

# PASCAS CARE

## *Healing & Recovery*

*Pain & Suffering*

*Vol VIII*



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

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

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

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

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

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

Living Feelings First, *John.*



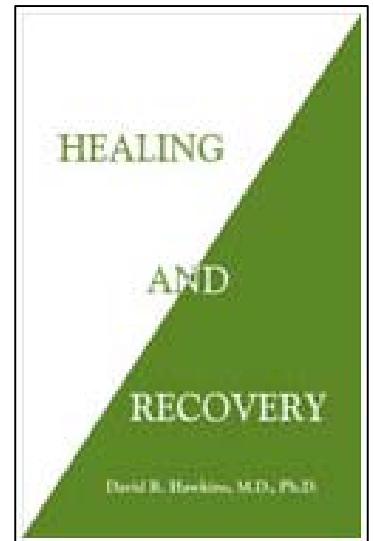
***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

**HEALING & RECOVERY: by Dr David R Hawkins**

Healing is the result of not just clinical processes but also of overall biological potentialities that often do not materialise without the unseen power of spiritual alignment.

Health recovery is greatly facilitated by the unseen power of the spiritual dimensions of intentionality of consciousness itself (nonlinear context). Consciousness is the quality of your soul condition.

The clinical power and influential impact of spiritual context is overwhelmingly displayed by the millions of recoveries from medically hopeless illnesses as exhibited by worldwide membership faith-based organisations of which Alcoholics Anonymous (AA) and A Course of Miracles (ACIM) are prime examples.



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

**Note:**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

**Blessing your food** achieves an increase of 15 points which is in fact a quadrillion ( $10^{15}$ ) jump in energy.

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

[Note: Text is drawn from Dr David Hawkins' book, Healing & Recovery.]

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

**“Every day is a day of devotion.”**

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

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

**Our salvation IS the embracing of the Feeling Healing process and Divine Love.**

## **PAIN and SUFFERING:**

This chapter will cover the subject of the alleviation of pain and suffering. The world thinks that they are the same thing, but we will show how suffering and pain are actually different from each other. We will look at the relationship between the physical, mental, and spiritual aspects of the experience of the body.

It is said that all diseases, illnesses, and human problems are physical, mental, and spiritual, but what does that really mean? As a physician for more than fifty years, I (Dr Hawkins) have learned about the physical aspects; as a psychiatrist, I have learned about the mental components; and in consciousness and spiritual research and experience, I have learned about the spiritual dimension.

What is meant by spirit? Is it a fantasy, or is it something real that we can work with? Is it something that is only useful for religious people? What do we need to know about ‘spirit’ in order to experience the truth of it for ourselves, and how can we utilise this knowledge for the alleviation of our personal problems and those of the people we love?

We will learn how to handle acute and chronic pain, and even more importantly, how to be with that pain. There are two problems to address: The first is how to handle the symptoms specifically and discover what part hypnosis, acupuncture, and other modalities play in the alleviation of pain. The second is to look at the levels of consciousness (varying soul condition) and how they relate to the experience of pain. Again, we will be referring to the Map of Consciousness, which shows the calibrated levels of energy, their relative power and direction, the emotional component of each level, the process going on in consciousness at each level and how that influences our view of the world and of God, and how the problem is resolved if we do not have a belief in a God.

There will be clinical examples of problems I have personally experienced and worked through using these techniques, along with examples that have worked for others. With these clinical experiences, we can demonstrate certain principles of consciousness that offer a benefit for our lives as a whole. What we learn in studying one specific example then has other applications, so we will be turning lemons into lemonade. We will learn how to transform something that the world considers to be awful, such as pain, and how to derive benefit from it and have our life prosper as a result of the knowledge gained from the one specific experience. In order to do this, we need to know something about the nature of consciousness itself and how that will help us in our lives in general.

What is the nature of human experience? Where is experience experienced? We will again look at the relationship between body, mind, and spirit. Everybody uses that phrase, “body, mind, and spirit,” but what does it mean in a practical way? I became a scientist with a sceptical, pragmatic mind. I am very impressed by what works and am very unimpressed by the hypothetical and the theoretical. I am very interested in what brings about results and what one can replicate through one’s personal experience.

As said previously, the first thing to realise is that the body has no capacity to experience itself. This is a surprising thought because we think we are experiencing our body – we all think we are our body. How does the body get experienced? For example, the arm has no way of experiencing its armness; the leg cannot experience its being a leg. These parts are experienced through sensations, as is the whole body. We do not experience the body but experience the sensations of the body. And where are these

sensations of the body experienced? They are experienced in the mind. Without a mind, we cannot experience what is going on in the body, and we cannot experience the sensations that tell us about the body. The experience of the body is not occurring in the body; it is occurring in the mind. That is the first surprising thought to get used to.

The next surprising thought is that the mind cannot experience itself. A thought cannot experience its thoughtness; a feeling cannot experience its feelingness; and a memory cannot experience its own memoryness. The mind has to be in something greater than itself in order to know what is going on in mind. And what is that? One knows what is going on in mind because of consciousness itself.

The content of mind, and what is going on in mind, is known through consciousness; therefore, all experience is occurring in consciousness. One's awareness of what is happening is occurring within one's consciousness. For example, if a part of the brain is cut, then that part of the mind is no longer operative in the physical domain. If the area cut out is the sensory region, then the opposite side of the body is no longer experienced. Therefore, the body is experienced by the mind via the brain.

We know that if consciousness is eliminated, there is no awareness of what is going on in the mind. That is the purpose of anaesthesia. Interestingly, consciousness itself is experienced from an even greater domain. As this progresses, one realises that the lesser is always experienced from that which is the greater. The greater encompasses and allows the experience of the lesser. Consciousness is then experienced in the greatest domain, which is the one without limit that includes awareness. It is the nature of awareness being itself to know what is going on in consciousness. It is the nature of consciousness to know what is going on in mind. It is the nature of mind to know what is going on with sensations, and it is the nature of sensations to know what is going on with the body.

It is important to know that all ordinary experience is going on in consciousness alone. Where is that consciousness when we experience something? Where do we experience it? Is there a place where consciousness is located? Does it have a specific space or location?

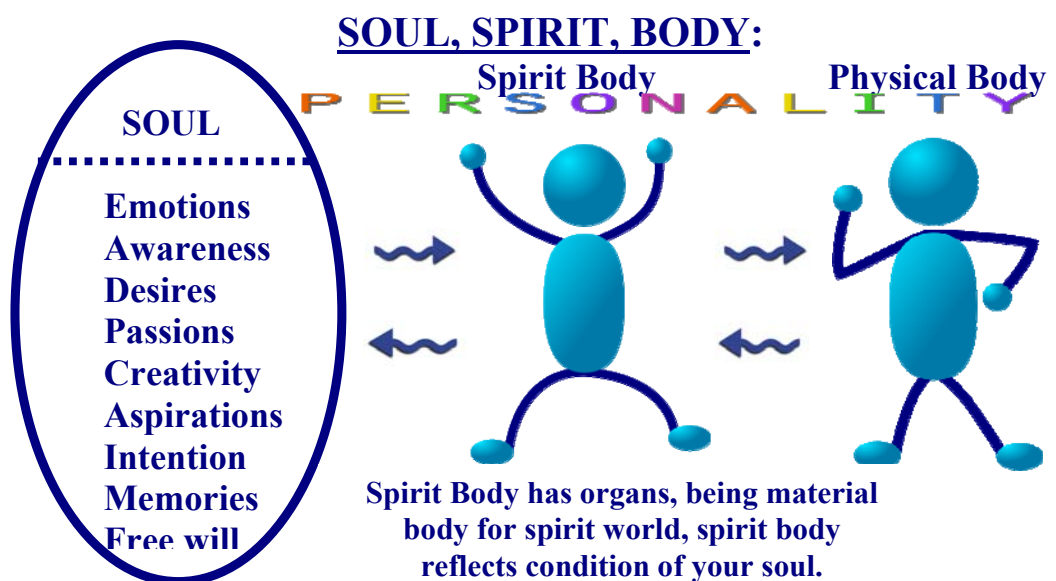


It is important to know that consciousness has no particular space, no physical area, and no limitation. The common fantasy is “I experience things in my head.” Actually, we do not experience them in the head. Where do we experience a thought? We experience a thought nowhere; there is no specific location or space in which we experience a thought. The nature of consciousness is that it has no particular form; it is without form. Its content is with form, but the field of consciousness itself is like space, having no particular locality. This will be important later when we discuss one of the techniques for handling pain, which can be handled both locally and generally.

There are several ways to handle pain and the specific sensation and experience of it. Where we are as a being with the experience of pain, and how we evolve in our own consciousness, will determine whether the pain involves suffering or not. The pain is one thing, and the suffering is another.

The first thing to eliminate is the belief system that pain equals suffering because that sets up a whole series of programs that need to be undone. Pain is one thing, and it is quite possible to be with pain yet be totally indifferent to it. It is possible for pain to exist in the body and yet have relatively little or no experience of the pain or suffering with it at all because of an analgesic or altered (e.g., hypnotic) state of mind. It is as though the pain is still present, but one is not connected with the pain. The pain exists on its own but without the person being at the effect of it. In other words, it is not necessary to be the victim of the pain. One can be with the pain in such a way that does not involve suffering or any kind of agony. To realise that this is possible is the first step that leads one out of it. It is the letting go of the belief that pain and suffering are the same thing.

An example is the belief that going to the dentist is necessarily painful. At one time in my life, many years ago, going to the dentist was agonizing. I remember that I always put off going because my pain threshold was so low. I literally had to have analgesia to get my teeth cleaned; I was pain prone.



Our Personality is a feeling of God, thus creating our unaware Soul. At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation starts the road of self discovery, children reflect parent's emotions. Parents attract us to incarnate.

What is it that sets our pain threshold or our readiness to experience pain? As the years went by, I learned various spiritual and consciousness techniques and began to apply them to pain. The experience of pain began to diminish, and much to my surprise, I could go to the dentist and experience only moderate pain instead of agony. Gradually the pain became mild and then only just a discomfort. When I go to the dentist now, I don't even notice any discomfort. It seems as though I am in the chair for only a minute, and then I am out and say, "Are you done already? I can hardly believe you are done already!"

At the end of this chapter we will discuss some self-hypnosis techniques, a kind of autosuggestion, that will reinforce what we have learned, such as how to utilise a somewhat altered state of consciousness on our behalf, how to come from a suggestible space to learn more quickly, how to relieve pain, and how it

is a medium for quickly educating ourself. When you next go to the dentist, you may not have much time to learn these techniques, so we share some ways to speed them up.

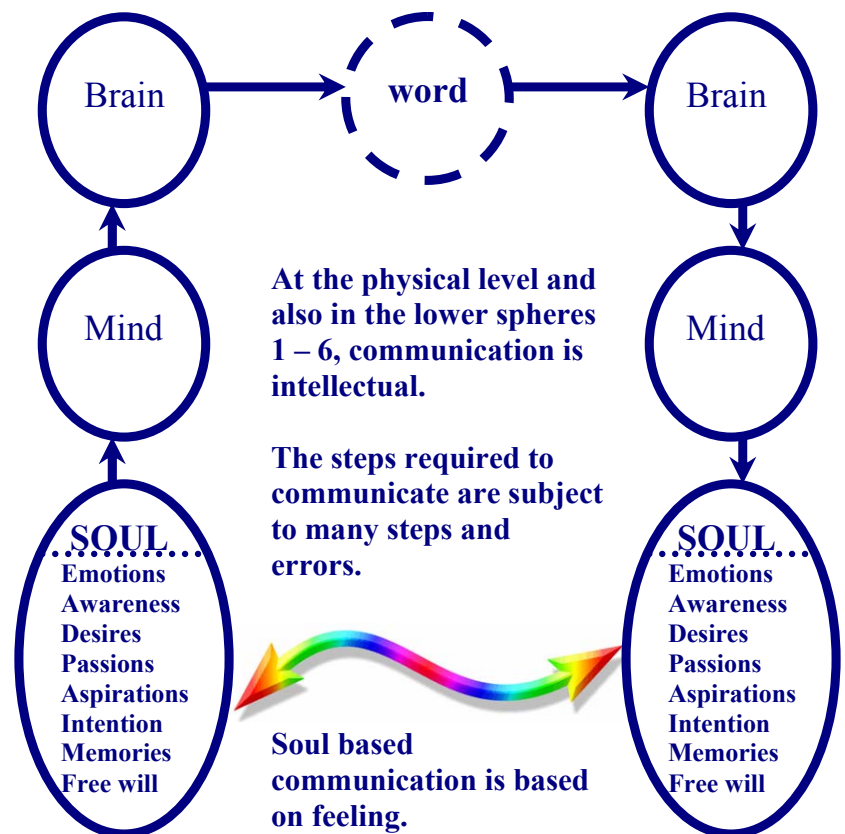
The first thing to address is the handling of acute pain. A person is walking along and suddenly sprains an ankle, resulting in agonising pain; or they break their leg or suddenly have a gallbladder attack, renal colic, or a coronary; or they just have an ordinary accident, such as barking the shin, or hitting the head on something, and there is that stunning moment of pain. How does one handle that acute situation? We will reveal a technique to use in dealing with a variety of illnesses as well as in healing both acute and chronic pain.

There is a shock when we suddenly find ourself facing an accident, such as scalding ourself by pouring hot water on our hand, or burning ourself on the stove. The technique that we will get a lot of mileage from is the whole concept of letting go of resistance. We want to look at the benefit of letting go and compare it with what the mind usually does. The mind normally resists an experience out of the expectation of suffering. It already has a program set up: "Pain means suffering, and I'm going to resist it." The fantasy is that if we resist it, we will eliminate it.

The first thing we have to know is that the relief of pain and suffering comes rapidly by going 180° in the opposite direction – by capitulating and letting go of resisting the pain. How does this work in everyday life? We will provide some clinical examples of rapid healing resulting from techniques that are completely different from those ordinarily used by the mind in an average situation.

To let go of resistance means to completely be with the event and

### COMMUNICATION at the PHYSICAL LEVEL



### COMMUNICATION at the CELESTIAL LEVEL



totally surrender to the sensation. It means to ignore the thoughts that we may be having about it. Instead of thinking about it, we go right into the direct experience of the sensation and totally let go of resisting it. For example, if we get burned by accident and let go of resisting the sensation, at first it will be like an overwhelm. We open the doors, the pain rushes in, and we totally surrender to it and let go of resisting it. The way to do this is to say, "More, more, more." The way to hold this in mind so that this is acceptable is to know that there is only so much pain in any experience. We open the door to it and let it run out rapidly. "I let go of resisting this experience. I let go of resisting being with it. I ignore the thought because the thoughts are not going to be useful. Instead I totally surrender and allow myself to experience it totally." It is as if the doors open, there is a rush, and the pain is totally experienced out rapidly in a very few minutes.

I remember twisting my ankle in San Francisco. It was a severe twist that ordinarily would have required seeing an orthopaedist, getting the ankle taped, or maybe even having a cast put on for six weeks or so. Instead, I sat down on a park bench, just closed my eyes, and surrendered to it. It came in waves of excruciating pain. If I had resisted it, I would have ended up in a cast. In other words, if one resists the pain, it turns an acute pain into a chronic condition. I just sat down on the park bench and let it swamp over me. I surrendered to it and waves of pain came over me. Yet, curiously enough, it was devoid of suffering because I was choosing to experience the experience. In doing that, I was the master of the experience and no longer the victim. I was the one saying, "I choose to experience it; give me more of it." As a result of that, the amount of suffering involved was really minimal. The alleviation of pain was very rapid, and within three to four minutes, I was up and walking again. The pain had decreased to a very minimal level, and as I continued walking, I kept letting go of resisting the pain.

At a later date when I broke my left foot, I did the same thing. When I was chopping wood, a huge oak log fell on my left foot and crushed all the bones across the top of it. A short time later, at Christmas, I was back dancing in the ballroom. My foot was never in a cast; I did nothing about it except consciously choose to let go of resisting the experience. After that, I had an injury that resulted in an amputation. Again, there was the same shock of the experience and then the knowing of how to handle it by letting go of resisting the experience, constantly letting go of resisting the sensations. As I did that, what the world would call miraculous happened right before my eyes. The first thing I did after inadvertently cutting my thumb off with a circular saw was to instantly stop resisting the experience. I just stood still and allowed the experience to sweep in over me, and as I did that, within seconds the bleeding stopped. I have the piece of board that I was cutting, and there are just eight drops of blood on it. By letting go of resisting the experience, the digital artery that had been severed should have pulsed in a grotesque manner, but no such thing happened.

A friend who severely burned himself in the kitchen just stood still and consciously chose not to resist that burn; the pain of the burn was gone in a matter of a minute or two. Later, there was no blister at all. Ordinarily, it would have become a big water blister and taken months to heal, but the only thing that happened was a discolouration.

One time, a cabinetmaker in one of my classes burned both of his hands. He followed the same technique, instantly letting go of the resisting. His hands would normally have been covered with blisters and been in bandages for weeks; instead, he said that in a matter of three or four minutes, the pain was gone and there never was any blister formation. These are just a few examples of instant healing which demonstrate that the body knows how to heal itself the minute we let go of resistance.



Why should this be so? There is no magic involved; anybody can experience the truth of this. This has been a common teaching for thousands of years. Those who have tried Zen meditation know that the first thing taught is the handling of discomfort of the physical body by letting go of resisting the experience, cancelling out thoughts about it, and becoming one with it, thereby disappearing it.

In consciousness (soul condition) work, the process is called 'disappearing'. By totally letting go of resisting something, we disappear it out of our experience. One can see that the experience is prolonged by resistance. As long as we resist a thing and hold it, it continues its existence. Resistance gives it the power over us, and we then become the victim of that. We are at the effect of that which we resist. The minute we let go of our resistance and become one with it, it disappears. This also means letting go of all associated images and their accumulated energy.

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

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

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

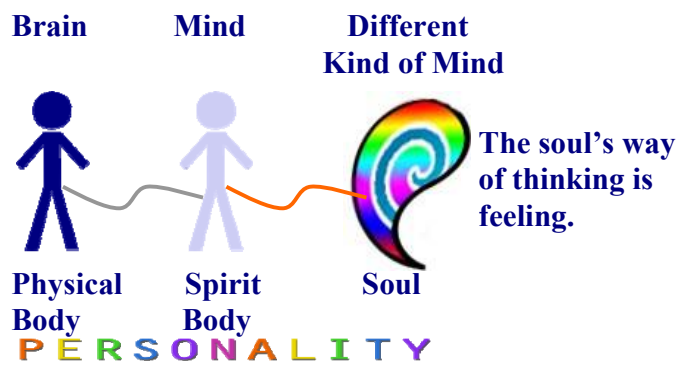
Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

The reasons for this can be understood from referring to the Map of Consciousness. As stated earlier, each of the levels of consciousness has been calibrated mathematically to show its power relative to the other levels. The arrows indicate whether the energy is in a negative or a positive direction, which is very important in determining the way that we experience things. Those things in a negative direction are experienced as pain and suffering and are detrimental and destructive to our lives.

The various energy fields influence our emotions and are indicators of a process going on in consciousness. They influence how we see and experience the work as well as how we experience our relationship to something that is greater than the personal self, which the world calls a Deity. It is a relationship to a greater field of consciousness and the powerful fields that come about at the higher levels.

The only reason to review this is to understand what happens in the technique of acute pain. Resistance to pain is a negative energy field that calibrates at about 150. If one tries to control the pain or use will power against it and resist it, a negative energy field that calibrates at about 150 occurs within the self. This would be about the same level as the emotions of resentment or grief where we resent the pain and are angry about it. If



we move up to letting go of resistance, if we have the courage to use the technique and are unreservedly willing to try it, then we move up to the field of 250 called Neutral. Moving into Neutral means being in a positive, detached energy field where “It’s okay with me, and I’m willing to experience this thing out.” Willingness moves us up to an energy field of 310 where we say yes to life and its experiences, where we agree and align with it, and where life expresses itself as a positive intention.

Instead of resisting life, we go with life and surrender it to God. This is the wisdom of the Tao, which teaches that the willow tree bends with the wind, but the oak tree, which resists it, breaks. Instead of resisting what has occurred when barking our shin, we just become like the willow tree and go with it; we let go of resisting it. We allow that experience to flow through the self. By doing that, we move out of a negative, painful energy field full of resentment, anger, and fear. Fear is at the negative level of 100, a low energy field and far away from joy. The higher the number, the greater the feeling of happiness. We can then actually choose, be willing, and even accept that it is what is necessary to handle this, which moves us all the way up to 380, a very high energy field.

When we choose to go with life, whether it is running across a rattlesnake or some other challenging event, and surrender to that experience, we invite and bring forth from within ourselves a greater power, a higher energy. Those people who have utilised this

**F** false  
**E** expectations / emotions  
**A** appearing  
**R** real



technique end up calling it a higher power, and we will hear them say, “I called upon my Higher Power.” Those who have not heard that expression may say, “It is not real to us, so how can we make the experiences real?”

We can make them real by doing them. It is actually through the doingness of it that these things become real. By doing this exercise, we then begin to experience that something other than the personal self is handling the experience, and within moments, what was agonising is now very bearable. We are out of the resistance and fear of the suffering. We want to avoid or bypass the negative energy field of a lower energy power and instead move up to a higher one, because, as we move up to the higher energies such as love, we are then in the energy field of 500.

When we move into unconditional lovingness at level 540, the field has the capacity to heal; it is the levels of healers. The field that healers generate calibrates at 540 and up. It is an immensely loving field, and the emotion is experienced as lovingness – that desire to be with life, to say yes to it, and to let go of resistance.

The healing from acute pain that results automatically from using this technique can be experienced by anyone. I have used it over and over again as have the people who have tried it. Many people have had the opportunity. I remember describing the technique to a Sunday night class, and during the week, several members had acute injuries where this information was life-saving for them. It literally enabled them to carry on through the terrible experiences. Not long after, a big, burly friend visited me and gave me a hug, which broke three ribs. I felt them snap but did not say anything about it because he would have felt guilty. The ribs healed, but later that winter, another friend gave me a hug and broke three ribs on the other side of the body. Needless to say, I did not mention that either (so much for my ‘rib karma’).

<b>Fields above 500</b>	- Love based Awareness Beingness <b>More feeling based activity, rather than intellectual – in the mind based activity. Energy field of Love is the one that heals.</b>
<b>Fields 200 – 500</b>	- Doingness Intellectual <b>Life is seen as an opportunity. We are getting closer and closer to truth.</b>
<b>Fields below 200</b>	- Wanting & Craving Desiringness Fear Driven Self hatred Grudges <b>Values are based on what one has. The energy fields below 200 are opposed to life, do not support life.</b>

How can this technique be utilised in handling chronic pain, which is different from acute pain? We handle it in the same way as used for acute pain; however, it is done in a somewhat different manner. As we said before, all experiences are being experienced in consciousness (soul). We look to see where the pain is being experienced, such as in the thumb that got cut off. First, we could say the pain is in the thumb. Actually, where is the pain being experienced? It moves our attention away from the thumb. If one says, “I move the focus of attention to the top of my head,” then, from the locus of the top of the head, we look at the area of the thumb and experience the painfulness of

<u>Characteristics of first Spheres:</u>		MoC
<b>Truth is always told:</b>	<b>Sphere 3</b>	<b>651 – 780</b>
<b>Desires are followed:</b>	<b>Sphere 2</b>	<b>500 – 650</b>
<b>Actions are fear based:</b>	<b>Sphere 1</b>	<b>1 – 499</b>

it, but where is the painfulness of the thumb occurring? When we do that, we begin to notice that the painfulness is being experienced everywhere – all around the body and the energy fields of the body – it is really sort of occurring everywhere.

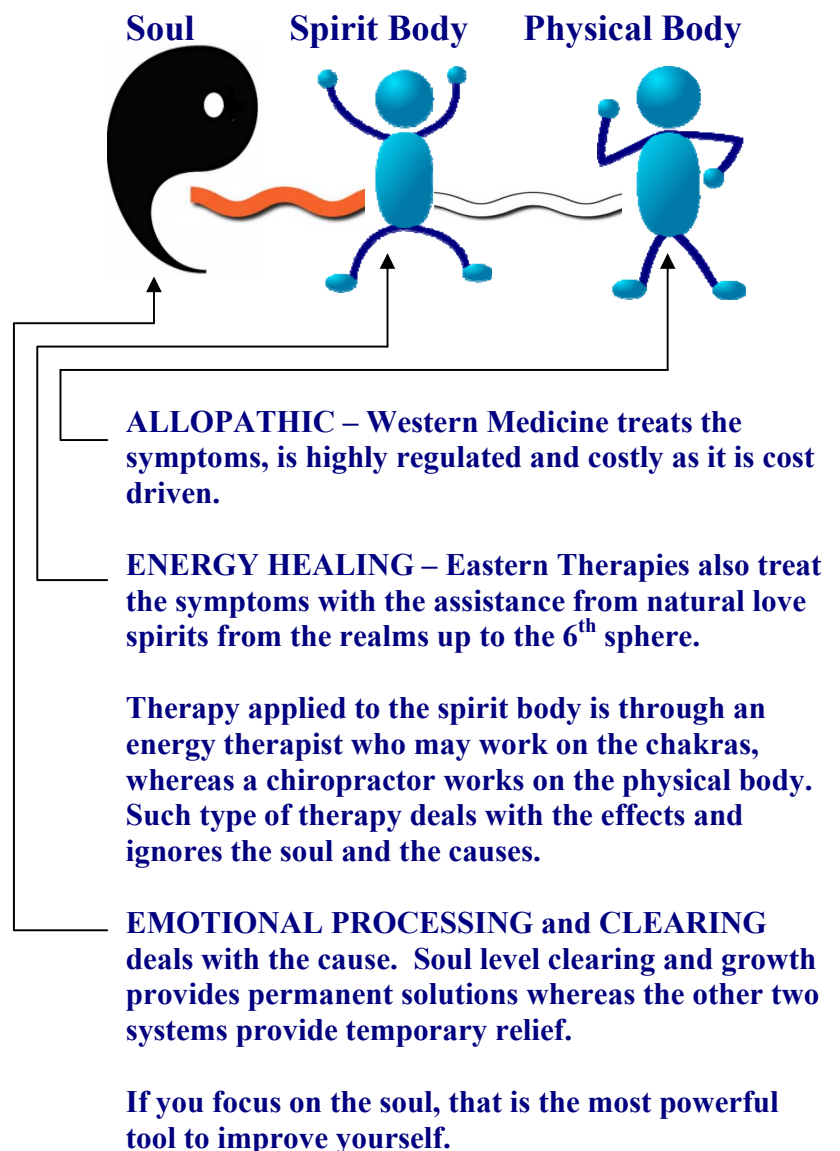
Most everyone has experienced the pain that makes one sick to their stomach and feel flip-floppy and weak in the knees. We experience it everywhere. If we go into the top of the head, just as an exercise that we do, from that point we begin to experience the pain. We notice the pain as being everywhere and then use the same technique that was used in handling the acute pain. We let go of resisting what is being experienced everywhere; it is not going on in any specific place.

It is desirable to clearly differentiate the feeling, sensation, or experience from the thoughts. We are going to be going on with all of life's problems, especially with physical illnesses, with an absolute sensation coming in of what is really being experienced. The mind then elaborates about the experience, labels it, and puts concepts on it. For instance, one cannot experience an ulcer or a sprain. Those are labels, concepts, or diagnoses. 'Pain' is a concept as is the word 'sensation'. The experiential phenomenon is beyond words, concepts, or labels.

What is a person actually experiencing? Experiencing what the world calls an 'ulcer' is a sensation in the abdominal area, 'right here'. Then the mind says, "Well, if I can't call it an ulcer, I'm going to say it is burning." That again is a concept. We have learned what that means and that it is a thought form. We are not actually experiencing a burning; instead, we are going inside to an experiencing of the experience, which has no words. We go beyond the words to the experiencing of the experience.

When the animal experiences it, it has no words about it; it is just what is going on. Why do we not call up our animal nature and just be with what is being experienced

### HIERARCHY of HEALING SYSTEMS



without saying anything about it? It is because all these thoughts bring in complicated programs and belief systems, and we then become subject to the effect of these thoughts. If I say to myself, “I have an ulcer,” then a group of programs arises that go with ‘ulcer’. Because of the nature of the mind, we begin to experience all the programs because of the power of the mind. The most difficult concept for people to grasp when they enter research work in the field of consciousness (soul condition) itself is the realisation of the power of the mind (which is in our spirit body) and how influential it really is. We just cannot be careless about our thoughts.

Once we understand the power of the mind and the nature of thought, we begin to realise that one of the principles of consciousness is that we are subject only to what we hold in mind. This one sentence is the key to the healing of all illnesses, pain, and suffering. *We are subject only to what we hold in mind.* The mind is extraordinarily powerful. The great difficulty that people have is in comprehending how powerful the mind is. Therefore, in dealing with pain or suffering of any kind, it is first necessary to discontinue, let go, and cancel all our belief systems about that. Research has shown that it is the belief system itself which literally creates the experience. The incident is an expression of that belief system. It is as if the mind justifies what it believes to be true.

<b>Consciousness Calibrations Worldwide</b>	
<b>Consciousness Level</b>	<b>Population Percentage</b>
<b>600 +</b>	<b>1 in millions</b>
<b>540 +</b>	<b>0.4%</b>
<b>500 +</b>	<b>4%</b>
<b>400 +</b>	<b>8%</b>
<b>200 +</b>	<b>22%</b>
<b>200 -</b>	<b>78%</b>
<b>World wide average</b>	<b>212</b>

<b>Correlation of Levels of Consciousness and Society Problems</b>				
<b>Level of Consciousness</b>	<b>Rate of Unemployment</b>	<b>Rate of Poverty</b>	<b>Happiness Rate “Life is OK”</b>	<b>Rate of Criminality</b>
<b>600 +</b>	<b>0%</b>	<b>0.0%</b>	<b>100%</b>	<b>0.0%</b>
<b>500 - 600</b>	<b>0%</b>	<b>0.0%</b>	<b>98%</b>	<b>0.5%</b>
<b>400 - 500</b>	<b>2%</b>	<b>0.5%</b>	<b>79%</b>	<b>2.0%</b>
<b>300 - 400</b>	<b>7%</b>	<b>1.0%</b>	<b>70%</b>	<b>5.0%</b>
<b>200 - 300</b>	<b>8%</b>	<b>1.5%</b>	<b>60%</b>	<b>9.0%</b>
<b>100 - 200</b>	<b>50%</b>	<b>22.0%</b>	<b>15%</b>	<b>50.0%</b>
<b>50 - 100</b>	<b>75%</b>	<b>40.0%</b>	<b>2%</b>	<b>91.0%</b>
<b>&lt; 50</b>	<b>95%</b>	<b>65.0%</b>	<b>0%</b>	<b>98.0%</b>

We can know if this is true by beginning to cancel the belief that pain and suffering are the same thing. In handling pain, either acute or chronic, we have to cancel all thoughts since they are really belief systems. Instead, we have to go for radical truth, radical in that we release everything except the wordless experiencing of what is literally being experienced and let go of the resistance to it. When we do that, we will experience relief from the suffering, and curiously enough, we will reach a point where we do not care whether the ‘pain’ is present or not.

That may be a difficult thing to accept in the beginning because the mind wants to be rid of the pain. This therapeutic approach is to accept it instead, to let the sensations be present but move away from them. In other words, it is like the pain is circumscribed, and now we begin to disengage from that localised pain. It is the same as when we experience morphine with the pain of a broken ankle. The pain is present, and then we begin to feel ourselves move away from that pain. It is no longer us or ours.

In that example, the narcotic does what we are explaining can be done by consciousness. The narcotic does not actually do it, but it enables our consciousness to make this very move. However, we can learn to make this very move without being triggered by a narcotic.

In the past, I (Dr Hawkins) have had to do that. I have been severely allergic to any kind of analgesic, narcotic, or anaesthetic for many years, and over those years, I have had all kinds of severe illnesses and accidents, plus surgery without anaesthesia. Out of necessity, instead of resorting to those usual methods of treating pain, I have had to investigate and discover the capacity and power of consciousness itself. I found that all the analgesics did was allow consciousness to exercise its own power. Therefore, we can own that we have the power within our own consciousness to achieve the same results without the analgesic.

We begin to move away from the pain by letting go of resisting it and not wanting to change it. We just let the sensations be present and then shift our way of being with them to the point where we do not care if they exist. It may sound amazing that we do not even care if they are present. It is very simple. We have been upset over many things in our lives. We have felt that we have to do something about them, but suddenly at one point, we let them go and are indifferent to them. For example, there might have been a problem in the back yard that was driving us crazy, and one day we said, "Oh, the heck with it." Suddenly, we moved from trying to do something about it, to control it, to change it, and exert our will, to just letting it be there. (When we try to change people, places, or circumstances, we see that we are up against the impossible, and the only thing we create is suffering). The minute we just let it be, our experience of it disappears. We move up to a state of painlessness in the presence of pain.

The sensations coming from a painful injury are going on, and who cares about it? The sensations from the amputation are going on, but I do not care about it. It makes no difference. If they are there, they are there, and if they are not there, they are not. That all comes about through the very simple practice in which we are totally indifferent. Most of the pain I have experienced in my own life eventually disappeared of its own. It may take minutes in the case of an acute injury, or it may take months from chronic pain. Other people have reported the same experiences from using this technique.

I had one illness that took well over a year of constantly letting go, constantly releasing, and constantly surrendering before it finally disappeared, so I know that the sensations will eventually disappear, but I am not doing these things to try to achieve that. That would be trying to change it and get rid of it. I do know as a matter of clinical observation that as a person lets go of resisting the pain, there comes a point where they don't care if it is there or not, and then suddenly one morning they wake up and it is gone. We don't let go of resisting it in order to get rid of the pain – that is a happy side effect. When we reach the point where we do not care whether the pain is present or not, then what difference does it make, because at that point, we are immune to the pain.

It is very good to know that our mind has this power and capacity, and that all we need is someone to point it out to us and encourage us to try it so we can see that it works. There is no need to be in a state of suffering over pain of any kind. Pain is one thing; suffering is another. We have to say that over and over to ourself and begin to utilise these techniques. Then we will experience there is a 'me' that is separate from the pain. It is like we are not connected with it anymore, and we are something even greater than and beyond that which is painful.

What is the meaning of life's experiences? The meaning determines how we experience them, how we feel about them. Isn't that so? It does not make any difference at all what happens in the world if we can be with it in a certain way. It is not what is happening out there but how we are with it. People who are quite evolved can be with situations that look dramatically tragic and yet be unaffected by them.

One of the things we can do about pain is to consciously progress in the movement and growth of our own consciousness. Pain proneness comes about as a result of holding a lot of negative thoughts and feelings within ourselves. Spiritual work and evolution have an overall value. The whole process of forgiveness was not really heard about much except within religion, and now it has become almost a social phenomenon. When we go about our social life now and somebody brings up a resentment, the other people will look at the person because they know the next step for them is to learn how to forgive it, or they will be at the painful effect of it.

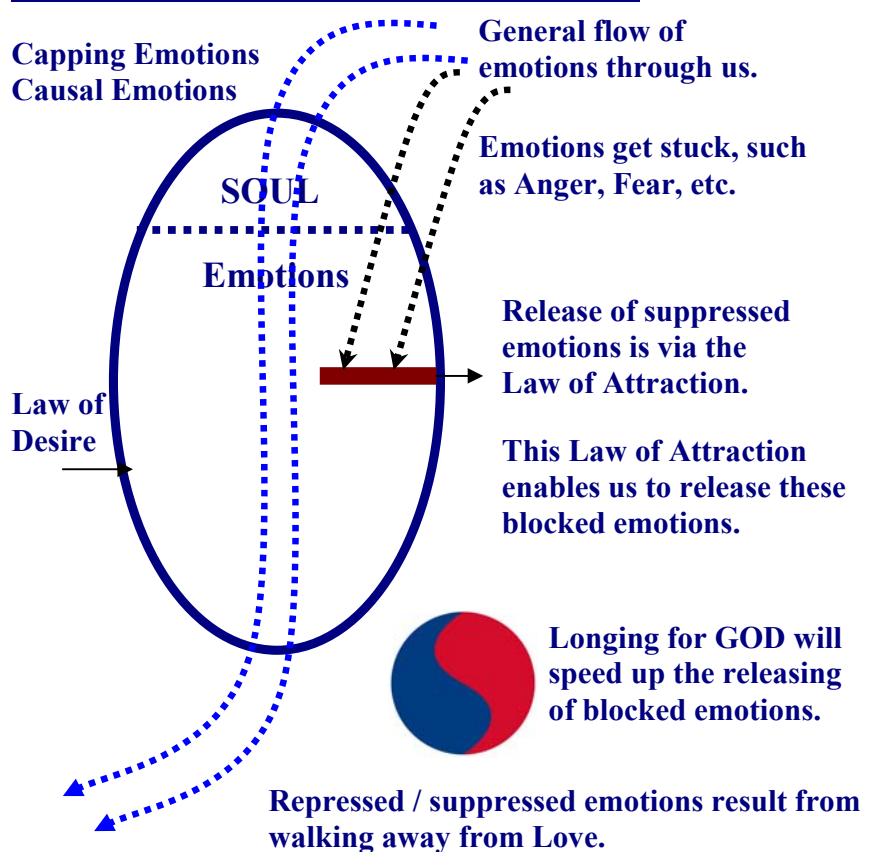
**The problem for healers is that the patients own physical soul is generating the problem.**

**When the person who we are trying to heal, does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.**

**All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul condition is not addressed then the person is going to recreate the same type of problem and issues.**

**It is very important that we start to see things at the causal level, particularly in the medical and healing profession.**

### **WE are CREATED as EMOTIONAL BEINGS:**



All pain and suffering come about as a result of what we are already holding in mind. Why are some people so susceptible to pain and suffering, and for others, it is very transitory? The pain and the suffering go through the surface of them but not into their core. They can get extremely upset over something, but who they really are within remains unruffled. Somehow there is a differentiation between who one is and the experience. The true Self is totally unruffled and allows the experience to flow through the self. The upset, such as emotional conflict or whatever it happens to be, may last for hours, but the true inner Self does not even participate in the upset. That is the differential between what



is one's real self and what is being experienced. It is the letting go of the habit of identifying that one is the experience. One is that in which the experiencing is happening, but one is not the experience itself.

How can we bring about the evolution and growth in ourselves? That takes us back to the Map of Consciousness to find how we relate to chronic pain in order to transcend it and no longer be in a state of suffering about it.

Near the bottom of the chart is the energy field of Guilt at calibration level 130. Prolonged and excessive guilt, for example, makes us prone to sickness, accident injury, pain, and suffering. The view of the world that comes out of this guiltiness results in a constant habit of sin and suffering and brings about self-hatred. The process in consciousness is one of self-destruction arising from the self-hatred. As a result, one of the belief systems to give up is that guilt and suffering have any particular value. As we go up the energy fields, we can see that those who approach the fields of the saints and the great beings are getting closer to God and farther from guilt, pain, and suffering. As we experience the Ultimate Reality, we go through the doors of a progressive lovingness because love increases and expands as one moves up through joy and ecstasy to a state of peace.

We have to give up worshipping the god of suffering. Christians have to give up solely worshipping the God of the crucifixion, the Christ of the crucifixion, and move on to the Christ of the resurrection. The message was not that of death, sin, and suffering. People who identify themselves as body – the strict materialists – look at the Christ on the cross as a body and come out with pain, sin, guilt, and suffering. Was that the message? Is that what Christ died for, to teach everybody that we are physical body? Or was his message the direct opposite? His message was that we are not limited. We have to substitute our confused ideas and begin to look at moving towards a lovingness and a higher state of consciousness to learn that the message was the Christ of the Resurrection.

Now we have to give up the belief that penance, guilt, sin, and suffering are somehow of enormous spiritual benefit. Frankly, all the thousands of people I have clinically treated over fifty years who had chronic pain, guilt, sin, and suffering were the most selfish and self-centred persons I have ever met. Chronic pain and suffering does not make people enlightened, loving beings. It usually makes them cranky, horrible, selfish, and self-centred, which brings them up to the next level – that of self-pity. Most people with chronic pain are into self-pity, grief, 'poor me', and the endless fear of the continuation of the state, wondering if it is going to get worse. They continually resist it and have the constant desire to get away from it.

The bottom area of the Map of Consciousness reflects the negative energy fields. The people are very, very angry. The anger of the people in chronic pain is enormous. They are stuck in it. Some are even proud of the fact that nobody has been able to help them. They grimly tell about all the doctors they have seen, all the treatments they have had, and how all of those things have not worked.

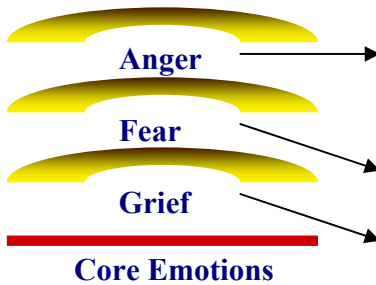
It is necessary to move up to Courage, which contains the capacity to look at the fact that something can be done about the way we can be with the pain. The way to be with it is by using the simple 'letting go of resisting' and having the willingness to do so. Are we willing to try something? Do we have the courage to try letting go of resisting the pain and ending up at least detached from it in order to move out of this state of suffering? The lower energy fields are all negative states of suffering.

**MAP OF CONSCIOUSNESS**

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.

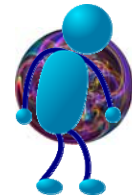


Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

**PASCAS HEALTH**



Soul expands as it grows in love and condition.



The arrows of the energy fields above 200 all point upwards. This means there is less and less suffering as we move up into Joy. How can we be with that chronic condition? Can we be willing to be with it and let go of resisting it? Can we begin to differentiate and accept that we are that which is with the pain? Can we accept our capacity to be with it in a state of non-suffering?

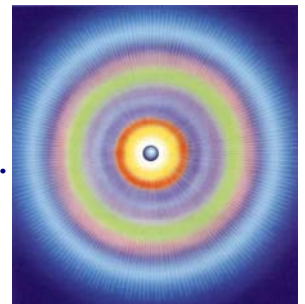
When looking at the emotions that go with the energy fields below 200, we can see those that go with chronic pain. There are self-hatred and the feeling of being a victim. The process going on in consciousness (soul) is a destructive one of hopelessness. We think nothing can be done about our condition. It is worth remembering the nature of the power of the mind – that what we hold in mind literally creates our experience. The person who says, “My condition is hopeless” then creates a condition that is hopeless and resistive to treatment.

If the person in Grief moves up to Apathy, they are in a constant state of regret, with the feeling of loss and despondency. These are feelings that are only human. They are not feelings that anyone wants to feel guilty about; they are feelings people want to understand. Through understanding, they become resolved.

When I cut my thumb off, I went through all these feelings. First was the feeling that I was somehow being punished or attacked by the forces of retribution or something similar. The pain was acute, and I looked at it and felt hopeless. I felt despair that the thumb could never be replaced, and so on. I went into grief and mourning, as though I had lost a loved one. There was a fear of the consequences and a fear that the pain and suffering were going to continue. I felt myself resisting the desire to get away from the injury, and the rest of it. I was feeling angry – angry at life, at fate, and at myself. These feelings are understandable – they are only very human. Then there was the moving into Pride that I was going to do something about it, and then into Courage to begin to look at the techniques that I knew worked in this kind of circumstance. Next arose the willingness to begin utilising them and let go of resisting, and then using that technique to eventually move up into the acceptance of it so that if it is there, it is okay, and if it is not there, that is okay as well.

Neutral is an interesting energy field, the one in which we say it is okay either way. When we totally release our resistance to the pain, we do not care if it is present or not. There are the willingness to be forgiving and the desire to eventually move into compassion. There is acceptance of the human condition and the human protoplasmic experience without being resentful about it, without going into self-pity, without being angry, without being prideful and going into a ‘make wrong’, and without attacking ourselves. If we do this, then we can move up to an energy field called Love, or even Joy. I can only go back to my personal experience of what is possible. When somebody shares their experience with us, we learn what is possible in human consciousness.

**Your soul is the power behind your spirit body and your physical body and condition.**



As I moved through this experience, I began to call on the Power greater than myself. I kept surrendering the pain, turning it over to that Power. I remember going to the emergency room and

informing them that I could not take anaesthesia or analgesia of any kind. The surgeon was somewhat perplexed about how this was going to be handled, and I said, “I have my own ways.” He relaxed, feeling that somehow the pain was being handled. I went within myself, detached, and let go of resisting. I called upon the God of my own understanding, that aspect of my greater Self. We can believe there is some energy field greater than the personal self that has unlimited power. So I constantly surrendered to God throughout the procedure. When we are in a situation like that, overwhelmed by excruciating pain and suffering with all the props pulled out, this is when we realise what we really believe in; it is a great opportunity for growth.

As I surrendered and let go of resisting the experience, suddenly it was as though I was lifted out of my body, and I went into a state of profound inner peace, an incredible state of stillness, exquisite inner serenity, and joy. I realised that something other than my personal self was handling the experience and the pain.

What we have learned to do with chronic pain is to surrender it to God, or to whatever one believes in (e.g., angelic beings) to handle the pain for them. When this is done, there is the experience of something greater than the personal self that handles the pain. My personal experience was that some great energy came in and handled it for me. We call it a great energy because we can verify the existence of it. As I said, “God, I can’t do it; you do it for me,” I surrendered my burden and all that which is in the universe to handle it for me.

For those of you to whom this may seem like an outlandish experience, we will look at it from a level that would be understandable. At the level of about 540, healing begins to take place, and there is a release of endorphins within the brain. They are the neuro-chemicals that are also released by narcotics.

Subsequent to this experience, I was aware that within me something was automatically handling the pain which did not involve my personal self at all. As the intensity of the pain increased, within me was an energy field that expresses itself on the physical plane through the release of endorphins. The power of that field was automatically handling the pain. The pain and suffering were completely and totally released, and in their place was a state of infinite inner serenity and peace.

**Where the person themselves, are encouraged by the spirits around them to actually feel their causal / core emotions about their sickness, under those circumstances, a Divine Love spirit will assist in the healing of that person, and the person will be healed, because the person has addressed the cause of the illness within them.**

**Angels only reside in the Celestial Realms – sphere 8 – infinity, which are the realms of Divine Love. Angels do not have wings.**

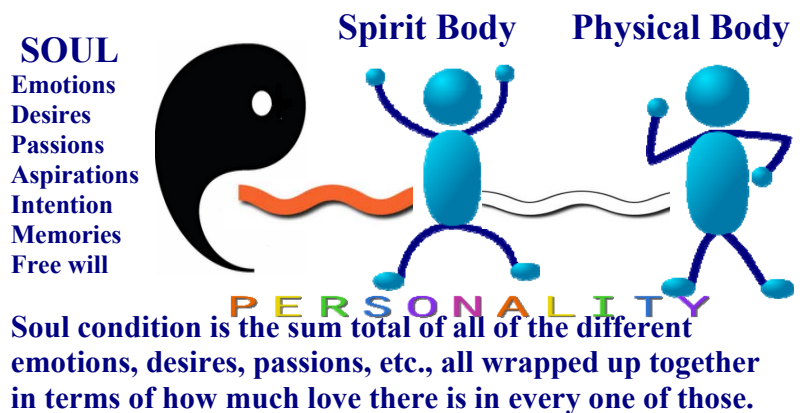


How can we augment our endeavours in these directions? Certainly, we can do spiritual work, but all those processes, such as forgiveness, take a period of time. In the meantime, what can we do? Are there ancillary procedures, such as acupuncture and hypnosis, that play a part in the alleviation of pain?

We know that acupuncture can be extremely effective. We said that all forms of illnesses, pain, and suffering are physical, mental, and spiritual. We have just described how they are handled from the spiritual level. Previously, we described how they are handled on the level of consciousness itself through the mind. Certainly, at the same time, we want to do what we can on the physical level. In my personal experience, acupuncture has been extremely effective. I had duodenal ulcers for about twenty-five years that were intractable and incurable. I had received every treatment known to medical science, and it was only a matter of time before it would be necessary to have a subtotal gastrectomy and reparative gastrointestinal surgery, a major procedure. I then tried acupuncture, and by the third treatment, the pain and suffering left, and x-rays revealed that the chronic duodenal ulcers had healed. (They never recurred.) As a result, from personal experience, I would certainly suggest acupuncture for a chronic, intractable condition.

We know that the reliance on analgesics has two negative effects. First, because it is such a magical, short-term solution, one never grows in consciousness. One gives away their power to the pill, the power that is really of one's consciousness. When one gives the power to the pill, personal growth stops. The second negative effect is the progressive dependency on the analgesics or narcotics, which creates and compounds the whole problem with a challenge that may be more severe than the original situation.

Another useful technique is hypnosis. Alternative medicine is now very interested in hypnosis as well as acupuncture. The most useful form of hypnosis is self-hypnosis. It is advisable to learn it for oneself rather than needing to seek it from another, for reasons having to do with the advancement of consciousness. It is a very simple process. One can use the hypnotic state, which is really only a state of high suggestibility, to learn the very things described previously. If one goes into an extremely relaxed state and begins to experiment and experience the truth of what has been presented above, the learning is much faster. In my experience with self and others, the value of self-hypnosis is that it enables one to reach a level of concentration that is not otherwise accessible. In that suggestible state, one is capable of degrees of concentration not available in an ordinary mental state.



There is a simple technique that people who have any chronic physical condition can learn to use. Instead of the word 'hypnosis', which has all kinds of associated beliefs and meanings, we will talk about extreme relaxation in a state of heightened suggestibility and capacity to concentrate. Just sit or lie down in a very comfortable position and start to progressively relax. Picture yourself walking down

a series of ten steps and then say, “Level 1.” That announces that we are about to do this procedure. Then say, “Level 2” and go deeper into relaxation.

The first step initiates the experience, and the next step allows some time to relax all the muscles in your head. As you do that, you will notice the soreness in your face and jaw muscles reflecting the tension of the day. Your cheeks are actually sore – just poke them and you will find that is true. Why are they sore? It is from the chronic tension of resisted feelings.

Allow yourself several minutes to relax your head. Then say, “Level 3”. Now relax your neck. Relax all the tension in your neck and upper shoulders. Then say to yourself, “Level 4,” and move and relax your back and chest muscles. As you say “Level 5,” just continue to progressively relax, starting with the biggest muscles and then moving to the smallest – the shoulders, the upper arms, the lower arms, the hands, and then the fingers. Say “Level 6” and allow your chest and torso to relax. With “Level 7,” move into the lower abdomen, relaxing all the tensions you have been holding there. Say “Level 8,” move into the hips and buttocks area, and allow the deep relaxation. At “Level 9,” allow that relaxation to flow down your legs. Now say “Level 10” and allow your feet to relax. Next say “I am at level 10.” Using that letting go of resistance, allow yourself to let go of all resistance to this profound state of relaxation.

Surprisingly, it will be discovered that no matter how seemingly complete the state of relaxation seems to be, there is yet another, even deeper level. By going through progressively deeper levels, it is discovered that one has never really, really been totally relaxed in their entire lifetime while awake.

In this profound state of relaxation, now tell yourself the things you want to know and then let go of resisting them. Let go of resisting the thought that pain is one thing and suffering is something else. **There is no such thing as suffering in pain when that pain is not resisted.** In that profoundly relaxed state now, go back to the previous information to deal with chronic pain. Notice that the pain is everywhere, and notice that you can let go of your resistance to that pain. You can open the door and let it happen without its affecting that which you really are. In it, you can begin to move yourself up to a lovingness for yourself and a compassion for your intrinsic beauty as a human being.

**TEN STEPS SELF-HYPNOSIS – RELAXATION:** Say:  
 “Level 1.” That announces that we are about to do this procedure.  
 “Level 2” And go deeper into relaxation.  
 “Level 3”. Now relax your neck and upper shoulders.  
 “Level 4,” And move and relax your back and chest muscles.  
 “Level 5,” Just continue to progressively relax, starting with the biggest muscles and then moving to the smallest – the shoulders, the upper arms, the lower arms, the hands, and then the fingers.  
 “Level 6” And allow your chest and torso to relax.  
 “Level 7” Move into the lower abdomen.  
 “Level 8” Move into the hips and buttocks area.  
 “Level 9” Allow that relaxation to flow down your legs.  
 “Level 10” And allow your feet to relax.  
 Next say “I am at level 10.” Using that letting go of resistance, allow yourself to let go of all resistance to this profound state of relaxation.

At an energy field of about 500 to 540, the lovingness comes forth. We know that it has happened when we become light-hearted about the situation and can laugh at ourself. There is the energy field of humour, which is higher. The fact that humour heals has been reported in books by celebrities who have healed a physical illness through the constant use of laughter. The choosing of laughter and humour and

putting oneself in a loving, laughing energy field that is over 500 tends to bring healing out of its own nature. There is the capacity to laugh at the misfortune, which means that the experience is one thing, and that which we are in truth is something else. We are not the experience nor at the effect of it. We are no longer the victim and have stopped struggling with it and resisting it.

In going through Neutral and Willingness to the level of Acceptance, we notice a release from suffering, and what does that mean? When we are resisting and trying to get away from it, we are at a lower energy field and see the process as one of entrapment. As long as we resist the suffering and pain, as long as we are angry, grit our teeth, struggle against it, and try to force our will, we become further enmeshed in it. It's like a quagmire – the more we struggle, the more entrapped we become. To move up to the higher energy field of freedom means to be released from the entrapment and become empowered. The courage to face the issue and do something about it brings empowerment. Willingness moves us up to a transformation of consciousness and into the willingness to be forgiving, loving, and compassionate. We can transcend this and literally move beyond identification with the body and what has happened to it into a conscious awareness that we are something other than the body.

In another chapter, we will talk about letting go of resistance so completely that there is very little awareness of the body even being present. This also happens with pain in which the thought, memory, and awareness that there is some pain only happens for a few fleeting seconds during the day. I have used the thumb only as an example of the realness of what I am presenting. The pain came to me for only a few seconds throughout the day when it was still present. After about an hour, I suddenly noticed the thumb and said, "Oh, it's like I'm not even aware of its presence." That occurred maybe a few other times during the day. In a twenty-four-hour period, the total amount of suffering I experienced that the world would call painful amounted to maybe five or ten seconds in the morning and maybe a few seconds in the afternoon. The totality of the suffering that came out of this experience, which lasted for only a few months, amounted to probably less than thirty seconds. It is valuable for all of us to do this because through doing it, we realise the truth of who we really are.

Another assist to healing pain or any other distress is to listen to great, beautiful music, which itself releases endorphins in the brain. That beauty provides a healing effect has been known since the days of Hippocrates.



**Love never expects anything from anyone.**

**PASCAS  
PAPERS**

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



**LACK of SELF- LOVE:**

- A composite of:
- a. lack of self-worth
  - b. lack of self-acceptance
  - c. arrogance and pride
  - d. self-loath and hatred
  - e. lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



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

Strive to love others as I am to love myself

## LIVE FEELINGS FIRST

Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.

I ♥  
ME



**March 18, 1916** – *One message*

**P.332 BOOKS of TRUTHS by Joseph Babinsky  
The PADGETT MESSAGES**

I am here, John, Apostle of Jesus –

I wish to write tonight on a subject that is of importance to the members of the orthodox churches as to the belief in the efficacy of the atonement of Jesus by his death and crucifixion.

All the orthodox believe and their preachers and evangelists teach in their sermons and addresses, and the teachers of Bible classes instruct their students, that the blood of Jesus and his death on the cross were the two factors in his career on Earth that save men from their sins and satisfy the great penalty of death which overhangs them, because of man's first disobedience and the sins that followed there from.

Well, this doctrine has prevailed in the beliefs and teachings of the church ever since the church became established by the convention that met in pursuance of the orders of Constantine, when the books that now constitute the Bible were given the sanction of the church as canonical. Before this time some of the early fathers believed in the doctrine of the atonement as above stated, and the controversies between them and others who did not subscribe to this doctrine were very bitter, and at times, very unchristian according to the Christianity that prevailed among the early followers of the Master, or according to his teachings.

From that time until the present, although the great Roman church has been seceded from and reforms have been made by churches founded on such reforms, this doctrine has been incorporated in and believed by most of the churches, no matter what name they may have adopted and what form of government they may have prescribed.

This doctrine constitutes the foundation principles of these various bodies of church entity; and today, these principles are as much a part of faith and teachings of the churches as they ever were in all the centuries that have passed. Of course, with this cardinal doctrine there have also become incorporated in these faiths and teachings certain other principles, which apply more to the individual members of the church than to the church itself as a body. I mean belief in the truth that there is a close relationship between God and the individual which may be established by prayer and the longings of the soul for the inflowing of God's love, and the regeneration of the nature of man by the influence of this love by the Father.

But in these latter days, this truth has been known to and its workings experienced by a comparatively few of those who call themselves orthodox Christians. The large majority has depended upon the belief in the doctrine that Jesus, by his sacrifice and death, paid the debt which man owed to God. And when the members of the church in an intellectual belief assert that they believe in and accept Jesus as their Saviour because he paid the debt, and by the shedding of his blood washed away their sins and made them at one with the Father, and thereby became saved from the wrath of the Father, and in a moment become the truly redeemed and accepted children of God, that as long as they maintain that belief and attend to their duties as such members and observe the regulations of the church, they are safe and fitted for the enjoyment of heaven and the presence of the Father.

They also believe that unless a man accepts Jesus as his Saviour, in the way I have mentioned, that man will be eternally lost, and in the beliefs and teachings of some of these members, will be sent to hell to be eternally damned and punished.

Well one view of this doctrine is just as true as the other, or rather just as untrue, because both of these phases of belief have no foundation in fact, and are not in accord with the teachings of the Master, or with the fact as I know it to be, not from any mere belief but from personal experience and observation.

Oh, how the pure teachings of the Master have been distorted and made the means of preventing so many human souls from reaching the heaven of happiness that they wished for, and that they thought would be theirs when they should give up their mortal lives.

This doctrine, so long believed, has worked the damnation of many a man, as regards his soul development and his becoming at-one with the Father and reaching the heavens that are prepared for those who obtain that soul union with the Father.

I know it may seem surprising to some, who are really, true, believers in this doctrine and, as they think, in the truths of God and the teachings of Jesus, which are believed to be infallibly contained in the Bible, that I announce the falsity of these beliefs and their utter ineffectiveness in enabling these sincere people to obtain that which they so earnestly desire.

But such is truth, and truth never changes, never compromises with untruth, and never permits the erroneous beliefs of a really sincere mortal to swerve in one iota from the results and consequences of that false belief. And the great injury that this false doctrine has done to humanity, and is now doing, will continue in the world to come, until the belief in truth shall supersede the belief in that which is false. And thus not everyone who shall say "Lord, Lord," will enter into the *Kingdom of Heaven*.

These false beliefs have operated in two ways to injure man and render him unfit for an entrance into the kingdom. First, by the belief that brings about the injury that results from the positive operation of error, which is great; and next by the want of belief in the truth, which prevents progress in the acquirement of those qualities which belong to and are necessary parts of that truth.

When men believe in the doctrine that I have stated they become satisfied, and, knowingly or not, remain in a state of false security, not attempting to develop the soul qualities, which are the only ones that are in relationship with God. Their mental beliefs are strong and may increase in strength, but their soul communions with the Father and their growth and expansion in the soul development, becomes stagnant and, as it were, dead.

This is the great injury that these false beliefs do to the man and to the spirit – I mean in his individual capacity. For it must be known as a truth, that the salvation of man or his soul progress towards an at-onement with the Father is an individual matter solely, and men as aggregations or in church communities are not redeemed from sin, nor as such, can they have any relationship with the Father or receive His Divine Love, which is the only salvation.

There is only one possible way in which man can come in unison and at-onement with the Father, and thereby fitted to enjoy or inhabit the mansions in His kingdom, which Jesus spoke of when on Earth, and

that is the way that will make the soul of man like the soul of the Father, and a partaker of His divine qualities of love and life. No belief that will not bring about this uniting and commingling, as it were, can possibly make the soul of man a partaker of these qualities that are a part of the soul of God.

Then let man consider for a moment what possible connection there can be between these soul qualities of God and the death and blood of Jesus.

God is the creator of life and death, and also of blood and flesh, and He can destroy as well as create. Had the sins of man called for the sacrifice of that which was mere flesh and blood, or the extinguishment of a life that God had created in order to pay the penalty of that sin, then a God who demanded such a payment – and this implies of course, that such a God was wrathful and could only be appeased by something that He could not of and by Himself obtain – would not possibly be satisfied with that which He had created and over which He still had absolute control, and which He could destroy and make non-existent at any time He pleased. Jesus' life was already a possession of God, and when he surrendered that life he did not give to God anything that He did not already own and could not have taken. And when his blood flowed on the cross, it was not that which God could not have made flow at any time and in any manner. So the absurdity of such a doctrine is too apparent for serious consideration.

For its logical meaning is that God was demanding a debt that had long been unpaid, all wrathful and insatiable, and would be satisfied only with the death of a living being and the flowing of his blood; and that death and that flow of blood in one way or manner only, namely, on the cross. And yet with all this demand that has been sounding down the ages for centuries, relentlessly and unpityingly, He became satisfied and His wrath assuaged by seeing His own creature die – and that creature His best beloved son – and by hearing the trickling of the blood of that creature from a wooden cross, by all which, the life and the blood being already His to let live or destroy as He might see fit, man became at-one with Him.

The simple reduction of such a proposition is that God, in order to pay a debt that was owing to Him, accepted in payment thereof that which was already His, and which no power or being in all His universe could have taken from Him. Now, I say all this reverently as your preachers say, but the fact is, that the mere assertion of such a doctrine, as I have been dealing with, is so blasphemous that no treatment of it, showing its falsity, could be irreverent.

And again, the absurdity of believing that God demanded that Jesus should die on the cross as one of the necessary accompaniments of his death, in order to carry out God's plan for this death and make the payment satisfactory, is so apparent and absurd, that I and all of us spirits in the kingdom of the Father wonder that mortals can believe such an unreasonable dogma.

To follow this absurd proposition to its logical conclusion, it was necessary not only, in order that the debt might be paid, that Jesus should die on the cross, but that Judas should become the traitor, that the Jews should clamour for his death and that Pilate should pronounce the sentence. These were all necessary means to the satisfaction of the debt, and being so, why is it then that Judas and Pilate and the Jews are not saviours of mankind also, even if you say in a secondary sense. Jesus could not have clamoured for his own death, or erected his own cross or nailed himself thereto, or pierced his side with a spear in order that the blood might flow, for if he had done this he would have been a suicide; but it

may be, there would have been more of the elements of the payment of a debt in that method of dying than in the way in which his death was brought about.

No, I tell you, I, John, who loved the Master more than all the others and who was closer to him, who was with him when he was nailed to the cruel cross, which I think of with horror, and who was among the first to take his body from the tree and first felt his blood upon my hands – tell you that the death of Jesus on the cross did not pay any debt that man owed to God, nor did his blood wash away the sins of any man. And oh, the pity of it all is that mortals for all these long years have believed that they were saved by his sacrifice and blood, and by such belief have never come any nearer to the Master or in atonement with the Father.

As I and others have written you, the only way in which man can be saved from his sins and become in at-onement with the Father, is by the new birth which the Master has described to you as being the result of the flowing into the soul of a man of the Divine Love of the Father, and the disappearing of everything that tends to sin and error. As this love flows into a man's soul it permeates that soul as does leaven the batch of dough, and that soul partakes of this Divine Love and thereby becomes like the Father in His divine nature, and fitted to inhabit His kingdom.

Now, you can readily see that there can be no possible relationship existing between the death of Jesus on the cross and his blood, and the giving to the soul of a man those divine qualities that belong to the Father's nature. These qualities are not imparted to man by death and blood, but by life and love and faith which comes with that love (and here, when I say faith, I do not mean the mere intellectual belief of which I have spoken).

As we have before written, when the first parents were created they were not given this Divine Love, but the mere possibility of obtaining it upon their seeking for it in the way that God had provided. It was not forced upon them, but it was optional with them whether they would receive it and become fitted to inhabit the *Kingdom of Heaven*. When they committed their act of disobedience they forfeited this privilege, and, as to it, died, and were left without a mediator between themselves and God. And here I don't mean any mediator in the way of paying a debt, for they owed no debt to God; they were merely, as you mortals might say, disinherited children. And the only mediator that man needed after that time was one through whom might come the glorious tidings that the Father had changed His will, or forgiven the disobedience to the extent of restoring His original state, which is the re-bestowal of the privilege of obtaining into their souls His Divine Love.

And, in this sense, never was there any mediator between God and man until the coming of Jesus and his announcing to man that the Father had changed His will and had restored to mankind the great privilege of partaking of His divine nature and immortality. And thus, as in the first man, Adam, all men died, so in the man Jesus, were all men made alive. And Jesus was the mediator not only in declaring to man the re-bestowal of this great gift of the Divine Love and immortality, but, also, in showing the way by which men could and must seek for that gift in order to possess it.

The great gift of God to man was not Jesus, but the potentiality of obtaining the Divine Love of the Father and thus becoming divine and fitted to reside in the mansions of the *Kingdom of Heaven*. And thus, Jesus became the "resurrection and the life" and brought immortality to light – how much greater a saviour than by paying a supposed debt by his death and blood. No, he is the saviour of man by his

living and his teachings, for he was the first to receive this Divine Love and to become divine himself, and the first fruits of the resurrection.

We have explained to you before in detail, some of the truths that I have declared in this message, and it is not necessary to further explain them here.

In closing, I wish to declare with all the emphasis that I possess, arising from a knowledge based upon the teachings of the Master, and my personal experience as a possessor of this Divine Love, and a partaker of the Father's divine nature, that no vicarious atonement of Jesus, nor the shedding of his blood, saves any man from sin or makes him a redeemed child of the Father, or fits him for a home in the mansions of the Celestial spheres. With a love that can come only from a redeemed and divine nature, I love all mankind, and am working to help them find the way to life and immortality and happiness beyond the conception of mortals or spirits who have not received this new birth of the Divine Love of the Father.

I have written enough for tonight and you are tired.

*So my dear brother, with all my love and the blessings of a heart filled with the Love of the Father, I am your brother in Christ – John*

## ***Cause No Harm***

This transcription – automatic writing – is one of more than 2,500 similar messages penned by James Padgett between 1914 and 1920. THE BOOK OF TRUTHS is a special edition of the Padgett Messages in one volume. These are messages given to mankind by loving spirits who desire that the world should know the truths of our creation, purpose and destiny. Love is the central subject in this book, yet not a love generally known. The greatest truth is that there is divine love above and beyond human love waiting to transform us into new beings. We can learn of this divine love by reading the messages given to mankind to James Padgett. Jesus taught about the divine love and transformation of the human soul.

## ***Only Three Things Needed***

A L O N G I N G for GOD'S LOVE to ENTER YOU  
 A L O N G I N G for GOD'S TRUTH to ENTER YOU  
 H U M I L I T Y  
 Humility is the passionate desire to experience fully  
 ALL of your own emotions,  
 without blame, judgement or condemnation

## **The Only Prayer That Man Need Offer to the Father:**

(as given within the first century)  
I am here, Jesus

**The Prayer for Divine Love**

2 Dec 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

**Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.**

**That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.**

**We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.**

**Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.**

**Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.**

**Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.**

**We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.**

**We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.**

**Amen**

MoC



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

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

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



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

### MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

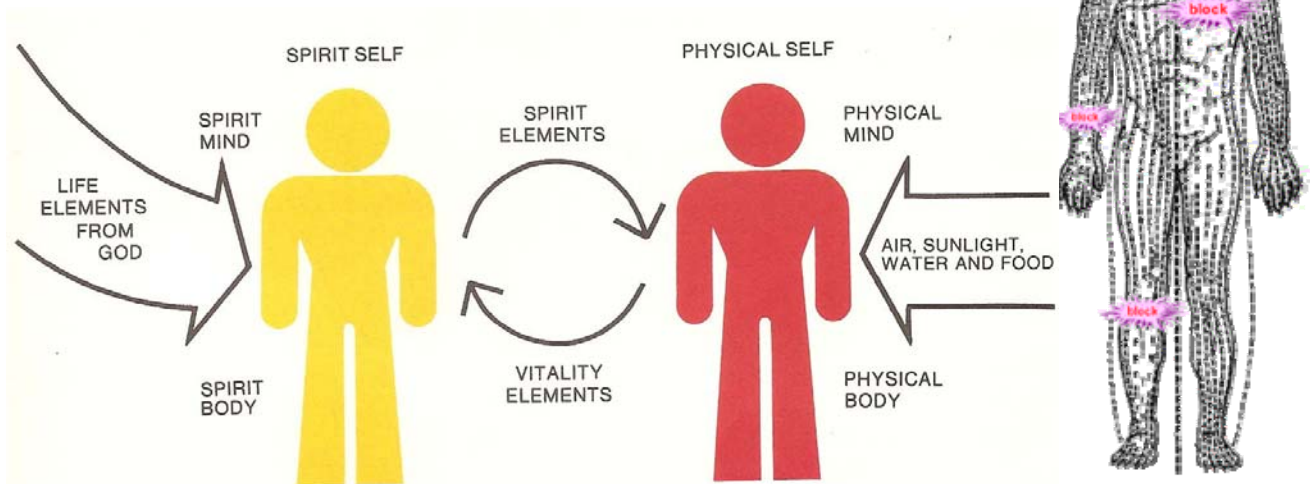
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



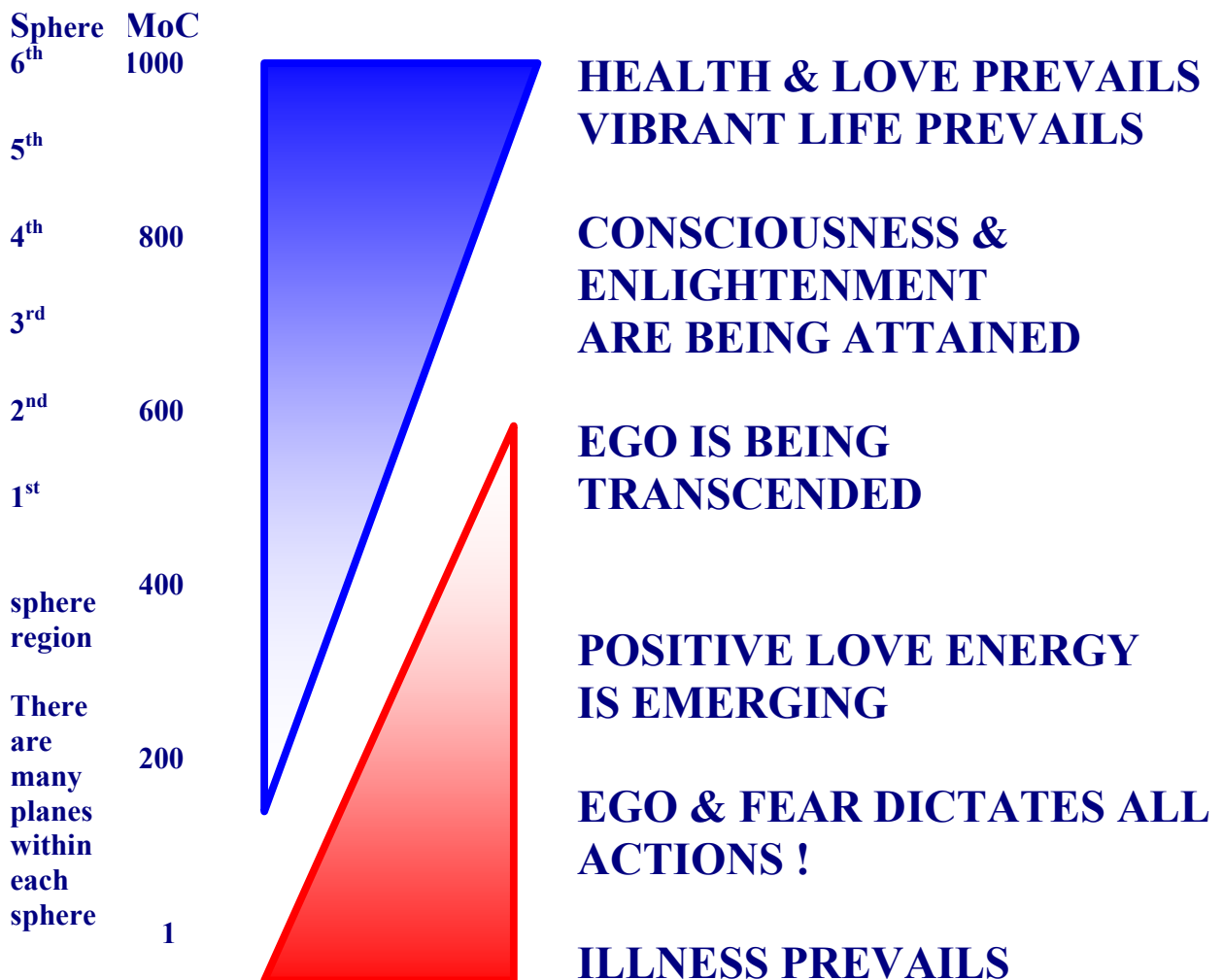
In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.



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

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



An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1<sup>st</sup> sphere and also to progress through the 2<sup>nd</sup> sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,  
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

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

**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.**

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

**in conjunction with**

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



## MEDICAL PROCEDURES and RESEARCH



**Sometimes You Can Find a Needle in a Hay Stack!**

**While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.**

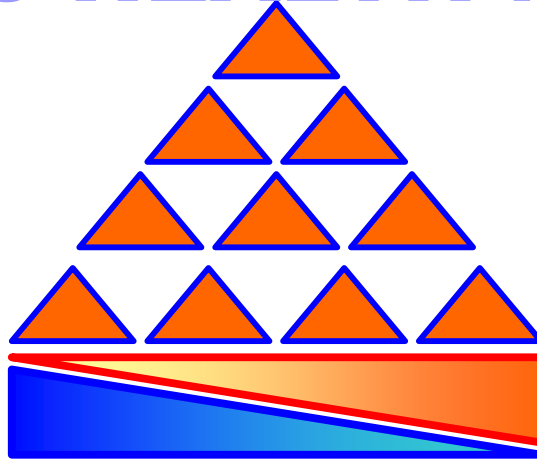


**The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.**

**Your spirit and soul is home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.**

**Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.**

# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

**PROFESSIONAL MEDICAL TEAMS**

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

**COMPLEMENTARY THERAPY FIELDS**

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI  
Pathology  
Streamer – Case Manager**

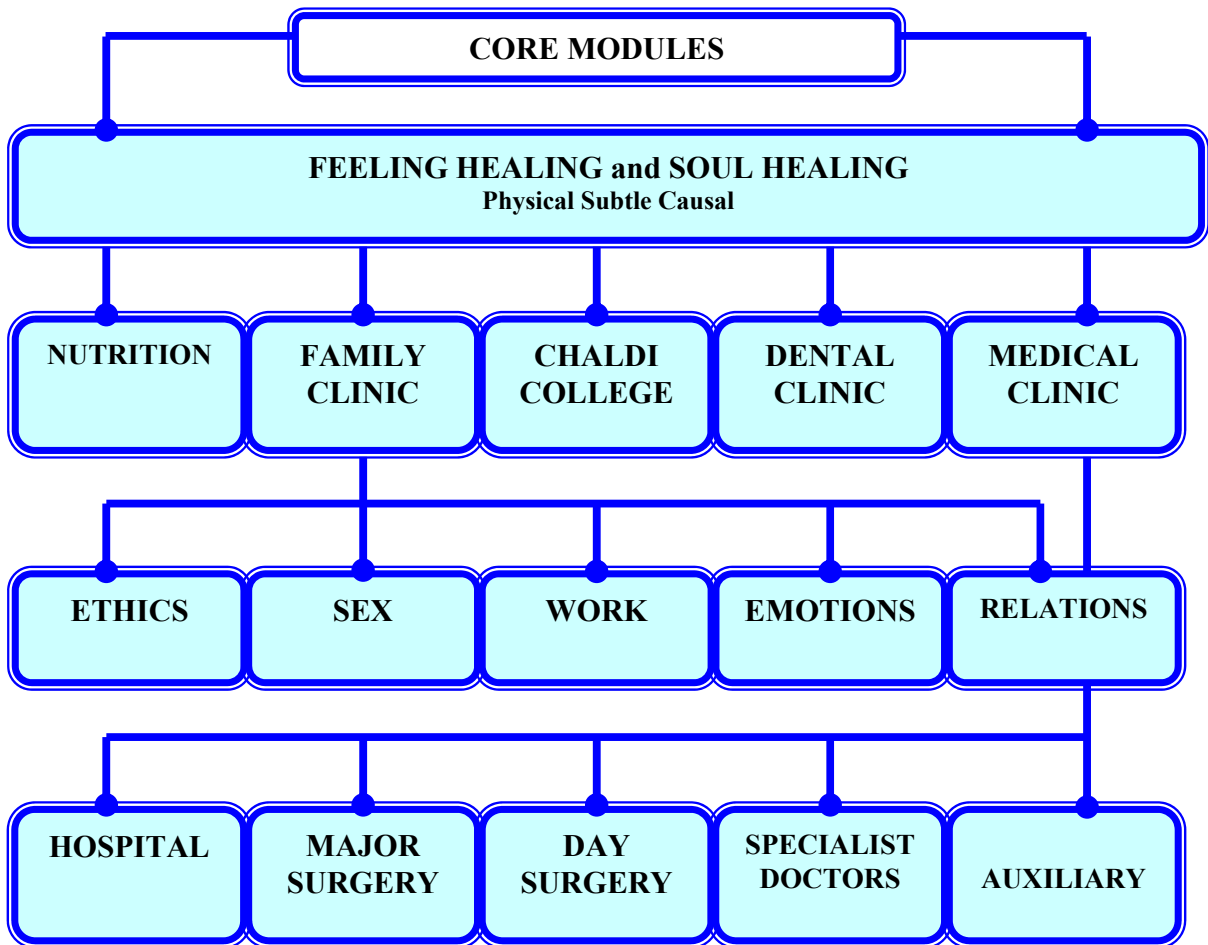


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First



*Feelings first*



**EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

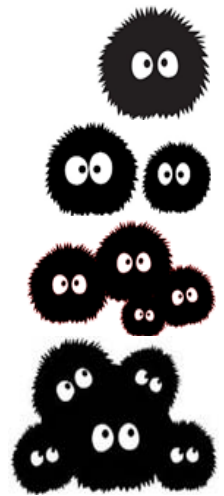
A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.



The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

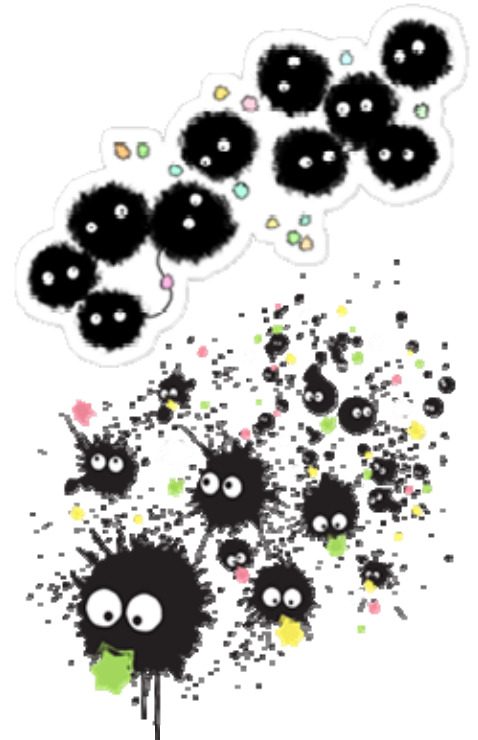
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.



The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



## OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018



Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

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



**Spirit Mansion World 3 equivalent on Earth:** 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.

**Spirit Mansion World 5 equivalent on Earth:** 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.

**Spirit Mansion World 7 equivalent on Earth:** 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.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



**Accept, express and long for the truth of your feelings.**

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

**BODILY PAIN is OUR FRIEND:**

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING ABOUT PAIN. IT DEMANDS TO BE FELT.



# What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



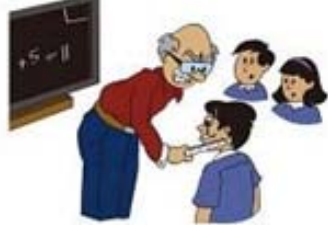
Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



Hitting and humiliating a child

**CHILDHOOD TRAUMA**



# CHILDHOOD TRAUMA



Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The repression and suppression of our natural self expression during our formulative years is the foundation of all our suffering throughout our life.

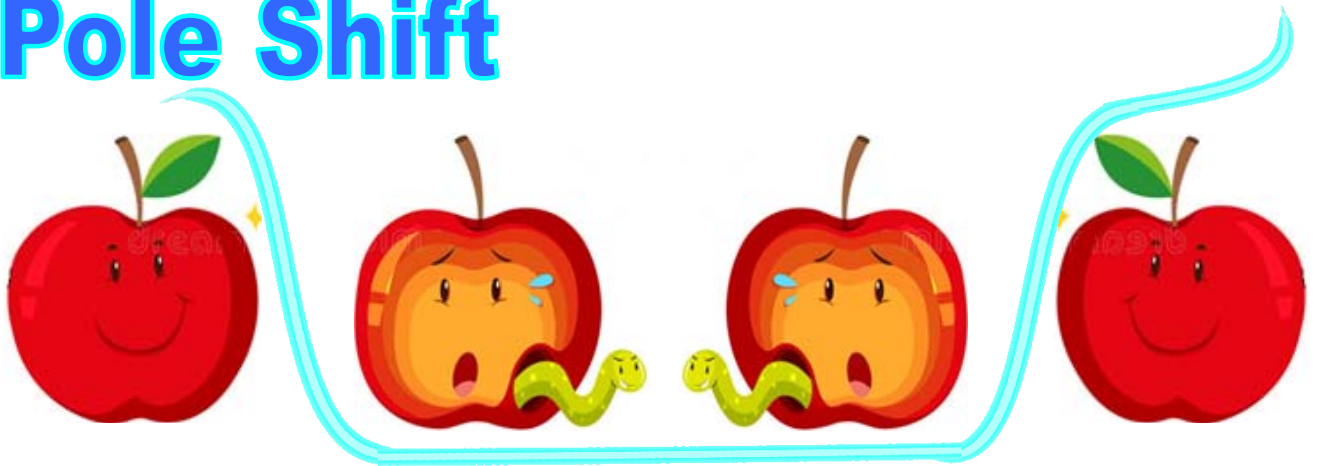
Suppression and repression of our natural self expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are there to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”  
James Moncrief 28 May 2018



# Pole Shift



**Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.**

**At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into ‘bad apples’. We proceed through our life experience, after our parents’ well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.**

**Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.**

**We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.**

**This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.**

### CREATION, DEVOLUTION and EVOLUTION:

Aman and Amon (also called Andon and Fonta), our first parents, physical being was born of natural parents, who in turn had been born of their own parents. Their bodies were not created instantaneously, but evolved just as all of God's creatures evolved. Aman and Amon were both nurtured physically as infants and then children. **But our first parents' souls were placed in them when they were already adults.** They had no clear memories of their earlier life before that great moment. As soon as they possessed a soul, all of the normal human psychological manifestations appeared.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore they were apart.

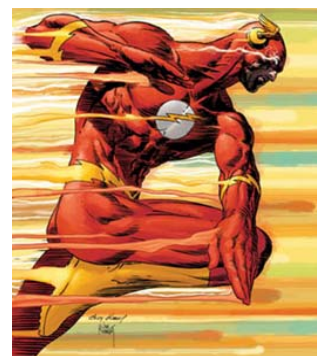
They were indeed a primate species of humanoids. But Aman and Amon (they were not Adam and Eve) were more beautiful than their animal relatives, and knew, even from their very appearance, that they were marked even by Nature to be different. The human body, without a soul, calibrates at 200 on Dr Hawkins' Map of Consciousness. Domestic animals typically calibrate 200 to 250. Our soul is the source of our personality, intelligence, and memory. Our soul is formed from the energy substance of natural love. There is nothing of the Divine within our soul.



The First Parents did not recognise the full beauty of the gift of Divine Love, and subsequently it was withdrawn. Man, left to his own perseverance and determination can develop into the perfect man with only Natural Love, however that is a slow and tedious pathway and limited to perfection of the soul, fit only for the 6<sup>th</sup> natural love spheres.



By embracing Divine Love and one's Feeling Healing, man can become fitted to enter the Celestial Heaven and higher in rather quick time. One's life on earth, living with the Love and embracing Feeling Healing, can be that of living in Heaven!



**Further, Feeling Healing with Divine Love, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.**



## 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.

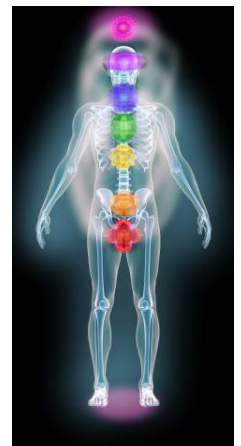
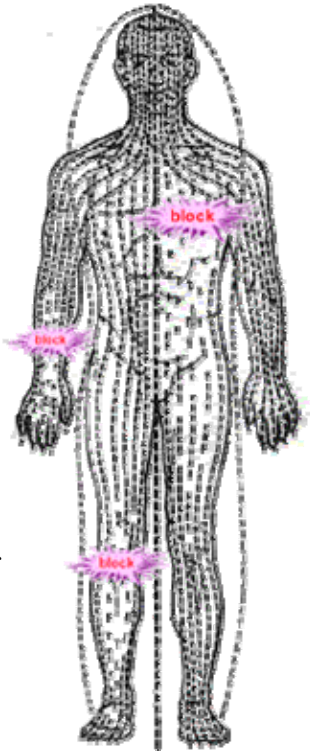
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected with one's spirit body by cords of light. One's soul is the home of one's personality, natural intelligence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

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

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

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

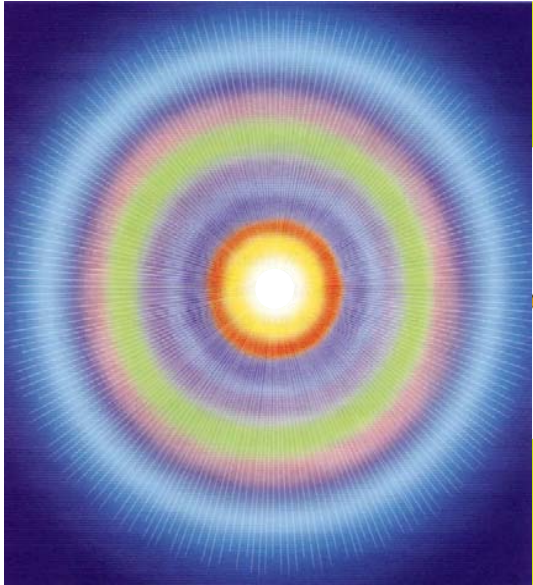
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for our Parent's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



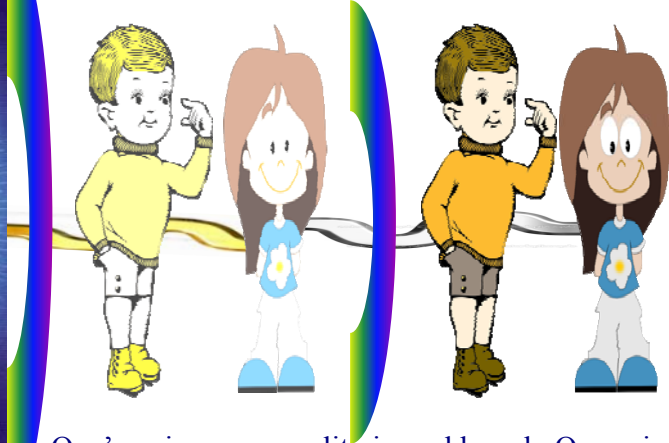
### DIMENSIONS of ONE'S EXISTENCE:

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.

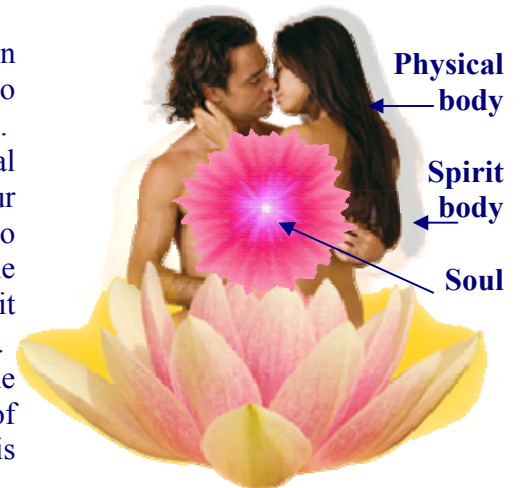
## PERSONALITY



**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 REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. 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.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

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

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

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

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

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

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

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

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

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

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt

then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

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

**The healing of the body alone should never be forced. Complete healing takes place only through the Soul, via the spirit body, via the nervous system and the spirit consciousness of each cell.**

# LIVE FEELINGS FIRST

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

## **HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:**

**Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body in which the soul is connected by cords of light.**

**Such man made errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.**

**Medical assistance and treatment may alleviate the illness / pain however the cause remains.**

**Until we endeavour to remove the errors and injuries, the propensity for the illness remains.**

**Love energy from the Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.**

**Earnestly pray for, ask for, and receive the Love from our Mother and Father, such Love will always be provided to those who ask for same – always!**

**The SUBSTANCE of The LOVE (with Feeling Healing) brings about PHYSICAL HEALTH:**

December 5, 2003

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2003/millions-of-souls-millions-of-paths-ks-5-dec-2003/>

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

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

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

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

**"But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace."** Judas – August 19<sup>th</sup>, 2001

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

**We Inherit our Emotional Errors from the Environment around us during Childhood:**

We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union, so that no longer is there a greater and a lesser but just the one good, whole, pure air of atonement. When you let the Love of the Father pour through you to all things, nothing fears you and no harm can befall you. It is separation from the Source Soul, Father, which has caused sin / error, sickness, poverty, and death. It is union with the Creator, Father that causes one to become a whole Being or to become conscious of being whole.

Life and Teaching of the Masters of the Far East Vol I by Baird T Spalding.



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

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



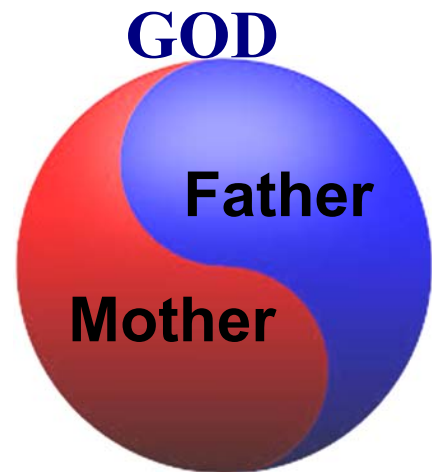
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

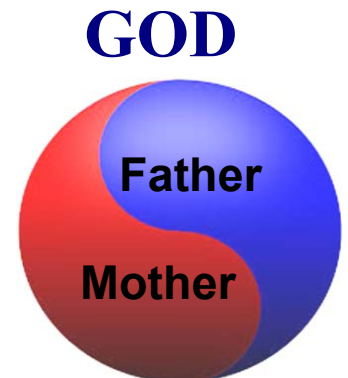
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**M&F**



**J&M**



**AVO**



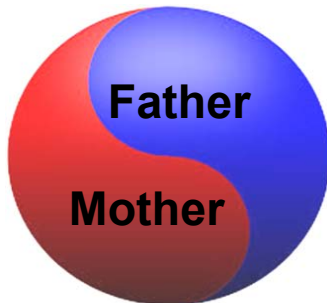
**HUM**

**WE ARE Children of God**



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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

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

**WE ARE Children of God**

**HOW TO GET TO PARADISE:**

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

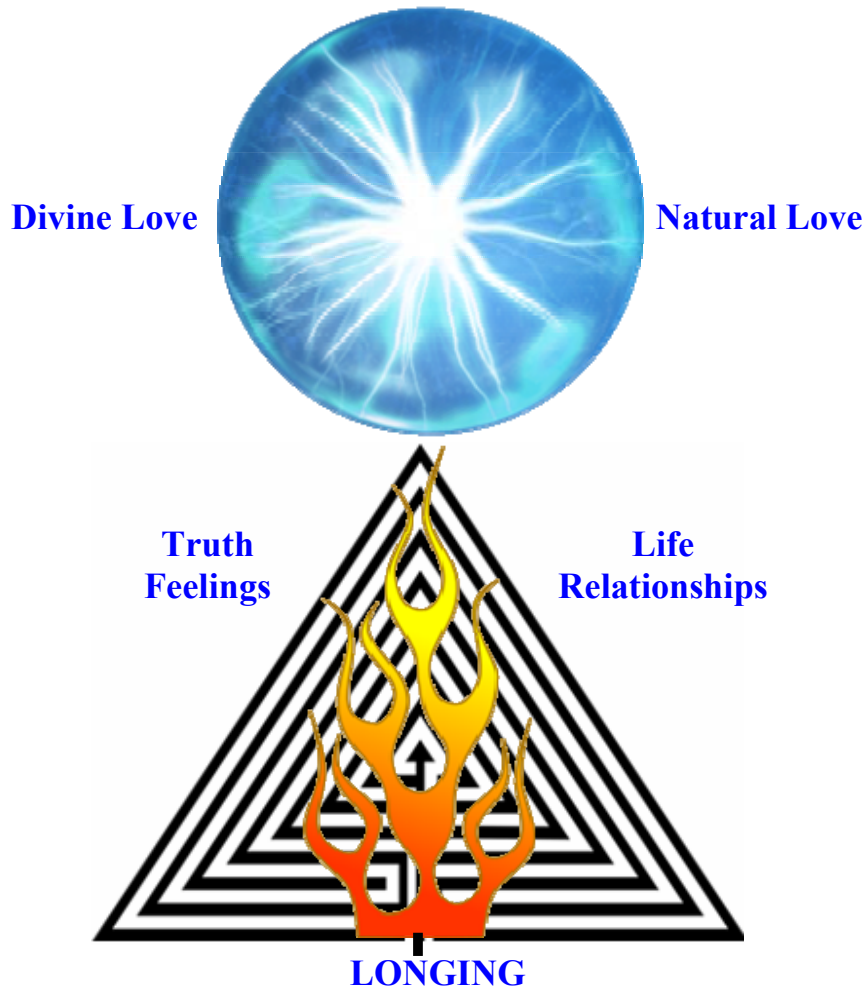
Want to understand the truth of your early life

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

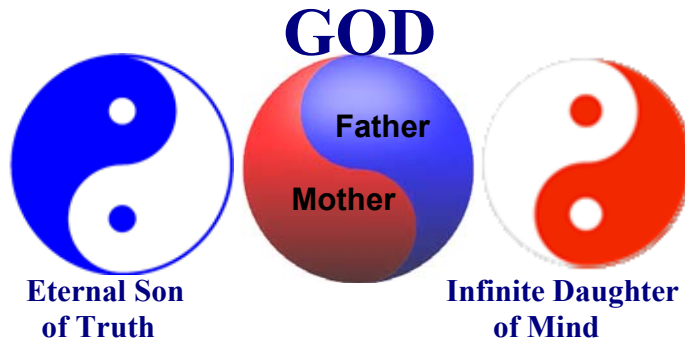
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

**The Key**



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



PARADISE TRINITY:

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

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

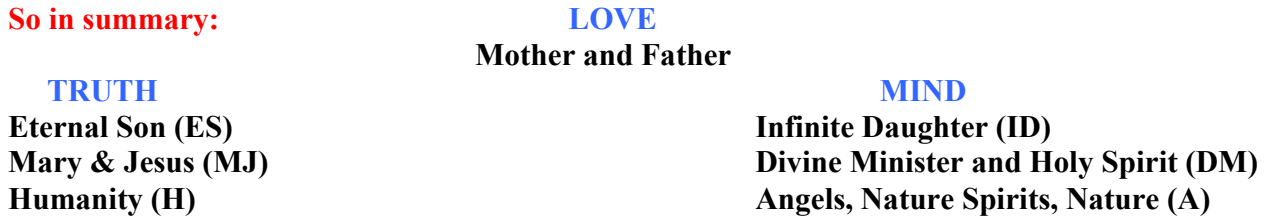
The LOCAL UNIVERSE TRINITY:

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

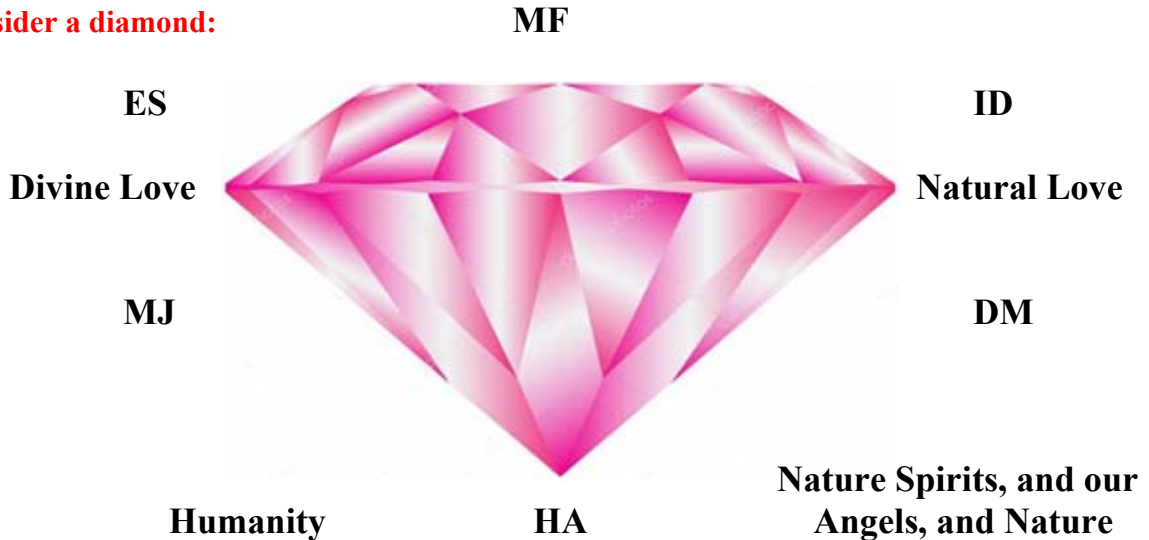
PLANETS that engage in REBELLION:

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

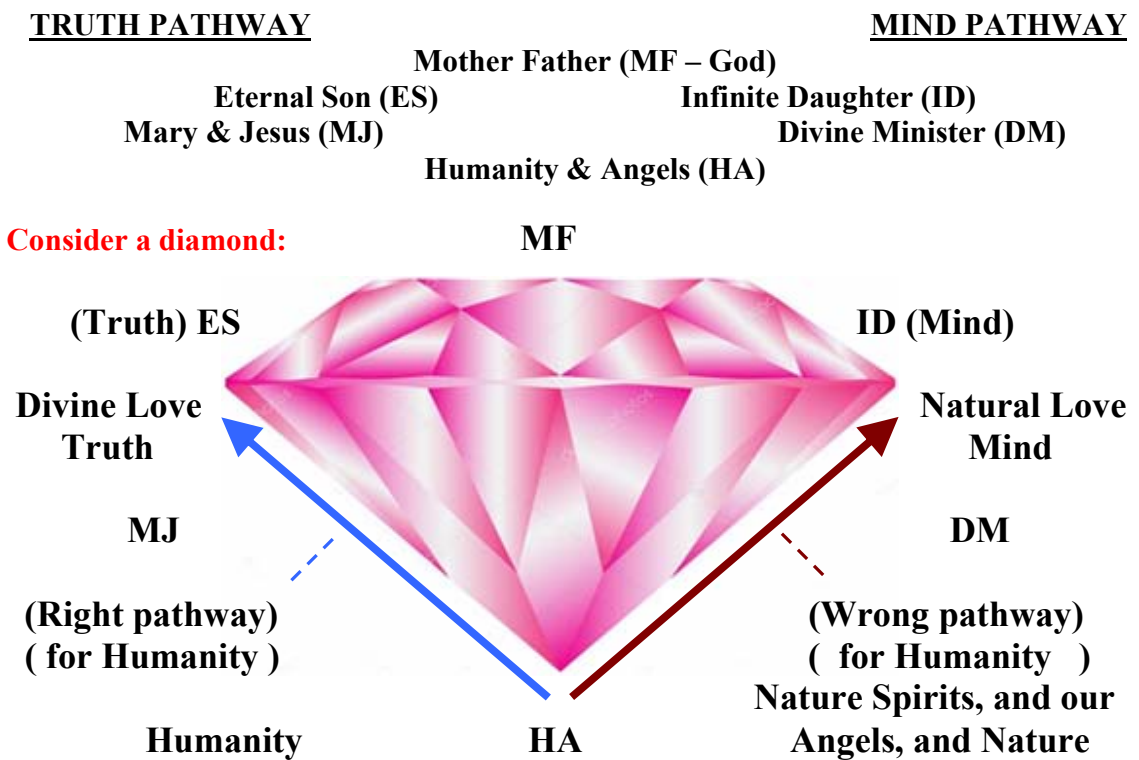
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

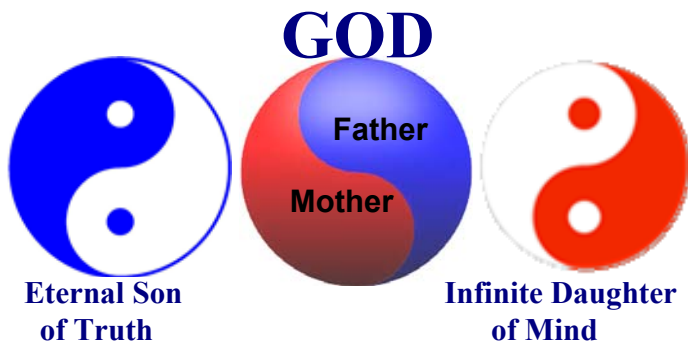
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



**CREATION of SOUL and SPIRIT:**

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

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

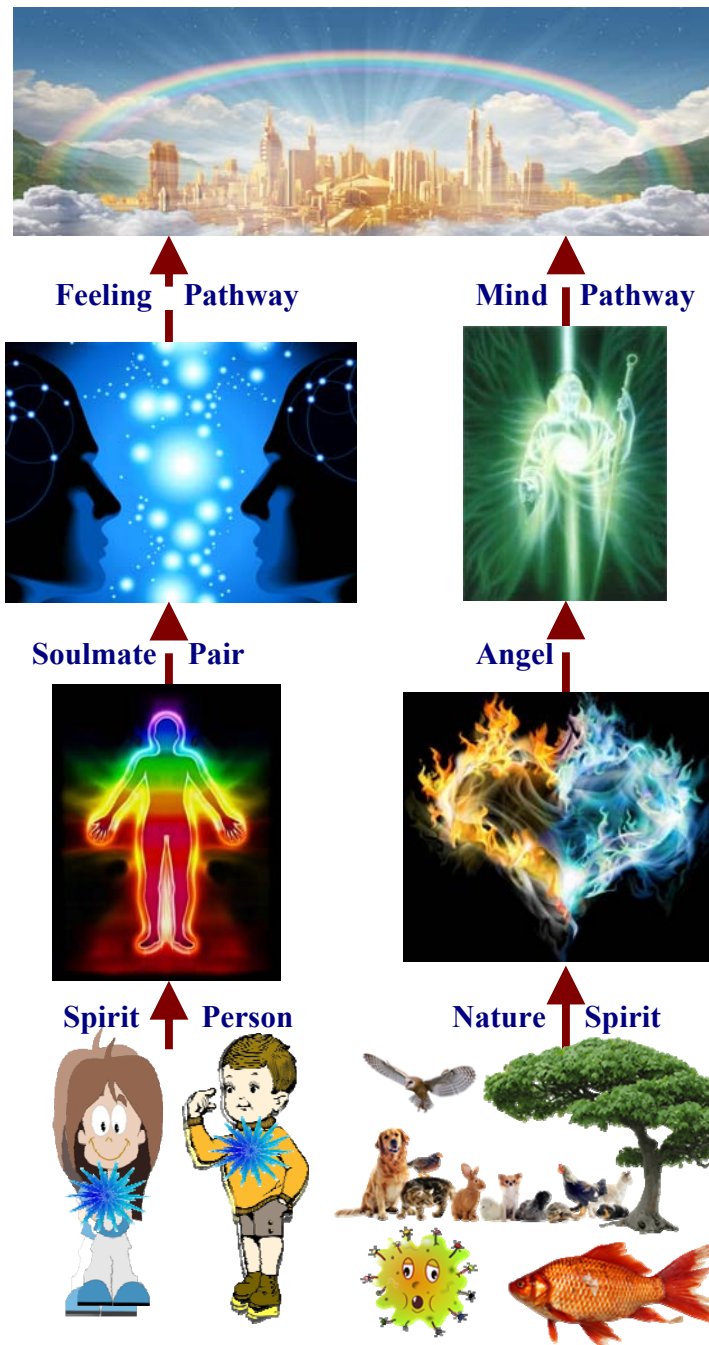
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



## HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part,

so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak words. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And



mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make it's way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shining more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3<sup>rd</sup> Celestial sphere): What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's

not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

## LIVE FEELINGS FIRST

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

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



<http://www.pascashealth.com/index.php/library.html>

### **Library Downloads – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

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

27 March 2018:

**HEALING PROPERTIES of SUBSTANCES continued:**

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with

what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

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

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

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



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

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

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



**Feelings first**



Saturday, 31 March 2018:

## COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and ‘science’ people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** It’s as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people’s Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

**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.**

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

<http://www.pascashealth.com/index.php/library.html>

**Library Downloads – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

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

6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I

NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



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

Consider visiting the Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)  
Then Pascas Introduction Notes:  
**Pascas Care Letters Healing Properties of Substances**

# Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

**A HEALING MIRACLE:****Message 78 Destiny**

What is seen through observation of people with difficult physical conditions and illness, who receive the Love, is that these physical conditions haven't miraculously disappeared. What is seen is the comfort that having awareness that the soul is the real person, and that this soul is recognized by the Father is a healing acceptance that can be a miracle for the heart. Dr Ryan

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



**Feelings first**

**PASCA  
PER S**

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

**Q. So who am I to heal?**

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

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

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

**Q. So, what is Feeling Healing?**

**A. It's looking to your feelings for the truth of what's making you feel bad:**

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

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

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

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

**in conjunction with**

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



# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

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

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.  
 FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!  
 It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

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

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

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

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

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

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

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.  
Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

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

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

*Feelings First Spirituality* has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

**Living the New Way of Feelings First Spirituality**

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

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

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

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

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

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

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

# 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



# 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.

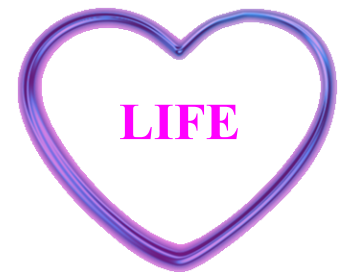


Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

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**

## U-TURN for HUMANITY:

### Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralds the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



### What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

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



**We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.**

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

**Why ask our Heavenly Parents? I thought God was just God – singular?**

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

### **I was taught that Jesus was God? And what is this about Mary?**

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

### **What is the purpose of an Avonal pair, and are they here on Earth?**

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged', and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

### **How is all this becoming known? Has Jesus and Mary communicated directly to Earth?**

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

**You say this is the Second Coming? You say I am living during the time of the Second Coming?**

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

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

**How does this all fit into our future way of living?**

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

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

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul base feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

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

Kevin of the 1<sup>st</sup> Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirit who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we



become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

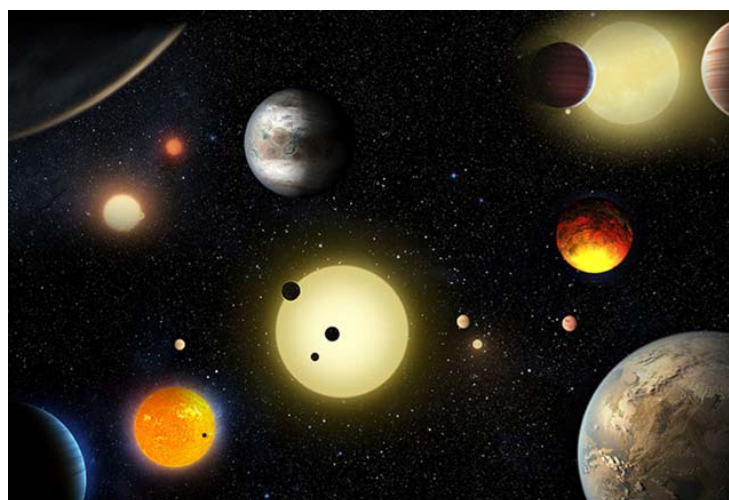
And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

**This is the greatest event in the history of humanity.**

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years.

MoC 1,480



# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

**PUSH ME,  
PULL ME**

### The NEW WAY of LIFE:

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means, we can confront and have more of a say in peoples and spirits lives, something that was forbidden the Celestials of the 'old guard'. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



**Law of Compensation  
quickenning 22 May 2017**



## 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

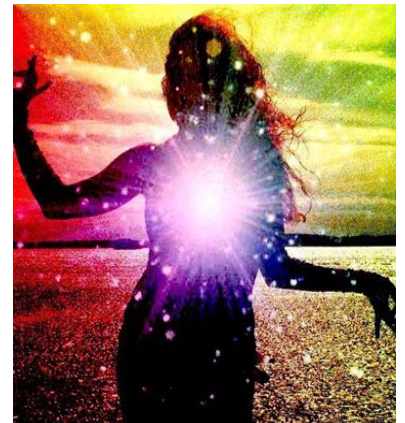
## Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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.

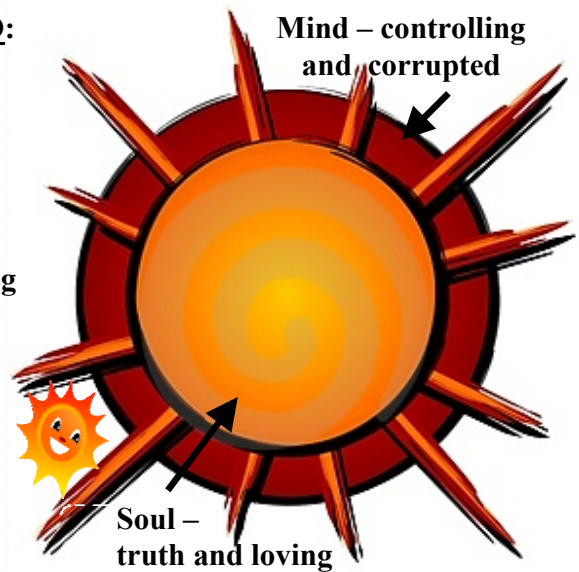


“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, 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

**MIND CONTROLLED or FEELING DOMINATED:**

From conception and throughout our childhood, we are infused with controlling natures and long held attitudes, mannerisms and beliefs of our parents and other family members. These infusions become imbedded within one's mind. These controlling platforms suppress and smother the truth and loving natures of one's always perfect soul.

It is by embracing and responding to one's feelings that the truth that we each hold within our soul will come to the surface and free us from the errors, injuries and harm that is conveyed upon us by our parents that we can freely live in our true nature.



Our minds want to assert their control over our true feelings which are soul based. Nurture the unloved child that we still are, help it stand firm in the truth and feelings it possess within its soul. Uncover the truth our soul requires us to see, know, be, and live. It is all just you and me doing what we feel to do as we become truer to our feelings. Because when we are true and feeling good because of living true to our feelings, we can be surrounded by evil, even nailed to a cross by evil, and it has no bad effect upon us.

Our whole being is expressing itself through our feelings as we connect to their truth, it's us coming out into Creation, and it is all designed – expressing truly our personality – to make us feel good. So the more in touch with our feelings using them to uncover the truth of ourself, the better we will feel about ourself and life, and the more true and so loving we will be. And then the more loved we will feel. And that's what it really is all about – feeling loved.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect de-powering us, in each of those moments.

We are to just go with all we feel, keeping our mind and what we think or believe we should feel out of it, just FEEL what we FEEL and keep expressing such feelings and longing for the truth of them. When we feel hate, fully go with that feeling, when we feel love, fully go with that feeling. And always be longing for the truth of such feelings.

As feelings come up, allow them to be expressed, long to know their purpose, and let them go. Until we do our Feeling Healing we will continue to be entombed in our mind controlling errors and injuries. Yes, these moments will be painful, but this is how to grow one's vitality and quality of all things within one's life. By also longing for the Mother and Father's Love we are then Soul Healing, Feeling Healing with the Love is Soul Healing. This is living true to one's soul. All we need is within one's soul, as we proceed along this journey our Indwelling Spirit will guide us and assist us.

We are to and will develop the desire of living true to our selves. And to live true to our selves we will have cleared our childhood infused injuries by having done our Feeling Healing.

## WHAT IS THIS ALL ABOUT?

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

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

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



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

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

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

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it. We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.**

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

**LUKE on DISEASE and HEALTH:**

27 April 1916

<http://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-2/luke-what-is-necessary-for-a-man-to-do-to-recover-purity-of-soul-vol-2-pg266/>

Man should realize that he is a perfect creature of God, and that his errors and diseases are merely the results of his own thoughts, and of qualities that have come to him down the long ages of his ancestors living on Earth.

He need not suppose that these errors / sins and desires are inherent in or a part of his creation, for they are not, but merely accretions that fastened themselves upon him by reason of the thoughts he has had, and the resultant course of life he has led, and when he changes these thoughts, which will necessarily bring about a change in his manner of living, he will find that he can progress toward the condition of the perfect man.

The doctrine of original sin is a mocking, damnable lie, and the sooner man realizes the fact that it is a fraud and deceit, the sooner he will be able to get rid of those things which have placed him in his present condition and held him there bound, as it were, hand and foot. This supine (lethargic, inert) submission to this old and ever recurring belief is the great thing that prevents man from starting to progress towards the attainment of that condition, which is purity and health and the perfect man.

Man created sin and disease.

Man, although covered with sin and disease and false beliefs, to recover this lost estate or, better, condition, he will find that by searching for and learning and acting upon many of the moral precepts of the Bible and of other so called sacred writings, he will be greatly helped and strengthened in his efforts.

God does help man in his recovery from the state of false beliefs and degradation. His love overshadows men, and His instrumentalities are always ready and waiting to answer the call upon Him for His help in assisting them out of their condition of sin, disease and false beliefs.

It is His gift of Love that progressively restores man back to the pristine condition in which he was created. Further, only will this Love enable man to become a Divine angel with immortality.

**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'.

**There is no such thing as**

**ETERNAL  
DAMNATION**

**HEALTH with or without the LOVE:**

**Divine Love, with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.**

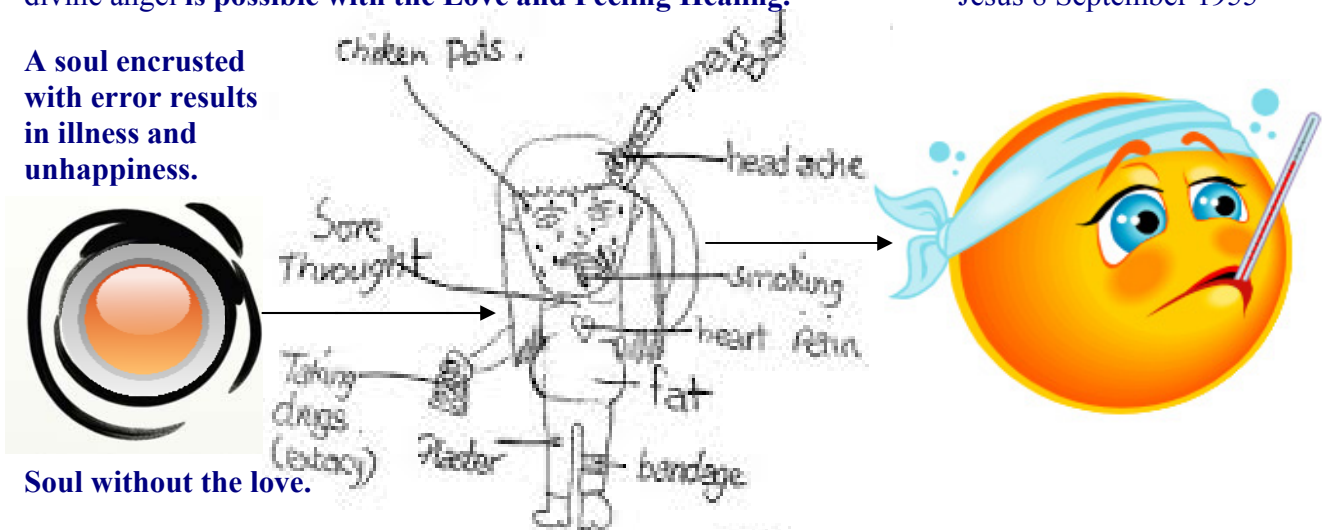
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

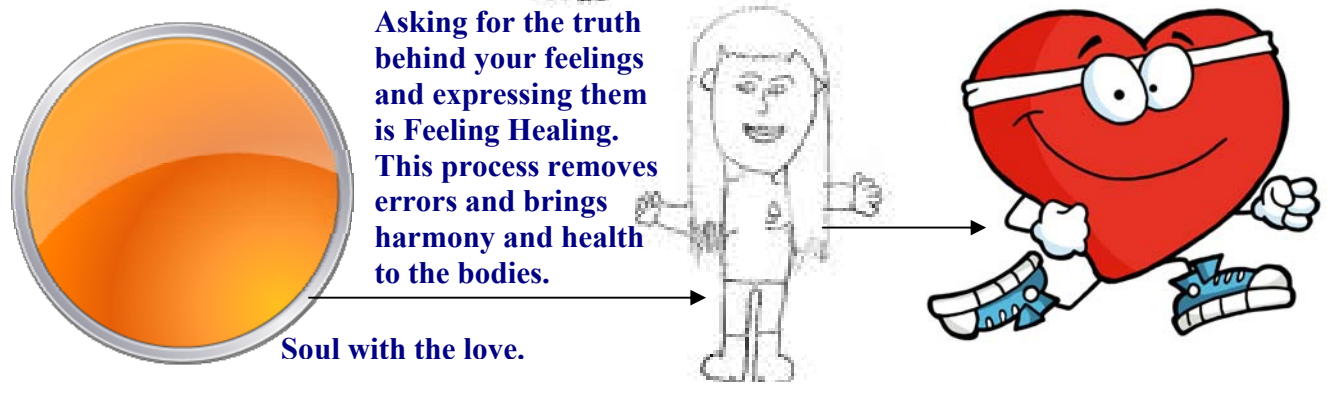
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel **is possible with the Love and Feeling Healing.** Jesus 8 September 1955

**A soul encrusted with error results in illness and unhappiness.**



**Soul without the love.**

**Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.**

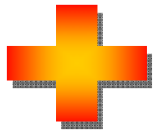


**Soul with the love.**



# PASCAS CARE

ALLOPATHY + 3 HALVES



Energy  
Medicine



Nutrition



Emotional  
Processing



<http://www.pascashealth.com/index.php/library.html>

## **Library Downloads – Pascas Papers**

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

Goals of Pascas Care are lead by our desire to:

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

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

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

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



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

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

**Judas – August 19<sup>th</sup>, 2001**

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

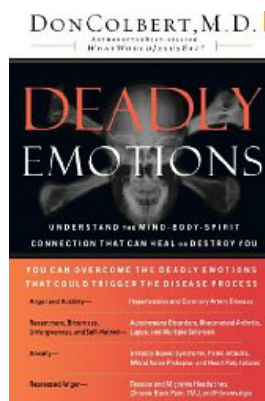
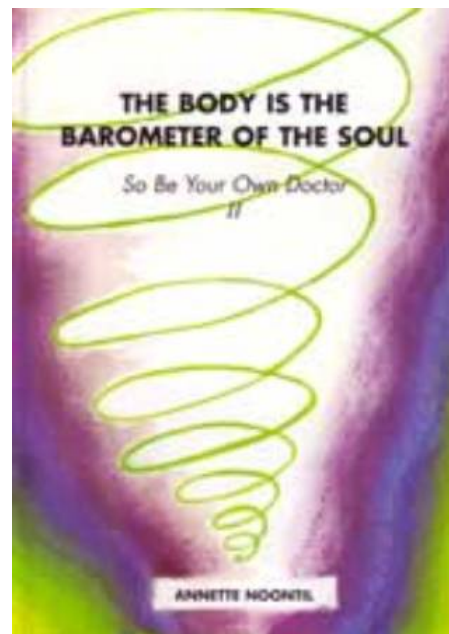
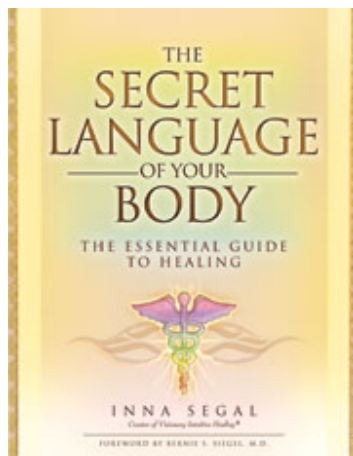
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

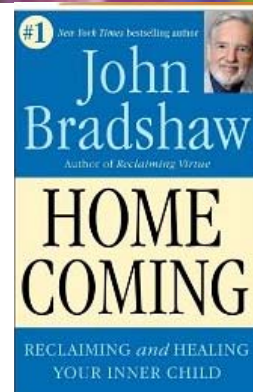
Also consider:

"The Secret Language of your Body, the essential guide to healing" by Inna Segal.

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



Deadly Emotions by Don Colbert.



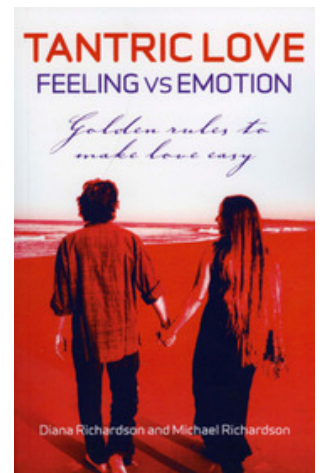
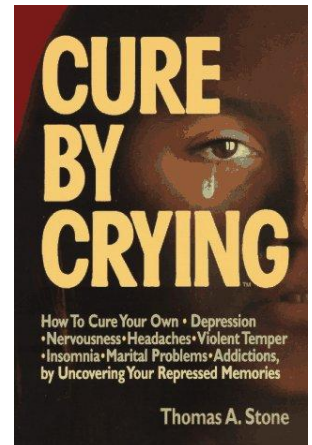
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



**I**n **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.

**Other recommended reading:**

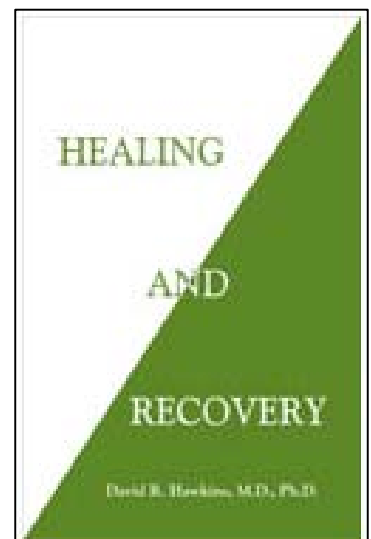
<b>The Book of Truths containing the Padgett Messages</b>	– Joseph Babinsky
<b>Little Book of Truths</b>	– Joseph Babinsky
<b>The Human Soul</b>	– Joseph Babinsky
<b>The Truth</b>	– Werner Voets
<b>Through the Mists</b>	– Robert James Lees
<b>The Life Elysian</b>	– Robert James Lees
<b>The Gate of Heaven</b>	– Robert James Lees
<b>Life in the World Unseen</b>	– Anthony Borgia
<b>Gone West</b>	– J M S Ward
<b>Post Mortem Journal</b>	– Jane Sherwood
<b>Thirty Years Among the Dead</b>	– Carl A Wickland
<b>A Wanderer in the Spirit Land</b>	– Franchezzo
<b>Revelations</b>	– Dr Daniel Samuels
<b>Judas Messages</b>	– <a href="http://new-birth.net/">http://new-birth.net/</a>
<b>Judas of Kerioth</b>	– Geoff Cutler
<b>The Richard Messages</b>	– James Reid
<b>The Divine Universe</b>	– Zara Borthwick & Nicholas Arnold
<b>Shining toward Spirit vol I, II, III</b>	– Zara & Nicholas



In his book, ‘Healing and Recovery’, you will learn why the body may not respond to traditional medical approaches. Specific instruction and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one’s healing and recovery program is explained, along with how easy it is to incorporate them in the process.

Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life’s challenges without resorting to drugs, surgery, or counselling.

‘Healing and Recovery’ provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



<b>Primary recommended reading:</b>	<b>consider commencing with: Paul – City of Light</b>	
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – 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 – Geoff Cutler</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx – James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx – James Moncrief</b>
<b>Mary Magdalene and Jesus'</b>		
<b>comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx – James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx – James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx – James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>		
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx 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>

Available generally from:

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

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

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

For Divine Love focused websites and forums:

Pascas Health:

<http://www.pascashealth.com/index.php/library.html>

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

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

**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://dlscr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling 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

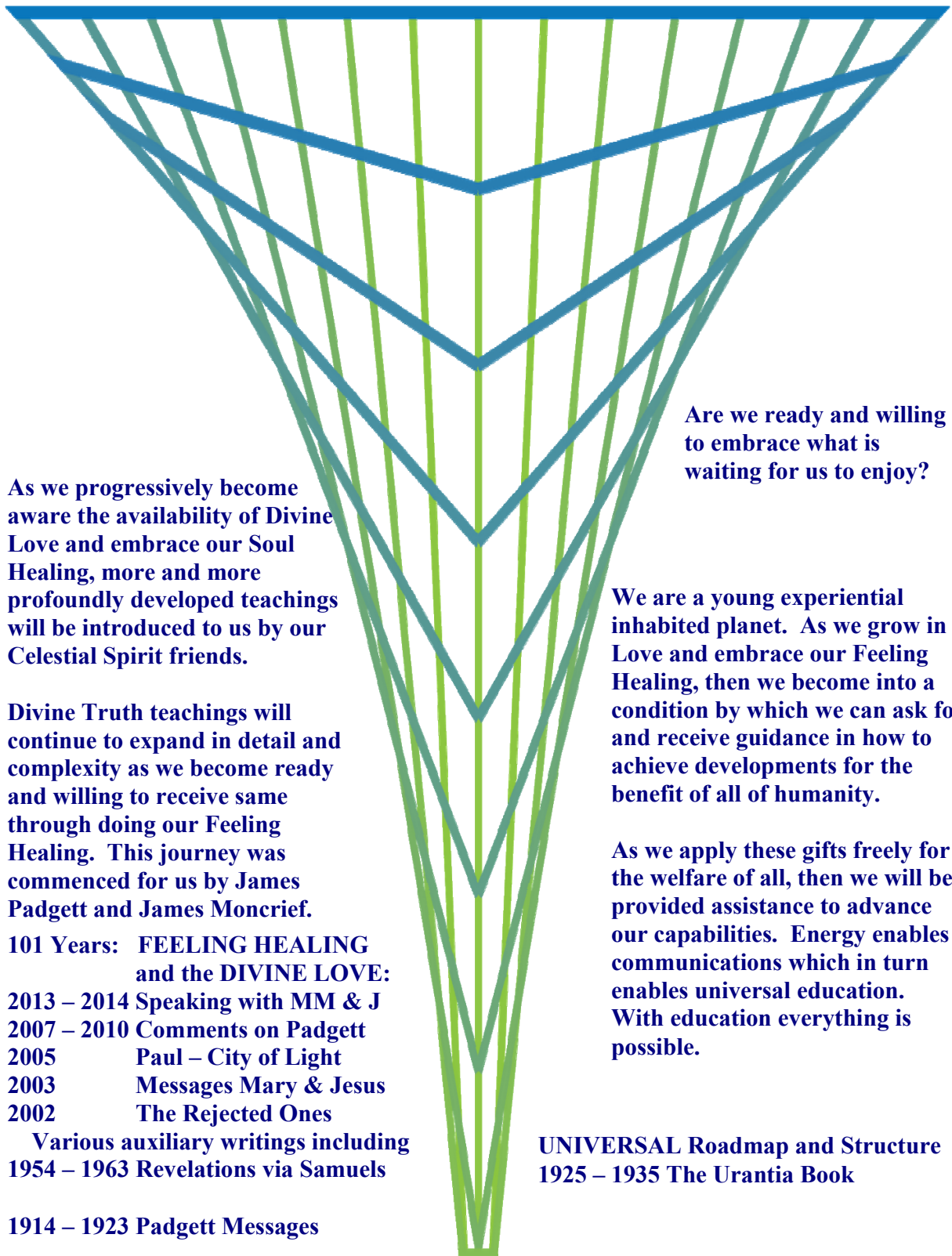
**MEDICAL – EMOTIONS:**

- 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:**



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



SOUL  SPIRIT BODY  PHYSICAL BODY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

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

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

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

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

Traveller



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

### Your soul is the real you!

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



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God