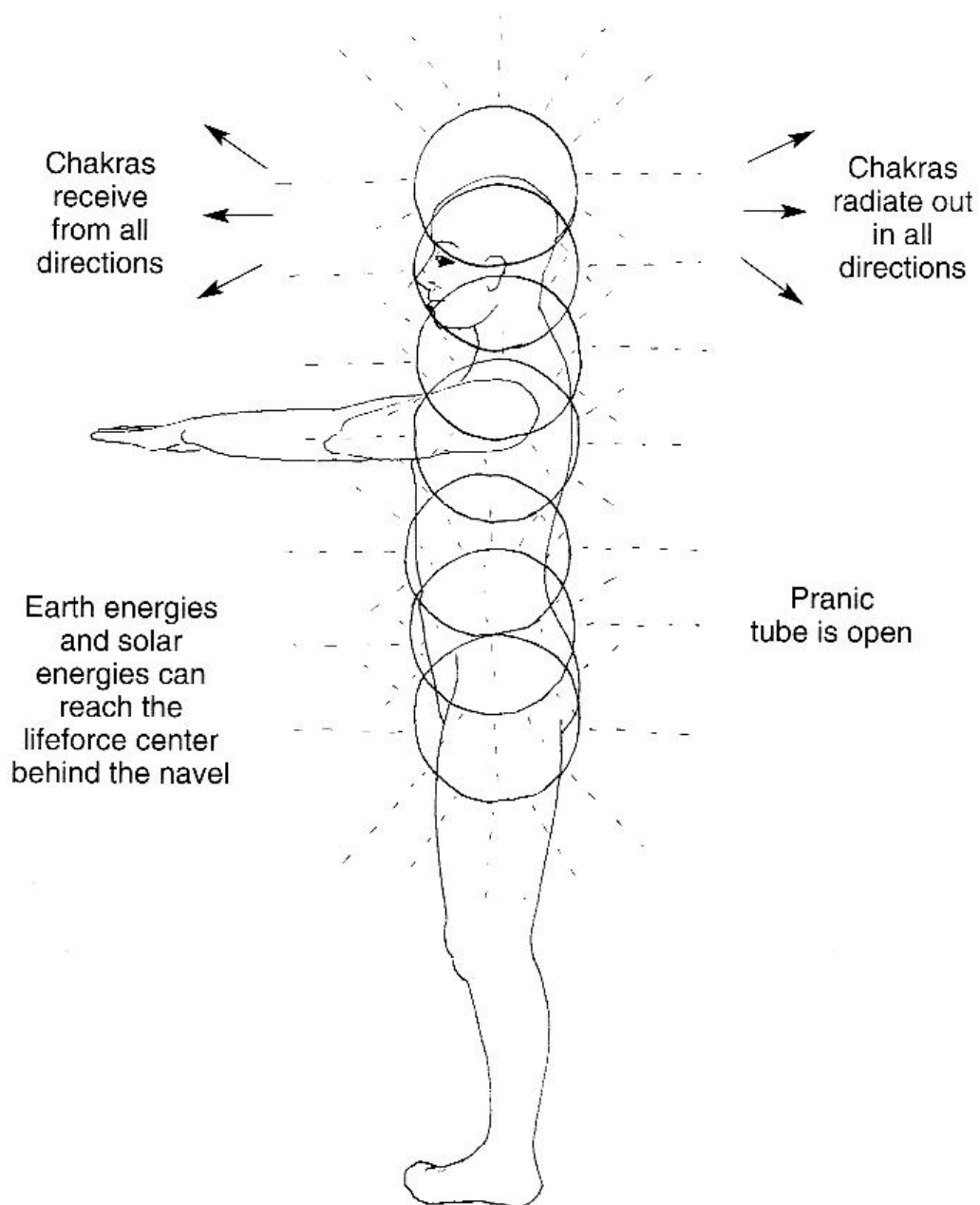


## Phase I of Chakra Opening



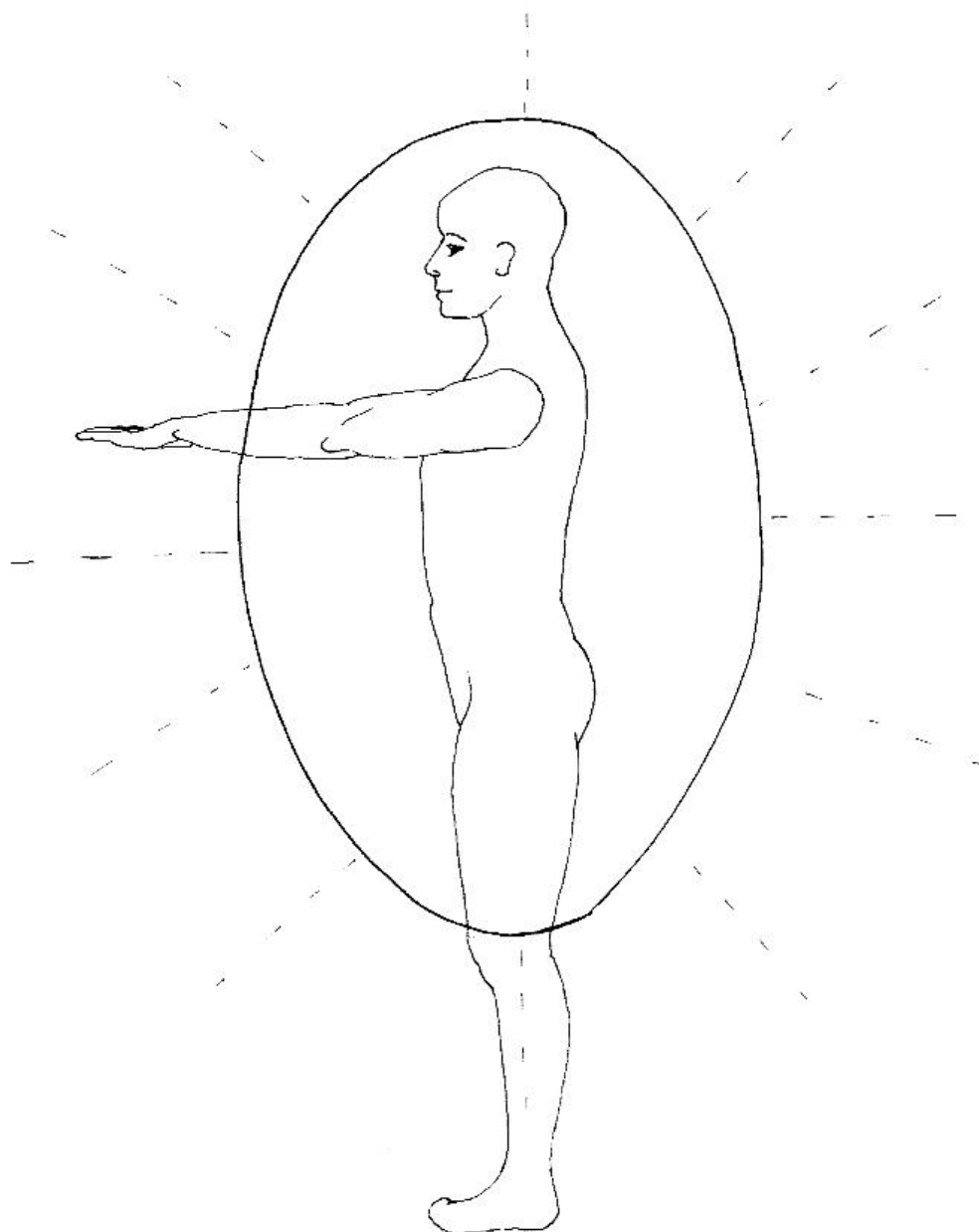
Seven levels of light enter the chakras. It cannot immediately assimilate and download into the endocrine system because of the blockages and acidic pH present. This occurs in the cells of a person who hasn't overcome the past and holds on to that which no longer serves him.

## Phase II of Chakra Opening



Less sleep is needed while the endocrine system downloads the seven levels of light. Light is information.

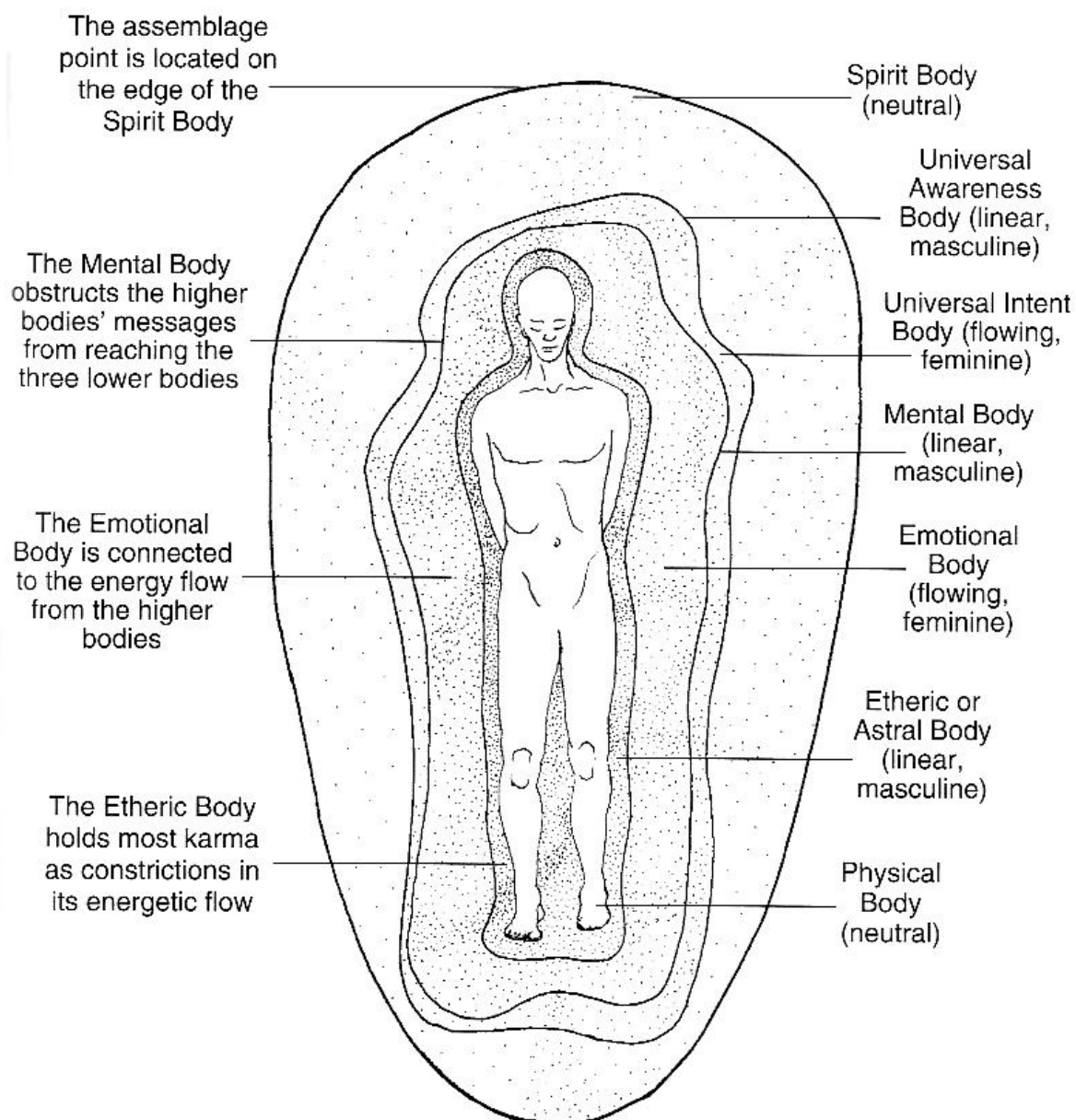
### Phase III of Chakra Opening



The chakra spheres have opened into a unified chakra field. The mental body no longer blocks access to light from the higher bodies. The life force center has moved up to the heart.

## The Seven Bodies of Man

*Masculine bodies are  
electrical and feminine  
bodies are magnetic in nature*



The bodies are superimposed over each other and form the luminous egg (cocoon) of man. Death rolls against this egg and when this rolling force cracks the egg, its lifeforce spills out and the person dies.

### P.137 The Ring of Truth by Almine

As we start living self-examined lives and extract the insights from past experience, the chakras release their seals and become spherical. The more we become aware of the purpose of indwelling life hiding behind form, the more our chakras open and overlap. Eventually, there is one large unified chakra field. Heartache, sexual stimulation, expanded awareness, and other feelings usually localised within the area of a chakra, now are felt in the entire body.

When the chakra fields unify, a lot more energy is available to the individual and inner guidance becomes strong. The reason for this is that obstruction from the mental body is partially reduced and the influence of the higher bodies floods into the lower bodies. One begins to live in grace; to cooperate with the higher self in living the blueprint for this particular life.

Just prior to entry into God-consciousness, a most miraculous experience transfigures the chakra field yet again. The symbol for this event was depicted by the ancients as a dove, beak pointed upwards, wings extended in a sphere or circle. This signifies the opening of five additional chakras utilised by someone in the second (god-consciousness) and third (Immortal Master) stage (see *Secrets of the Hidden Realms*).

The additional five chakras open as a result of incorporating all seven supporting attitudes into our lives. Those attitudes are: Time, Failure, Grace, Poise, Self-Reliance, Reverence and Generosity. Their opening happens in a matter of minutes, unlike the more gradual opening of the other seven. This even may be preceded by physical discomfort and some bruising that comes and goes over major acupuncture points like the wrists.

The experience itself however is blissful and expansive. White light surrounds the body and a violet flame is visible on the head (like the description in the Bible of the flames during Pentecost, visible on the heads of those present). The light has a particular configuration resembling a dove with a circle above its head.

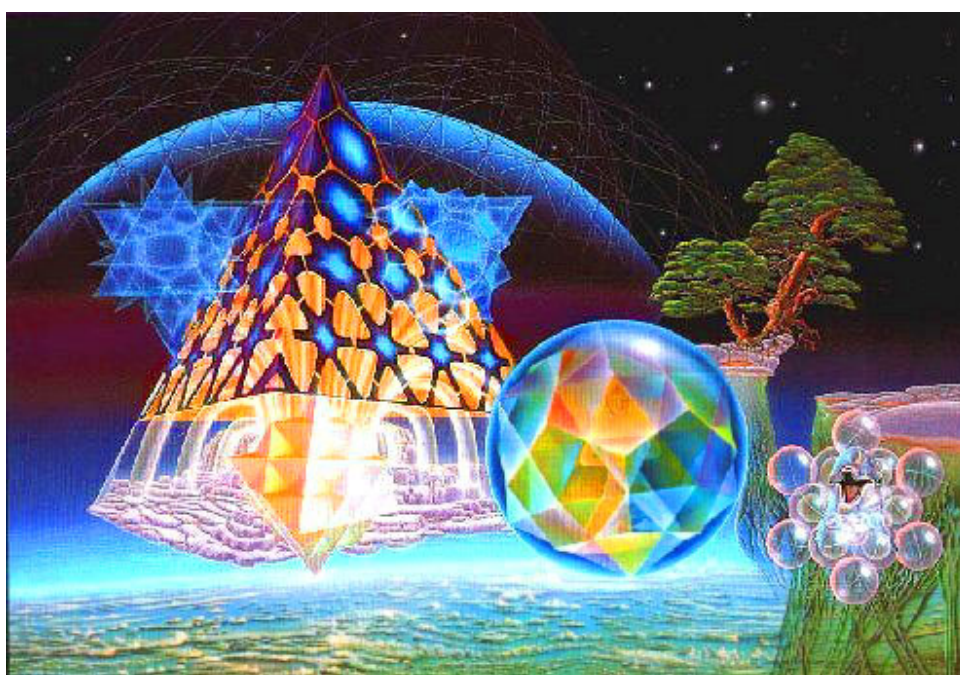
The opening occurs as follows:

1. The areas of the body where a woman's ovaries would be located burst open with white light, first the left, and then immediately the right as chakras eight and nine open;
2. A skirt of light radiates downward, resembling the tail of the dove;
3. This ignites the pranic tube and a great rush of energy travels up from the base of the spine to the crown of the head and the violet flame appears;
4. Immediately afterwards a sphere of light about the size of a dinner plate appears about eight inches (10 centimetres) above the head. It looks like the Sumerian and Egyptian art, depicting the spheres above the heads of those of spiritual power. The tenth chakra is now open;
5. The eleventh chakra in the middle of the right shoulder blade and the twelfth chakra in the middle of the left shoulder blade next open and shoot out wings of light. Angelic beings, who have all twelve chakras open have been portrayed as having wings by those who can see energy directly;
6. The entire configuration of light at this point appears like a dove with a sphere above its head. There is a hidden reason however, why the ancients have the dove enclosed by the circle, rather than having it above the head. The secret lies in the name the Lemurians gave to the number 10 (remember, the circle or sphere above the head is the tenth chakra). The number ten is called 'lahun' in Lemurian and some other ancient languages. 'La' means all and 'hun' means one (la is 'all' backwards and languages still have words like 'un' or 'uno' etc. for one);

The number ten means all in one and one in all (the Atlanteans also knew these secrets behind the law of the one). The sphere above the head will become larger and larger as we progress into the later stages of God-consciousness. At first it will extend all the way to the head, cleaving the flame into two 'horns' on either side (also depicted in ancient art). Eventually, when the Immortal Master overcomes all mortal boundaries, the sphere will enclose all other chakras – all is in one and one is in all.

Such a master now has the vehicle to travel at will with the speed of thought between dimensions and through space and time. The dove is now in the circle. The epitome of what a human being can be has been achieved.

**The Higher Self is the seat of Christ Consciousness being God-Realisation.**



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

**in conjunction with**

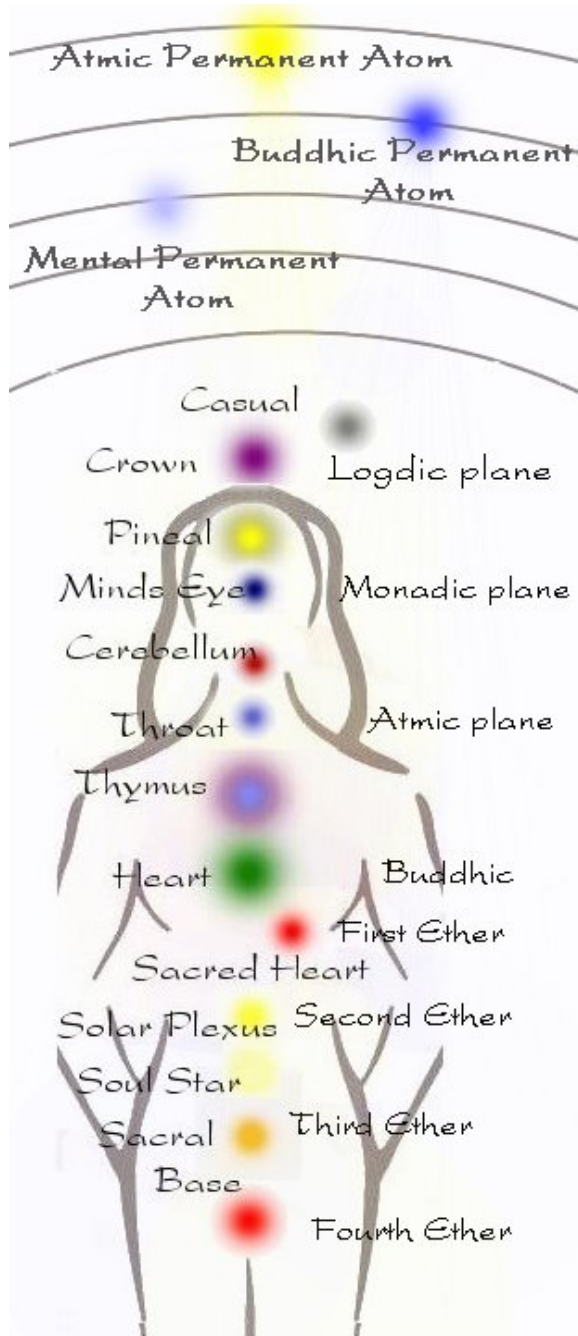
**Longing for the Truth when also longing for Divine Love.**

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We carry with us, from lifetime to lifetime, permanent atoms from which we form our emotional, mental and physical bodies.



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



## **INTERNAL VISION:**

Barbara Brennan's first internal vision experience happened early one morning as she was lying in bed observing the interesting muscle and bone structure on the back of her husband's neck. She thought it was very interesting the way the muscles connected into the cervical vertebrae!

Internal vision is the human version of the X-ray or nuclear magnetic resonance (MRI) process and is just as sophisticated. Internal vision includes the ability to look into the body at whatever depth and resolution (within a certain range) one wants to see. It is a new way of perceiving things. If you want to see an organ, you can focus on it. If you want to see inside the organ or a specific part of it, you focus on that. If you want to see a micro-organism that is invading the body, you focus on that. One receives pictures of these things that look like normal pictures. For example, a good healthy liver looks dark red, just as it does with normal vision. If the liver has been or is jaundiced, it will look a sickly yellow-brown. If the person has had or is having chemotherapy, the liver usually looks green-brown. Micro-organisms look somewhat the way they look under the microscope.

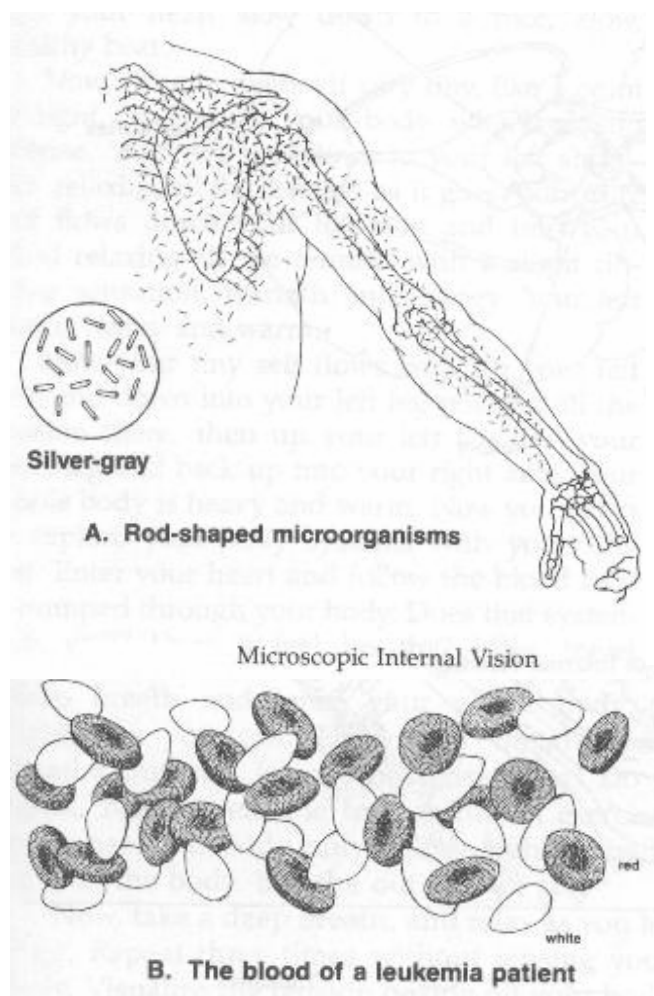
That to see this way, one has to be in a particularly open state, in which the third eye (sixth chakra) is activated and the rest of your mind is in a comparatively calm, focused state.

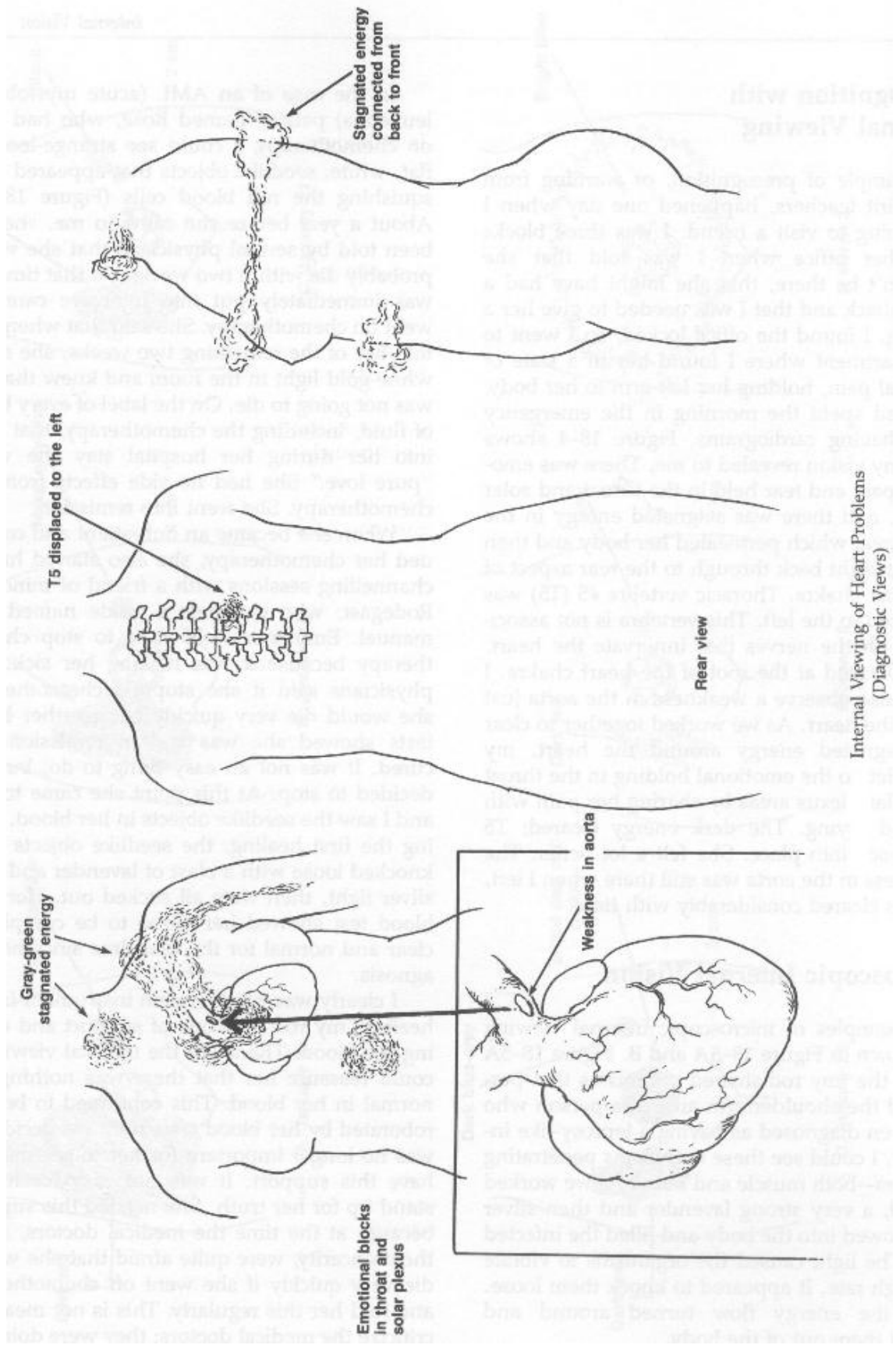
Everyone has this capability.

### **Microscopic Internal Vision**

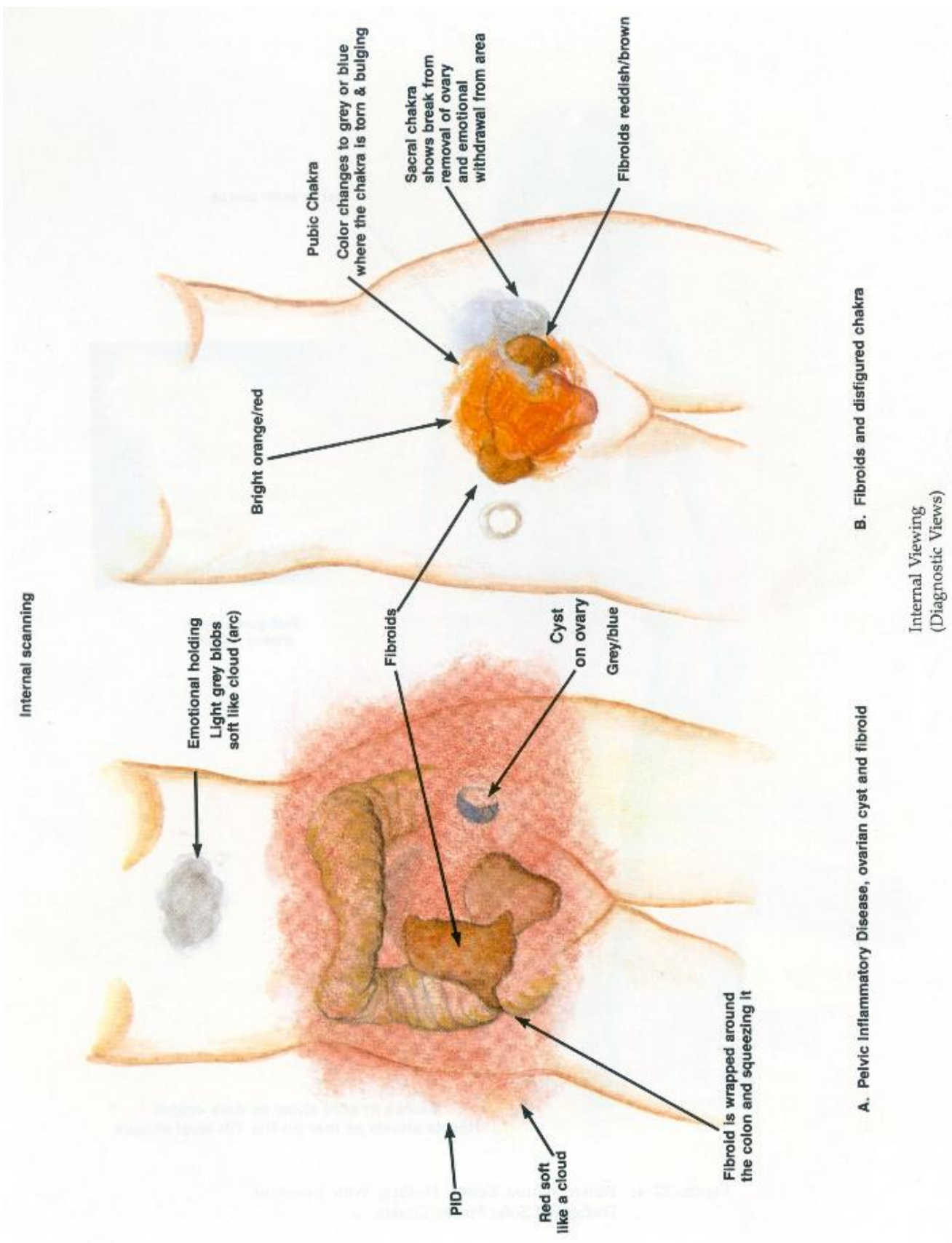
Figure A shows the tiny rod-shaped organisms that permeated the shoulder / arm area of a person who had been diagnosed as having a leprosy-like infection. Barbara Brennan could see these organisms penetrating this area – both muscle and bone. As she worked to heal, a very strong lavender and then silver light flowed into the body and filled the infected area. The light caused the organisms to vibrate at a high rate. It appeared to knock them loose. Then the energy flow turned around and sucked them out of the body.

Figure B – in the case of an AML (acute myeloblastic leukaemia) the patient who had been chemotherapy, Barbara could see strange-looking, flat, white, seedlike objects that appeared to be squishing the red blood cells. During the first healing, the seedlike objects were knocked loose with a blast of lavender and then silver light, then were all sucked out. Her next blood test showed her blood to be completely clear and normal for the first time since her diagnosis.





Internal Viewing of Heart Problems  
(Diagnostic Views)



## The Process of Internal Viewing

Barbara Brennan has the following explanation of how this kind of seeing works. She has observed the path of light coming into the body with her internal or X-ray vision. And what she has seen is this.

Light enters both through the third eye and through the physical eyes and flows along the optic nerves as shown in the next diagram (the Anatomy of Internal Viewing). This light is of higher vibration than visible light and can pass through skin. The light passes through the optic chiasm and goes round the pituitary, which sits right behind the optic chiasm. The light then takes two paths. One path goes to the occipital lobes for normal vision, and the other into the thalamus for oculomotor control. It has been her observation that by certain meditative and breathing techniques, one can cause the pituitary to start vibrating and radiating gold auric light (or rose light if the person is in love). This vibration and gold light increase the amount of light branching into the thalamus area. According to her seeing, this auric light arcs over the bottom of the corpus callosum and is directed into the pineal gland, which acts as a detector for internal vision. By breathing in a certain controlled manner that rasps air against the upper back throat and soft palate, located just the other side of the pituitary, she can stimulate the pituitary into this vibration. This meditative breathing also helps to focus her mind and to quiet it. It also brings gold light up the back of her spine from the base and rose light up the front. These two streams arc over each other in the thalamus area. This brings more energy to the central forehead and central areas of the brain with which she sees. The subjective feeling of this type of seeing is allowing something (energy, information) to come into the third eye region of the head. This type of vision brings with it the ability to scan to whatever depth one chooses, with a wide range of resolution, down to the cellular and even viral level.

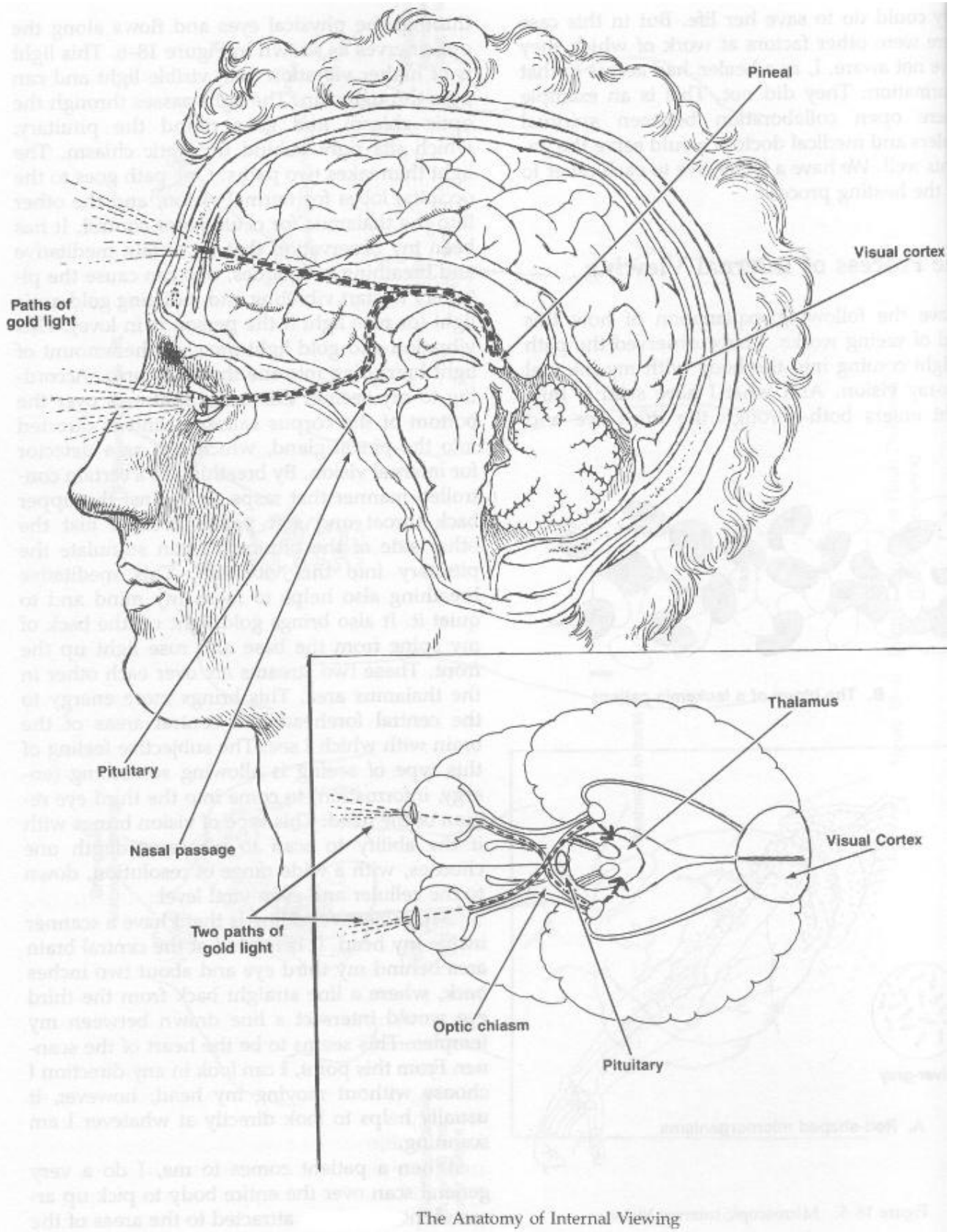
Her subjective feeling is that she has a scanner inside her head. It is located at the central brain area behind her third eye and about two inches back, where a line straight back from the third eye would intersect a line drawn between her temples. This seems to be the heart of the scanner. From this point, she can look in any direction she chooses without moving her head; however, it usually helps to look directly at whatever she is scanning.

When a patient comes to her, she does a very general scan over the entire body to pick up areas of interest. She is attracted to the areas of the body that need attention. Then she tunes in more finely to that area and scans it at a finer resolution. To do fine scanning, she sometimes puts her hands on the area in question. She finds it easier to see this way.

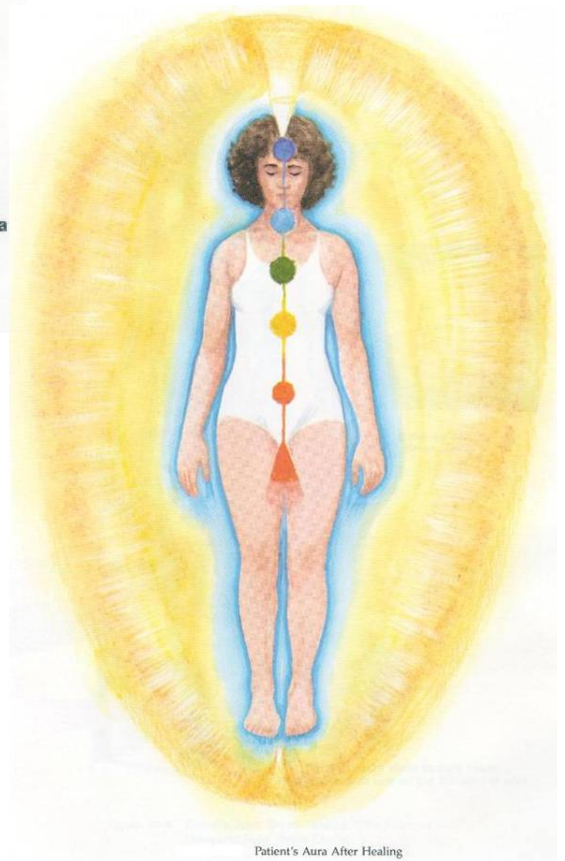
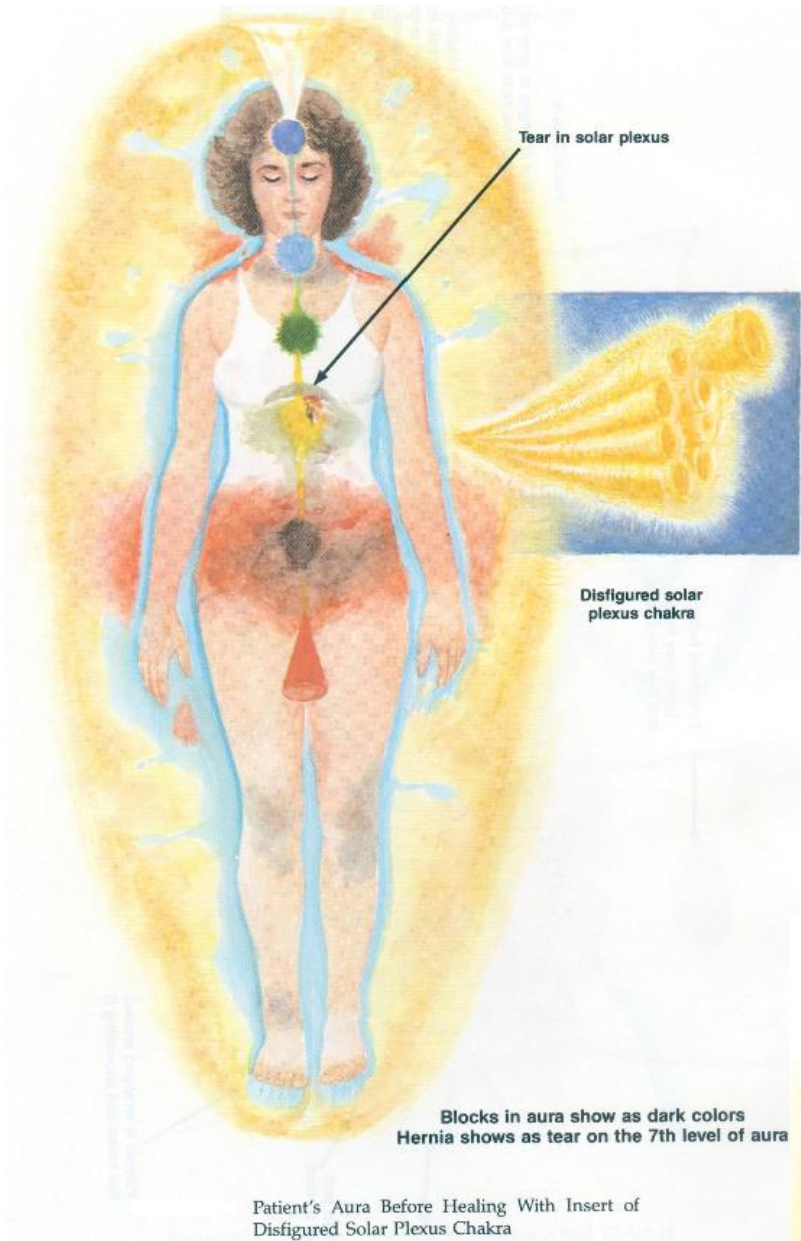
When High Sense Vision is coupled with High Sense Hearing, information received becomes even more useful.

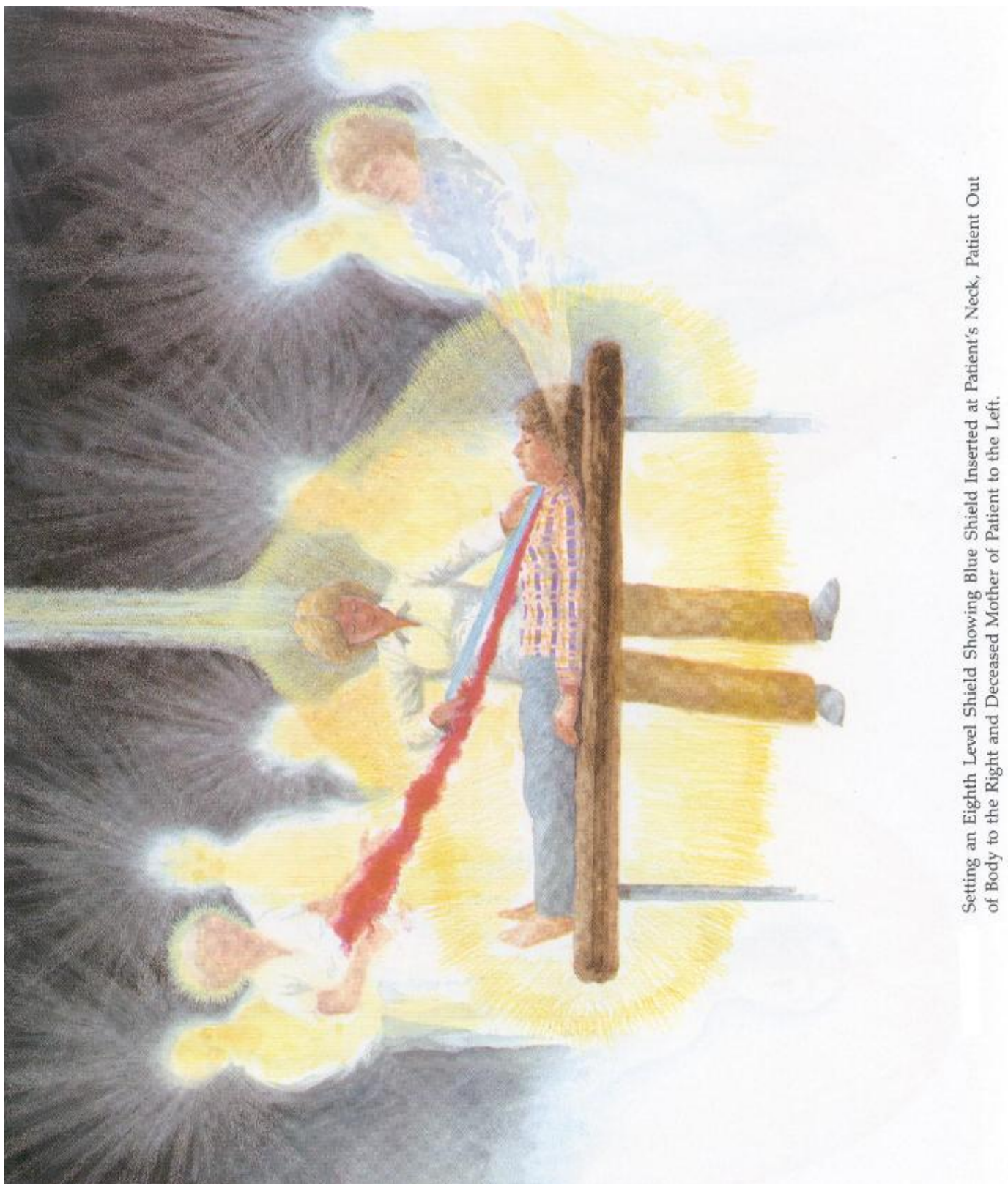


**To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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



The Anatomy of Internal Viewing





Setting an Eighth Level Shield Showing Blue Shield Inserted at Patient's Neck, Patient Out of Body to the Right and Deceased Mother of Patient to the Left.

### **HEALING the ETHERIC TEMPLATE LEVEL of the AURA (5<sup>TH</sup> Layer):**

If the guides decide to do etheric template work, the healer will be signalled to lay hands on the body in two places, usually over two chakras, and to allow the hands to rest there. From this point on, the guides control everything that goes on, and the healer is largely passive.

As Barbara Brennan progressed in the etheric template healing work, she began to witness whole operations taking place. At first, she found this hard to believe because they appeared to be so similar to an operation on the physical level performed by surgeons in the operating room of a hospital.

As she allowed her hands to passively rest upon the patient's body, her etheric hands would detach themselves from her physical hands and sink deep into the patient's body. Then the hands of the guides who do etheric template work (who she calls the surgeons) would reach through her etheric hands and literally perform an operation. When they did that, the size of her etheric hands would expand greatly.

To do an operation, the guides would stick tubes through her arms, down through her hands and into the body of the patient. Apparently, they use all the same equipment that a normal surgeon does – scalpels, clamps, scissors, needles, syringes, etc. They cut, scrape things away, cut things out, do transplants and sew things back up again. At one point, I saw a large syringe float down my arm and into the body of a patient whose spinal nerves were being rejuvenated and sewn back together.

During this type of operation, which she calls spiritual surgery, the healer cannot under any circumstances move his/her hands. In fact, most of the time the hands are so paralysed it would be fairly hard to do anyway. Whenever she has tried, it was with a great effort. It takes a lot of patience to simply sit there, sometimes for 45 minutes, while the guides do their work.

After the guides are finished, they will sterilise their work and begin slowly closing up the incision. The etheric hands of the healer slowly begin to surface and merge with the healer's physical hands. Again, this takes patience. Finally, the hand on the lower part of the patient's body (usually her right hand) comes loose, and the guides usually direct me to bring it up the body to the left hand. She then slowly removes the left hand and then, step by step, with delicate hand and finger movements she reconnects the newly restructured area of the etheric template with the template of the part of the body around it. This is done by slowly moving the hand up through the chakras. The healer's hands do not move away from the body until the incision is closed and the new and old fields are reconnected.

<p><b>Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out, when one embraces Feeling Healing, of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.</b></p>
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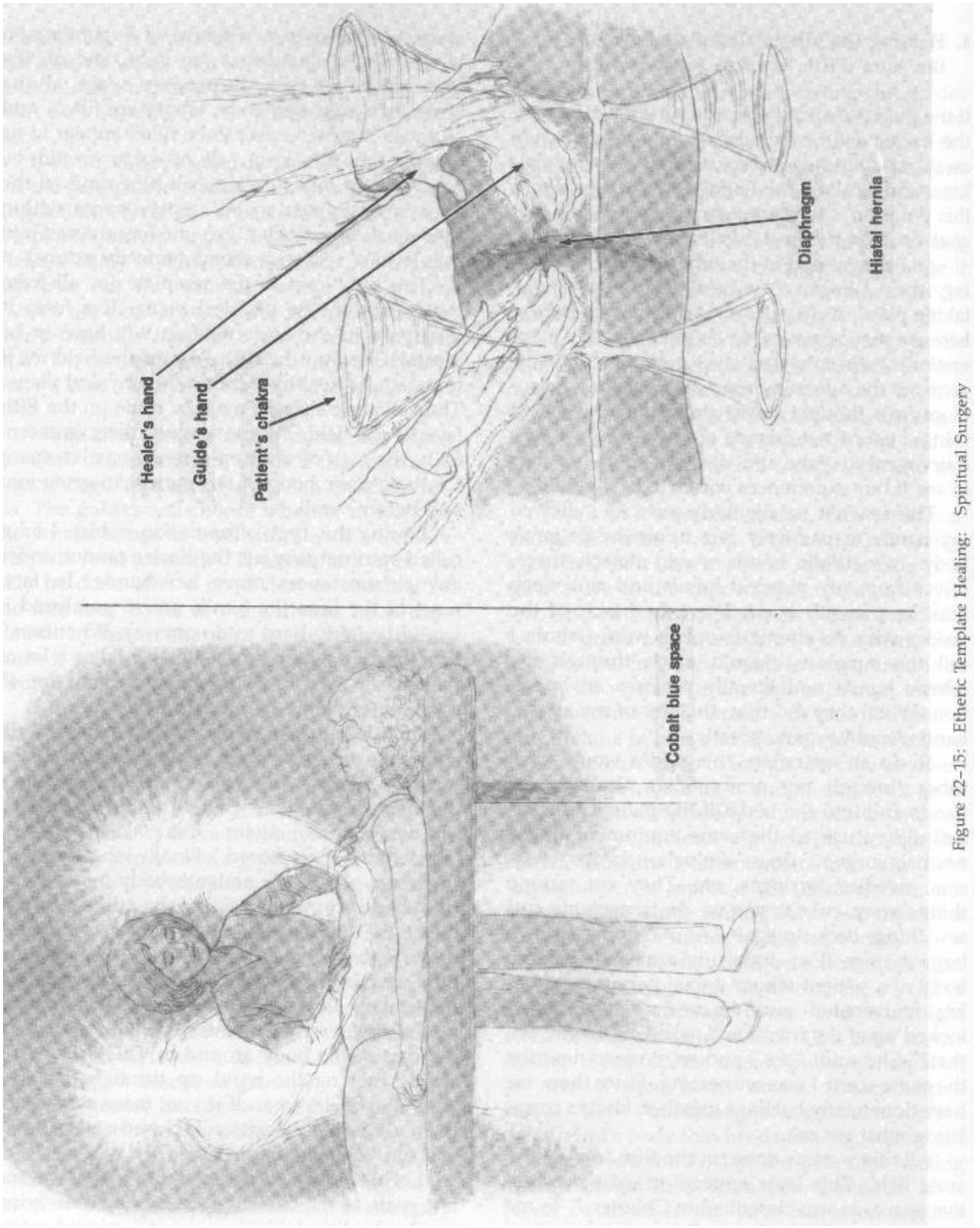


Figure 22-15: Etheric Template Healing: Spiritual Surgery



The Auric Fields of a Couple in Love

### **The PROCESS of HEALING, an OVERVIEW:**

What the healer has to offer the patient and the medical profession are three things: a different and broadened view of the causes and cures of disease; access to information about any given life or medical situation that may not be available through other means; and working directly with the patient to enhance the patient's healing abilities.

No matter how miraculous the result, the healer really induces the patient to heal himself through natural processes, even though they are beyond what is considered to be natural for those who are not familiar with healing. Your body and your energy system move naturally toward health. The healer has ways and means to evoke health. The physician, of course, also works with these principles. But with the burden of so many impersonal cases, and constantly being faced with illness, many medical doctors become oriented towards the cure of a specific set of symptoms, which sometimes may not be the same as orientation towards health. To the healer, health not only means health in the physical body, but also balance and harmony in all parts of life.

The process of healing is really a process of remembering – remembering who you are. Within the aura the process of healing is a process that rebalances the energies in each body. When all the energies in each body are balanced, health occurs. The soul has learned its particular lesson and, therefore, has more cosmic truth.

There are two major approaches to healing today. One is “inner” healing, which establishes balance and health in all levels of the person by focusing on and dealing directly with the physical, emotional, mental and spiritual aspects of the human, being, how he creates his belief systems and reality. The other is “outer” healing, which helps re-establish balance in the different layers of the aura, including the physical body systems, by applying energy distilled from the Universal Energy Field (UEF).

#### **The Process of Inner Healing**

The process of inner healing rebalances the energies in each body by focusing on the expression of that imbalance, correcting it and repairing the appropriate layer of the aura through laying-on of hands.

In the healing of the ketheric template level, the faulty belief system is brought to consciousness and challenged. Healing is done on the seventh layer of the field. This healing consists mainly of repairing and restructuring this body wherever needed. Repair of the seventh layer automatically opens the sixth layer for more celestial love.

On the celestial level, the healer sits in celestial or universal love and simply channels it to the patient.

On the etheric template level, the auric body is realigned through spiritual surgery. This has the effect of realigning the will to the Divine Will.

On the astral level, healing takes place through chelation and love. The healer sits in the reality of love of humanity and channels energy to the patient. This allows the mental level to begin relaxing and letting go of some defences.

On the mental layer, the healer challenges the faulty thinking processes that create imbalance on that level. These thinking processes are based on the logic of the child who experienced the trauma. When the adult becomes aware of them, they are easily seen for what they are and can be replaced by more

mature thinking processes. The healer works to restructure that layer of the auric field by helping the client to imagine new solutions to old problems.

On the emotional layer, using a chelation technique, the healer helps the client to clear blocked feelings. Sometimes the patient relives old traumas and experiences all the blocked feelings during the healing. Sometimes the traumas are removed without the patient's becoming aware of them.

On the etheric layer, there is straightening and repair to be done to restructure that layer, to re-establish a sense of well-being and strength.

To work directly on the physical body, exercises, body positions and voice are used to release physical blocks, for example, muscle tension, fat or weakness.

In the process of full spectrum healing, all the bodies are worked on together. This process is done in private sessions or sometimes in groups with a healer. In this process, health in the physical body usually appears last, after the other bodies have been balanced. This may take one session or a year of sessions.

### THE PROCESS OF INNER HEALING

KETHERIC TEMPLATE BODY	7th layer healing	Challenges faulty belief system.
CELESTIAL BODY	6th layer healing	Sits in Universal Love.
ETHERIC TEMPLATE BODY	5th layer surgery	Realigns individual will to Divine Will.
ASTRAL BODY	4th layer chelation, love	Gives love and acceptance.
MENTAL BODY	Chelation and repatterning of thinking	Challenges dualistic thinking patterns.
EMOTIONAL BODY	Chelation and redirection of emotional flow	Reexperiences blocked feelings and pain to release energetic flow of feelings.
ETHERIC BODY	Chelation and structure repair	Releases energy flow and vibrations in etheric body. Restructures it. Rebalances metabolism of orgone in etheric.
PHYSICAL BODY	Massage	Revitalizes and nourishes physical body with energy, rebalances chemical processes, which rebalance physical systems. Health.

You may wonder how healers can do all this. It is because they have access to an enormous amount of information through an expanded state of consciousness.

## **The Process of Outer Healing**

With the advancement of the practice of holistic medicine, many healing methods are being developed and are proving to be reliable. Many physicians are emphasising diet, food supplements like vitamins and minerals, exercise and health maintenance programs to keep people healthy. Health care professionals like homeopaths, chiropractors, acupuncturists, kinesiologists, masseuse and other body workers are practicing all over the country to help people maintain their health. People are becoming more conscious of regular fitness programs of exercise and regular health checkups to catch any possible difficulty before it becomes serious. Laying-on of hands healing is now being practiced around the country in many forms. People are interested in shamanism and other ancient forms of healing. Psychic surgeons regularly visit. We are in a health care revolution. Why?

With the advent of modern technology and the loss of the family doctor, medicine became depersonalised. The family doctor took responsibility for a family's health by being familiar with the family's history, sometimes for generations. Today a physician can't even remember the names of his patients because he has so many. With this change to what is many times a wonderful technology that saves many lives, the physician cannot possibly take responsibility for each patient's health. That responsibility has fallen back on the patient himself, where it ought to be. This is the basis for the health care revolution. Many people want to take more responsibility now for their health. To make this change a smooth one, the best way is to integrate the methods that are available, so that healing can become very personal again, as it was at one time in our history.

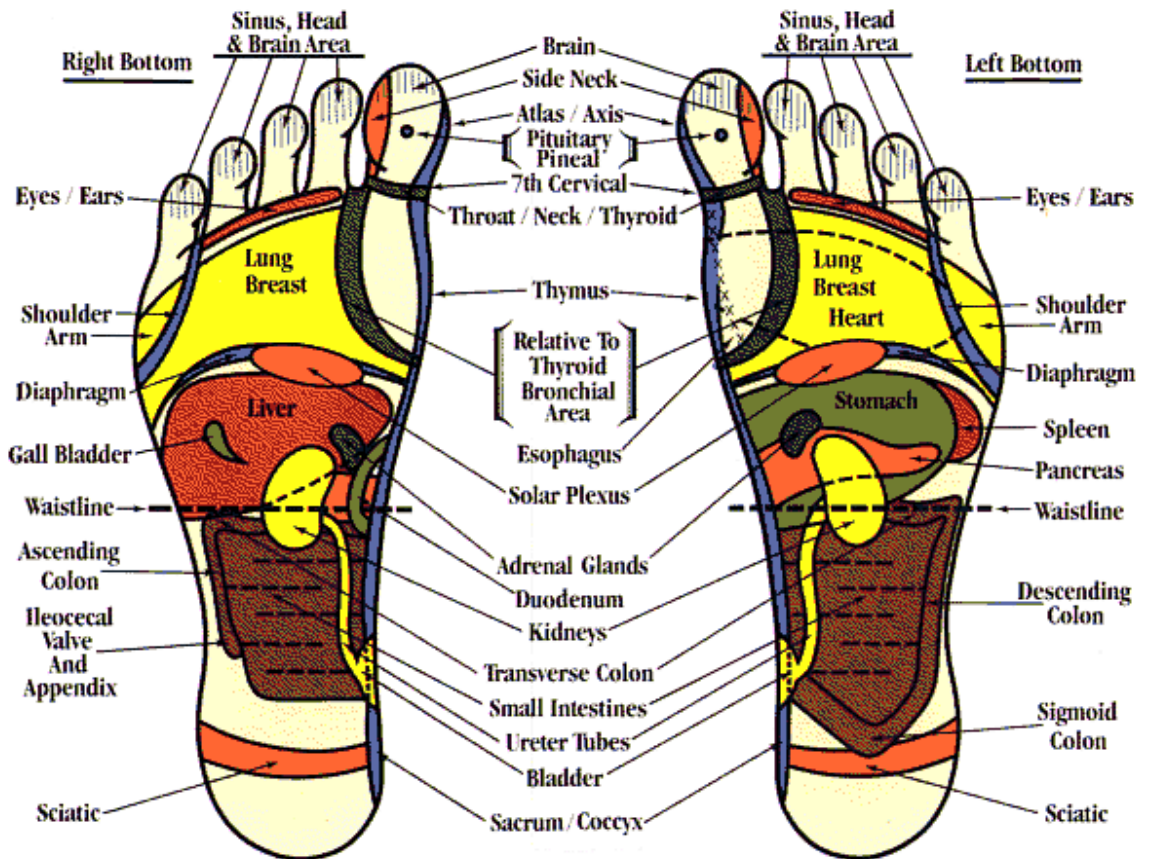
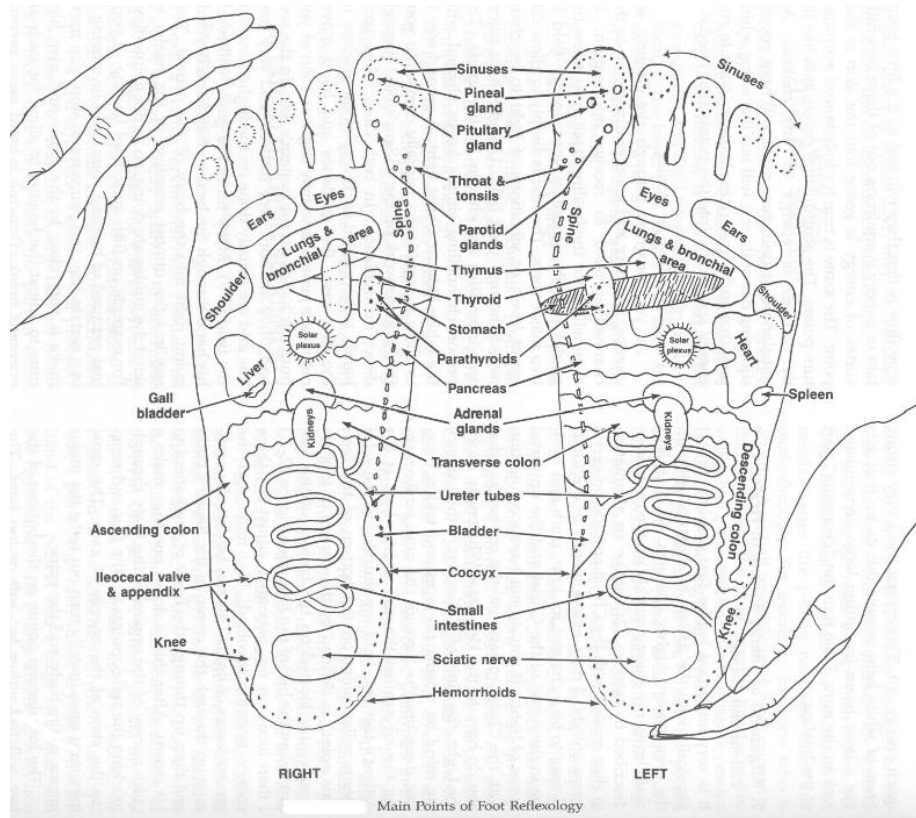
## **How Healers and Physicians can Work Together**

With healers and physicians working together, it is possible to take advantage of the best technology and the best personal attention available for each patient. Let us see how it would work.

Healers can assist physicians in the three ways mentioned. They are: giving a broader view of the causative factors involved in any illness; providing information that cannot be obtained through the present standard methods or that cannot be obtained by those methods in the time required; and providing laying-on of hands (called bioenergotherapy – BET) to balance the energy system of the patient and to enhance and accelerate the healing. Many times this last effort helps the patient gain the strength necessary to save his life.

In clinical practice, the healer can work directly with physician and patient in making the first diagnosis to pinpoint the problem, give an overall view of how the energy system is out of balance (and thus how serious the problem is), provide a broader view of the causative factors involved and work with the patient on the meaning the illness has in his life.

The healer can receive recommendations through use of High Sense Perception about the kinds and amounts of specific drugs to be taken, supplementary healing techniques, diet, food supplements and exercise. The healer can follow the case with the doctor and again through the use of High Sense Perception, make recommendations as to how that dosage and other supplements need to be changed week to week, day to day, or even hour to hour. In this fashion, the healer and physician together can achieve a level of "fine-tuning" in the care of the patient never before imagined. The healer can observe the patient's energy field to tell how the drug or other healing methods used are affecting the patient overall.



## **Toward a Holistic System of Healing**

The holistic healing systems of the future will combine the tremendous body of the “analyzed” knowledge of the traditional medical profession with the “synthesized” knowledge of the higher body energy systems. The future holistic healing systems will diagnose and prescribe healing for all the energy bodies and the physical body simultaneously as needed by the patient and incorporate both the inner and the outer healing processes. Medical doctors, chiropractors, homeopaths, healers, therapists, acupuncturists, etc. will all work together to aid the healing process. The patient will be seen as a soul on its journey back home to the true self, the Godself, and disease will be seen as one of ways to point the traveller in the right direction.

To do this, we need to use the analytic methods developed by the medical profession to delve into the mysteries of the higher body in order to gain a practical knowledge of their functioning and structure. We need joint research projects in which the higher body healing methods are tested along with current allopathic (western medicine) scientific medicine to see the combined effects. How do allopathic drugs and homeopathic remedies work together? Which are in harmony with each other, supporting and enhancing a cure? Which are inimical and should not be used together?

We must concentrate on finding a detection method to observe the energy bodies. Since the etheric is of the coarsest matter, is most like the physical body and is probably the easiest to detect, we should concentrate first on it. What a tremendous tool we would have if we could produce a picture of the grid structure of the etheric to show energy balances and imbalances. With this information and further study, we could then find more practical and efficient methods to rebalance the energies in the etheric. In the future we would move on to discover methods to apply to the higher bodies.

**Thus we could heal the disorder before it is precipitated into the physical body as physical disease.**

“Beacons of Light” painting by Di Skelly-Heron

Hands of Light      published 1987  
www.barbarabrennan.com

Map of Consciousness calibration      710

Light Emerging      published 1993  
www.barbarabrennan.com

Map of Consciousness calibration      770

Core Light Healing      published 2017  
<http://www.barbarabrennan.com/>

**CORE LIGHT HEALING by BARBARA BRENNAN:**

Tuesday, 31 October 2017

James: Hi Nanna Beth, two very important insights have come from reading Barbara that I'd like you to comment on please. (Core Light Healing by Barbara Brennan)

One is the nature spirits, and as you said, the angels, Barbara said she and others see in the astral, fourth dimension or Earth plane level as I call it, are not real. And the other is, she says that all our cords that connect us with everyone in our lives, genetic cords, relationship cords, parental and family cords, cultural cords, probably past live cords too, and hereditary cords connecting through us to our ancestors, all those cords she reckons remain forever, so we just keep connecting with people and remain connected forevermore, which I now feel is wrong.

So let's start with the nature spirits, because how that came about was suddenly I remembered walking through the park with mum and I asked her if she could see the nature spirits as she had started being a professional clairvoyant having never mentioned to us that she could see spirits and talk with them through our childhood. And then I thought, these are the same nature spirits Barbara talks about, then I realised that they are not real nature spirits, just as you said what Barbara and mum called angels weren't real angels.

Nanna Beth: That's right, they aren't, they are 'imposter' nature spirits and angels. They are creations of spirits or spirits pretending to be them – the angels, and they are also the local life forms of those planes and the Mansion Worlds, what The Urantia Book (TUB) call the sporangia. So these beings pretend they are what you want them to be, so nature spirits or angels, but they are not real ones. The real nature spirits and angels are, as you understand James, off limits because of the Rebellion. They have to remain unknown and hidden in their planes, and aren't allowed to come into the two Earth planes and Mansion Worlds in which people can astral visit, see into like your mother could, and where mortal spirits live. So there are no angels or nature spirits in the Divine Love Healing Mansion Worlds either, as you might recall from your writings, as they've never been included in those worlds when spirits have been talking about what goes on in them.

James: Yes I can vaguely remember – I can see that now.

Nanna Beth: However from now on, should people doing their Healing (both in the Mansion Worlds or on Earth) want to relate to and see and speak with real nature spirits and angels, they can, that doorway has been opened because of all you are doing with them. So you are just waking up to this truth James, understanding more of the separation.

James: So if I were to see a real nature spirit, it's not in the astral world but in its own plane the third Earth plane, and were I to see an angel, like how Sage could, then I'd be looking into the fourth Earth plane, that of the angels. And I'm not looking into the astral worlds, the first two Earth planes or even the higher Mansion Worlds.

Nanna Beth: That's right. And as each Mansion World also has unseen planes, seven of them, and of which the angels and nature spirits can be in their specific planes, so were you in the Mansion Worlds and doing your Healing, you'd be able to see them and relate to them in these associated planes. And that has been happening since you started writing about the truth, because that is the truth you are writing, the changes having already taken place. We've only had to wait for you to wake up yourself before we can confirm and tell you more about them, even though we have told you about such things before.



James: Okay, but surely some people down through the ages of the Rebellion have seen and spoken to real nature spirits and angels and yet haven't been doing their Healing?

Nanna Beth: Very few James. You might remember we spirits and Mary and Jesus have spoken about this with you. Under certain special circumstances people have really seen and spoken with them, but very infrequently, and only enough to allow the truth of such beings to remain part of humanity, for otherwise they would have been lost to you altogether.

James: Oh yes, my memory is shocking, I hardly remember anything of what you've said to me over the years, you being all the spirits I've spoken to. So this astral / Earth plane level is full of all sorts of dross and weird creations, what is going to happen all that yuk?

Nanna Beth: It's going to be purged in stages, the first of which you initiated the other night. Those thoughts and feelings you had were real and acted upon, so the lower level dross thought forms and useless creation relics of spirits and people on Earth are being purged. We Celestials in league with the unseen angels are able to do this 'housecleaning', and it's ongoing as people and spirits in those lower sectors of those planes will keep making such dross as you call it, but we can now keep clearing it away, with this having the effect of cleaning the air so to speak, so there won't be the heaviness built up over aeons dragging or weighing down on humanity from these planes. The Earth planes will be 'lighter' in all respects, and with other higher level purges being able to happen as humanity progresses in its Healing. So a lot of sectors which have been maintained as off limit stagnant areas because of the build up of such unwanted negative and dark energy, can now be cleared of that dross, allowing those sectors to be used for other things. So the clearing angels are starting their work systematically breaking down such unwanted negative heavy energy. And all of this is to generally, over time, positively affect the Earth planes and so the astral world, making it easier for people on Earth to relate to it and less being negatively affected by the overhang of such dead energy.

James: Yes, well, that sounds good Nanna Beth.

And so what about these cords, for I feel the cords ARE all severed, and once and for all time upon fusion with one's Indwelling Spirit, so we can move into the Celestials or start our Celestial life on Earth, free of all past entanglements, free of all cords, past and present, free to be Born Again or Anew, free to start our relationship with our beloved soulmate, which you couldn't do properly I now see, if you were still connected to your parents and wife/s, husband/s and all other relationships you've had during your life on Earth and in the Mansion Worlds.

Nanna Beth: Exactly James, which is again why the true union with your soulmate is so special because it's solely between you both, the 'fiery' translation purge into the Celestials 'burn's away all pervious cords, so before that can happen, all of what comprises those connections has to be worked through, which is what you are doing through your Healing.

James: So it would great to have all your bad relationships purged, but what about all the people and spirits you love, are those relationship cords purged too?

Nanna Beth: They are, but can be re-established afterwards should one need or want to re-establish them. But the truth of them needs to be uncovered through your feelings, along with the truth of the unloving relationships, and then they all end, and you and those you're relating to sense they are over, for the cords no longer exist. And a lot of Celestial spirits, and it will be the same for Celestial people,

are often hesitant about re-establishing the previous good relationships should those people or spirits still be of the Mansion Worlds levels, because you know they are not really true. So many spirits wait until the spirit or person they love has finished their Healing, and if the positive connection still remains when they are both Celestials, then reunite and remake the connections. As Celestials we have far greater control, as in fact we have complete control, over such connections, so it's all up to how we feel, unlike it was for us and for you at the start of our lives being inducted into relationships and making the connections on all the subtle levels, most of them going against our true self-expression and actually damaging us. So your Celestial life really is a whole New Start, and letting go of those prior cord connections is a huge event for us to experience. You feel so free, it's such an incredible feeling. Feeling like you currently are James, attached to those people you don't want to be connected to and yet powerless to do anything about it, all so you have to keep working on all the bad feelings such connections give rise to, and then suddenly, they are no longer there and you are free of them!!!

James: That is the main thing I'm looking forward to now, feeling free as you say Nanna Beth, I can almost taste it. So it is a huge thing isn't it, I mean, really big, to actually fully disconnect with everything and everyone that has been in your past Mansion World and Earth existence. So when my time comes, will I sever my cords connecting with you Nanna Beth?

Nanna Beth: Yes, it all goes. And then we can re-establish should you wish. And should I wish, it's a fully equal decision.

James: So as I've been coming to accept lately, my feeling like I'm glued to mum and Gran, will more than likely continue right to the end of my Healing.

Nanna Beth: They ARE your Healing – what you are Healing, so yes it will. The whole truth has to be seen, and there is continual energy and light coming from them and everyone else you are connected to through the cords, all of which creates many of the bad feelings and eruptions in your subtle bodies which you then have to work through to heal and uncover the truth of it. It's all fluid, you're all part of the whole until you leave the Mansion World level of truth and become a new spirit as it were, and truth is the means to allow you to leave. No truth, and you're bound together in your truthless lives forever, just as Barbara said, for she is right for those people and spirits on her level, she never having met or observed cords in the Celestial spirit.

James: I wonder what she'd say if she did meet one?

Nanna Beth: She would be shocked, overcome with their light to begin with. And if she didn't just reject it all and was curious as to how this other spirit exists being so different to her and the spirits she is used to seeing, then she might start asking questions, which would lead to bringing into question all she believes, which would lead in time to her dumping most of her erroneous beliefs whilst she started to do her real Healing with the Divine Love, for she would need to observe the real Holy Spirit bringing the Divine Love into her soul and not the impostor Holy Spirit she talks about. She has no idea about such spirits or such higher levels of truth, with all she understands being confined to the first and lowest Earth plane, so it being highly distorted and meaningless as her so-called guide proves by the nonsense he speaks to her.

James: He not even being her real spirit guide, either?

Nanna Beth: No, just a lower level spirit pretending to be her oversoul and guide, all meaningless and designed to keep you bound up in your minds control over yourself. She had her opportunity to reach

out to her friend who transcended higher, no longer part of her astral world, the one who played the harp; she could have chosen to keep contact with her as her friend went further, and later even started her Healing. However her friend upon receiving counsel was told not to make contact with Barbara telling her about the higher levels because Barbara wasn't wanting to have her established beliefs disturbed, she'd worked it all out nicely to her satisfaction and by having the support of many other like minded – and whom she considered advanced – spiritual people and guides, she is happy where she is. Which is also why you don't feel like reaching out to her either James, leaving her and such people and spirits to their mind control, it having nothing to do with you.

James: I can feel I don't want to make any cord connection with her, it would disturb her too much and wouldn't be fair; and not only on her, but on me too, as she'd only reject me and I don't want that either.

Nanna Beth: That's right, you can feel if someone is open, they have a potential within them to receive new cords and ones that contain a higher vibration and light, but she doesn't, which is plain from reading her work.

James: And so I guess Nanna Beth, longing for and receiving the Divine Love means you are establishing a real cord connection with the Mother and Father?

Nanna Beth: That's right, and until you partake of Their Love, until that connection is established, soul to Soul, it going deeper than the Core Light levels of light Barbara can see, it going right into your soul, you can only entertain the notion of God in your mind. You might feel very deeply about God still, feeling you love God and God loves you, yet until you've received your first drop of Divine Love, it's all still a fantasy relationship you're having with God. God is Divine, you are not to begin with, you are of Natural love, so you can't have a true relationship with the Divine when you are not divine yourself. So you have a pseudo or fantasy relationship, which can of itself be fruitful, and will lead you if it's of true and pure Natural love to longing for and wanting to be with God, so making that true deeper connection through the Divine Love, all of which can happen when the Higher Sons and Daughters have made the Divine Love available by their bestowal and coming.

And someone such as Barbara, because she is so intent on controlling everything with her mind believing that is what God wants her to do and how you would be with God, she denies herself the truth about the Divine Love, and so denies herself the true connection with God which stops her getting to know God personally, relating intimately to God as Mary and Jesus show us we can. And when you make the Divine Love connection with God, so it affects your whole aura, which Barbara in her ignorance would simply say is a strong God-connection – which it is, however she'd miss the truth of it.

James: So because all our relationships are unloving and founded in the wrongness whilst we're still of it, we have to uncover the whole truth of that wrongness, and then we're freed of those connections, free to re-establish them should we wish... ok, so what about someone like Samantha, say she finishes her Healing and becomes Celestial still on Earth, what about her relationship with her children?

Nanna Beth: That is for her to decide then, which she would do through her feelings. And should she want to re-establish her relationship with them, they will continue, the cords can be reconnected in a moment, and so she will move along with her children understanding the limitations imposed on their relationship together by her being true and they being untrue. But that doesn't of course mean it will be a bad relationship, it might be increasingly more loving because she is unconditional in her love, with her children responding to that, and with them possibly doing their Healing and being truer too. And so being still on Earth and being Celestial having finished her Healing, she would no doubt establish many

relationships with people who are even yet to begin their Healing and even possibly are only of their mind, however all that is up to her. It's what you are currently going through James as something of a precursor for when you are Celestial, you deciding as to the extent or level of connection you want to have with the people at the Bush Bank. You want to continue with some of the relationships one day, then feel you'd like to end them all and not re-establish them, then another day you feel closer to some of them, others less, and so it goes as you are moving through your cords and revealing the truth of them. And it's the same you feel with your mother, you hate her one day, then it's not so bad, then you can even feel those parts of her you didn't mind and liked, then you hate her again and more fully, and around you go working your way up through the levels of your relationship and the cords connecting you.

James: So what about my ancestral and genetic cords, how are they dealt with, I've only just felt a little for such things of late, but not much. Barbara has helped me become more aware that such things are no doubt within me, however I've not felt anything more about them whilst or since reading her book.

Nanna Beth: They are of little importance to you James. Most of your ancestors in fact have taken full responsibility for their wrongness and have done or are doing their Healing, so many of them have let the ancestral cord connections connecting you go, as they attained the Celestial level. And it's no big deal for you or Marion, that's not what your lives are about, you're just using the ancestral connections for the lives you've needed so as to give rise to your negative state so you can heal and uncover the truth. So your ancestors won't be lining up to meet you when you come over, and such things are no longer of any interest anyway once you are a Celestial. I have no feeling for my ancestors, family, mother and father, only for John now because of the recent connections and because of the work we need to do together, but all those connections went when I attained the Celestial level. And I am different, I am no longer the child of my parents, that all ended with the end of my connection with them once I left the Mansion Worlds. And even when someone's parents attain the Celestial level ahead of them, on the Celestial's side of things, so the parents in this case, they sever the connections with their child, yet the child still being in the Mansion Worlds still retains and has to deal with such connections as if they are still connected to their parents. The cords connect you to the Mansion Worlds, if you want to look at it like that, so once you are free of those worlds and in the Celestial spheres, you are well and truly free, and free of the Rebellion and Default that is what the Mansion Worlds are of. So Celestials on Earth – people who finish their Healing – will feel completely not of the Earth or of the Mansion Worlds, they will feel and know, because it will be the truth they are living, that they are of the Celestial spheres living on Earth, they being a little part of divine heaven on Earth and still in flesh, and so someone to behold, a different being entirely from the rebellious Mansion World creature they once were.

So as I was saying, I have no feeling for, no interest in, no connection with, my parents or heritage or any relatives, not even with my children, that's all gone, it's OVER, it served a purpose, we were all in it together at one time, but now we're all separate and going our own ways; and like how you were saying to Marion, I might never see and have anything to do with any of them ever again. And that's fine, as I am fully absorbed and happy with my soulmate and soulgroup and all we are doing and all the other soulgroups we interact with. And were I to meet and have anything to do with anyone I was related to, it would be a whole new relationship just like the new ones I've established with my soulgroup.

And so speaking of my soulmate, as you were also saying to Marion, what you said was correct, that even if I knew my soulmate whilst I was doing my Healing, we couldn't have had a true connection because I was untrue. He might have been untrue too, being in the Mansion Worlds still, or he might have been a Healed Celestial, but still, until I too become a Celestial, I can't have a true relationship

with him, it's impossible. So the best soulmates could have would be both true and perfect in their Natural love, yet still when they cross over into the Celestials, that relationship cord-wise will dissolve, so it will end, and then start completely anew as Celestials. And the Celestial soulmate relationship will be superior and deeper, more intensely loving and intimate than anything that can be achieved in Natural love.

James: So once you are a Celestial, then everything is new and starts again, I know you said this, but I'm trying to imagine it.

Nanna Beth: You can't imagine what it's like James. It's your whole being that ends and starts again, fresh and new, all your mind, all your feelings, beliefs and behaviours, your spirit Mansion World body, everything 'dies', it ends, and then starts again, with all the parts of you reprogrammed to the Celestial level of truth. So when you 'wake up', for you don't really die nor even lose full consciousness, because you are to feel and retain a knowing through feeling that you have been purged of all that is not right, and that you are free, right and true, that your Healing really has ended, and you are now perfect and true to the Celestial level, and that you are NO LONGER in rebellion and so are wholly aligned with God, and you feel how good that feels, and how murky, unclear and cloudy your Mansion World life now seems. Yet you can still access your Earth and Mansion World memories and all you went through in your Healing and all how bad you felt, you can easily put yourself back in how you were, having complete access to all your memories and experiences from conception onwards, but you know it's all only how you were, it's not how you are now in any way. And that too is a relief. I can't tell you how good it feels to know one hundred percent and with every fibre of your being that you are finally free of the Rebellion and Default, that it's over, all that pain and suffering and feeling so unloved, has ended. There is nothing like it, which of itself takes time to adjust to because you're so used to being of the yuk. So our Healing is bringing us right up to that moment of being able to let it all go, to uncovering every aspect of truth so there is nothing you are holding onto, you've brought it all out, it's all gone, seen and felt for what it was, and then you have no further connection with it, so you move into the Celestial truth; and it all locks in and you have fused with your Indwelling Spirit, and you feel very different, clear, and free. So with no further connection with your real past life – your Earth and morontial life, no more connection with anyone or anything in it, free of it all. You can't take anything with you into the Celestials, and over here the whole substance and light of life is different to that of the Mansion Worlds, so it's a massive change – your whole person is changed and yet it's also not changed, for you retain all who are as in your personality, and simply carry on, but without all the baggage from your earlier existence.

James: Thank you again Nanna Beth, I really appreciate you going to such lengths explaining it and painting a picture I can relate to. I can't wait, I can sense all you're saying is true. I'll go now, thank you again and speak to you soon.

Nanna Beth: Yes James, it's my pleasure to share it all with you. Until next time, all my love to you, Nanna Beth.

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

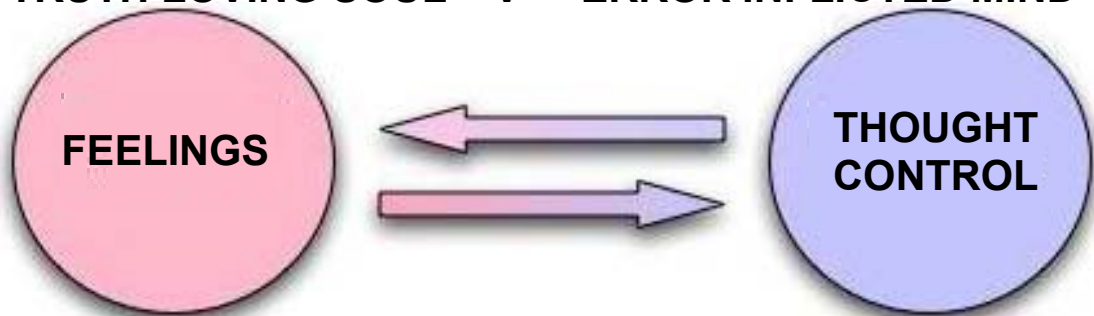


**Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.**

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



**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



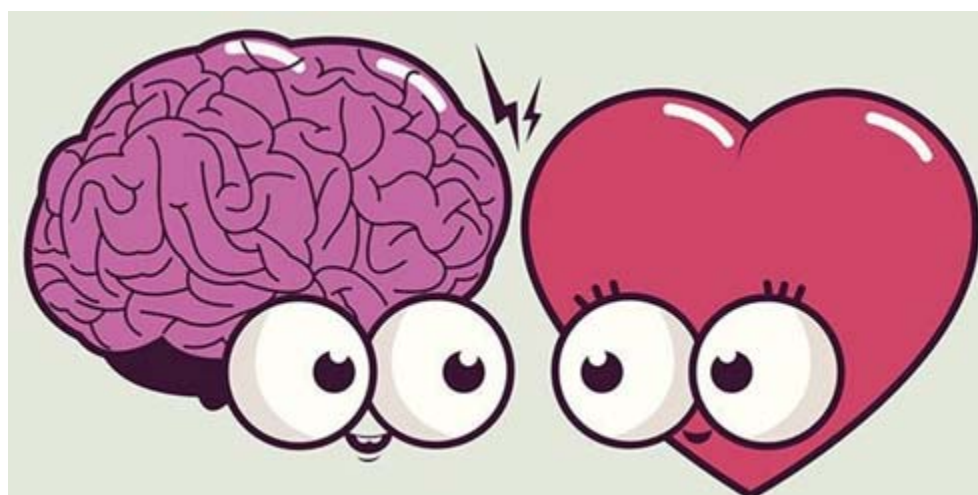
## WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!

At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing. Jesus Message 33 (part) 9 January 2003  
 The Rejected Ones – Living True to One’s Feelings by James Moncrief



**Like Father – Like Son**

**Like Mother – Like Daughter**



**Our mind strives to control and is always subject to error. The mind’s controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.**

**Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.**

**To be FEELING RECEPTIVE rather than being MIND CONTROLLED:**

People are to sincerely seek the truth of themselves through their feelings. The soul is that indefinable part of one's self. It's that part we can sense, soul-perceive within ourselves, somewhere deep within our heart. And it's not centred in nor is it part of the mind as some people think.

Our soul, blessed with natural love character traits and being the home of one's personality, becomes rapidly encrusted by the personality issues of those within one's environment, commencing from the time of conception and culminating, typically, by the time one is of the age of six or seven. We reflect the encrustments of our parents and of those within our environment. Our soul always remains perfect though it can become as dark and restricted in capability as a dried up garden pea, covered in error and negativity. We are making decisions with our mind right from our first moment of conception, even with such a rudimentary mind. Those decisions compounding as our mind develops, until around age six when our mind is fully developed and we are locked into our negative state.



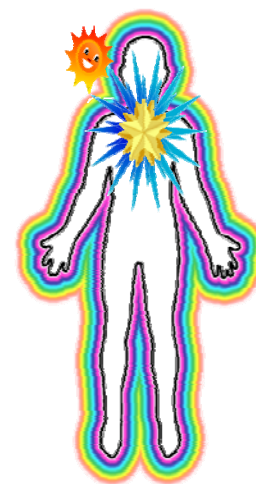
The Indwelling Spirit becomes present when we reach the age of six or seven. This means that the unseen helper of the Mother and Father – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Mother and Father. The Indwelling Spirit reveals intrinsic workings of our Heavenly Parents to our soul. The Indwelling Spirit guides us to uncover the truth of our soul through our feelings, whilst the Holy Spirit delivers the Divine Love into our soul, all in response to our longings for the Truth and the Love.

Together with the normal interaction between our soul and indwelling spirit all the truth we need to live will be given to us – all through ourself, all through our feelings. Divine Love, when asked for and received, gives one just enough strength and desire to keep pushing on, all whilst at the same time, not preventing one from feeling all the bad feelings we need to keep feeling.

It is by applying the full intention to uncover the whole truth of ourself through our ongoing feeling acceptance we are to rid ourselves of our childhood repression and all the problems it's caused.

The religion of feeling is really just living truth, the truth that comes from doing one's healing; which is really just the truth that comes from everyday expressing oneself: all one feels with the intention of knowing the truth of such feelings. True, however the further we progress and the more our soul expresses in Creation, part of what goes along with that is a sense, also from our soul-perceptions, that we are actually more our soul, so we are always becoming closer to being our true and whole soul. Only through our feelings can we come to BE our soul. We will ultimately not be reliant on anyone, only our feelings.

The thought adjuster – our Indwelling Spirit, is divine in as much as it's literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise, when we're about six, and indwells our higher mind. It becomes, if we allow it to, by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise.





**WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home

Council of Elders  
now around 20  
Soulgroups



Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

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

The Natural love spirit Mansion Worlds as to how they have been for all these hundreds of thousands of years and as they are set up currently, are to help spirits advance to the fullest of their self-denial that they can. That is, so as to become as evil as they can. And all under the guise of being 'loving'.



It's why they are called the mind worlds, namely Mansion Worlds / spheres 1, 2, 4 and 6. That is because the spirits are using their minds to complete their rebellion – denial of self and feelings, and rejection of our Heavenly Parents as well their Creator Son and Daughter. So yes, the top of Mansion World sphere 6, spirits are the most evil, the most in rebellion, the most in default, the most wrong and unloving and untrue, even though, they appear, because they've trained their mind to do so, to be the most loving, but it's all false and contrived – such as the Eastern gurus. Total mind over feelings, blocking all the bad ones and using your mind to only make you feel good.

Typical of those on their way up in the mind worlds are not open to anything, they do not want to know about feeling bad and going with their bad feelings looking for their truth, because that scares them, that's not nice, that doesn't make one feel good, it threatens their control, they reject that preferring to stay in their nice safe space. Which is how it is for these Natural love mind spirits using their minds to control their feelings.

We've all got to take responsibility for our evilness even though we were made to be that way and rebel by default, but there is no getting away from it, and it has to be compensated right to the last farthing, which is what being in the hell planes is all about, and which keeps being applied right the way through the Mansion Worlds. **In the mind worlds you can continue to use that inner pressure requiring compensation for your bad deeds, to further contrive love and pretend you are all holy and loving and not hurting anyone anymore, which on the surface of it you are not, but underneath still are, all the way up through to the sixth world; or, you can allow it to keep working on you right the way up through the Divine Love Mansion Worlds doing your Healing.**

And apparently what's going to happen is the Natural love mind Mansion Worlds are going to be divided, so within them, there will be spirits doing their Feeling Healing – without the Divine Love, and still limited to the sixth Mansion World, but looking to be true and end their rebellion. And then there will be those still carrying on denying themselves as they have always done. So you will have spirits in the Feeling Healing Natural love sectors that will truly perfect their Natural love; and those spirits still in the mind sectors perfecting their wrongness. The opposites or extremes living side by side. And then you'll still have the Divine Love Healing Mansion Worlds, being spheres 3, 5, and 7, doing their Soul Healing.

And as for a summation: “Divine Love Mansion World / Sphere 3 is the waking up to the truth that one is not loving, also their being a lot of assistance. Sphere 5 is then about going right into the depths of feeling how unloved you feel and seeing how unloving you are and how that makes you feel, also this a time when one can then progress and manage their own progress through their Feeling Healing. Sphere 7 is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, this is a time of great realisation and comprehension with much of the prior experiences starting to be drawn together.”

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

It is agreed that the lower worlds are about waking up to what's involved, however from then on it depends on how it's all structured for the individual in their negative state as to how much ongoing assistance they might need. Some need help all the way along, whereas others have been able to work with their feelings, themselves, right from the beginning.

And yes, each of the Divine Love healing Mansion Worlds, 3, 5 and 7, are equally painful to work through, just focusing on different aspects of yourself and your Feeling Healing with Divine Love. And then in the higher planes of the 7<sup>th</sup> world comes the transition, where one's pain starts to end, and you start feeling so much better about yourself, you are fully accepting of your negative unloving state, you are fully unloving although even starting to become more loving – truly loving, of yourself, God, and then other people.

Then onto the Celestial Heavens by progressing into Sphere 8 and then onwards further, all the way home to Paradise.

Maybe something like 6 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

The 1<sup>st</sup> and 2<sup>nd</sup> Spirit Mind Mansion Worlds / spheres are jammed to the rafters.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

## **WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!**

**We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.**

**We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.**

**Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.**

**We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.**

**If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.**

**There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.**

**That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.**

Sage and the Healing Angels of Light by James Moncrief



**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'.

### LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

**It is through our feelings that we know – feel – how to live the Will of God.**

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

**Your bad feelings are real and true**. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother**.

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

ALWAYS BE TRUE TO YOUR FEELINGS



**Feelings first**

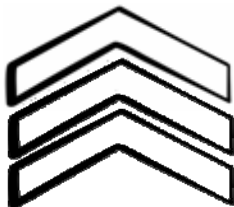
**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**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 CHOICE is OURS to MAKE:****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.

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

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

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

## FEELING HEALING

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

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



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

# 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



# 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.**

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

## Feelings First 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.

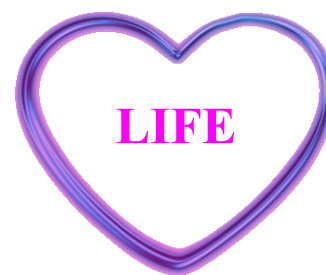
It completely unifies the world.

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**

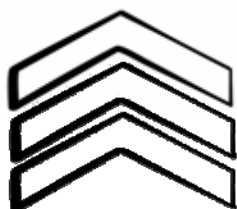


my  
**House** is your  
**Paradise**  
 **HOME**

**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

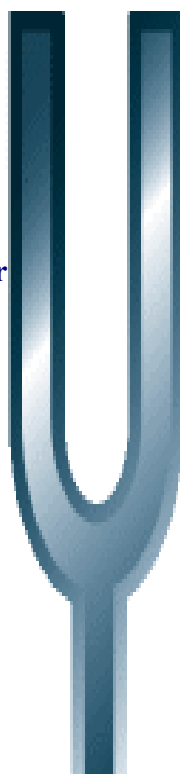
- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.

**The CHOICE is OURS to MAKE:****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.



## **WE ARRIVE DETUNED!**

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.

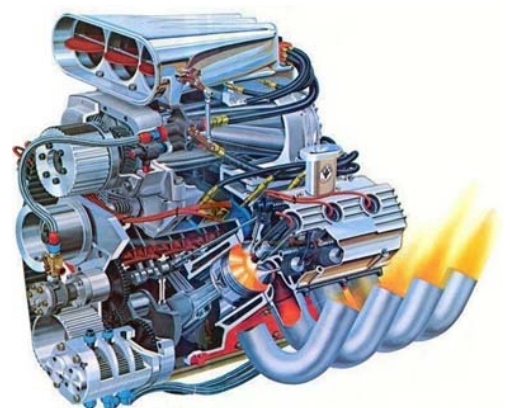
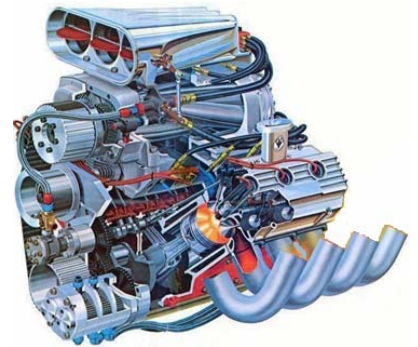
As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation, we are to live true to our feelings. Our heartfelt feelings being the guiding lights to our evolution and growth of truth.

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in and can be found through our feelings – our soul based feelings.

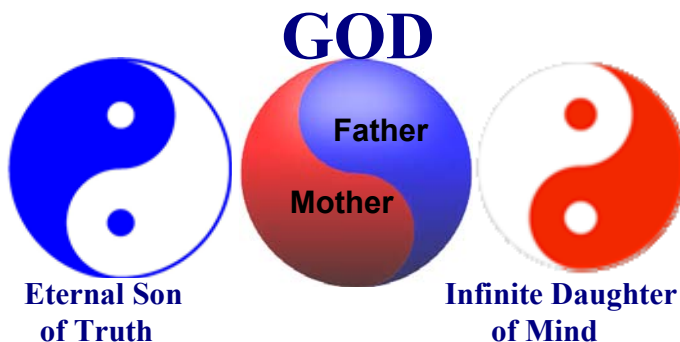
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



**WE were DIVINE, and  
WE are to BECOME DIVINE AGAIN:**

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



Our physical parents, from our conception, endeavour to mould us into being ‘little me’s’, that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are of a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father. We are to embrace the Eternal Son of Truth, not the Infinite Daughter of Mind.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents’ impositions and suppression.



Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul’s two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just ‘less’ or different to Divine Love. And it’s that in our rebellious state, we’re rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

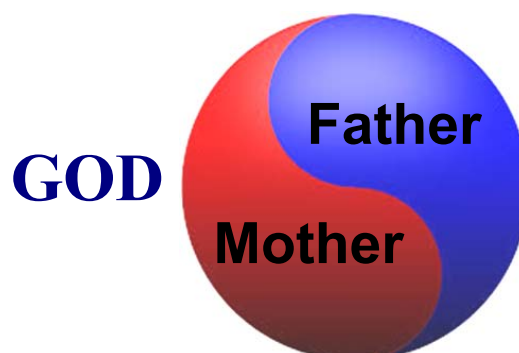
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence our Soul Healing and a returning to that of being divine – this is our destiny.



**GREAT  
U Turn**

**Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenning  
22 May 2017**

**Rebellion and Default  
officially ended  
31 January 2018**

**CREATED in THEIR IMAGE:**

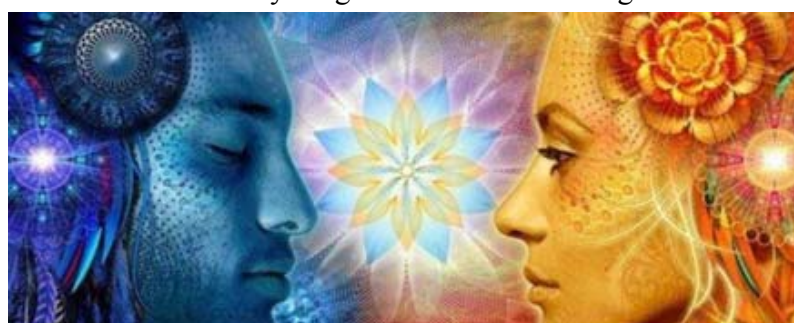
James: Mary, what does 'we being created in the image of God' really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God's Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you've completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being 'confirmed' and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

Mary Magdalene communicating with James 20 November 2017



# REVELATIONS



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

## REVELATION

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

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

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

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

## REVELATION

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

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

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.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence  
blocked  
22 March 2017  
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quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018



<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>Paul – City of Light</b>	
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx</b>	<b>– Joseph Babinsky</b>
<b>containing the Padgett Messages or</b>			
<b>Little Book of Truths</b>			<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx</b>	<b>– Geoff Cutler</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus'</b>			
<b>comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>			
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx</b>	<b>as primary reading</b>
<b>Divine Love supporting reading:</b>			
<b>Revelations</b>	<b>1954 – 1963</b>		<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>		<b>– Geoff Cutler</b>
<b>The Golden Leaf</b>	<b>2008</b>		<b>– Zara &amp; Nicholas</b>
<b>The Richard Messages</b>	<b>2012 – 2013</b>		<b>– James Reid</b>
<b>The Divine Universe</b>	<b>2012 – 2013</b>		<b>– Zara &amp; Nicholas</b>
<b>Family Reunion Afterlife Contact</b>	<b>2014 – 2015</b>		<b>– Joseph Babinsky</b>
<b>Traveller, An Immortal Journey</b>	<b>2014 – 2015</b>		<b>– Zara &amp; Nicholas</b>
<b>Destiny, Eternal Messages of Divine Love</b>	<b>2015 – 2016</b>		<b>– Zara &amp; Nicholas</b>
<b>Feeling Healing</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>The Way of Divine Love</b>			<b>– Joseph Babinsky</b>
<b>Divine Love – The Greatest Truth in the World</b>			<b>– Joseph Babinsky</b>
<b>The Human Soul</b>			<b>– Joseph Babinsky</b>
<b>Divine Love Flowing</b>			<b>– Joseph Babinsky</b>
<b>The Truth</b>			<b>– Werner Voets</b>
<b>Through the Mists, The Life Elysian, The Gate of Heaven</b>			<b>– Robert James Lees</b>
<b>Life in the World Unseen</b>			<b>– Anthony Borgia</b>
<b>Gone West</b>			<b>– J M S Ward</b>
<b>Post Mortem Journal</b>			<b>– Jane Sherwood</b>
<b>After Death / Letters from Julia</b>			<b>– William T Stead</b>
<b>Thirty Years Among the Dead</b>			<b>– Carl A Wickland</b>
<b>A Wanderer in the Spirit Land</b>			<b>– Franchezzo</b>
<b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>			<b>– Geoff Cutler</b>
<b>The Holy Bible from the Ancient Eastern Text</b>			<b>– Dr George M Lamsa</b>
<b>Available generally from:</b>			
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>	
<b>For Divine Love focused websites and forums:</b>			
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>		
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>		
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>		
<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>			

**James Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945  
The Urantia Book (see suggested papers to read below)

**James Moncrief Books:**

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

<http://dls spirituality.weebly.com/>

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

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

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**



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

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

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

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

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

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

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

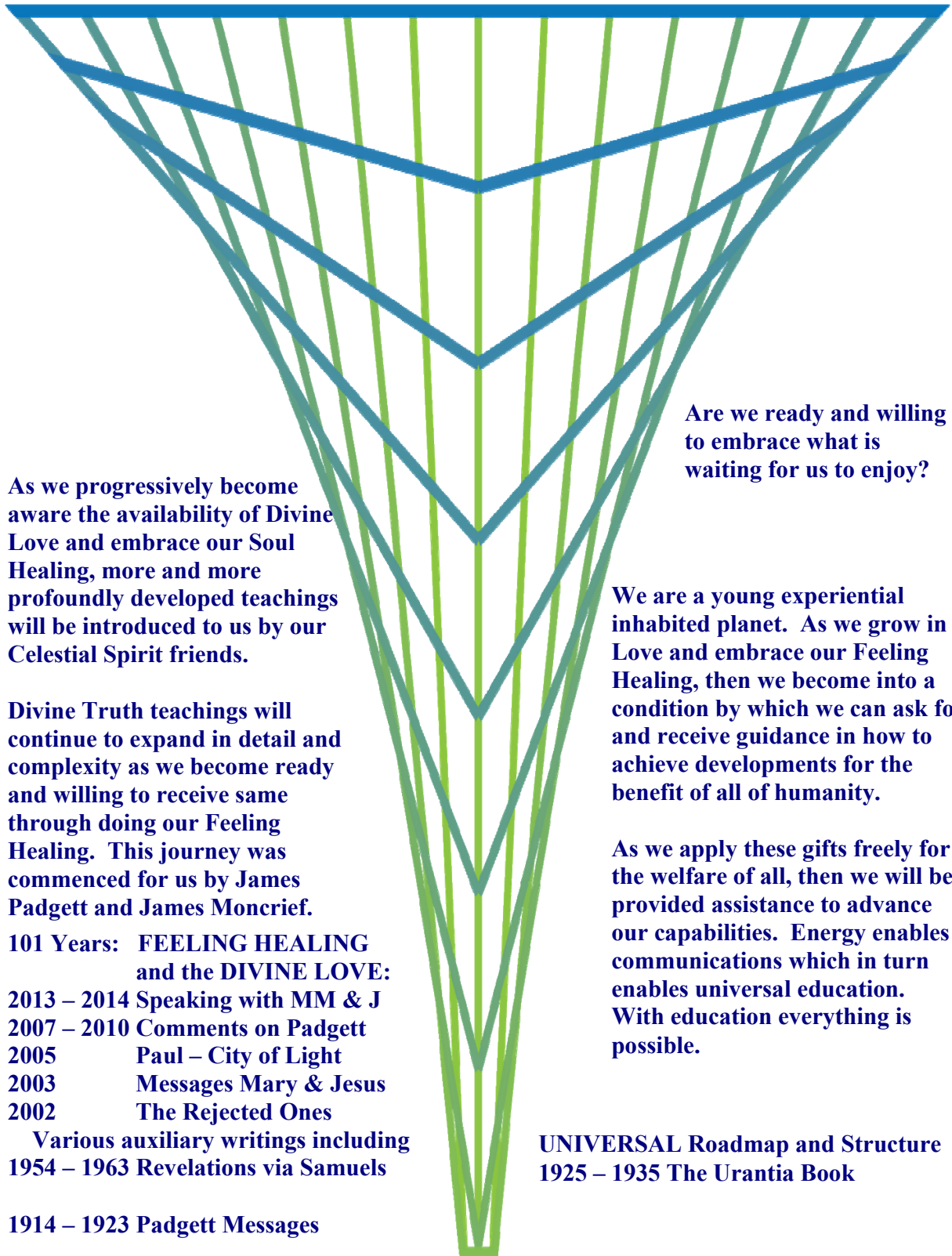
Pascas Care Letters A Huge Upturn  
Pascas Care Letters Big Revelation  
Pascas Care Letters Feeling Healing Benefits Children  
Pascas Care Letters Feeling Healing Way  
Pascas Care Letters Little Children  
Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



**Cause No Harm** < to OTHERS  
to MYSELF

Strive to love others as I am to love myself

To liberate one's real self, one's will, driven by one's soul, moves one to embrace 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.

Divine Love  
is the key!



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

Feeling Healing with  
Divine Love is the key



to enter the  
Celestial Heavens:

