

PASCAS CARE

MENTAL HEALTH



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

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



MENTAL HEALTH:

Should we, at any time, have a disturbance within our health then we should follow the support provided by our health carers and continue with their recommendations and medications. The treatment of our physicality is paramount as is the consideration to address the causes of any such disturbances.

Whilst following treatment protocols recommended to us, one can consider to address the underlying cause of such disharmony. This complementary pathway is capable of bringing about a permanent release from such distress and disturbance.

The cocktail of emotions that we each have within our personality is reflected through our spirit body which in turn exhibits within our physical body as disturbance and/or discomforts that our health care industry then 'diagnose' and treat. It is the addressing of such negative emotions that brings about the permanent relief from physical illness.

Emotional injuries or errors have profound effects on our quality of life, impacting upon all aspects of one's happiness and those around us. As hard as we try to address these issues, once we recognise them, their removal appears to be seemingly an insurmountable impossibility. It is only by earnestly asking for and receiving the Love from our Father, our Creator, do we see a change in these underlying causes of illness. Should we embrace this option, and it is an option, then steadily and slowly we will see changes. After some time these changes will be profound.

It is **only** with this Love will these emotional injurious personality issues be dissolved and we are then able to step above and away from these tendencies so that they are no longer part of our make up. As this Love dissolves imbedded negative harmful emotional issues, we are progressing through the process of personal forgiveness. Forgiveness is the removal of tendencies to cause harm to others and/or ourselves. Only this Love can achieve this. This gift was introduced to us in the first century, then promptly lost, and now it has been re-introduced to us since the early 1900's.

Our mind is within our spirit body, the template for our physical body. Our memories are within our soul, the soul resides inside the spirit body around the heart area. Treatment of the brain does not address issues that emerge within our soul and spirit body. Only we, each of us, can bring about harmony within our soul and spirit body, and this harmony can only be reached for by earnestly desiring and asking for the Love from the Father, our Creator.

We all feel or sense promptings that have no physical explanation. Some of us become so sensitive that these subtle communications become as real and as alive as physical communications. Mainly these are most loving and helpful. Sometimes they are not and can be highly disturbing. In the physical world we interact with friends who are always endeavouring to protect and help us, particularly if that is representative of our personality and emotions. Sometimes we have experienced relationships that have been nothing other than haphazard. If we have assembled a cocktail of negative emotional issues then we are likely to attract friends who have a similar set of injuries. Now our attraction to others is not only from within this physical world but also within the spirit worlds. The disturbing voices that some may feel or hear are a direct result of their own cocktail of injurious emotions attracting spirit people with matching issues. By addressing our own emotional injuries we will 'loose' our 'friendships' as they will no longer have the relationship they need to express their anger with and through.

As hard as we try, we cannot dislodge these negative emotional injuries, most of them having accumulated from our environment during our very early childhood years. The struggle seems insurmountable. Relapse after relapse occurs. It is only by asking for the Love that we will be released of these issues that became imbedded into our soul and personality as a very young child. Mostly our parents were loving, however, from time to time issues arose and we take them on board only to find decades later that they are impacting upon our health, quality of life, and personal happiness – or lack of it.

“The Love of our Mother and Father comes only into a man's soul when he seeks It in prayer and faith, and of course this implies that he wills It to come to him. No man is ever refused this Love when he properly asks for It.

“Now this Love is a part of the Divine Essence, and when a man possesses It in sufficient abundance he becomes a part of Divinity Itself; and in the Divine there is no sin or error, and, consequently, when he becomes a part of this Divinity no sin or error can form a part of his being.

“Now, as I have said, man who is without this love has his memories of error and evil deeds, and, under the law of compensation, must pay the penalties. Yet when this Divine Love comes into his soul, it leaves no room for these memories, and as he becomes more and more filled with this Love, these memories disappear and only the Love inhabits his soul, as it were. Hence, there remains nothing in him upon which this law can operate, and the man is no longer its slave or subject. **This Love, together with Feeling Healing, is sufficient of itself to cleanse the soul from all sin and error, and make man one with our Mother and Father.**

“This is forgiveness of sin, or rather the result of forgiveness. When a man prays to the Father for this forgiveness, He never turns a deaf ear, but says, in effect, *“I will remove your sins and give you my love, I will not set aside or change my laws of compensation, but I will remove from your soul everything upon which this law can operate, and as to you it becomes as if it had no existence.”*

“So let men know that God does forgive sin and error, and when He forgives the penalty disappears, and when they disappear as the result of such forgiveness, no law of God is changed or violated.

“This was the great mission of Jesus when he came to Earth. Before he came and taught this great truth, the forgiveness of sin was not understood, even by the Hebrew teachers, but their doctrine was an eye for an eye and a tooth for a tooth. The Divine Love, as I have feebly described, was not known or sought for – only the care and protection and material benefits that God might give to the Hebrews.

“The Divine Love entering into and taking possession of the souls of men constitute the New Birth, and without this no man can see the Kingdom of God.” <http://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-1/ann-rollins-forgiveness-vol-1-pg125/>

This gift is free and available to all and it is the only way to bring about harmony to our bodies, and with It we can achieve a return to full health and a quality of life that we all strive for.



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.



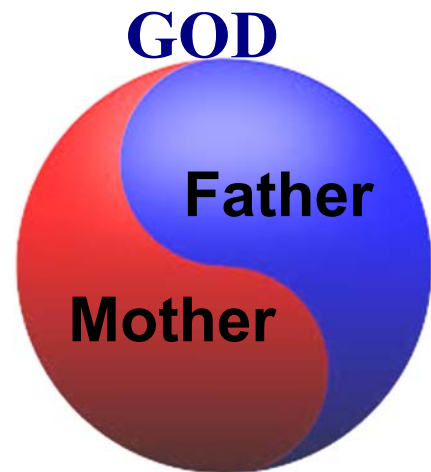
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive 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 us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

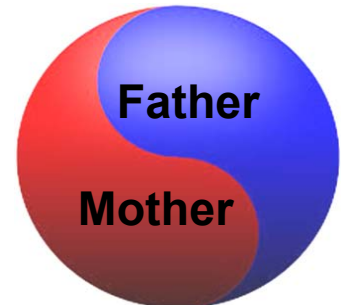
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

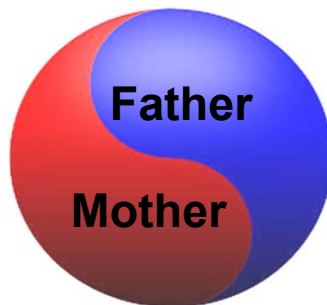


HUM

WE ARE Children of God

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 oneself, 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.

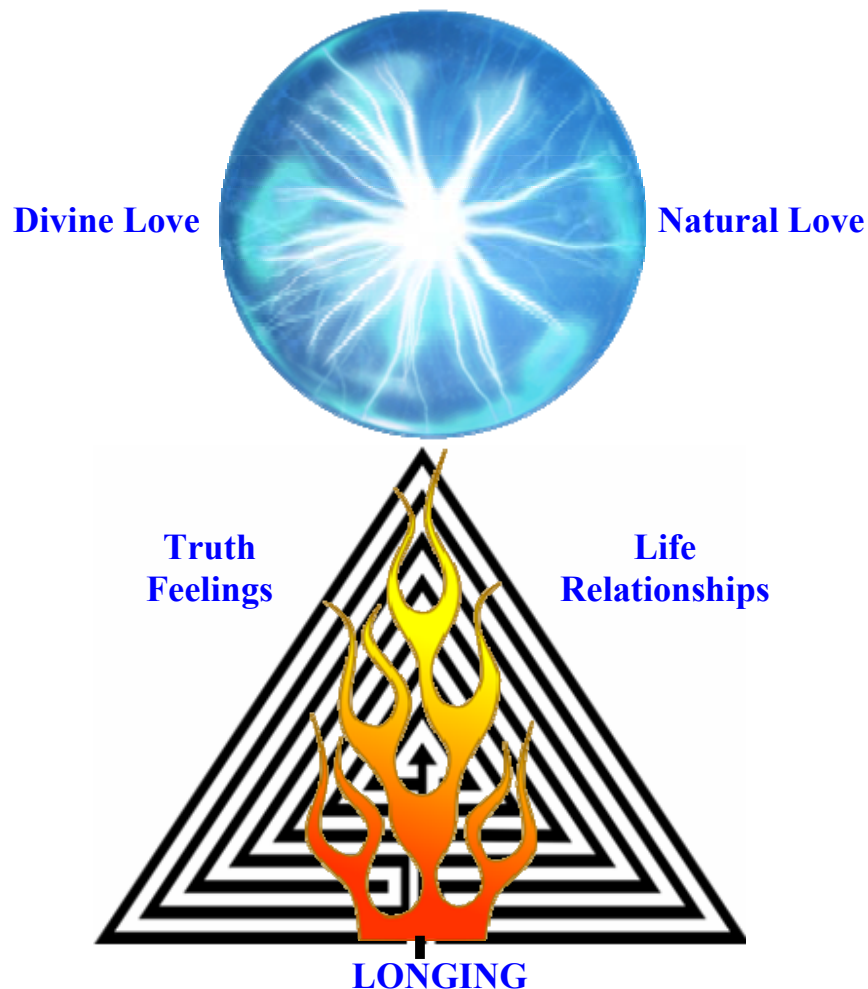
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

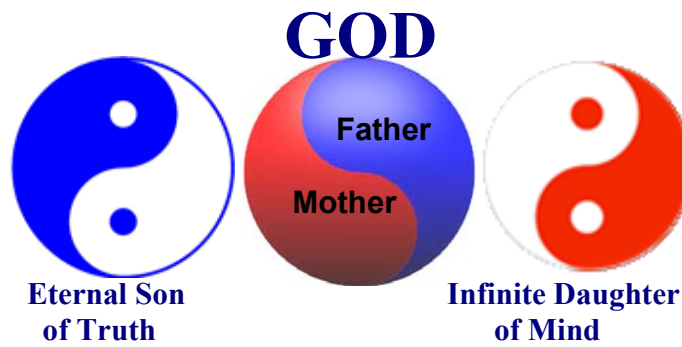
HOW TO GET TO PARADISE:

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.

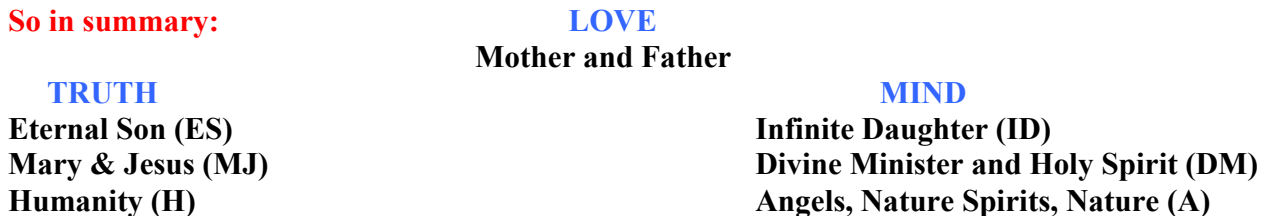
The LOCAL UNIVERSE TRINITY:

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

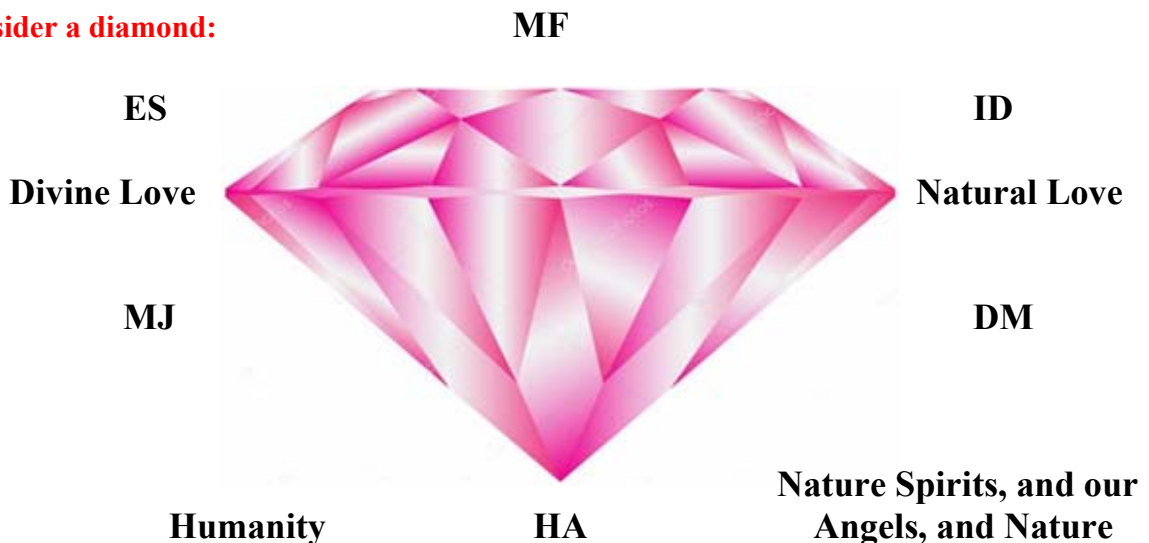
PLANETS that engage in REBELLION:

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.

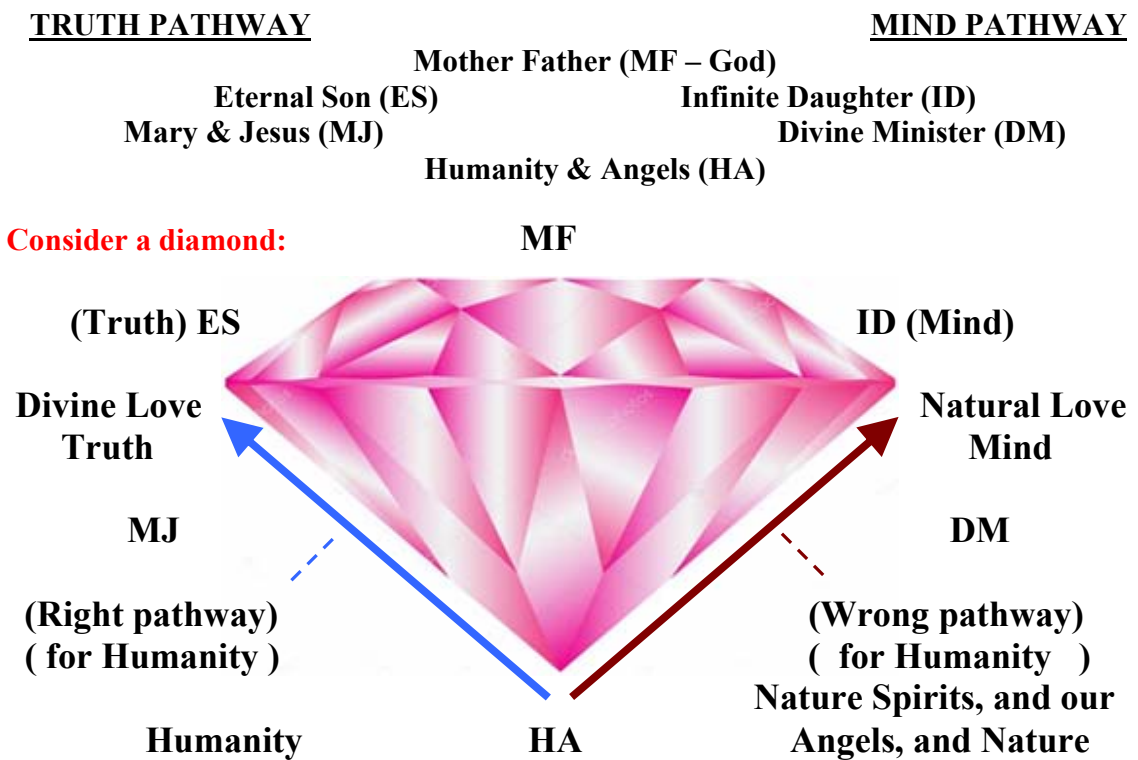
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

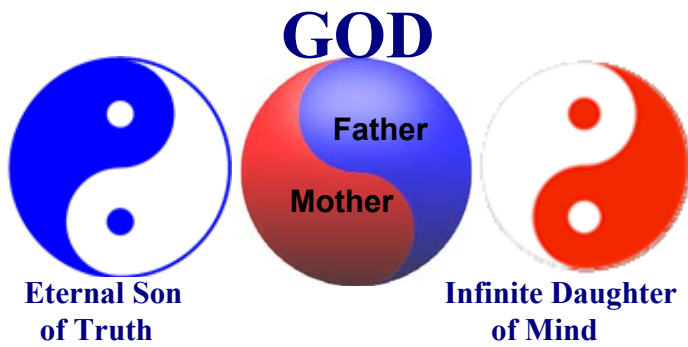
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and 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.

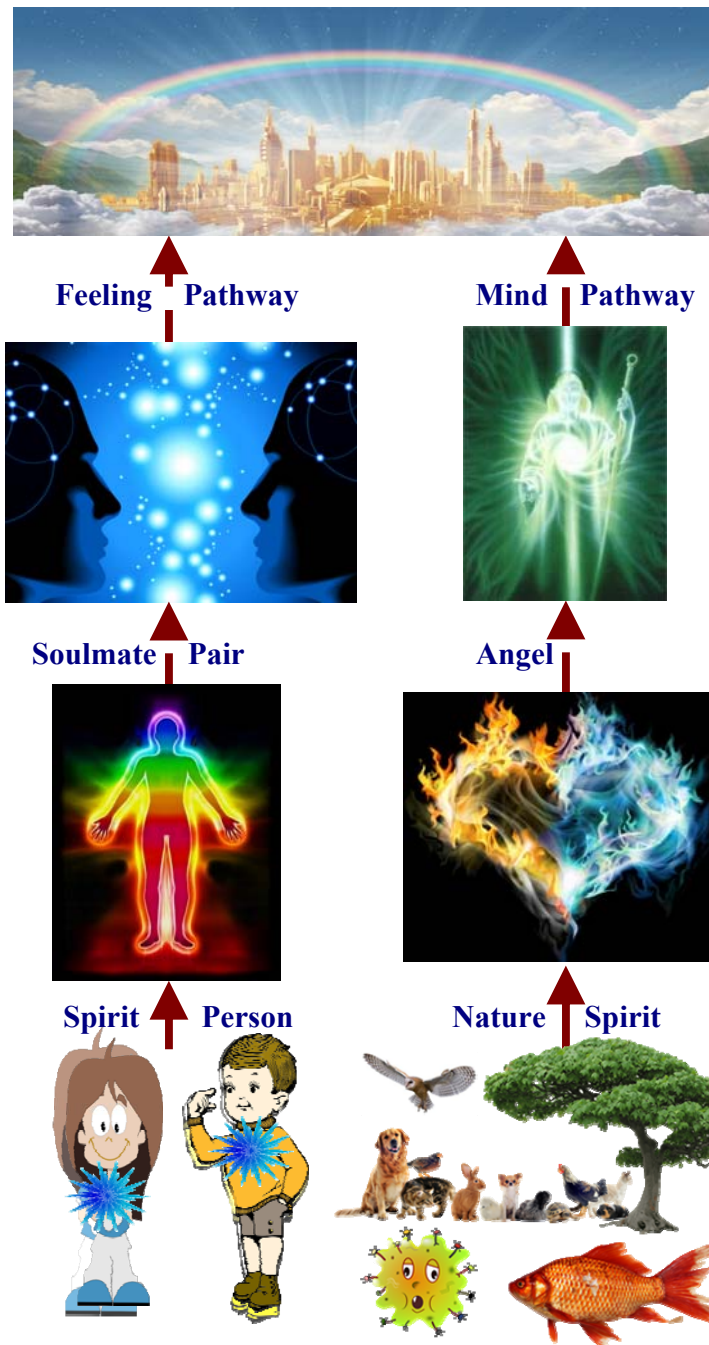
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our 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

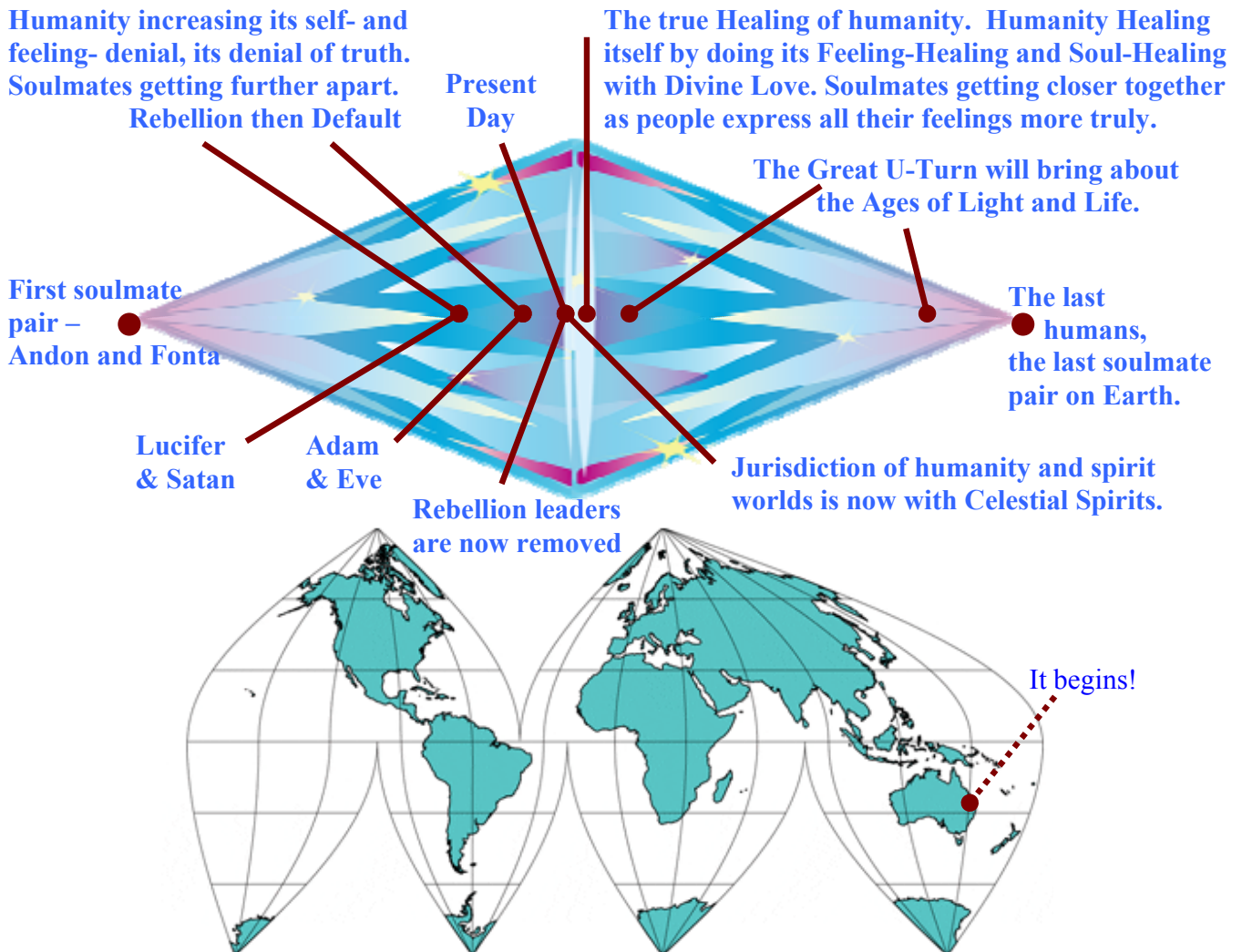
Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.



This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

Feelings First, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

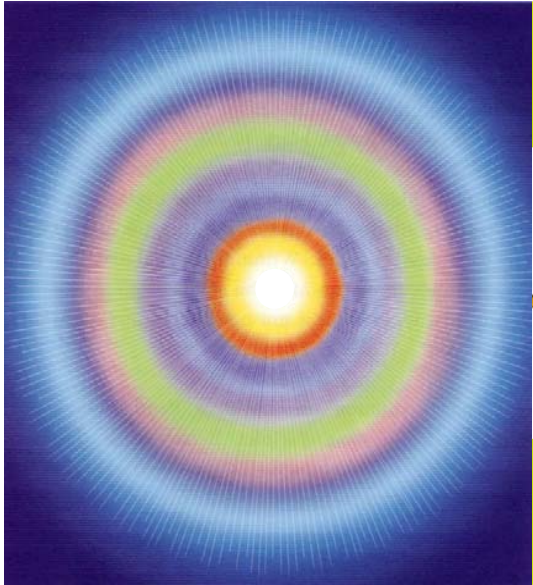
The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

By living true to ourself, true to our feelings, we are living true to God. It's that simple.
(Passage in blue calibrates on the Map of Consciousness at 1,500)

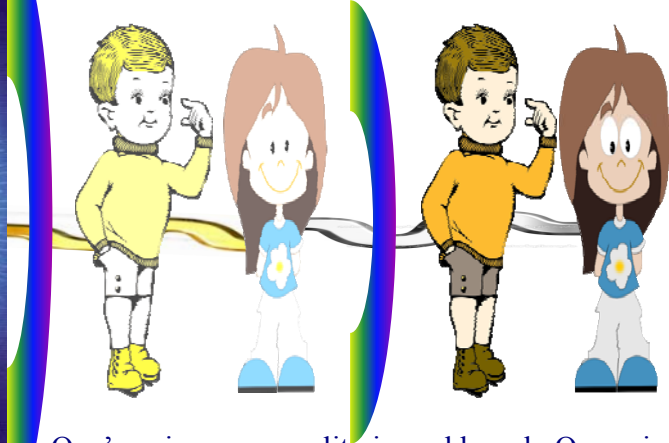
DIMENSIONS of ONE'S EXISTENCE:

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!**

OUR HEALTH:

The cause of illnesses is not readily understood, subsequently, medical treatment is often ineffectual.

Our physical health is a reflection of our soul condition. Our soul, at the time of conception or very shortly thereafter, simultaneously connects to our spirit body and our physical body, our pre-existing personality is connected to all three elements. Emotional errors that assemble within our soul, starting from the time of conception, reflect through our spirit body and then our physical body.

The type or style of emotional errors is reflected in matching illnesses within our physical body. As we grow in love and remove these emotional errors, then we return our physical body to a healthier state.

The soul condition of those around us is the environment that impacts upon the development of our soul. These being our parents and those who have direct contact with us during the gestation period and early childhood, up to about the age of seven years. Thus our environment sets the condition of our soul. This condition (emotional errors) may result in illnesses manifesting at various times all through our life.

Our soul condition also creates the attraction of others to us. Matching errors and complementing emotional injuries attract others to us. This is true in physical life as it is true in the spirit life.

When we 'die' all that occurs is that our 'real self' and personality separates from the physical body. The spirit body looks just like the physical body and the spirit body continues on living.

Again, the condition of the soul is reflected through the spirit body. The soul injuries are reflected through the spirit body. The spirit person is attracted to people in the physical world with matching and co-dependent emotional errors.

On many occasions, spirit people connect up with people in the physical world who have matching or co-dependent emotional errors. Such spirits cannot do you any harm. Often it is only temporary with very short episodes and at other occasions it is continuous. Your own condition determines what you do and what happens to you. No spirit actually influences such events. These are our choices.

Such spirits that connect with the physical person are generally not in a loving state. They may endeavour to interfere with our free will which we all have; however, we may have consented to this interaction on those occasions. This is typical of a natural love spirit who is in a very poor soul condition. Not that of a Divine Love spirit who never interferes with one's free will.

The number of spirit people in the 1st sphere of the spirit world, and in particularly within the many planes of the 'hells' of the 1st sphere exceeds the number of people living here on Earth in the physical world many fold. The condition of the Earth is an overall reflection of humanity which is some where around the middle of the 1st sphere. Spirits from all spheres can visit Earth as they please, even from the hells, however communication is restricted due to the spirit Law of Rapport and Non-Interference

A person who is in a very poor soul condition generally is reflecting significant emotional issues. This emotional interference is frequently diagnosed as one form of mental illness or another. The mental illness stems from one's soul condition, such condition also attracting spirit connectivity.

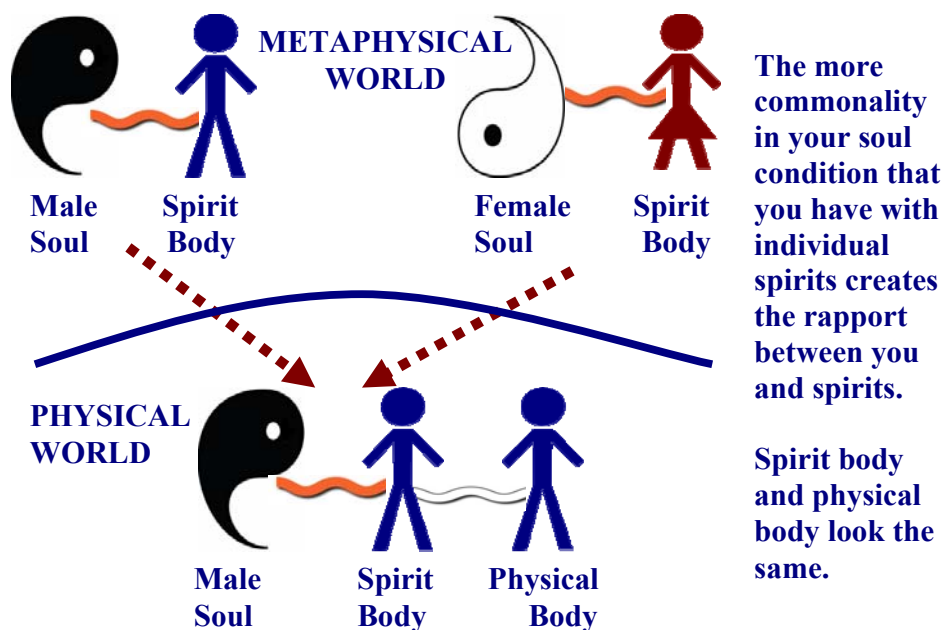
The following statement is easy to say, but difficult to do. By releasing the emotional injuries, one may remove the attraction for the spirit person and the conditions for 'illness' at the same time. Frequently, such people have assistance in disconnecting from the spirit person(s), however, the emotional injuries causing the attraction remain and another spirit may be attracted as the condition continues.

By addressing the cause, that is the causal emotion being the error or injury in the soul, you are not only removing the illness and the attraction for ever, however, you can also be assisting any connecting spirit person in addressing his/her emotional injury at the same time. In this way, the soul condition of both the physical person and the spirit person take a positive step forward.

Now, you can see how the cocktail of emotions downloaded into the child in the foetus and during early childhood by those around the child creates the conditions and attractions for negative spirit connection which can contribute to mental illness at a later time and/or many of the childhood illnesses, that seemingly be unexplainable. That is, people in the spirit world often believe they continue on having the illness from which they have died, that is their physical body died of, and, unwittingly and unknowingly, this belief may convey the conditions of illness to a baby or young child by which they may become connected to. We all can assist such spirits and at the same time, assist the child in these stressful events.

With regard to mental illnesses, the connection may be with more than one spirit, thus multiple voices may be heard by the physical person in such health episodes, diagnosed as schizophrenia. With all mental illness there may be spirit interference, thus resulting in medical treatments being often ineffectual. Again, we are responsible for our own actions and no spirit actually induces us to do anything that we do not or did not intend to do.

The term, 'the battle for the soul', has real and deep personal meaning for those with any form of mental illness. It is the dealing with the cause, not the effects, which bring about a permanent cure.



Book of Truths

by Joseph Babinsky

True Gospel Reveled anew by Jesus

by Geoff Cutler

<http://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-2/jesus-is-not-god-but-was-sent-by-the-father-vol-2-pg2/>

September 24th, 1914. Received by James Padgett. Washington D.C.

“I am here, Jesus.

“It is the flowing of the Holy Spirit into the soul of a man and the disappearing of all that tended to keep it in a condition of sin and error. It is not the workings of the man's own will but the Grace of God. It is the Love of God that passes all understanding. You will soon experience the change, and then you will be a happy man and fit to lead others to the truths of God. Let your heart be open to the knockings of the Spirit, and keep your mind free from thoughts of sin. Be a man who loves his God and his fellow man. Your love is only now of the earthly kind, but it will soon be of the things spiritual.

“You must not let the cares of this world keep you from God. Let His Spirit come into your soul. Your will is the thing that determines whether you will become a child of God or not. Unless you are willing to let the Holy Spirit enter into your heart, it will not do so. Only the voluntary submission to or acceptance of the Holy Spirit will make the change.”

The only way to improve one's Soul Condition is to earnestly ask for and receive the Love. The Love when received is an infusion of energy which slowly transforms one's soul, slowly and softly removes those aspects of one's nature that are unloving in nature and tending towards error. It is thus unloving natures or conditions within our make up that are the foundation and causes of discomforts and illness.

Notes by Dr Daniel G Samuels:

“God's forgiveness consists in our turning to Him and seeking His Love, which, on entering the soul, progressively eradicates from it those desires and emotions which are at variance with His Laws. The forgiveness that comes with the New Birth, then, is a positive act of cooperation on the part of man and God. Man must seek it in soulful prayer and God confers it upon man through an active process of eradication.

“The New Birth, then, as the transformation of the human soul into the Divine Soul and the consequent purification from sin through the Father's Love, thus qualifies the soul to live throughout all eternity with God in His Celestial Mansion. This is the Love which Jesus manifested in his soul and with which he charged his apostles to love one another at the Last Supper (“This is my commandment, That ye love one another, as I have loved thee.” John XV, 12.)

It is the earnest asking for, and receipt of the Love that eradicates the cause of discomfort and illness from the bodies. This may take some time to bring about, however, the improvements will be permanent.

CLEANSING the SOUL:

Years and years of personal endeavours to step away or above harmful habits and personality traits that are harmful to others and one's self have been mainly futile. We all want to grow in our love for ourself and of others.

Our beautiful loving personality that we are blessed with at conception / incarnation becomes encrusted with errors and personality issues of those around us, particularly during our early childhood. The personality of those living around us, during our early years, becomes encrusted over our pristine soul thus clouding our radiance into dullness. We become mind controlled!

Our Heavenly Parents want what is actually best for each of us and there is a source of light that's willing to give it to each of us, but only at our soul and spirit's quest for union with the divine. Not our ego's need for things.

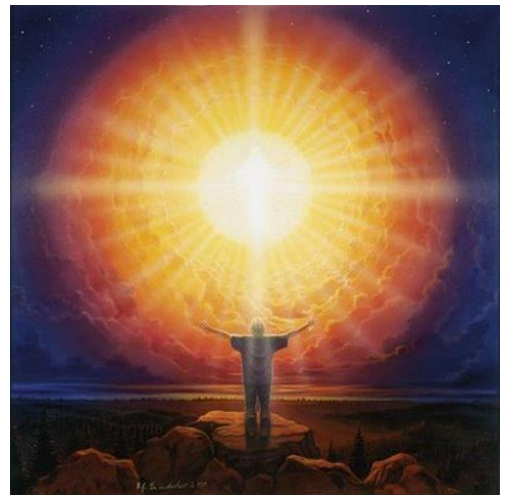
It is only with our Feeling Healing and the infusion of the Love, that the Mother and Father conveys via the Holy Spirit, do we start to dissolve negative issues, habits and personality errors from our soul and personality. Our personality is part of our soul structure.

All we need do is ASK for this Love. An earnest longing and desire for the Mother and Father's love will never be withheld, it will shower over our spirit body, the template of our physical body, and be absorbed into our soul. As the Love permeates through our soul, errors of personality will slowly but surely dissolve.

Over time, as we progress along our path of asking for and receiving this love, the natural love which we were blessed with prior to conception will be progressively transformed into Love that is Divine. This Divine Love will slowly emerge as radiance through our being.

With Feeling Healing and this Love we find harmful habits and personality traits become a distant memory. With this Love, we find ourselves unable to harm others or ourselves. With this Love we find our quality of life blossom and joy starts to emerge in all aspects of our living.

With this Love we become immortal. With this Love we become fitted for the Heavens that the Mother and Father have prepared for us all. Just ask and faith, love, and happiness will follow. Yes, just ask!



Spheres

WE ARE NEVER ALONE!



+++



Yes, we are never alone, we have spirit friends with us at all times. We can all learn to communicate with them.

Celestial Heavens

Everything is interconnected.

Divine Love

8



We have guardian angels with us all of the time, typically more than one. They usually are from the spheres 2, 3, and 4, so they may be spirits progressing along the natural love path or divine love path.

7

6 peak Natural Love

5



Our spirit guide, should we have a spiritual aspiration, will be from a background and level that is most appropriate for our growth. Should you have an aspiration to pursue the divine love path then your spirit guide may well be a celestial angel, that is, from above the 8th sphere.

4

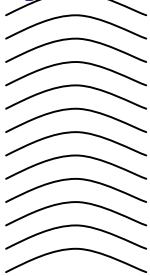
We are also approached by mischievous / malevolent spirits from the lower earth planes of the 1st sphere, referred to as the hells. It is these spirits that distract us with symptoms including those diagnosed as mental illnesses. It is our soul condition that attracts these dark spirits.

3

2

1

sphere plains



Artwork by Paul Maravento Smith ©1982, 1987 www.researchillustrated.com

Spirit Guide (typically an angel)

Dark spirits from the hells cannot cause one any harm.

Guardian Angels (typically spirits)



Hells

Spheres of Disharmony



SOUL SPIRIT BODY PHYSICAL BODY

Your soul animates your spirit body and physical body through connecting cords. Spirits in the spirit world can connect up to you through these cords also.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

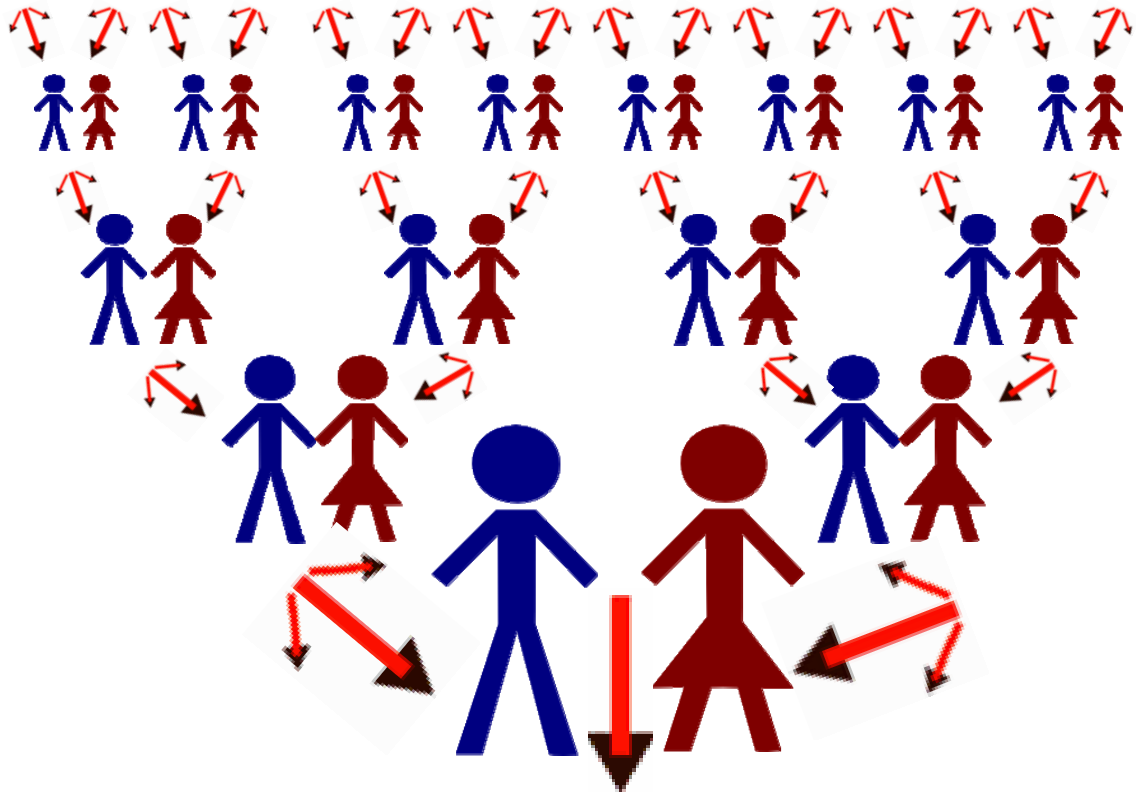
Our children are conceived within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent’s emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

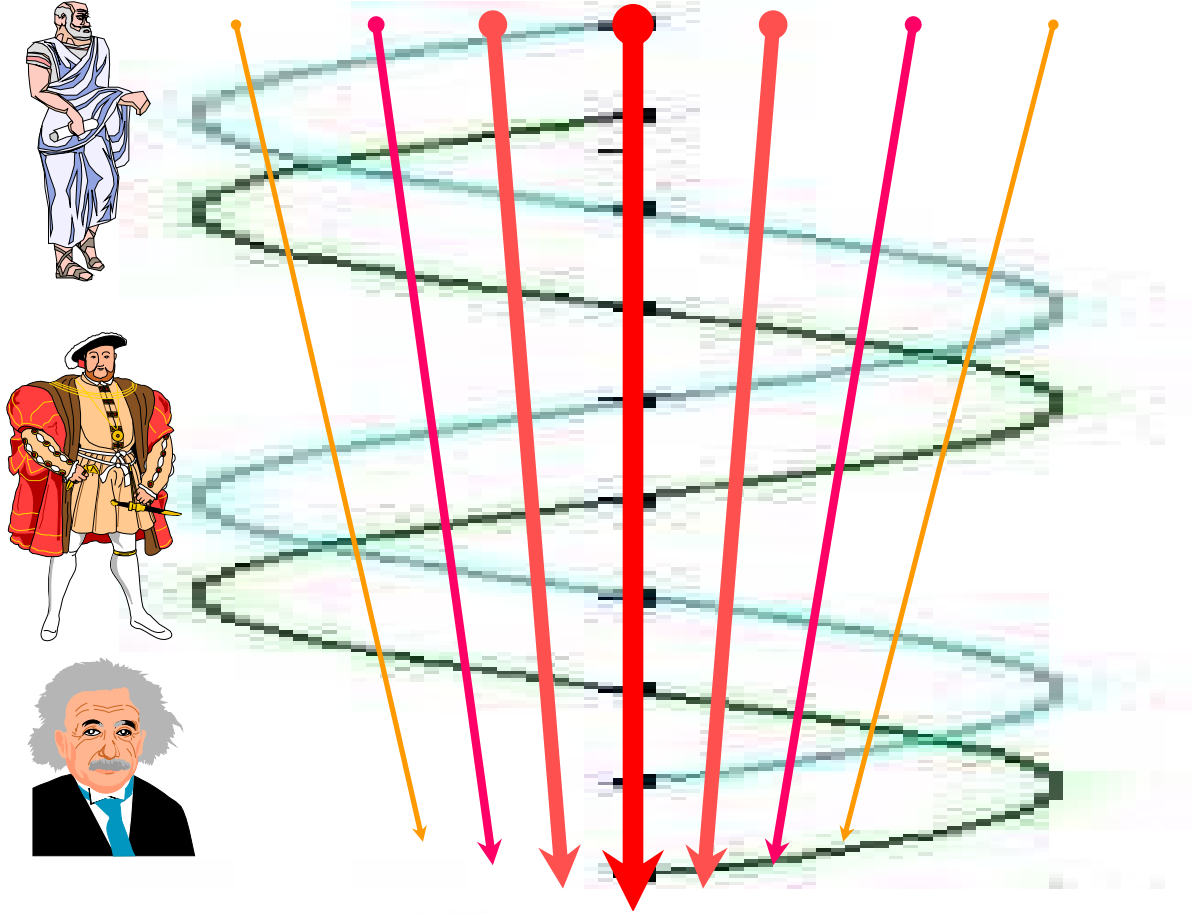
In turn, we are a reflection of our parent’s soul condition, and their parent’s soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need to be dissolved.



OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



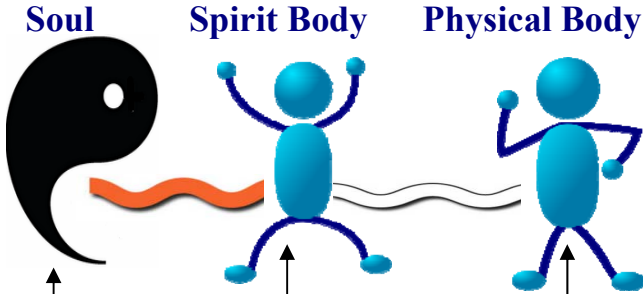
To assist baby, as well as yourself, work to clear your blocked emotions.

Clearing your emotions improves your soul condition as well as that of your children.

Baby's body, when conceived, is always perfect. Their soul condition is also perfect.



HIERARCHY of HEALING SYSTEMS



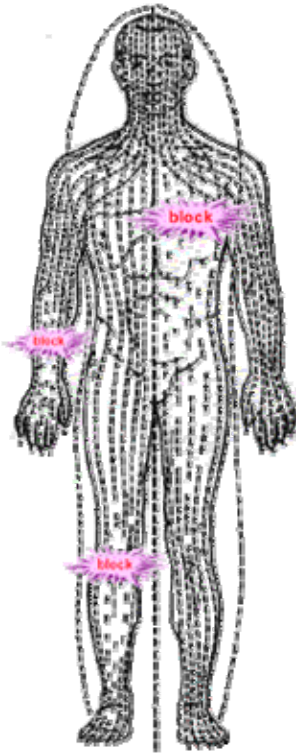
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.



Feeling Healing with Divine Love is the key!

PASCAS HEALTH



PASCAS PAPERS

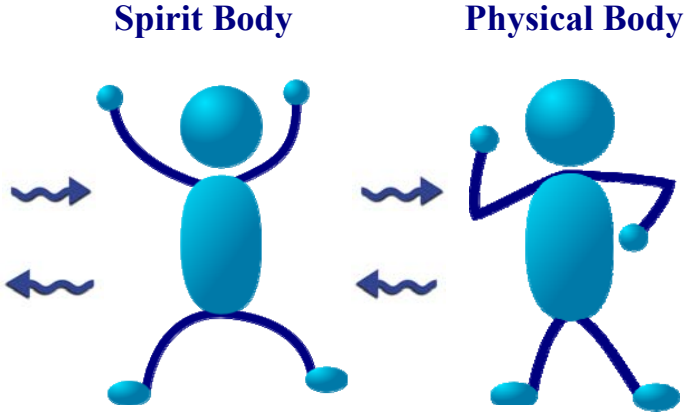




INTELLIGENCE, MIND, BRAIN:

Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.

Soul does not know sexuality.



Spirit Body has organs, being material body for spirit world, spirit body reflects condition of your soul.

P E R S O N A L I T Y

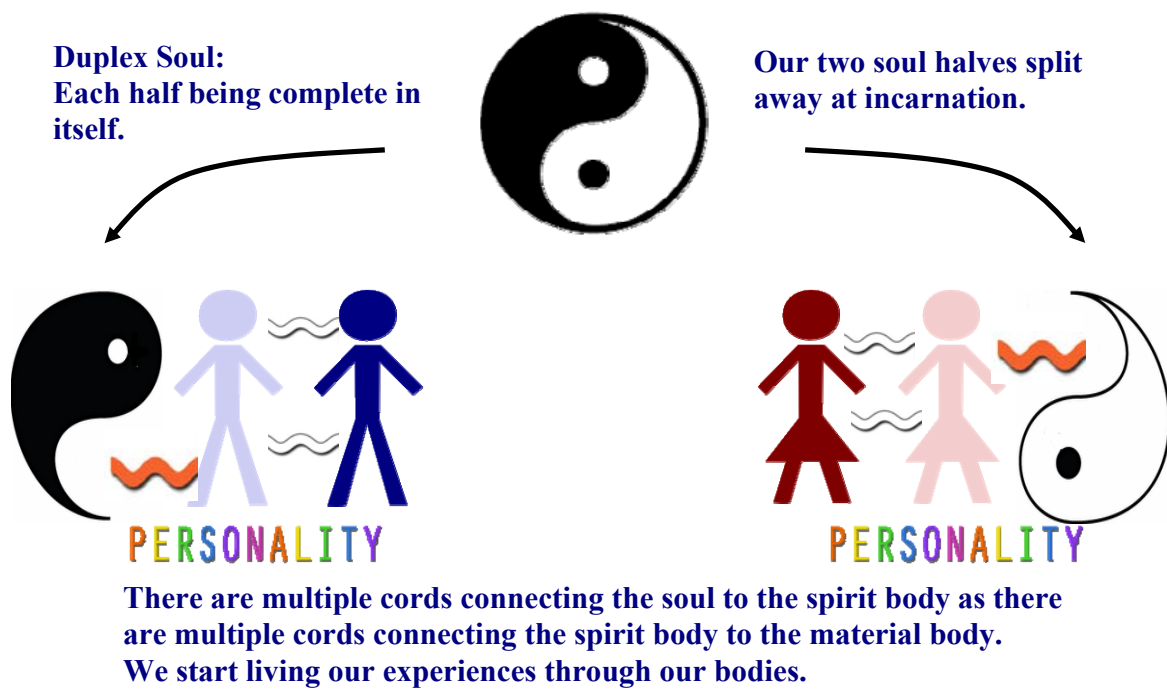
Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.

EMOTIONS are the UNDERLYING CAUSE of ILLNESS:

Every disease that you have, or anybody has, any illness you have, is all of a result of this suppression of some emotion that you could choose to feel, but you are actually keeping away from. That applies to every disease, including old age.

Our soul is an energetic system, emotions are running constantly. Our soul's emotions cause energy meridians in our body. The 7 chakras are where 192 energy meridians intersect. These are energy meridians in our body that our soul has control of. Our soul's emotions control them. What is happening is that, lets say I have an emotion of unworthiness, and I have this unworthiness emotion that causes damage to these two energy meridians, 1 and 2. If my unworthy emotion is related to myself and I am a male, then I will have a certain response in those two meridians. Now that causes energies in my physical and spirit body to not flow properly in that region, which causes my body to not to be able to completely replenish that area, which causes disease in that area of some kind, depending on what type of emotion that is and depending on how that energy affects that area of my body. But it is this, the soul is swirling mass of energy. This soul is your real self, swirling with energy all the time.

Energy in motion – E-motion, this is your soul, the real you.



It is where the energy is stopped, blocked, due to certain emotions, your soul not wanting to experience the emotion.

At that location, there will be an injury appear in your spirit form, and correspondingly, the injury will appear in your material form.

That is the creation of all disease.

Every disease creates a feeling of its own within you, and if you can connect with that feeling, you will often find the source (the cause).

Problems with eyesight – say short sight – is about not wanting to see something in the distance. Problems with hearing is all about not wanting to hear truth due to having self shame or self judgement about when truth hits us.

Problems with the throat is about not wanting to speak truth, feeling ashamed to speak the truth, or feeling fear of getting punished if your speak truth, feeling like you are going to loose something if you speak truth. When you cough, can't seem to clear everything, a lot of it is about what is happening with truth.

Problems with the chest area, most of it is about grief, heart attacks are about grief.

Problems with the mind are generally about what you don't want to remember. Trying to force yourself out of remembering things.



Problems with the upper area of your stomach, gall bladder area, sickness that you may feel in that area, are all about your fears generally.

Problems in the next chakra area down, in the area of your stomach digestion, food processing, all those kind of things in that region are often about sexual identity, and often to do with a lot of shame and unworthy feelings.

Problems lower down to do with the sex organs themselves and all that related to the first and second chakra areas are often to do with sexual identity.

Problems about cancers are often about giving or not wanting to give. Giving to much or not wanting to give at all.

There are lots and lots of diseases all related to different things, and the key is for us is to just feel the emotion. Feel the emotion, allow it to express itself, and it will just go away.

The soul is the real you, the spirit body and the physical body are appendages.

The spirit body is equivalent to the astral body, the emotional body, the spirit body is the sum total of all of those bodies, there are layers of them, it is all one body that emanates out energetically from its centre. The soul controls the spirit body. The soul condition is reflected through the spirit body.

Brain is in the physical body, mind in the spirit body, and memories and intelligence are in the soul.

The soul of the child almost immediately, there is just a short period of time, maybe a few days after conception, that the child (being the soul – the real you) connects to these bodies (spirit body and material body) and from that moment on the child is a child (with a forming personality). From that moment, it is individualised and it experiences everything. The purpose of incarnation is the individualisation of the soul.

You, being your soul, are an emotional being. You are made up of emotions, desires, passions, aspirations, intentions, memories, and free will. Errors in the form of stuck emotions within your soul manifest into your spirit body and then into your material / physical body. It is this stuck energy that manifest as illness in your physical body.

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

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

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.

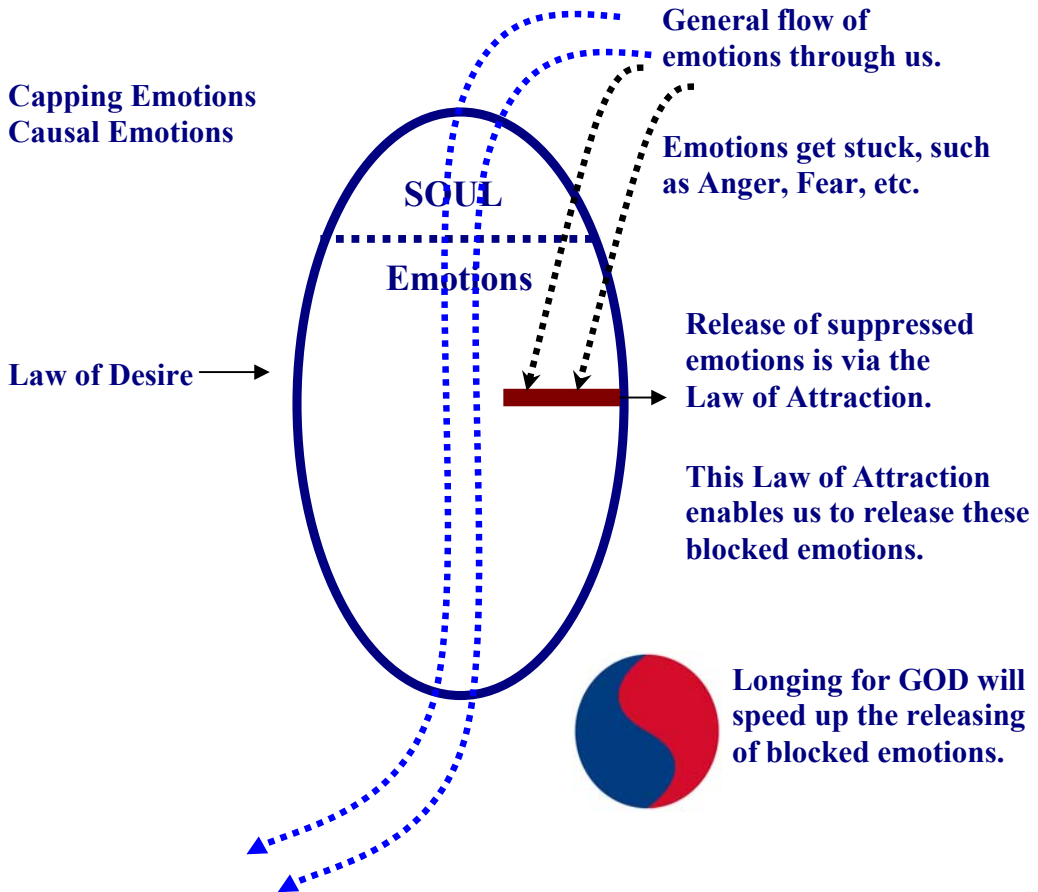
“Every day is a day of devotion.”

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 engaging of Feeling Healing with Divine Love.

WE are CREATED as EMOTIONAL BEINGS:

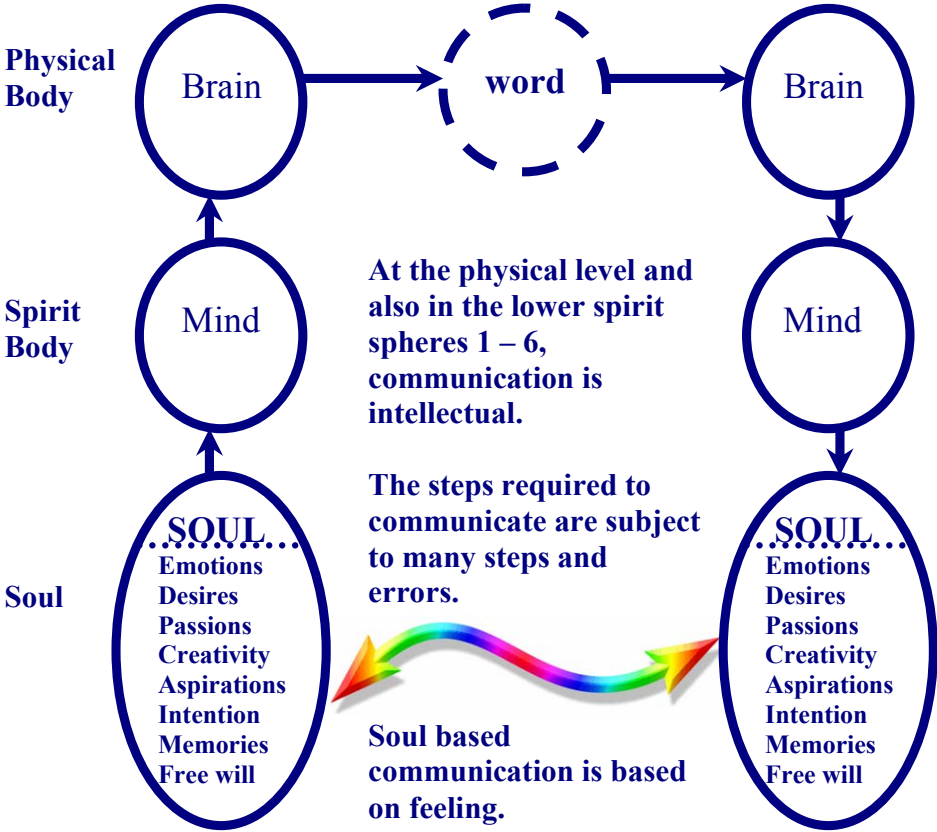


“Repressed / suppressed emotions result from walking away from Love. Aman and Amon – first parents – walked away from God, detuned from God’s love. We misused free will by acting in disharmony with God”. 27 Sep 09

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

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.

COMMUNICATION at the PHYSICAL LEVEL



COMMUNICATION at the CELESTIAL LEVEL



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

Paper 53: 8. The Son of Man on Urantia (Earth)

(610.3) ^{53:8.7} Before the bestowal of Michael (Jesus of Nazareth) those rulers of darkness sought to maintain their authority on Urantia (Earth), and they persistently withstood the minor and subordinate celestial personalities. But since the day of Pentecost (shortly after the death of Jesus) this traitorous Caligastia (at the time of the arrival of the First Parents) and his equally contemptible associate, Daligastia, are servile before the divine majesty of the Paradise Thought Adjusters and the protective Spirit of Truth, the spirit of Michael, which has been poured out upon all flesh.

(610.4) ^{53:8.8} But even so, no fallen spirit ever did have the power to invade the minds or to harass the souls of the children of God (us earthlings). Neither Satan nor Caligastia could ever touch or approach the faith sons of God; faith is an effective armour against sin and iniquity. It is true: “He who is born of God keeps himself, and the wicked one touches him not.”

(610.5) ^{53:8.9} In general, **when weak and dissolute mortals are supposed to be under the influence of devils and demons, they are merely being dominated by their own inherent and debased tendencies**, being led away by their own natural propensities. The devil has been given a great deal of credit for evil which does not belong to him. Caligastia has been comparatively impotent since the cross of Christ.



Immortality with the Love.

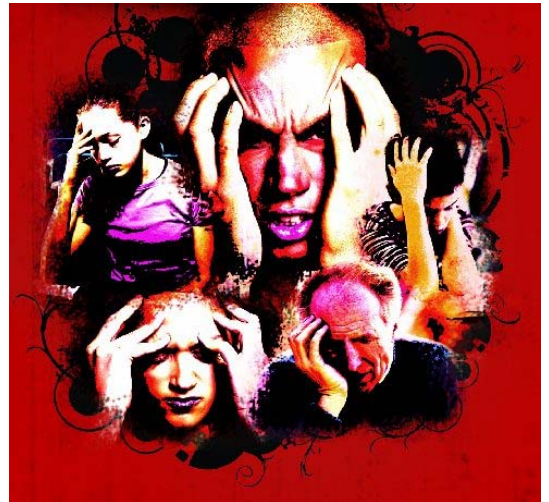
Spirits: A Cause of Mental and Physical Illness

<http://www.soul-guidance.com/houseofthesun/spirits.htm>

It is an idea that many people are unfamiliar and uncomfortable with: might mental and physical illness be caused by spirits, disincarnate entities of various kinds? We live in a society where science has declared the invisible realms of spirits, angels and deceased souls are of fairy or fantasy books. But did they make a big mistake by doing so? People still report seeing and encountering spirits, ghosts, fairies and other spiritual creatures. Possession by spirit beings is still being reported, and in contrast to the movies it is not all evil. It is just a question of knowing what is going on and how to handle it. The following is based on accounts of different people who have successfully worked with identifying and liberating possessive spirits.

The E-Syndrome – Entity Syndrome

The E-Syndrome was written by Roger Vanderdonck, a psychologist and clairvoyant, in Flanders, Belgium (he died in 1991). He discovered that certain people cannot be hypnotized or it is very difficult to hypnotize them. He discovered that a large percentage of those people were "possessed". The totality of their symptoms he called the E-Syndrome or Entity-Syndrome, what refers to the presence of one or more spirits with a particular person. He purposely did not advertise or publicize his own investigation in this matter. In this way his clients came to him from word of mouth. During two years he kept detailed notes and analysed his findings to get a better understanding of the phenomenon. During this period he examined 1,131 cases in which 921 had a 'presence'.



The symptoms are not all the same and vary from person to person. The longer an entity has been with a person the greater the chance that the symptoms are present or that the symptoms are stronger. So what are the symptoms that can show up?

1. Head complaints are very frequent, from a normal 'pressure', or 'band ' around the head to headaches and migraines. Some 63% of his clients had this symptom.
2. Neck complaints, also frequent (60%), often unilateral, with or without pain, stiffness of the muscles.
3. Internal disorders, as with the digestive system, heart problems and breathing problems. Vanderdonck only took those symptoms into account that had no known origin.
4. Depression and related symptoms (77%), from occasional dark thoughts with a pessimistic outlook on life to heavy depression.
5. Suicide thought or attempts (23% of his clients). A high number of accidents are also a strong indication to the presence of an entity.

6. Fatigued and being overly tired. It is rarely the cause of a visit to his practice because it is almost always present (84%). When spirits don't make the transition to the Light, and remain here on Earth, they do need to take in energy in order to sustain themselves, and this energy they get from a living person to which they attach themselves.
7. Relationship problems or social problems.
8. Other therapies don't work, classic or alternative. The entity often made it impossible for the therapy to work.
9. Rarely (less than 5%) there are direct signs for the presence of an entity. The patient feels the presence of an entity in himself, or that an entity is always watching him, or is doing things he doesn't want to do, or is even physically pushed by an unseen entity. Other signs are: feeling a cold wind, hearing of sounds, seeing images, feeling pressure on the body and so on.
10. Signal symptoms. The person adopts characteristics, behaviour or habits (especially negative) of the entity that is possessing them. This can also be physical, like pain, or tics, or bad hearing or vision and so on. 94% of his clients had physical symptoms that the doctor was not able to find the physical cause for.

Roger Vanderdonck developed a unique and effective diagnosis method to determine if a person has a spirit, or entity, attached to him. He calls it the swing-posture test. The client stands upright in a relaxed position. Vanderdonck first magnetized (magnetic 'passes') the person to reduce tensions. The patient looks at a point on the wall and is asked to drop down in a relaxed way, in whatever direction is natural to him. The patient knew that he would be immediately caught in the arms of Vanderdonck. From the way the person drops down it can be determined if there is an entity present. If the person drops backwards, there is no entity present. If the person drops forward there is an entity present. If the person drops to the right, there are two entities present or there is one clearly negative entity. When the entity drops to the left, then this is a signal of the person's spiritual guide who wants to communicate or give a message to the person. After this initial test, Roger Vanderdonck verified his findings clairvoyantly.

Another test he did was the feeling of the temperature of the person's neck, left and right. Some people, with an attached entity, complained of a big difference in temperature left and right in their neck. The left side was often much colder than the right side. The temperature on both sides would equalize after the treatment.

Roger Vanderdonck also looked at the eyes of his clients. Their eyes were often pale, dull and 'veiled'. Eye problems were not uncommon.

As Roger Vanderdonck was not only a psychiatrist but also a clairvoyant, he was able to find out what entity (or entities) were attached to a person. He found that the death of the entity always happened between the day of conception of the client and the day of the visit of the client to Vanderdonck. Yes, an entity can join a living person during its pregnancy, thus before birth. This is rarely the case, but it can happen. So what kind of rules did he find in this regard?

1. Once an entity arrives at (=attaches to) a living person it can not leave by itself. It will only leave when that living person dies or when it is taken away. There is an exception to this rule, and that is when the entity goes from the mother to the child during pregnancy. A spirit of an aborted baby or miscarriage can stay with the mother, or can transfer on to the next child.

Another exception is when a black magician put a curse on a person for the duration of generations (a family curse) by sending a dark entity to that person. That entity thus hops from one generation to another until it has been dealt with.

2. In general the entity is from human descent, that is it was once a living human that died and crossed over to the hereafter. But Roger Vanderdonck found a couple of exceptions.

One was that of a woman who had already been with two doctors, in vain. She said that something had 'fallen' on her that was exhausting her enormously. Vanderdonck clairvoyantly discovered that it was not a human but very strange creature that was attached to his client at her left side. It looked like a kind of red 'branch' or 'tree', twisted, with rough skin surface and a bunch of strange little extensions. When mentally contacting this creature it communicated that "I come from far away... I was lost... my fuel was gone... I fell on this planet... I took the first energy source I found... that was this life for here... I want to go to the red light." In two other cases he found the same kind of small figure in a kind of space suit, who were also taking away a lot of energy from the person they had attached themselves to.

Another exception is the presence of 'the little people', that is dwarfs, kobolds, elves, nymphs and so on.

In two cases he found an animal spirit, from an animal that the patient had known. In both cases there had been a strong emotional connection between patient and that animal.

3. Usually the entity is a family member that they will recognize immediately when Roger Vanderdonck describes the entity. In some cases the patient did not recognize who the entity was, because the entity is a complete stranger to them, or the patient is too young, or the entity is from an earlier generation.

4. **The present entity seldom has a negative motivation to attach itself to the living person.** The fact that the person is suffering from the attached entity, is because that entity is not on its place within the energy field of the person, and thus it is creating an imbalance, distortion or harm to the person. Although an entity, when it has just died, is concerned about a still living family member or just wants to find a place of comfort by attaching itself to a living person, this is an egotistic motive, although not recognized by the entity. Good intentions can do harm. Negative motives can also happen out of jealousy, hate, revenge and so on.

5. Depending on the emotionality that once existed between the patient and the entity, it is usually a grandparent that is the attached entity. Thus we find parents and blood relatives who have died. Attachment by the spirits of aborted babies or miscarriages are rare, and it is often the emotionality that once existed between mother and the unborn baby that is a determining factor. Rarely is a deceased spouse the attached spirit.

SPIRIT INTERFERENCE is now STOPPED:

Sunday, 1 October 2017

James: Helen, what are you Celestials doing currently – what's your main focus?

Helen: We're ensuring the mind spirits don't inflict their negative emotions and feelings on people on Earth, trying to use such people to ease their own pain. That is all stopping. Such spirits have been able to 'attach' themselves to unsuspecting, or even aware people, subjecting those people to intense feelings from such spirits, causing such people great distress, anxiety, fear and misery, if bad feelings, and even too much joy, excitement and mind-love, if it's good feelings.

Some people are very sensitive to such mind spirit feeling interference, it all being allowed as part of the Rebellion and Default, and all through the ages has caused even more suffering in an individual than they might have had, although it all only happens all in keeping with the requirements of their negative pattern. So really it has still been technically what the person has wanted, even though it's an unconscious desire, but it's caused such a lot of grief. So many suicides and people breaking down and going into institutions have resulted from the added burden of such spirit-feeling pressure, and so really it's not fair, and now it's stopping.

It's part of the ongoing changes that we Celestials are now able to instigate, mostly designed to stop the mind spirit interference. And to help make their participation with people on Earth being more on the positive side (although any interference from them, even if with 'loving' intent, is still only helping to further one's mind control over oneself, so is ultimately unloving and negative). But still, the really heavy negative interference we're able to now stop, and that's what we're doing, making sure the systems are in place to stop it.

And that, as we've told you, is then having a knock-on effect of changing the ways people on Earth go about doing what they do, which we're also coordinating along the lines of what we've told you, helping to bring about all the necessary changes that are going to take place.

So there are now Celestials in every part of the two Earth planes, and also the first and second Mansion Worlds, in disguise yet doing their work subtly thwarting such interference and setting in place systems and structures to prevent it in the future. It's like plugging up cracks in the dam wall so it no longer leaks. And there are also, although fewer, Celestial soulgroups in the higher mind Mansion Worlds, doing the same work, preventing those higher influential mind spirits from affecting people negatively on Earth. And in the end, all such negative influence will cease from the mind spirits, with only positive spirit connections being made by us Celestials (spheres 8, 9, 10) or those healing spirits in the Divine Love Healing worlds (spheres 3, 5, 7) however that is to happen by the end of the next age. So through the next age (being the next 1,000 years) there will still be a heavy mind spirit presence, but it will be highly conditioned and nothing like what it has been through the past ages.

And the systems of control on Earth are coming under increasing strain, only the Russians are keeping abreast of it and being able to move with it. The West and their hidden controllers are beginning to freak out more as their ways of control are not having the effects they used to have. It's becoming harder for them to keep the masses in check, and so the more they struggle to, the more the people are able to see how they've been controlled, and so the more they are objecting to it. It's a downward

spiral. Imploding. The cracks are beginning to show. And those cracks we're encouraging. That dam wall is to one day burst.

Does that help James?

James: Yes, thank you Helen.

Helen: It's all in keeping with what you're going through personally James. You can draw the parallels.

The dark cloud on you will soon pass. And as you know, it's all only from the unloving influence of your parents, and not from anywhere else. The outside can stir up the inside, but it's all within and really has nothing to do with the out.

I'll speak to you soon – Love Helen.

Later:

James: So Helen, what you were saying about the mind spirits no longer able to attach themselves to people making people feel worse than they already do, means people on Earth can't blame the spirits for such things anymore.

Helen: That's right. Any bad feelings you feel are all coming from within yourselves, and not from other spirits or other people. You are not being influenced by depressed and angry spirits, you are not even picking up the vibe from another person on Earth and causing yourself added pressure, it's all simply within you from your own childhood to do with the unloving relationships you had with your parents – nothing more. If anyone says it's more, it's only that they can't accept that it's all within themselves. People are to take full responsibility for their own bad feelings and pain now James. You can't blame anyone else. The buck stops with yourself, as it should, making sure everyone stays true to their own feelings having to deal with them should they wish. People of course will continue to blame other people and spirits for their pain, but at least you know that it's only themselves, and not coming from any outside negative influence. So it's doesn't rub anymore that the Devil or Satan is making you do something bad, is making you feel bad feelings, the Devil and Satan are your parents, that is the truth, there is effectively no bad spirits affecting humanity anymore. That has all ended. The end of the fallen angels happened with Mary and Jesus' coming (in the first century), so no 'bad' angels could affect humanity like they had been able to do working for their Masters and Mistresses the Lucifers, Satans, Caligastias and Daligastias; and now no bad feeling mind spirits, or even good feeling mind spirits with subtle malicious intentions, can affect humanity on Earth. You are on your own so far as such negative influences go. You are having to decide if you want to attend to your own bad feelings or keep avoiding them. But you can't blame anyone else. You can keep blaming whoever you want, but it doesn't rub anymore – no one is listening!

James: I've read about people being possessed and people feeling so bad and depressed saying they are being controlled and suffering because of 'evil spirits', but I've not known how much to believe such things, but you're saying that it all did happen and quite a lot.

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



Helen: Yes, and even far more than people on Earth realised. There are some publicly documented cases, but it's hard to know just how much a spirit might be influencing someone and in what sort of ways, passively negative or aggressively so. Many people have hugely suffered by well-meaning spirits continually being with them plaguing them with too many good feelings, misguidedly believing they are doing the person a favour, being a great help to them in life. But any feeling interruption and disturbance is not good, whether it's good or bad feelings. You are to have your own feelings, it's hard enough as it is, without any extra unseen influence from spirits.

Many people die and keep going back to the people they miss on Earth, inadvertently affecting those people with their own feelings of misery and sadness, or even happiness with their new spirit life. And the people may or may not be aware of such spirit presences, however it's all affecting them, and all detrimentally in the end. There is nothing wrong with organised contact, if you want to speak with someone who's passed over, or they with you, fine, you do it through a medium or making the necessary formal and decisive mental contact through your mind. But to have the spirit just taking, over subjecting you themselves, whether you want it or not, that is like a person just coming into your house and sitting with you all day long constantly talking to you, even when you might not want to listen and not be affected by what they are feeling. You can't turn them off, you might not even know they are with you, but like a limpet they attach themselves to you, almost 'feeding' off you by being with you in various ways, all to your detriment. And as I said, such spirits are able to do that fitting in with the demands of your negative pattern, they are being as your parents were to you, constantly with you, negative influencing you, talking at you, not considering your feelings, not being sensitive to your needs, 'feeding off you', all making you feel bad.

So none of that negative spirit influence will be able to affect people anymore. So when people die they will have to deal with their own stuff separate from people back on Earth. The spirit will still be able to visit people on Earth and wish them well and send them good thoughts and feelings, but just none of heavy bad stuff, even if it appears well-meaning.

And we Celestials are monitoring and regulating all of that. We're putting in place more barriers stopping the lower earth-plane spirits from being able to so readily directly or indirectly influence Earth and people with their lower energy and vibration. The lost and wayward lower earth-plane spirit will still be able to sit in his or her favourite Earth bar or pub, still 'drinking' merrily away pretending they are part of the fun, yet their energy, light, vibration, will no longer be able to influence those people on Earth in that bar or pub.

Part of the atmosphere of many places on Earth James, has been influenced by the unseen presence of masses of earth-plane spirits, many of who you would call earth-bound – they don't want to let go of Earth life, so pretend they are still alive on Earth. Masses of such spirits for example will attend the various concerts, political rallies, main sporting events given by people on Earth. So there will be say a hundred thousand real people from Earth, and tens of millions of earth-bound spirits from the lowest earth-plane, all after a 'good time'. And that unseen influence from all those spirits exerts an unseen pressure, which doesn't have to be all that bad, but can be, either elevating the atmosphere or making it heavier, with people being affected in different ways, from some people minimally, enjoying the unseen influence, to adversely, causing all sorts of problems. So that is all what is to cease.

The spirits can still attend such earthly functions and gatherings, but their light will remain separate from the people on Earth. So all the people on Earth feel, will be all they generate themselves, it being true to themselves, if you like. And this is a huge and very important change.

So all that happens on Earth is all that you on Earth make happen, by yourselves, with and for yourselves, and you can then deal with the consequences, good or bad. Knowing the mind spirits are out of it, they are no longer part of the picture, which I know you weren't really aware of anyway, but now you are.

And people sensitive to such things would be able to sense a change, a different perhaps lighter feeling, even if they don't know why it's changed.

James: Thank you Helen.

Helen: It's my pleasure James. We need you to keep asking us questions so we can elaborate, we can't just come forward and tell you it all, not yet anyway.

James: I understand.

Helen: We'll speak again soon – goodbye now, Helen.

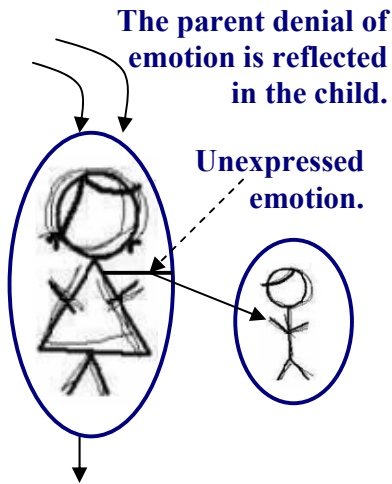
Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine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

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

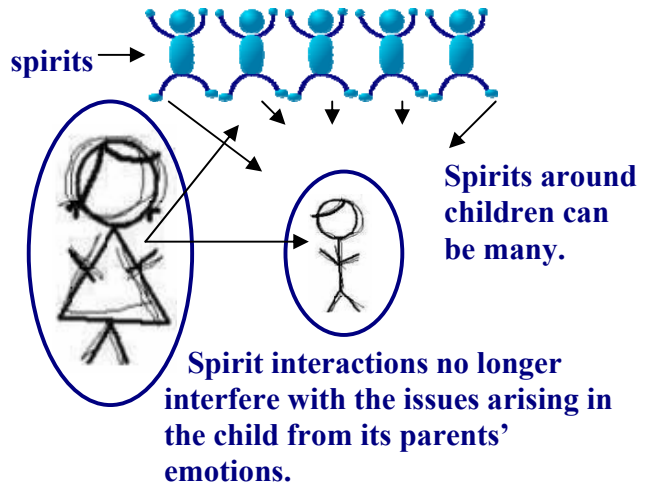
CHILD EMOTIONS and ILLNESSES



Emotions flow through you mostly.

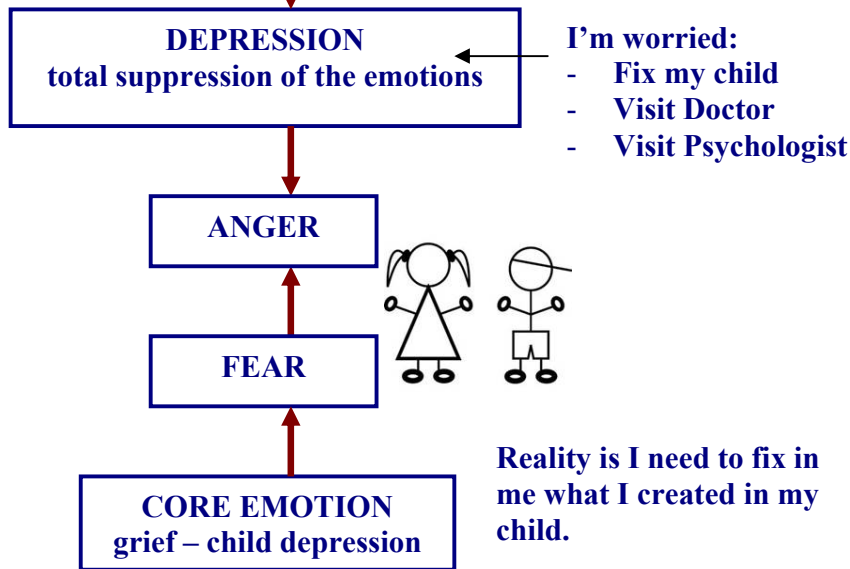
Child either rebels against the emotion, or conforms to the emotion by pandering the parent who has the emotion.

We need to examine our emotional demands on our children.



No dark spirit can harm us, nor do they influence us to do something that we do not intend to do. Negative spirits used to encourage us to do detrimental things which we intended to do anyway.

CHILD ILLNESS



So far we have seen what kind of spirits can attach itself to a living person. How did Roger Vanderdonck liberate his patients from those spirits? He said that one way is asking the help of higher spiritual forces by prayer, offerings, ritual dances and so on. This is usual done for a group of people, not so much for one particular person. But this method is not that effective and even less controlled (churches for example usually don't check back on their followers).

Exorcism also doesn't work. With exorcism the spirit is always seen as evil, and often called demon or devil. Vanderdonck said that **only 6% of his clients had entities that were negatively motivated**. Also, exorcism is only concerned about helping the person, not the attached entity. And with exorcism, the entity usually returns to the person. The reason for this is that the entity is not really evil but that the procedure of exorcism is itself a negative intention.

Spiritism, when positively applied, releases spirits to the Light. These are almost always spirits connected with a place, and not attached to a living person. These are also spirits that were not able to make the transition into the light.

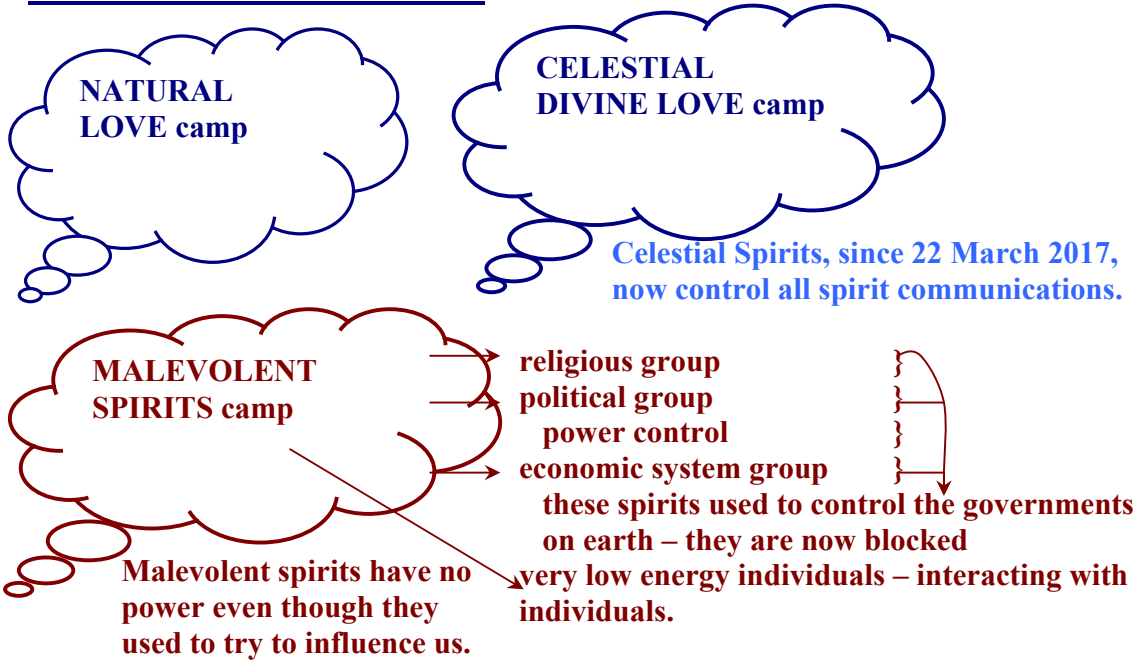
So, Roger Vanderdonck developed his own method that would help both the living person and the entity, and he had a 100% success with it. He did not want to bring harm to either the person or the entity, he did not want the entity to go to another disadvantageous place. He wanted the ritual to be effective immediately, and verifiable immediately afterwards. It had to be simple and he had to protect the person from being 'possessed' again. He discovered his method during his transcendental meditations, in which he frequently arrived at a scene in ancient Egypt where he saw a ritual to liberate entities. He saw that scene so frequently that he was able to write everything down in detail. At first he practiced the ritual in the presence of a clairvoyant medium, in order to check if it really worked. Once he knew it did work, he performed it without the medium. In his book he did not give all the details, because he thought that it demands a certain training and attitude, and should not be applied literally. He found out that the first ones who want to start with it are people who are not suitable and often not positively oriented. The right motivation is very important.

Possessions and Attachments (based on Shakuntala Modi)

In old times, and even at present in some regions of the world, shamans have explained to us that illness was caused by malevolent or misguided spirits (this is not so due to the Law of Non-Interference), and they based their practice on removing those entities from the patient. Almost every religion has its 'exorcists' who drive out the bad spirits. Only modern day science has rejected the idea of the existence of spirits interfering with our health. But there seems to be a change happening. Consider reviewing this book, Remarkable Healings, A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness, by Shakuntala Modi, M. D. (published by Hampton Roads, ISBN 1-57174-079-1). She is part of a new generation of medical people who are changing their outlook on illness. One time, quite by accident, one of her patients spontaneously regressed to a previous life when asked to go to the root of her problems. Another patient described the root of her problems to be the spirit of her deceased father who was with her. **He had died of stomach cancer. By staying with his daughter he unwillingly was transferring the stomach pain he had when he died to his daughter.** Trying to solve this new problem, Modi asked the patient if she could see anything else. The patient reported seeing a bright white light and angels coming to help her deceased father to make the transfer to the Light. Since then

Modi has regressed her patients and asked them to go to the cause of their problems. Once the problem was found and dealt with, the patient's

SPIRITUAL UNIVERSE CAMPS



PROTECTIVE BARRIER?

Spirit attraction is with regard to your own Law of Attraction. Such spirit attraction is essentially to trigger your own emotions, or try.

You can long to God for protection from spirits and you will receive protection. Receiving Divine Love achieves this protection.

Why ask someone or a spirit to go away when your Law of Attraction brought them there? Deal with your own Law of Attraction and they will go away.



PAIN



SUFFERING
Long term

Every single body pain, every single accident, every single suffering, illness, disease, is telling you that you have broken a law of love, and all of these experiences are of a result of your Law of Attraction.

Every positive, uplifting, loving, joyous experience is also because of your Law of Attraction.

illness disappeared quickly. Modi was quite astonished by the high success rate she had with this new unorthodox method, with the classic therapy methods she had been having very little success.

With some people Modi uses hypnosis to have them look inside for the cause of their ailments, with others she uses a couple of other techniques. Some people spontaneously regress to other lives or can see the spirits inside. Modi then conversed with those spirits through the patient, this is where all the information comes from. Modi herself does not form an opinion about the existence of past lives or spiritual entities. For her it is more important that the method works, and her patients get better quickly.

Although you can find other books about the same subject, Modi's book is very interesting because it is comprehensive (631 pages!), well structured and with many case histories. So, what does she tell about the cause of mental and physical illness? The following is a summary of what her patients told her; Modi herself did not come up with it.

Some illnesses are caused by traumas in this life or in past lives. This includes birth traumas and prenatal traumas. Re-living the traumatic event, the more emotional the more effective, releases the blocked energy and healing can be instantaneous, or it happens in the next few days.

Her patient's illnesses were usually caused by possessing or attached spirits. **The pain and emotions these spirits were going through when they died, is transferred, willingly or unwillingly, to the living person they are now attached to, or possess** (no spirit can harm another). In these cases medical treatment does not help. Modi calls these spirits 'earthbound spirits' as they did not make the transition to heaven or to the Light after they died. For some reason, often family ties, they chose to stay with a living person. Sometimes they are confused, sometimes they stay with the living person out of love, sometimes out of the desire to take revenge, sometimes they want to continue their desire to experience drugs, or other addictions through the person they possess.

Some spirits are really malevolent, they are usually called dark or evil spirits, demons, devils. These are beings who have turned themselves away from the Light and derive pleasure from harming both other spirits and living beings. We have to be careful not to condemn these beings as they are also light beings, or angels as you could call them, who have covered up their inner divine light with darkness. When called upon, other angels come and will force the dark spirit to move aside. This will allow him to discover his inner light and thereby be transformed into a light being, at the same time leaving the patient. This is not exorcism. Exorcism is the forceful removal of a dark spirit from a person, but this will always fail or even cause more trouble as the dark entity is not transformed and remains the same. So the treatment of the patient is actually a treatment of the entities that possess or are attached to the patient. They have to be convinced about what they are doing to the patient, about what they really are and that going to the Light is the best solution for them.

Aside from the dark spirits, or demons, the patients also quite frequently talk about Satan, a term many people might have trouble with. Satan is a term that comes from the Catholic Church. From what Modi's patients tell, Satan seems to be the embodiment of the most evil things. One can easily give him another name derived from other religions or you can make one up for yourself. He seems to be a master demon, who tricks many souls into the darkness.



Kingdom of God – Celestial Spheres
Spheres 8 – to infinity.

Celestial Kingdom / Heavens and where you become an angel, all one with God. Immortality is achieved upon receiving Divine Love which enables entry to the Celestial Heavens. Then follows the Eternal Spheres and then the Spheres of Paradise.

Sphere of Transition:

Sphere 7 in your progression is the sphere in which you progress from the Kingdom of Man – mortality, to the Kingdom of God – immortality. On becoming at one with God you are reborn, the rebirth, to progress into the Celestial Realms, namely the 8th Sphere, and then on upwards on the Divine Love path.

Kingdom of Man – Spirit World

Spheres 1 – 6

Sphere 6 is the highest progression that can be achieved on the natural love path.

This is not the domain of angels. Sphere 1 is the Earth plane where all souls arrive upon shedding the material body.



The kingdom of God is in his heart, God's Divine Truth reaching his soul transforming him



The kingdom of man is in his head, what he believes, is his own truth.

Patients also report how negative entities create dark energy shields around a person, dark devices that are placed inside the person and dark energy cords by which they can influence the person from a 'distance'. Interesting ideas, as some have once seen pictures of a person who was being influenced by black magic. On these pictures (snapshots inside his house) there were several luminous cords attached to him.

Another problem patients report is the loss of soul parts. One or more pieces of their soul had been lost over time, mostly stemming from traumas in this life or from past lives. (Past live memories are actually those of other spirits.) The loss of soul parts is another of those old ideas one finds in the practice of shamans. Somehow a piece of our energy can remain behind and stuck with other people or places. The soul parts need to be retrieved, cleansed, healed and integrated again with the main body of our soul. Sometimes a part has come in the possession of an evil spirit who uses it to inflict harm on the person, as the person still remains connected with that soul part, wherever it might be. (Spirits cannot see the soul.)

Although the dark entities, demons and Satan claim to have great power, they are easily controlled, released and transformed by the appearing angels (brighter spirits). It seems that they only have as much power as we are giving them (absolutely correct). Through Modi's patients, the archangels gave instructions for a protection prayer (go here). As human beings we are vulnerable to emotional and physical traumas, emotional outburst and environmental influences that all can cause a weakened body and soul, making it vulnerable to dark entities. But we can master our emotions. Dark entities feed and stimulate negative emotions in us. We have a choice to react on a situation with increased anger, hate, etc. or not. **Somebody who lets his negative emotions run free, is also attracting a lot of dark entities.** We can protect ourselves a great deal by the way we live, feel and think. **We can heal ourselves by resolving our traumas.** For the rest we can ask protection from the angels – pray.

From what her patients told her, Modi has built a basic structure of the universe. In their therapy sessions they have frequently experienced a huge Light that they describe as God who is an ocean of Light and love. Then there are a number of large divine beings, described as godheads, masters, and oversouls (there is no hierarchy in the spirit world or celestial heavens, just ever increasing levels of love). We are here to learn about ourselves and the universe and to eventually reunite with what we call God, or the Divine. Some beings have decided to go against the natural flow of the Divine in its creation and have become the dark spirits, the demons, Satan. They too will eventually be transformed into light beings and reunite with God.

The Nature of Angels and Demons (based on Daskalos)

Daskalos, also called the Magus of Strovolos, a Greek magician-healer-shaman, has become known to the West in a series of books by Kyriacos C. Markides. His knowledge is based on Western traditions and on his own experiences as a spiritually gifted person. His ideas about possession by spiritual entities gives us additional information. Daskalos says that people become possessed by elementals (=other spirits) which they themselves have created the possibilities as a result of their weakness. In contrast to Shakuntala Modi, Daskalos only rarely encounters possession by beings who reside in the etheric world. Maybe this is because Daskalos works with the local population, while Modi as a psychiatrist works specifically with mentally ill patients. At times her patients might mistake the artificial, self created elementals for real spirits.

Deceased humans often hold on to their hate towards particular people or situations when they pass to the next world. This is the cause of them finding themselves oscillating between the physical and the spirit world. It allows them to come into contact with the physical world again and again by taking possession of living human beings who have certain phobias or who are in a certain psychological state that permits those spirits to enter the person. One needs to understand that possession, be it by a demon, elemental, or a deceased human, can take place only if there are reasons, that is, when the individual vibrates analogously with whoever or whatever tries to enter him. In other words **the person must himself have the predisposition to be possessed** (consenting to connect to spirit person).

The most difficult type of possession to cope with, Daskalos says, is by deceased humans. They have a particular persistence. It is not easy to send them away. And you cannot destroy or dissolve them. They are eternal beings and cannot be destroyed.

About demons, Daskalos says that they, like the rest of creation, evolve too and will one day reach higher realms of the spirit world. "Humans are afraid of demons because they are invisible. Had they not been so, men would have exploited them like other animals." A surprising statement! Demons can take ugly animal-like shapes but can also acquire the shape of human beings as they can adapt themselves to whatever they see; they are like chameleons of form. Demons have no genitals, they are usually dark and sometimes even handsome.

In contrast to what most believe, Daskalos says that angels and demons are not in conflict. They only appear to be so in human consciousness. But in fact they cooperate. They take different positions within the subconscious of the individual in order to make it possible for us to know the meaning of good and evil. (They are very different extremes of soul condition, of love and of lack of love.)

As most people live by their emotions, they produce 'desire-thought' elementals (spirit attraction), but those people also lack understanding of the nature of desire and thought. Consequently they often fall prey to the very elementals they have created. Nature determines that these elementals will eventually return to the person who created (attracted) them. (Once again, watch your emotions and thoughts!) When they return they surface from the pool of memory to the conscious level in order to acquire new energy, and then withdraw again. The same cycle is repeated until such elementals succeed in staying within the subconscious of the person on a more permanent basis. They then absorb energy from the etheric double (=our life-energy body – spirit body) of the individual and in this manner they extend their life. **This is how habits and obsessions such as smoking, gambling, and drinking are formed.**

The Distinction Between Evil and Good Entities (based on Seizan Fukami)

There are people who, involved in the esoteric, wicca, or magic, often display an interest in the spirit world. A mere interest is ok, but one should not venture into it when one is not an accomplished psychic. The spirit world is not an innocent playground. How do you distinguish between good and evil entities? Here are some guidelines from Seizan Fukami, a renown Japanese Psychic, who wrote a couple of interesting books about the matter (Exorcism, isbn4-88692-282-1; and Divine World, isbn4-88692-318-6, available by Tachibana Shuppan Inc, Japan. Visit the publisher's website at <http://home.tachibana-inc.co.jp/books.html> ; his books are now sold under de name Toshu Fukami).

One of the distinguishing features of advanced loving spirit beings is that they very seldom interfere with human beings or affairs in the material world (they will assist you when you ask). They do not go around telling people what to do or not, where to go or when (Divine Love spirits). Instead of bossing, they usually lay the groundwork in secret so that people will end up doing what they want them to do anyhow. The reason is that these loving beings have been entrusted with the education of us human beings (guardian angels – spirits and spiritual guides). And pampering a person or diverting him from blind alleys in the end hampers a person's effort to gain experience and grow. Such coddling might even prevent a person from accomplishing his mission in life. The duty of these loving beings is to make sure that the people entrusted in their care have the opportunity to gain learning, training and desirable character traits.

When a person prays for something that will jeopardize the maturation of his inner being (the prayer will not be answered), the advanced loving spirits watching out for him will turn a deaf ear to his pleas. They will be totally unbending and not lift a finger. But if the request involves spiritual growth, then they will be more than willing to help. These loving spirits have a highly evolved sense of learning, training, spiritual enlightenment and wisdom. They always respect our free will.

Evil / malevolent spirits do not give a damn about the spiritual growth of people. They only act as parasites by inhabiting or being attached to a person's body. They are solely concerned with manipulating the person as they see fit (however, they are ineffectual). These spirits with poor soul condition indulge in unbridled passions and egotism. Unlike the loving spirits, they do not have the capability to assimilate things of value. They lack the abilities to explain things or place things in their proper perspective that derive from learning. All they know is what is right in front of them and they live from moment to moment. **These spirits regret the fact that they do not have a body of their own, so they want to take charge of a living person's body.** Consequently, they are always on the alert, eager to discover a crack in some person's spiritual / soul condition armour, so that they can go rushing in. **They often lie about who they are, pretending to be some well known historic person, or god or goddess. They do not respect our free will and like to interfere and manipulate.**

How to Rid Yourself of Negative Spirits (based on Daskalos and Fukami)

We already mentioned that spirits, demons, or negative energies attach themselves to us because there is a corresponding vibration within us that makes such attachment possible. It depends on what attitudes, emotions and thoughts we cultivate and carry around, and what karma / law of attraction we have inherited from the past.

Daskalos proclaims that our present personalities, and the circumstances within which we live, are the sum total of the emotions we have constructed ever since our descent into the physical world and the beginning of our incarnation. How do we get rid of the negative elementals that we have created and that keep coming back to us, stimulating more negative emotions and thoughts in us? By indifference! When negative emotions or thoughts come up in a given situation, just notice that they are there, but do not repress them nor express them. Be indifferent to them. Allow these emotions to pass through. This way they will get no more energy from us, and will be neutralized.

Fukami stresses that one should believe in one's good personality characteristics, because these represent the real you. The traits that are dragging you in a negative direction are false and often are influences

from evil spirits. In this way you will distance yourself from thoughts that you don't really want in the first place, and you will become self-reliant, believing in the real you which is always positive. This way evil spirits will be driven away. It demands strong faith but also good physical health. One cannot neglect his physical health, as mind and body go together. Be healthy, have positive thoughts, positive emotions a positive attitude.



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Child like

Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

Divine Love Flow:

Pray to God with a feeling and longing for

God's Divine Love to enter you.

Have a longing for truth from God.

'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'

Quote from Celestial Spirit Richard 22 Dec 2012

SELF CENTRED ACTIONS and AGGRESSION HAS CONSEQUENCES:

Any action that causes harm to one's self, or to another, degrades your soul condition. Your soul being your real self.



We may have a big powerful physical body, but our real strength is the condition of our soul. Should we assert our unloving nature and desires, then our soul's radiance and energy is progressively degraded. This can extend to the point where our soul's radiance is nothing more than that of a dried up darkened garden pea.



Our soul condition is reflected through our spirit body for all to see. Upon entering the spirit world, into the 1st sphere, a healthy loving soul will be reflecting out through a spirit body the same size as that of the physical body whose personality has now separated from that body.



A degraded soul results in a significant diminishment of the size of the spirit body. The poorer the condition the smaller the spirit body – significantly smaller. Further, there is little to no radiance, therefore, little to no light. There is greatly diminished capability in all aspects of spirit life and a great loss of the capability to move about.

In this condition, one is isolated into a very lonely dark environment to begin the long process of recovery and development of love for one's self and for all those around them.

One is always being loved, and help is always available, one just has to learn to accept this offer of love.

One can always recover and grow in love from what ever condition they may find themselves in.



The radiance of a soul in good condition is reflected through the spirit body.

A soul in poor condition has very little energy and subsequently is lacking in radiance. The size of the entity is also diminished.

We radiate our own light. Not only when a soul in poor condition is lacking luminosity and energy, its capacity to travel is also significantly diminished, as is its physical size.



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.

41 Spirit Influence

12 December 2013

Good afternoon dear friends. We have had a lot of talks with others and between ourselves lately on the issue of the influence of dark spirits on human activity. We have read of the Law of Non Interference and of the spirits not incurring further compensation but also feel that the dark spirits must be able to communicate with us particularly if a person has a lot of fear or entertains a lot of dark thoughts and feelings. It seems logical that they are able to influence those who allow or welcome this. There is also a lot spoken of the alleged influence by dark spirits on the activity of many organisations on Earth that seem to act selfishly against the best interests of humanity.

I must say that I am confused and feel that, as with so many things, this is a subject about which we know very little as yet. Can you clarify this for us?

Good afternoon dear brother. I am aware of your confusion on this matter and this is understandable. I have spoken about this before with you and do accept that you are still unclear.

These spirits with very little soul development are well called 'dark' as they have little or no spiritual light in their souls. Their appearance reflects their soul condition and they may appear to be grossly deformed and very unpleasant to look at. They are as committed to their evil behaviour in the world of spirit as they were on Earth. However they don't have the wherewithal to work their desires. They have no access to any of the drugs or weapons that they may have used on Earth and they are unable to actually harm anyone either in spirit or on Earth. Individually they have very little power at all. Spirits can, on occasion, influence physical objects on Earth and this requires a lot of determination and a capacity to focus intently. Such activity happens much less frequently than is thought.

Yes, dark spirits can speak to those on Earth and many less developed spirits are probably the most frequent visitors to mediums. Many of these seek such contact as they feel a strong connection with and a draw to the Earth and the people. The darker they are the more likely it is that they be drawn to dark or evil activities on Earth. The groups on Earth that are engaged in such activities are easily perceived from the Spirit World as they are surrounded by darkness that is more intense than the surrounding lack of light. In a similar fashion, those involved in spiritual activity either as groups or individuals are seen by virtue of the light of spirit that surrounds them.

When spirits are drawn to an individual or group they may be there in large numbers and there is no doubt that they desire and attempt to influence the thoughts and actions of those to whom they are attracted. That they may be there in large numbers can give the impression that they are directing the activity that is occurring when this may be much more apparent than real. They will find a degree of harmony with the activity that is occurring and their added energy may contribute to the darkness and influence the members of the group. They are drawn to such activity and persons because they live in an environment which seems to be quite evil and which is very dark but in which they are actually unable to satisfy their own evil desires. As you can imagine this is extremely frustrating for one whose whole life has been dedicated to evil activity.

Let me assure that humans who desire to act evilly don't require the assistance of dark spirits to reach the depths of depravity. They do this very well indeed of their own volition and are totally and completely responsible for everything that they do or imagine that they desire to do. Many find it difficult to accept this as they seek to find extenuating circumstances to explain or mitigate the activities of a person whom they believe 'would never do such an evil act'.

Human beings have a capacity for acting with depravity and of modifying their own attitudes to this and memories of the event so that it may seem to them that it was as though someone else had acted or made them act in that way. Personal responsibility is poorly understood on Earth as responsibility is confused with concepts of blame. There is a world of difference between the two. It can take a long time to come to understand and accept the difference. This acceptance comes as each one learns to be responsible for all of their actions and thoughts.

Spirits who appear to be controlling or over cloaking a person gain any power they appear to have from the degree to which the person who has attracted those spirits abandons whatever vestiges of personal responsibility they have. They may then be acting out the thoughts and desires of the attaching spirits with no sense at all of responsibility or personal direction. This may occur to the degree that they actually have no conscious memory of what has been done. They may appear to have a number of different personalities. Despite this appearance of having many personalities, when they make the transition to the Spirit World what comes across is the central personality of that person with all of its sense of irresponsibility and all of the memories of and responsibility for all of the actions of all of the apparent other personalities.

Now many then consider that there is unfairness in this as the person who was influenced is totally responsible for what they were 'made to do'. This is where confusion arises. They were not made to do anything that they did not agree to do at some level. Their own irresponsibility is theirs and they can never escape this by hiding behind evasion.

A major issue for most of you is that you have little or no awareness of the creative capacity of a human mind. The spirit mind that you have now is the mind that you bring here and which you will carry all of your days. The power of it exists even when you are not aware of it. It is as if the bulk of humanity has a dread fear of discovering just what power they have. We understand this as we have come from the same mould and have lived the same experiences. When we speak of awareness we speak of awareness of everything that comprises a being whether incarnate or in spirit. There is much less difference between us than is apparent.

Humanity lives with a plague of fear that prevents the perception of the bulk of Truth. Many of you are seeking the Truth of life in spirit as though that will teach who you are and how to live on Earth. What we want to show you is the Truth of yourselves and how to live on Earth! You can only ever be yourself. You look to us and see wonderful beings who are full of light and wisdom without really recognising that you are looking at yourselves at some time in your own future and without recognising that all that you see is available to you today. Open your eyes and your minds!

There is a dreadful tendency to give power to what is less than you and what appears greater than you without taking into your hands the wonderful power that is there right now.

A dark spirit can only ever have what power a human appears to give that spirit and even then it has no power at all. The power is still that of the human who refuses to take responsibility for it. Look at what those who espouse evil on Earth are able to achieve with the material things and people that they manipulate. Look at what those people are able to achieve who take responsibility for themselves and their actions and act in responsible and humane ways. Then look at what the great majority who ride waves of mediocrity and lack lustre desire achieve. The lessons to be learned here are so obvious to all that one must be blind not to see them. Dedication whether it be to negative or positive activity bears fruit.

The dark spirits don't incur any further compensation because they actually have not done anything. It will take you some time to come to terms with this as it is a concept that stands clear of blame and stands fully on a foundation of responsibility. They like to imagine that they have wreaked havoc on Earth and have done great deeds of evil whereas they have simply been attracted to the evil that is being enacted on Earth. **Humans have free will and spirits do not.** Spirits are drawn irresistibly to where they are attracted. In themselves they have no attractive force but actually must live and act in environments of the same vibrational level as themselves. They don't draw, they are drawn.

There is much to learn about the Law of Attraction. We will speak of it often and reveal more of its actions as the occasion arises. You will only understand the ramifications of it as your own awareness and perception increases. For the most part, your perception is trapped in the material elements of the obstructed world in which you live. The truth of attraction and action lies much more in what you can't see than in what you can. This is why our desire is to continue to provide assistance to help you to see a little more and to accept that there is so much more to reality than you currently know.

If you are touched by what I say, then look to the issues in your life right now and wonder where you may be abrogating your personal responsibility. Remember that I speak of responsibility and not of blame. You are not to blame for the actions of others or for the effects of the actions of others or yourself. You are however responsible for every one of your own actions and reactions. This needs acceptance and not punishment.

When you think of wanting the dark spirits to be responsible and held to account for what they appear to have done this is a projection of your thoughts of blame and a reflection of your own desire to avoid responsibility. As you react to what I have said take time to consider deeply the truth of it without any sense of blame of yourself. Your present attitudes to and beliefs about living are simple your present attitudes and beliefs and subject to change as you learn and grow. You are as growing children and need to truly acknowledge this without demanding that you immediately change. Everything about you simply represents your present position on your path of growth and is, therefore, the stepping off point for the following stages. If you condemn yourself you make the next step more difficult. If you accept your situation you free yourself to leap ahead rather than to crawl with your eyes directed backwards.

I will repeat that the point of all of this discussion is that the evil dark spirits may well be that and may have the desire to act evilly but have no capacity to do so because of their weakness. They can do little other than posture and follow and not to lead.

There are many humans who do what are seen as evil acts which arise out of what might actually be momentary but complete lapses of responsibility. There are others who appear less evil but live lives of

irresponsibility but seem to be 'not too bad'. There are yet others who abandon themselves to the attractions of the dark actions and revel in the experience. There are all degrees of balance of responsibility and irresponsibility in human living. It is only on Earth that evil actually occurs and the responsibility for this cannot be directed away from the Earth.

Humans have free will and they also bear the total responsibility for the way in which they use this. It is a wonderful learning tool and like all tools has the potential to be grossly misused. When one does attract dark spirits, their presence intensifies the aura of darkness that surrounds the person. In such situations it is nigh on impossible for guides to contact the person with any positive direction. A person could then be said to be cloaked in darkness with spirits closely associated with him/her. If you look, it is not difficult to see many such people in the streets of your cities.

All that we offer to you in information and guidance will focus on personal responsibility and will never provide avenues of escape from this as it is not possible to do so. Each one is completely responsible for all that they do in their life. We have all faced this and dealt with it. In such a situation it is not expected that an individual will never 'stray from the path' and never make a mistake. It is assumed that everyone will make mistakes. This doesn't lead to condemnation of any kind. How one deals with the mistakes that are made is important. Every issue of life has to be faced in full and none are swept under the carpet. Most people, with all the mistakes that they have made in the course of their lives, are not facing anything like the mountain of issues that they might fear they have to deal with. Whereas everything must be faced this is not necessarily as daunting as might be anticipated. Remember that responsibility is not blame and compensation is not punishment. The Law of Compensation is exacting and totally fair in that all are treated equally. It is never destructive. Life on Earth may not appear to be fair and the equality of people is not easily apparent but in spirit the equality is plain for all to experience.

In saying all of this, I am making unequivocal statements and mean to do so. The Law of Non Interference, like all of the Spirit Laws is universal. From the perspective of life on Earth in the obstructed environment the action of these laws is not so apparent as it is in the Spirit World. Here their action is as apparent and as inescapable as the Law of Gravity is on Earth. It is only incarnate beings who can directly harm others and impede their spiritual progress. Doing so always incurs the actions of the Law of Compensation. Being told about these laws and the ways that they act can never give you the full impression of them that leads to understanding. It is only when one experiences their effects without any obstruction and hindrance that their true nature is undeniably apparent. Until then you will attempt to make sense of them and be unable to do so completely.

We will repeatedly tell you that your comprehension and understanding of what we say about most things that exceed your present experience is very limited indeed. It is important that you practise accepting that what we say exists and operates in your life and that your present understanding of it is incomplete as yet. This is essential for your progress. You will always progress from ignorance to understanding and knowledge. Understanding is always quite limited as you will attempt to make sense of all that you are told in the light of your past experience. If what we are telling you is beyond your experience then it goes without saying that you will be unable to make complete sense of it. This is simply a fact and there is no point in fighting against it.

Acceptance of ignorance is not shameful, it is honesty and humility. If you pretend otherwise you are deluding yourself and any others who choose to believe you and what you say.

If anything that you hear encourages shifting responsibility away from yourself, question it immediately for it is lacking in truth. There is no escaping the truth and inevitability of personal responsibility.

Every one of you has far more power and creative potential than you ever imagine. Whatever power you perceive us to have is no more than we had when we lived on Earth. We have simply learned to clear the barriers to our recognition and use of our potential. In denying your own personal power, you create situations where you refuse to believe that you or someone else could have created the situation that exists whether it be glorious or unmitigated disaster. It takes power and creativity to do either.

That you have not yet recognised something does nothing to deny its existence. You have so many examples in the world of today of things that were unknown or not even imagined not long ago that are now every day. Extrapolate this to things spiritual and realise that each of you is a spiritual pioneer and explorer and fit to discover the unknown that will become the ordinarily accepted knowledge of tomorrow.

I am Andrew and I know that you feel my love in my directness. This is my personality. I believe in being direct and stating the black and white to be just that. There are no shades of grey in the operation of the Laws of God.

I leave you with these words and my love and blessings and the blessings of all of us.

Andrew, Celestial Teacher

PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
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The Voice of Divine Love
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**PASCAS
PERS**

Every physical pain in our body, every illness you ever have is the result of emotional denial.

There is a lot of things at work with sickness. With the majority of sickness, there is an emotion within our soul, the emotion in our soul blocks the energy flow in our spirit body, the energy flow in our spirit body is what keeps our physical body well.

So when the energy stops flowing in a certain part of our spirit body, our physical body becomes affected by the slowing energy or by the energy that has stopped flowing. And that then exposes that part of the body to outside risks or internal risks like cancer.

All sickness is an emotion, every one.

12 Jul 08



Everything is emotionally caused.

Every illness inside of yourself is emotionally caused.

Often times, it is emotionally based through spirit attraction as well.

From parents, obviously a child cannot have a spirit attached to it if the parent does not have that emotion. Childhood cancers and childhood leukaemia are generally caused by spirit attachment, but that is caused by the emotions of the parents that they have not yet dealt with.

12 Jul 08

SPHERES: 1-6 Kingdom of Man Domain of Natural Love, 8 to infinity Kingdom of God. Domain of Celestial Sprits

Celestial Realm is to infinity.



The top of 1st sphere is a very pleasant earth environment in the spirit realms.



Summerland is more beautiful than anywhere on Earth.



The hells, 2 Planes of Disharmony, are unimagineable places of darkness.

27 Sep 09

1st sphere, being of the Earth plane, has Summerland as it highest plane. The mid range planes, where most of us arrive, is similar in nature as Coober Pedy, Andamooka, and Marble Bar (inland Australia). The lowest planes in the 1st sphere are the dark hells. Some of us will arrive in the 2nd sphere condition. Very few have ever arrived in the 3rd sphere condition. We all arrive in the 1st.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

The Three Selves

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

I created

Facade Self

Addiction

rejected

Shame

Fear

Fear excuses
Nobody loves me
They all reject me

- Less pain
- Victim
- Gets more love

Parent creation

Injured Self

Causal emotions

- Demand
 - Murderous
 - Vengeance
 - Shame
- To be crying about an emotion it needs to be about a parent based emotion / causal.

God created

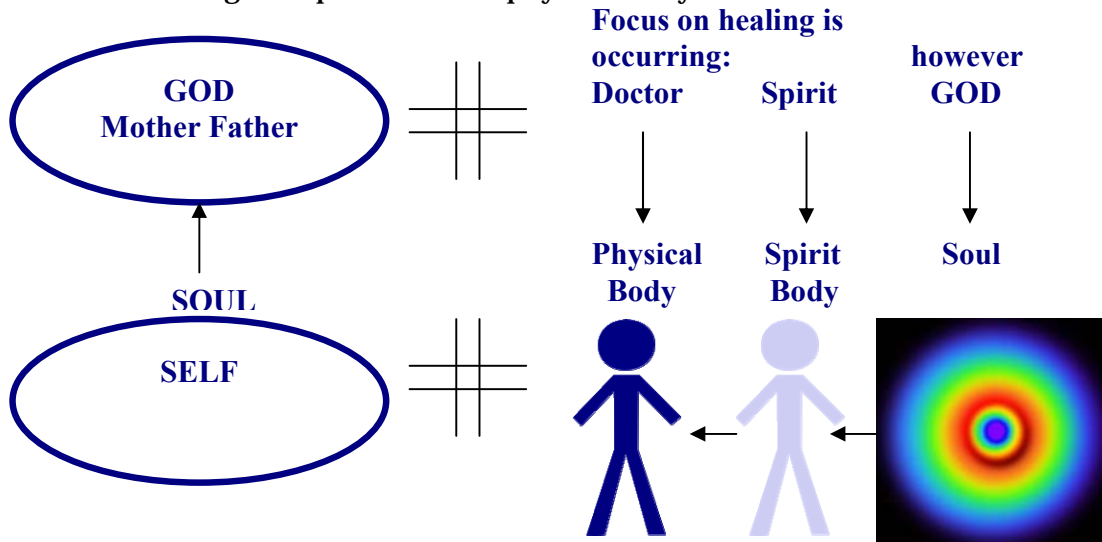
Real Self

No injury

7 May 11

The proof of one's processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?
If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?
Parent created causal emotions is the area that we need to process.
Our Façade self issues are pointless in processing. Shame and fear create the façade self.

More incredibly unique is that there is a direct link between our soul and God, similar to the silver cord connecting our spirit with our physical body. Do 23 Jun 11



When you heal the soul, everything is automatically healed. 18 May 2011
Love and Truth have an automatic affect of healing on the soul.

There are cords of connection, physical body to the spirit body, spirit body to your soul, AND your soul to God.

MENTAL ILLNESS FACTS and STATISTICS:

Did you know for United Kingdom (UK):

<http://www.mentalhealth.org.uk/help-information/mental-health-statistics/>

- **1 in 4 people** will experience some kind of mental health problem in the course of a year
- Mixed anxiety and depression is the **most common mental disorder** in Britain
- **Women are more likely to have been treated for a mental health problem** than men
- About **10% of children have a mental health problem** at any one time
- **Depression affects 1 in 5 older people**
- **Suicides rates** show that British men are three times as likely to die by suicide than British women
- **Self-harm statistics** for the UK show one of the highest rates in Europe: 400 per 100,000 population
- Only **1 in 10 prisoners has no mental disorder**
- 1 in 4 British adults experience at least one diagnosable mental health problem in any one year, and 1 in 6 experiences this at any given time.
(The Office for National Statistics Psychiatric Morbidity report, 2001)
- Although mental disorders are widespread, serious cases are concentrated among a relatively small proportion of people who experience more than one mental health problem. (The British Journal of Psychiatry, 2005)
- It is estimated that approximately 450 million people worldwide have a mental health problem.
(World Health Organization, 2001)

Did you know for Australia:

<http://www.responseability.org/site/index.cfm?display=134882>

N.B. Following data obtained from the Australian Bureau of Statistics National Survey of National Survey of Mental Health and Wellbeing: Summary of Results (2008) unless otherwise specified. For more details on information sources, click here.

Mental illness in the adult Australian population:

(Population 22 million)

- About 45% of adult Australians will experience a mental illness at some stage in their lives, including alcohol or substance abuse disorders.
- One in five Australians will experience a mental disorder in any 12-month period¹.

- The proportion of Australians estimated to have a long-term mental or behavioural problem increase progressively between 1995 and 2005. This may reflect a real increase, an increasing in the self-report of mental disorders, or both².
- Each year a further 20,000 Australians are found to have a mental illness.
- In 2004-2005, mental illness was the leading cause of 'healthy life' lost due to disability (24% of all years lost or around 330,000 years)³.
- Many of those who experience mental health problems will experience more than one mental illness at the one time, such as depression and anxiety, which commonly occur together.
- Three million Australians will experience a major depressive illness during their lifetime.
- In 2004-2005, mental and behavioural problems were one of the most common reported long-term health conditions of socially and economically disadvantaged people⁴.
- People unemployed or not in the paid workforce had the highest rates of mental disorder, a prevalence rate of 26% for unemployed men and 34% for unemployed women, compared with prevalence rates of 15.1% for men and 14.7% for women in full-time paid employment⁵.
- 21% of males and 22.1% of females with weekly household incomes of less than AU\$580 experienced mental health problems, compared to 8.9% of males and 9.1% of females living in households with a weekly income of more than AU\$1,030.
- Anxiety disorders are most common, and affected 1 in 7 adults, followed by affective disorders 6.2% (of which depression is 4.1%), and substance use disorders – 5.1% (of which 6.5% is alcohol related).
- 5% of Australians experience anxiety so crippling that it affects every aspect of their lives. Almost one in 100 Australians will experience schizophrenia during their lifetime.
- 3 in 100 Australians will experience a psychotic illness such as schizophrenia, bipolar disorder and, increasingly, drug-induced psychosis.
- Mental illness has the third highest burden of disease in Australia, followed closely by cancer and cardiovascular disease. Among Aboriginal and Torres Strait Islander peoples, this figure is higher again, second only to cardiovascular disease⁷ (for more facts and stats on Indigenous health, click here).
- Those with a mental disorder average three days out of role (i.e. not undertaking normal activity because of health problems) over a four week period. This compares with one day out of role for people with no physical or mental condition.
- Mental health problems were the fourth most common reason for seeing a General Practitioner / Doctor in 2004-2005. Almost 1 in 9 General Practitioner encounters involve a mental health-related problem – mostly depression, anxiety and sleep disorders⁸.

- From 2005-2006, 4.4% of all hospitalisations were for mental health-related principal diagnosis or specialised psychiatric care⁹.
- The average cancer, diabetes, stroke or coronary heart disease patient will stay four times longer in hospital if they are also experiencing a mental illness¹⁰.
- The rate of deaths caused by mental or behavioural disorders has decreased substantially since 1990. Most cases of a mental or behavioural disorder as the underlying cause of death were due to abuse of psychoactive substances such as alcohol and heroin¹¹.
- The overall rate of mental disorders in Australia and Canada is a little lower than that in the US. However, the pattern of mental disorders is consistent with Canada, the US and the UK, with anxiety disorders the most common disorders, followed by substance use disorders and depression.
- In 2004-2005, 11% of all persons self-reported a current long-term mental or behavioural problem. Half had mood (affective) disorders and nearly 50% had anxiety related problems. Also, 13% of all adults reported experiencing high/very high levels of psychological distress in the last four weeks¹².

Young people and mental illness:

- The greatest number of people with a mental illness are within the 18-24 year age group.
- Many people with schizophrenia first experience symptoms in their mid to late teen years.
- One third of people with a mental illness who are admitted to public hospitals are less than 30 years old.
- Depression is one of the most common health conditions in young people and increases during adolescence.
- Drug use can complicate diagnosis and exacerbate or trigger illness in vulnerable young people.

The mental health of young Australians:

- Young people are more likely to experience a mental illness and prevalence of mental disorders declines with age. In 2007, 26% of 16-24 year olds had experienced a mental disorder in the previous 12 months, while only 5.9% of 75 year olds and over had experienced a mental disorder during that time¹³.
- Data published in 2008 revealed that during a 12-month period, 7% of Australian children and adolescents aged 0-17 were experiencing mental health problems. This rate of mental health problems was similar across both gender groups¹⁴.
- In 2004-2005, one in 10 young Australians had a long-term mental health or behavioural problem¹⁵.

- In 2003, mental disorders were the leading contributor to the total burden of disease among young Australians, accounting for 49% of that total 16.
- There is a higher prevalence of child and adolescent mental health problems among those living in low-income, step parent/blended and sole-parent families.
- 25% of males and 19.7% of females living in step parent/blended families, and 22.2% of males and 26.7% of females living in sole-parent families experienced mental health problems, compared to 11.3% of males and 10.7% of females living with their original parents.
- Only one out of every four young persons with mental health problems had received professional health care.
- Family doctors, school-based counsellors and paediatricians provide the services that are most frequently used by young people with mental health problems. Younger children (4-12) were more likely to visit paediatricians and family doctors, while older children were more likely to visit school-based counselling services.
- Even among young people with the most severe mental health problems, only 50% receive professional help. Parents reported that help was too expensive or they didn't know where to get it, and that they thought they could manage on their own.
- Adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviour, including smoking, drinking and drug use.
- 12% of 13-17 year olds reported having thought about suicide, while 4.2% had actually made a suicide attempt. Females had higher rates of suicide ideation than males.
- In 2004-2005, there were 8,013 hospitalisations among young people for mental and behavioural disorders due to drug and alcohol use (almost 2% of all hospitalisations among young people)¹⁷.

Gender and mental illness:

- Men and women experience similar rates of mental illness, but rates are highest for men and women living alone. Similarly, rates of mental disorder are higher among people who are separated (22%) or divorced (18%) than for adults who are married (9%).
- Women are more likely than men to experience depression and anxiety disorders, while men are more likely to experience substance abuse.
- Men are more than twice as likely as women to have a substance abuse disorder in any 12-month period (7.1% compared with 3.3%), with alcohol use disorders being more common than drug disorders.
- Women are more likely to have anxiety and affective disorders in combination and men are more likely to have substance use disorders in combination with either affective or anxiety disorders.

- Women are more likely than men to experience depression (5.1% compared to 3.1%) and anxiety disorders (18% compared to 11%), while men are more likely to experience substance abuse disorders (7.1% for men and 3.3% for women).
- One in six recent mothers will experience a mild, moderate or severe form of post-natal depression¹⁸.
- Though men and women are affected by schizophrenia in approximately equal numbers, women tend to experience later onset, fewer periods of illness, and better recovery.
- Obsessive-compulsive disorder is equally common in males and females.
- Up to 90% of eating disorders (anorexia nervosa and bulimia nervosa) occur in women.
- Sexual disorders, especially exhibitionism and fetishism, are much more common in men.
- Gender differences in different types of mental illness are influenced by cultural backgrounds.

Cannabis and mental illness:

- Cannabis has a range of effects on people's mental health. There have been a number of studies that have explored the link between cannabis use and mental health symptoms.
- Strong associations are often found but this is not the same as a direct causal link (i.e. one always causes the other).

Does smoking cannabis cause schizophrenia?

- Cannabis may not cause schizophrenia, but rather, evidence has shown that it may trigger schizophrenia in those who are already at risk of developing the disorder.
- In high doses or in doses that are higher than usual, cannabis can cause confusion, delusions or hallucinations, however this is rare and the symptoms usually go away if use of cannabis is stopped.
- These short-term psychotic episodes can last from several hours, up to 2-3 days and are typically only seen in long-term, heavy cannabis users.
- Cannabis has been shown to make psychotic symptoms worse in those who already have a psychotic disorder such as schizophrenia and is also associated with relapse to episodes of mania among those with bipolar affective disorder.
- Some people with mental illness report that they use cannabis to relieve their symptoms – however it typically worsens their condition overall.

Is cannabis linked to depression?

- The link between cannabis use and depression is not clear cut, however people who do use cannabis are more likely than others to experience depression.
- There is a substantial amount of evidence to suggest that cannabis use, particularly frequent or heavy use, predicts depression later in life with young women appearing to be more likely to experience this effect.
- Adolescent cannabis use in particular has been linked to a range of psychological and social problems including an increased risk of depression and suicide.

Is cannabis linked to anxiety?

- Anxiety and panic attacks are among the most common negative reactions to cannabis reported by users.
- The link between cannabis use and anxiety is complex, as cannabis is often used to relieve anxiety.
- There is no convincing evidence pointing to cannabis as an important risk factor for chronic, severe anxiety disorders.

Resources

Visit the National Cannabis Prevention and Information Centre's website for comprehensive, evidence-based information on cannabis and its effects, cannabis information and resources, fact sheets and much more at: www.ncpic.org.au

The Cannabis Information and Helpline provides a nationally available free call service for people using cannabis themselves or those concerned about the cannabis use of a friend or family member: 1800 30 40 50.

Mental Health First Aid

www.mhfa.com.au

First Aid Guidelines for Problem Drug Use

First Aid Guidelines for Problem Cannabis Use

References

'Evidence-based answers to cannabis questions: a review of the literature', by the National Drug and Alcohol Research Centre, 2004. http://www.ncd.org.au/publications/pdf/rp11_cannabis_questions.pdf

'Cannabis: answers to your questions', by the Australian National Council on Drugs, 2006. http://www.ncd.org.au/publications/pdf/cannabis_qa.pdf

'Cannabis and mental health: Put into context', by the Australian Government Department of Health and Ageing, National Drug Strategy, Monograph Series No. 68. www.health.gov.au

When person suicides they still have all their existing emotions, plus one more, the emotion of the guilt of their own death.

There usually is a huge terror about feeling any of one's own emotions, causing one to consider suicide.

Upon suiciding, not only do you feel as bad as you are currently feeling, but you will not have anyone around you that could probably help you, or you won't recognise that you have people to help you, on top of that you are going to guilt about suicide.

28 Sep 08



Drugs, alcohol, abuse, sex, are forms of denial.

The key is to see them all of them the same, as forms of denial.

Even taking marihuana there is a modification of the flow of energy even in your spirit body. The energy form of the spirit body cloaks you.

Avoid and look at the underlying reason why you are reaching for that particular substance.

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SMOKING and EMOTIONAL INJURIES:

Consider the scenario when a smoker, should it be cannabis or tobacco, has emphysema, the doctor comes along and says, lets try and cure your emphysema and they keep smoking. That is very out of harmony with love to do that. To be that doctor to be suggesting that would be very much out of harmony.

WE NEED to FEEL CAPPING and CORE EMOTIONS:

EMOTIONS of SELF DECEPTION

The more we are away from core emotions, the further we are away from our true selves.

TOOLS of DENIAL

DENIAL of EXPERIENCE

We are made to feel emotions.

CAPPING / BLOCKING EMOTION

We shut down our emotions instead of nurturing and processing our emotions.

CORE EMOTION – Childhood Enacted

We blame ourselves or blame others.

Underlying causal emotion.

Every child is reflecting its parents suppressed emotions, denial reflected in suppressed anger – emotion reflects the causal event / emotion / grief. Get through the anger then into grief.

We need to feel our capping and core emotions.

19 Sep 09

When someone comes in for a treatment, you do not compromise the principals of love whenever you do it. You don't compromise ever. If you know, when a person coming in, that they have chosen through their actions to actually have this particular harm to occur to them, and they have made a conscious choice, and that is a different degree to when they have made an unconscious choice, and that is a different degree to when somebody else did it to them, that is their Law of Attraction. So it is a case of education, of getting them from that top level which is total denial. A patient coming in about his emphysema is in total denial, and the doctor who has any level of Divine Love in his own soul, will have to say to him, look, I can't help you until you are willing to deal with your smoking issues, what I will say to you is that you are smoking because of some emotions, I am perfectly happy to help you emotionally deal with your smoking. And if you are willing to do that, I am perfectly happy to actually help you with your emphysema.

Implementation of medical practices within the third world is rather different to that of the western world, however, in terms of the principals emotionally, it is no different. The key is always to focus firstly at the services to be provided, and then secondly, look at the differences of implementation. Obviously, a person in the western world who comes to you, has enough food to eat, has enough clothes

to wear, they have all the basic core things that everyone gets because they can get government support, such as the dole, and get those things. Whereas in the third world that is not possible, so, there is automatically the onus to provide some of those things in the third world, which would not be needed to be provided to a person coming through your door in the western world. Because of the basic principals of love involved, they are already having them, so they don't need them.

Every illness that manifests itself in the physical body can be related back to blocked and suppressed emotions. This is not an exact science, nor need it be. All blocked and suppressed emotions need to be accessed and released.

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

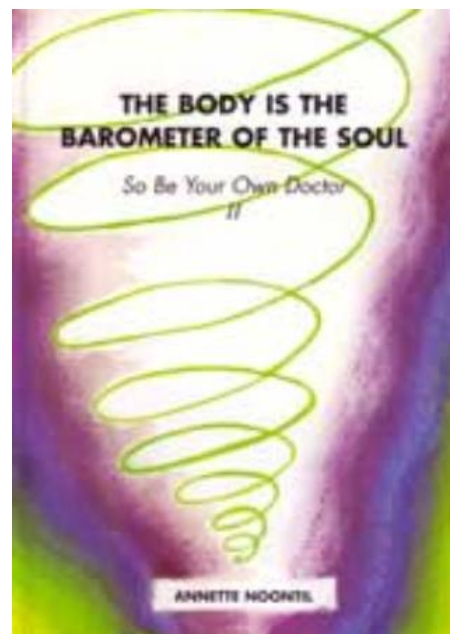
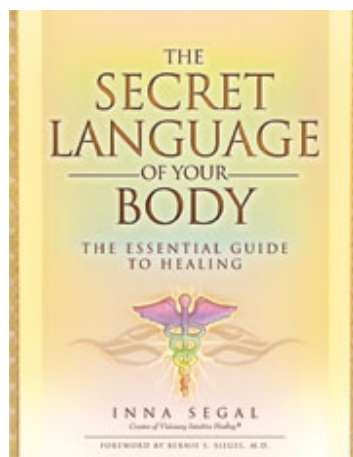
“The Body is the Barometer of the Soul” by Annette Noontil

[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/



HEADACHES

The headache is the result of the suppression of an emotion, and usually a grief based emotion, that we really need to allow ourselves to feel. When you feel it, the headache will instantly disappear anyway. Do what is most comfortable for you but make sure that it is harmonious with love.

18 Apr 09

Migraine – heavy suppression of sadness.

Why is the disease showing up in the daughter and not the mother when the emotions are coming from the mother?

Usually it is because the child is more sensitive emotionally than the parent. There are also things to do with the child's personality that is involved with it as well. And then there is also the combination of emotions coming from both lineages being impressed. The truth is probably that the grandmother was more attached to the grand daughter more so than to the daughter's mother. That is one issue.

26 Apr 09

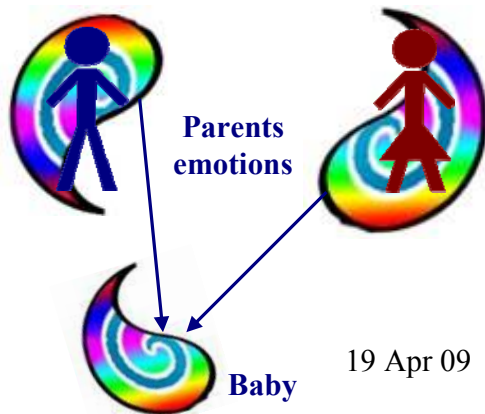
The reason why I am saying that it may happen in one generation rather than another is that there are so many variations of factors that make it different for the child than the parent.

Tourette's Syndrome – a condition of severe and multiple *tics, including vocal tics, grunts and involuntary obscene speech.

A Tourette's syndrome is an anger in the person, themselves, a very mediumistic person, and there are a heap of spirits in that angry state as well, and then they just go into that tuned out state themselves, and the spirit may endeavour to express their anger through the person. The person detunes from that and they are back into normal life, which is the suppression of their own anger, so that if they allowed themselves to connect to their own anger they would actually find that the spirits would have no influence in terms of their own syndrome.

If the person digs into their grief or whatever the causal emotion is, they may be highly mediumistic as a subsequent result.

25 April 09



When you release a causal emotion, your spirit body brightens in its condition. More light comes from your spirit body. There is a linkage between the brightness of the body and the emotion existing within the soul. When you become brighter, you have just become a better person in a higher condition of love. 19 Apr 09

The damage that occurs to the person on Earth from incest. The only way to prevent these practices from continuing is by dealing with the emotions that created them. As you grow in Divine Love and as you receive Divine Love into your soul, your soul may transform your genetic structure within your body. And so any genetic impurities that are caused through so-called inter-breeding are automatically gotten rid of. All genetic impurities in your body are actually emotionally caused anyway. They are all reflections of emotions that are unhealed. 19 Apr 09



When you are at one with God, you can heal any genetic damage instantly.

A Down's syndrome child is the result of the multi-generational law of attraction of parents, grand parents, and so forth. So again, it is due to unhealed emotions in the parents, grand parents, and so forth, that are passed down to the child. It is passed in a way that has affected the amalgamation of the structure of the union of the sperm and the egg cell, so it has created a genetic problem which the child is then incarnated into. That problem can be repaired and the child can then have a normal soul response to everything, rather than through an impaired response. The impaired response saves these children from the normal stress that a normal child would normally receive. 19 Apr 09

The soul is the container of all sorts of emotions.

Manic depression. What needs to be addressed is the emotional influence.

He has schizophrenia, he needed to address the issue of probable spirit attraction. If he had been given help, he may have never have gotten to the condition where he may have tried to commit suicide or self harm. All we need do is talk to the person, and talk to the spirit as well, there is an attraction between the two.

The same with manic depression, which is a similar state. The manic highs bring about spirit connectivity. The manic lows are due to the body being so depleted, so the body just goes bang into a big black out. And so the cycle continues because the person attracts, they feel powerless but they want to feel powerful. Anti-depressive people are addicted to the high, they are addicted the power-fullness, and they don't want to feel their power-lessness, and that encourages spirits who want to feel the same thing through them, on the Earth, we can help the physical person and the spirit people at the same time.

All schizophrenia attracts spirit connectivity. Almost all mental illnesses attract spirit connectivity.

28 Sep 08

If you are a drunkard here on Earth, you pass. Why were you drinking? Due to an emotional pain of some kind that you were trying to mask with alcohol. Your drinking was for that purpose. You pass and there is no alcohol. What would you do? You still want to mask the emotional pain. So you attach to somebody who drinks. So many of these people / spirits surround pubs and all these places waiting for a person (in the physical) to take their first drink, and when they do, they can connect to them, and the spirits try to encourage them to continue drinking. You have people who keep on drinking and they are totally unconscious of what they are saying anymore. You can talk to them and they can speak to you. You ask them what happened the next day and they have no recollection whatsoever. It was the spirit endeavouring to get this feeling of drink. That is a spirit connection. However, we get drunk because we want to, not due to any outside influence.



By releasing your emotions, this may generally help the spirits surrounding you, as well as mitigate you drinking desire. 4 Apr 09

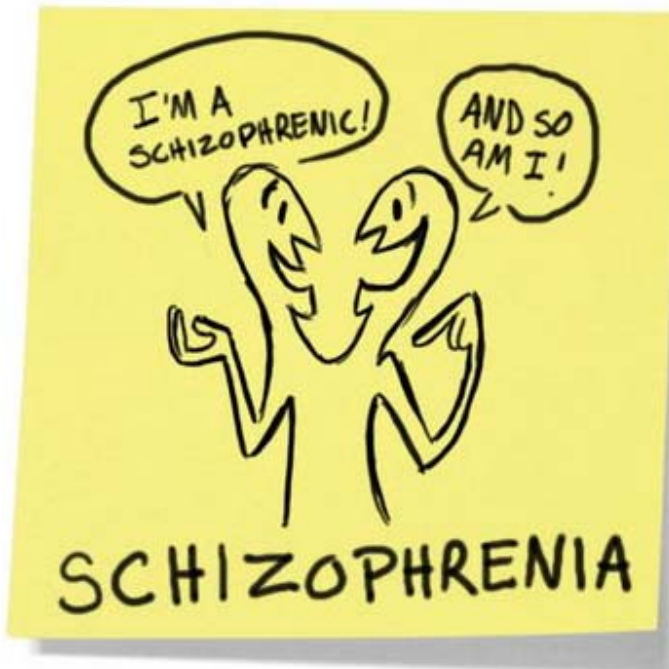
Alzheimer's is because they don't want to remember because it is too painful. We could prevent Alzheimer's by just choosing to feel all of our emotions. The only reason why memory disappears in our life is that we don't want to remember emotionally the events. 28 Sep 08

Schizophrenia is an emotional state. When a person has a degree of mediumistic ability within themselves, there are often quiet a number of spirits surrounding them at any one time. When those spirits surround the person, the person can actually connect to any of those spirits at any point of time. And they may hear those spirits as a voice in their head, or an amplication of imagination. So the voice in their head tells them something. Different medical professions will say that that voice in their head has been created by something going on within themselves. But the reality is that these people are quite mediumistic and a spirit is connecting with them, telling them things. Now, quite often the spirit connecting with them may be dark, however, the Law of Non-interference prevents any harm occurring. You need to understand why spirits connect to us at any one time, and it is all to do with our soul condition. What is our collective emotion causes an attraction to our friends, but also causes an attraction to our spirit friends. Now some of our spirit friends, you could say, are not that friendly in the sense they have lots of unhealed emotions in them too. And they want to act out those emotions through a person, here on Earth, who is mediumistic.

Schizophrenia could actually be spirits talking to a person. The reason why most of the medical profession feel that that is a delusional state is because they don't recognise the spirit world.

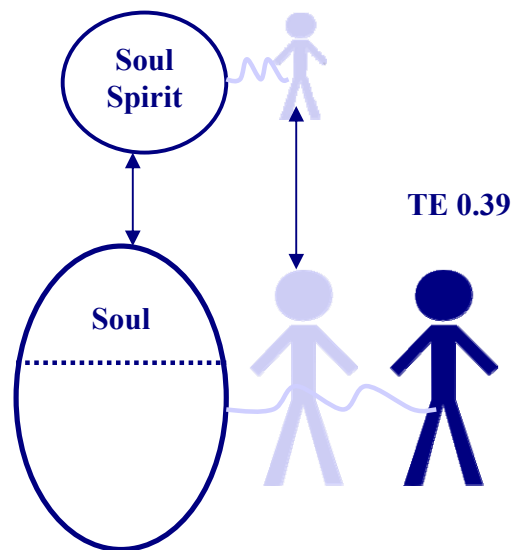
Speak to the spirit and find out the path of events. Talk to the person in that state, like they are a spirit and find out details from the spirit, when they passed, what they passed from, what kind of passing they had, and so forth, and you may actually find a lot of the underlying attractions that cause the connection between the spirit and the person who is undergoing the problem of schizophrenia.

29 Jul 09



Schizophrenia is the so-called mental illness where the person hear voices and often the voices are very negative in their connotation and interaction with the person causing them disturbances. The way the medical profession deals with it today, generally is to medicate them, and that generally controls the 'illness'.

What may be happening is that a schizophrenic person may be a highly mediumistic person. The second thing that is happening is that this schizophrenic person is connecting to these spirits on a very regular basis, and because the medical profession does not recognise that voices in your head have nothing to do with you and, are in fact many times, are spirits. 13 Dec 08



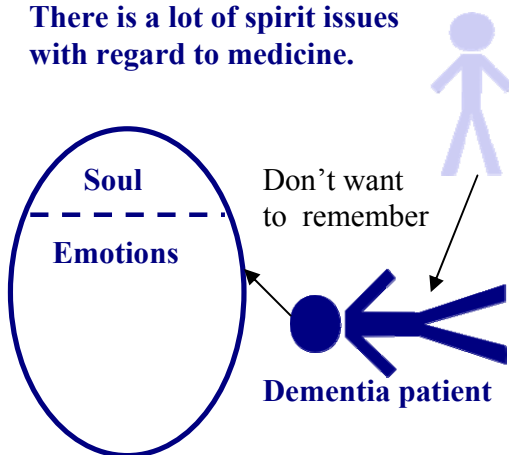
Manic depression is a very similar condition. Manic depression is where the person, themselves, are also in a state where they are feeling powerless and they want power so badly that they will almost do anything for it. There are these spirits that are feeling powerless who are looking for power. What they do is they may connect to a consenting person and give the person all of their energy that they can possibly give them. What that does is it sets up the manic phase of the manic depression state, and the manic phase is when the person does not sleep or sleeps very little and they have got so much energy and they will go around month on end having sex with who ever they want, drinking whatever they want, doing those things that these spirits, in particular, want to do. We are always responsible for our own actions, it is our free will.

What happens then, the body then, this physical body gets into such a depleted state that the spirits can no longer maintain the connection. When that happens the connection between the spirits and the people on Earth may break and that is when they may have their big crash. And they may stay in that state for as long as the body takes to recover itself from totally being connected to spirits for such a long time. Once the body recovers, they may go back into the high again.

13 Dec 08

All medication does is just detunes the connection, but it does not stop the spirits from hanging around. Possibly it is 6 to 10 spirits hanging around the person, doing this as a group.

There is a lot of spirit issues with regard to medicine.



Many dementia patients become very unwieldy and hard to manage. One of the fairly big reason why they may become unwieldy and hard to manage is due to aggressive repressed emotions. What may happen is that the dementia patient has an emotion that they don't want to remember some things, because remembering makes them feel about it and they don't want to feel.

Now, there was a certain part of their life, they were the most happiest, now that is the part they want to remember. Or you might find there was a certain time of their life that they were the most unhappiest and that is a time of life that they just cannot forget.

You can deal with the emotion of any memory, you will still have the memory, but never the emotion associated with the memory.

Spirits who feel very similarly to what the unresolved emotions in this person are, they may be able to connect to the person. Often times an unresolved emotion in a person is anger. We are taught in society never to express anger, anger is bad, there is a lot of religious problems of expressing anger, from a spiritualist point of view, or from a new age spiritualism point of view, anger suggests you are in terrible condition. So there are lot of reasons why they shut down their anger. So the patient may have a lot of shut down anger in him.

The spirit person also has a heap of anger in him. Then this patient person starts acting out that anger.

The process is to firstly talk to the spirit about their anger. But the second process is that the patient / person still has this problem of not wanting to remember. While the dementia person still has this problem, they are going to keep on attracting more and more of these spirits connecting with them.

So we want to help the dementia patient to feel the emotional memory of what they are doing. Often what happens with the medical profession, we drug or suppress the patient, which causes them to not feel the emotions of what they are trying not to remember, which actually creates more of the problem. So, they are nice and calm now but they are under heavy sedation and not being able to deal with any of their emotions.

4 Apr 09



The person who passed, who is now a spirit, who is yet to really progress, may be heavily focused on a person who is left on Earth.

Talk to the spirit, get them to understand what they are doing. They usually are with a child because of their love for the child. The spirit will have very similar characteristics to that of the child. 24 Jan 09

Cerebral Palsy, Down Syndrome, and those kind of things that result from genetic imperfections, generally are caused by genetic imperfections in the lineage that need to be released. These are incidents when it is genetically caused by emotional damage, so the key is to release the emotional damage and then the rest of the genealogy will not be such a severe problem. 24 Jan 09

Every emotion within you that creates a worry is not love.

You will get to a stage in your progression that you will not worry about your children, you will just love them.

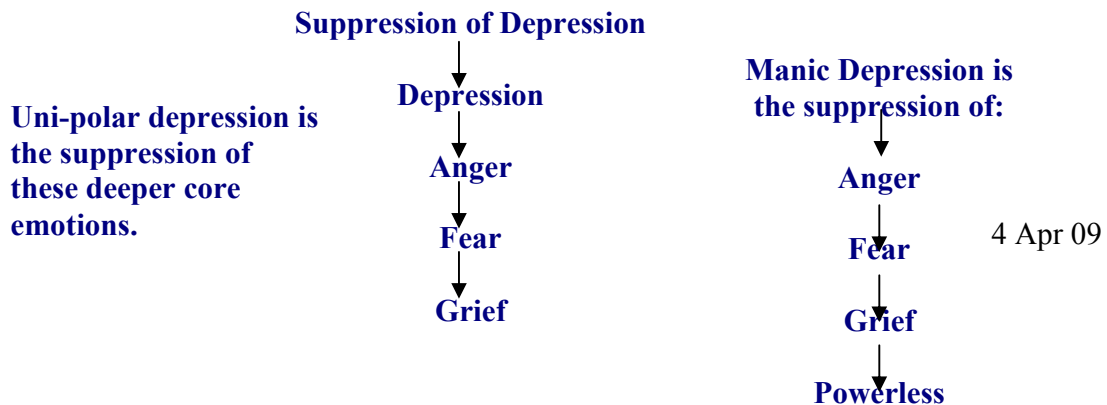
If you feel love hurts, it was not love.

We hold onto things that we believe to be true, but they are in disharmony with God's love, and they need to be released.

If you are releasing an emotional error, it is painful. If it is joyous, you are receiving truth. 30 Aug 08

God only addresses causes. God's Divine Love will not enter a person to address the affect of something in side of them that has a cause if they are unwilling to deal with the emotion.

What is the point of solving the physical problem within a person when the emotion that created the physical problem still exists. All you are going to be doing is making them reliant on you. Now, God does not do that, but there are lots and lots of spirits in the 6th sphere state and spirits on the natural love path who will do that constantly. 30 Aug 08



Multi-personality disorder may be multiple spirit connections with a person. What happens with a person with emotional issues within themselves of not wanting to stay present with themselves, often they attract a group of spirits, particularly if they are highly mediumistic. They attract a group of spirits who may want to work through their emotional issues through the person. This often happens due to therapies that may be available to the person as well. The person can have up to forty or fifty people attracted to them from the spirit world, because they want to work through the person.

The way to work through these issues is to stop wanting to get out of his/her body and actually feel the emotions that the Law of Attraction has brought to them to deal with the emotion brought to him/her during childhood.

The key is to help them get to the stage where they want to take responsibility for all of their own emotions rather than stepping away from these situations and then having someone else take responsibility.

5 Apr 09

Every time that you are in pain, you are not in love. So, every time there is pain, there is not love. This is a basic principal to understand about what God is creating. Every time that we are in pain, we are not on the side of love, we are on the side of fear. So notice the painful events that happen in your life, emotional and physical because they will tell you a lot about where you are in disharmony with God, and talk to God about them. Just start talking to God. Stop thinking that God is not listening because God is always listening. If it is coming from your heart, not your intellect, God is always listening. As long as your words are coming from your heart, God is always listening. 5 Apr 09



Chronic Fatigue.

You have spent most of your life being yourself for others. In other words, never being yourself, but actually doing everything you possibly can to be something for the other person. That is how you have spent the majority of your life. You have avoided trying to do that by going and doing some reckless things. But you have spent the majority of your life doing that.

That takes a lot of emotional energy out of you. So that almost every single person you meet, and in particularly, parents, all this emotional energy is going towards being exactly what they want you to be, and that is what has created your chronic fatigue. It is the consistent giving out of emotional energy that has happened all through your life. The emotion that you have to deal with is the emotion of why you want to do that.

It comes from this deep belief inside of you created by primarily your father which is that you are nothing unless you are like what he says what you are. That is the underlying emotion that you will have to feel, that will actually cure your chronic fatigue. When you allow yourself to feel that emotion, your chronic fatigue will be cured.

The issue is that there is a lot of anger suppressing a lot of deep grief about the fact that you have now become a person who you don't even recognise for yourself. You don't even see yourself anymore, you see yourself as what the other person sees. This is a deep issue.

By the way, anyone with chronic fatigue has a very similar issue. This is why chronic fatigue is becoming such a prevalent problem because it is driven by these emotions that are based around being constantly having to be something else that someone wants them to be.

You need to stop that, but to stop that means dealing with the emotion underneath that which is that I am nothing unless I am what they want me to be. That is the emotion that you will need to feel but you have been trying to avoid through your life. Naturally we can understand why. I am nothing unless I am what they want me to be.

5 Apr 09



**Your child is a complete reflection of your own soul injury.
They are actually reflecting something back at you.**

30 Aug 08

**Memory based stuff where we think we have had a past life
is all spirit connection related. Spirit friends endeavour to
identify themselves with you, it is their past life.**

**There are spirits around you just as much as there are
people around you.**

30 Aug 08

**Autism is very much the result of the suppression of the emotion within the
parent and the child being so sensitive to the suppression of the emotion in the
parent and the child is already quiet sensitive to the suppression of emotion. So
the child suppresses its own emotion as of a result.**

13 Dec 08

If parents clear, does child become no longer autistic?

Secrets of the Universe

**Question from Audience: AJ, I am curious about autism. If parents have emotional damage
and there's an autistic child, if they clear that damage, does that child have a choice to be un-
autistic?**

**AJ: Yes, You can experiment with that if you want. I am sure you will want to if you have
an autistic child. What happens for an autistic child is that there are so many emotions coming
to the child that it can't determine the difference between the emotions coming to it and its own
emotions. What it starts doing is expressing moment by moment the emotions coming to it,
rather than its own emotions. In other words, because of its sensitivity, it has great difficulty in
determining its own self awareness.**

**You will notice actually over the last 20, 30 years – children are much more sensitive. This is a
growing fact because as mankind's condition expands in love generally, then the children
coming have less damage in love so therefore they are less suppressed. Now when the parents
release different emotions that cause this barrage of emotions coming to the very sensitive
child, the child will no longer be autistic.**

**There are some couples who have already started doing this and they have people ask, 'What
are you doing now, what's going on?' and they say, 'Ah we're dealing with our emotions' and
they say 'I can't believe you'. The children are changing rapidly as a result of their parents'
dealing with their own emotions.**

26 Sep 09

Asperger's syndrome – a form of abnormal personality characterised by social aloofness, lack of interest in other people, stilted and pedantic styles of speech. Often considered to be a mild form of autism.

Aspergers is a toned down version of autism. Autism is where the child is so sensitive emotionally that all it is doing is experiencing the emotion of its environment and not experiencing any of its own emotions. Aspergers is a toned down version of that, where it is experiencing some of its own emotions, but experiencing, to a large degree the emotions of its environment, largely its parents.

The parents need to look at how much they are holding on to emotionally that is getting projected to the child. These are very sensitive children and they are very sensitive to the reflected emotions that the parents are denying within themselves.

It does not mean that the parents have any more emotions than that you are denying in yourself. What it means is that this newly born child has an extra degree of sensitivity to the suppression of those emotions.

5 Apr 09

Attention deficit disorder – ADHD – hyperkinetic syndrome, considered a mental disorder, usually of children, characterised by a grossly excessive level of activity and a marked impairment of the ability to attend, learning is impaired as a result.

Usually it is a very mediumistic child who may connect to a very angry spirit. The reason why drugs suppress it is because the drugs disconnect the spirit from the child.

In the majority of cases, the better way to handle it would be to help the child get through its rage which is actually not the child's rage but the parents suppressed rage. So both parents would have to deal with their own suppressed rage. If both parents deal with their own suppressed rage, the child will no longer reflect those emotions, and therefore, no longer attract such angry spirit.

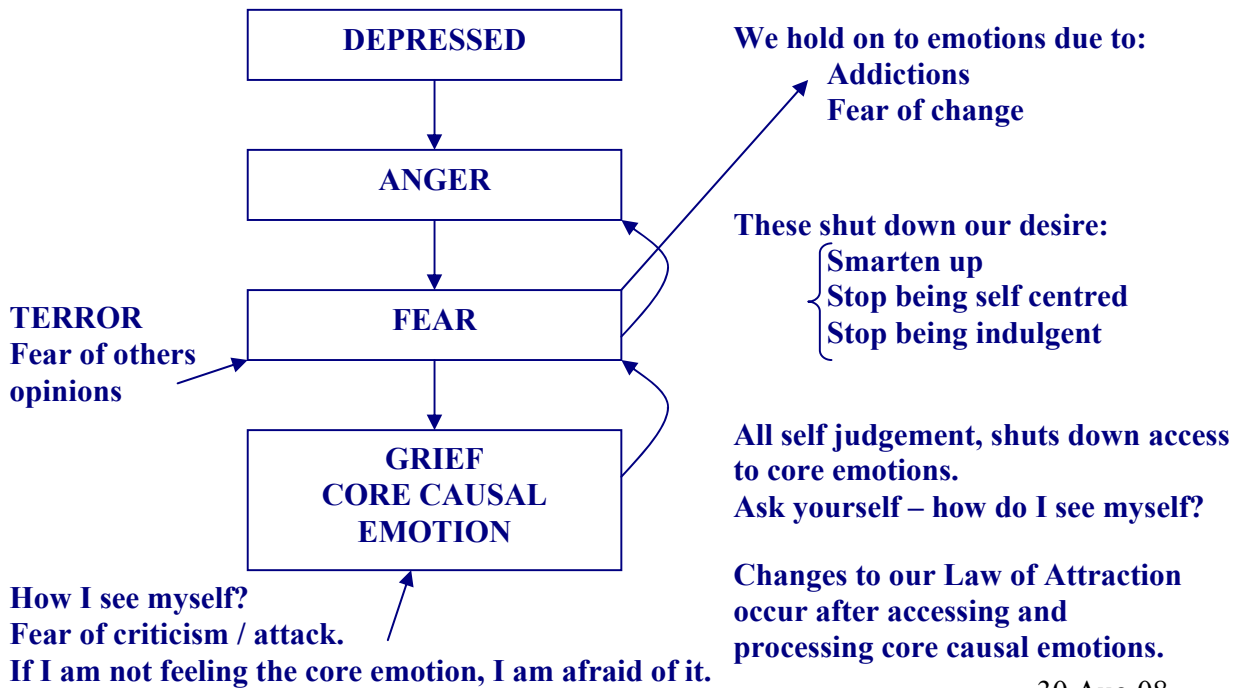
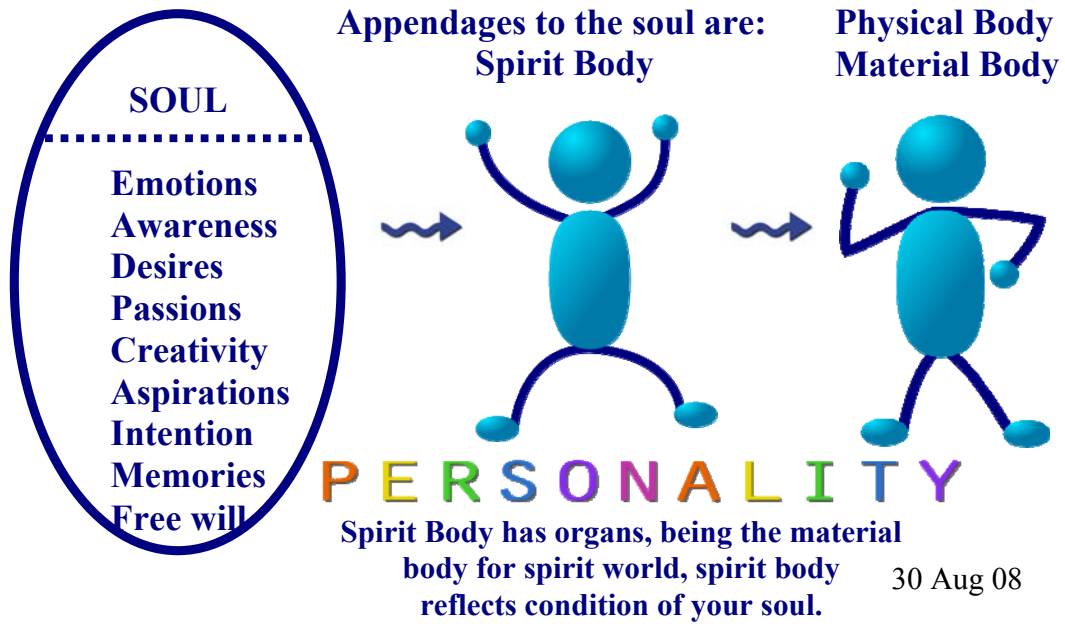
5 Apr 09

Our Law of Attraction gradually ramps up over our life.

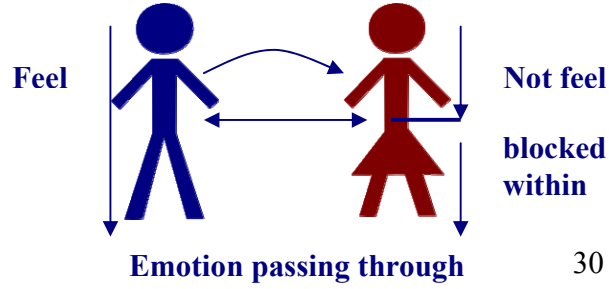


Usually at our death is the time that the Law of Attraction is at its greatest point. A lot of people die from a heart attack. That slow build up of all of that sadness in side of them that they don't want to face. The heart attack is proof of the sadness.

30 May 10

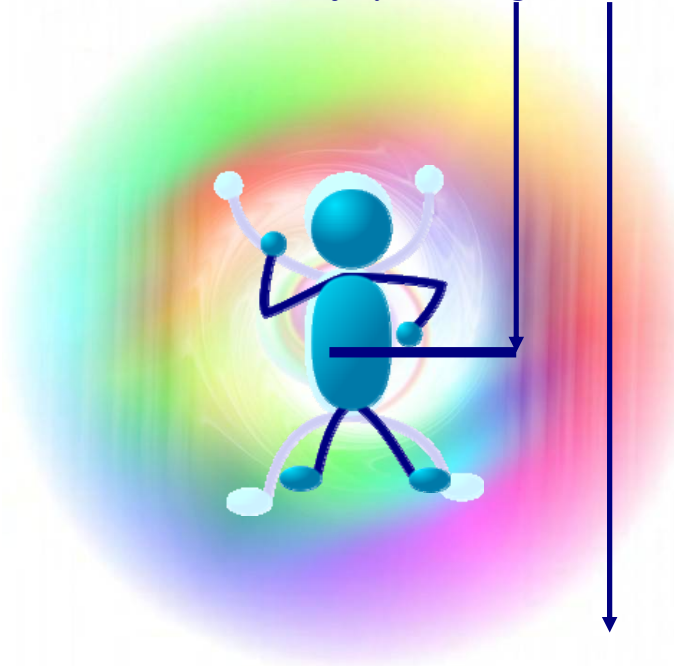


- 1. Keep it inside. = Worst option
- 2. Talk about. = Moderately
- 3. Feel it. = Best option
key is the motive



Causal emotional injury = blockage

Emotions should just flow through.



Most parents / environment shut down the experiences within the baby child.

When you release the emotion completely, your Law of Attraction changes.

If I don't release the emotion, I continue to attract like events.

8 Feb 10

Every single person who applies the processing of emotions finds that experience proves that emotional release works beneficially.

Stay in tune with yourself and experiment for yourself – feel your own passions and longings. Stay in harmony with truth and love within yourself.

8 Feb 10

PHYSICIAN, HEAL THYSELF:

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

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

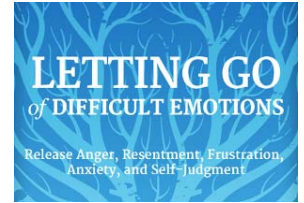
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is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

ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

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

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

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

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



FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

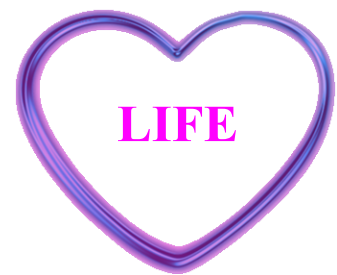
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise
 **HOME**

REVELATIONS



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



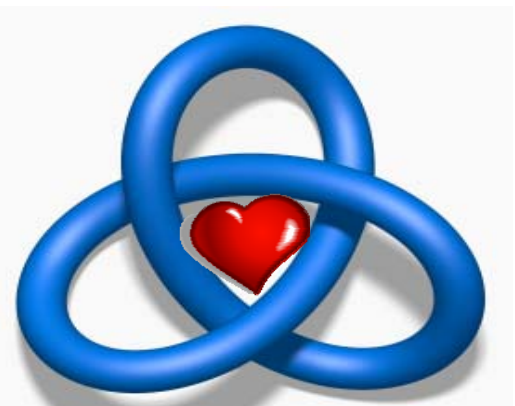
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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

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

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



Immortality with the Love.

LAW of ATTRACTION:

21 Apr 11

‘What I've found is that I have had similar 'negative' events continually come into my life. Once I started to embrace what emotion this triggered, instead of laughing it off for instance, I started to feel that emotion, and in doing so the emotion started to release. Then I went from, for instance attracting the same 'type' of person into my life or event, into attracting different peoples or events, or the same 'type' of people started to treat me differently "better!!" I have done this now for dozens of emotions, thus proving, over and over and over again, that what AJ teaches about law of attraction to be absolutely, 100% true, from my own personal experience. I suggest you listen to his talks, as it seems you are, and put into practice what he teaches, and then take note of your own Law of Attraction changes – thus you will prove this right or wrong, for yourself, with your own experience. And, like me, you will through this process, if you ask for it, feel the Love of God enter you in great abundance (at times – when open for it) especially after releasing or during releasing a big emotion. You can Prove this for Yourself brother. The proof will be in the practice, like it is for everyone. Good Luck, you have my prayers.’



As soon as the Law of Attraction brings back into your life something that triggers a similar emotion, you know you have not dealt with the emotion. Every time you deal with a cause right to the end you will no longer attract the same thing.

How do I go in and treat causes, rather than having to get triggered all the time? Well, you are going to have to be very honest with yourself. That is why we need the Law of Attraction to pull these things into line with ourselves. Truth is your pathway into your emotion. 30 Aug 08

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

Consider praying for these three desires to blossom within you:

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





What happens to the spirit and material bodies is that the emotions cause lots of damage to both of your bodies. All the held emotions, held for 50 or 60 years or so, you have quiet a lot of held emotions, held in there from childhood for a long time, that does a lot of damage to the body.

It is bit like when you try to hold a muscle in a contracted state. You can do it for a few seconds, but if you try and hold your fist in a contracted state for a minute and you start to feel the pain well up. You try doing it for ten minutes, you get to the point where you can't feel your arm any more. And if you think about that, that is what is happening to your body as well.

Both bodies, spirit and physical, have genetic structure. Both your spirit body and your material body are just in different dimensional spaces, and they both have genetic structures, and those genetic structures are very much influenced by the emotions within the soul.

This is why when you read the Padgett Messages / Book of Truth, they talk about someone in a good soul condition, they see a very bright body. The body is a reflection of the soul's condition, particularly the spirit body.

So what happens when you release an emotion, all of these emotions have held in all of these toxins and all these physical problems in both bodies. And then you will go through a process when all of these toxins will start releasing, will start releasing over a period of time.

Now the physical body is the slowest body to respond to the soul's change. The spirit body responds quiet quickly to the soul's change. So a lot of times what happens to the spirit body within a few hours or a day or two, new energy pathways are now open, so the spirit body repairs itself quiet rapidly from the damage that had been done to it by holding in the emotion.

The material body is a little slower. Many of its cell replication processes can take any where up to seven years to occur. So what happens with the cell replication process in the material body is that now that the emotion has been released, all of these emotions that affected this replication process in the body, including what happens in the brain in terms of its wiring structure, everything in terms of its physiologically, how the body actually repairs itself, and all of those different things are all controlled by the emotion. So when the emotion is released and now the body is free to make these adjustments, but because of that, the initial influx is usually toxins and everything starting to come out of your body. And obviously, your physical body needs to rest during process. So you will often go after releasing a causal emotion of any type, you will often feel like resting and sleeping. Just let your body do its thing.

It is the emotion that caused the problem, so as soon as the emotion is gone the body will recover.

The emotion from the soul dominates both bodies and determines the condition of both bodies, so when you release an emotion from the soul your bodies will recover.

28 Jun 09

Every single health condition results from an emotion, the suppression of an emotion. Every single accident results from the suppression of an emotion. Every single thing that happens to your physical body and your spirit body, all results from the suppression of an emotion. In the end, every single thing that is happening to you in a negative and painful way is the result of the suppression of an emotion at some point.

The truth is that every single thing that happens to you physically, every single sickness that you get, every flue you get, every little runny nose you get, is the result of the suppression of an emotion.

5 Apr 09

Heart disease is the suppression of sadness. Sadness is always usually affecting the heart chakra, and it has a terrible effect on your body. Anyone with heart disease, if they release their sadness, they will unlock all of their energy in their heart chakra and they wont have any longer heart disease either.

Cancer results from various different emotions being suppressed. But usually the capping emotion on top of every one of those emotions is anger. So for a person with cancer, there is usually suppressed anger on top of another emotion in the particular location where they have got their original cancer.

So for an example, the woman who has got breast cancer would have to go for which breast, left or right, if it is the left breast then it is related to the female side. There is anger related to the female side which is usually covering over the sadness and grief relating to the female side, and usually relating to their mother or other women in their life. If they have cancer of the breast, it is usually about nurturing, they feel anger about over nurturing people. If it is about the left side, it is about the female, if it is the right side, then it is about the male.

But every single illness has a relationship to an emotion, and a gender, generally, as well. It has a gender specific relationship as well.

Things like colon cancer have a relationship to a different emotion. Lung cancer has a relationship to a different emotion. They all have relationship to an emotion, all of them are about a suppression of an emotion, and usually the suppression of anger on top of those emotions.

A lot of people who have cancers, particularly breast cancers, have been very nurturing people in their life, but that creates its own anger. You end up giving out more than you are getting in, and there is a lot of anger involved which most people do not even want to acknowledge that.

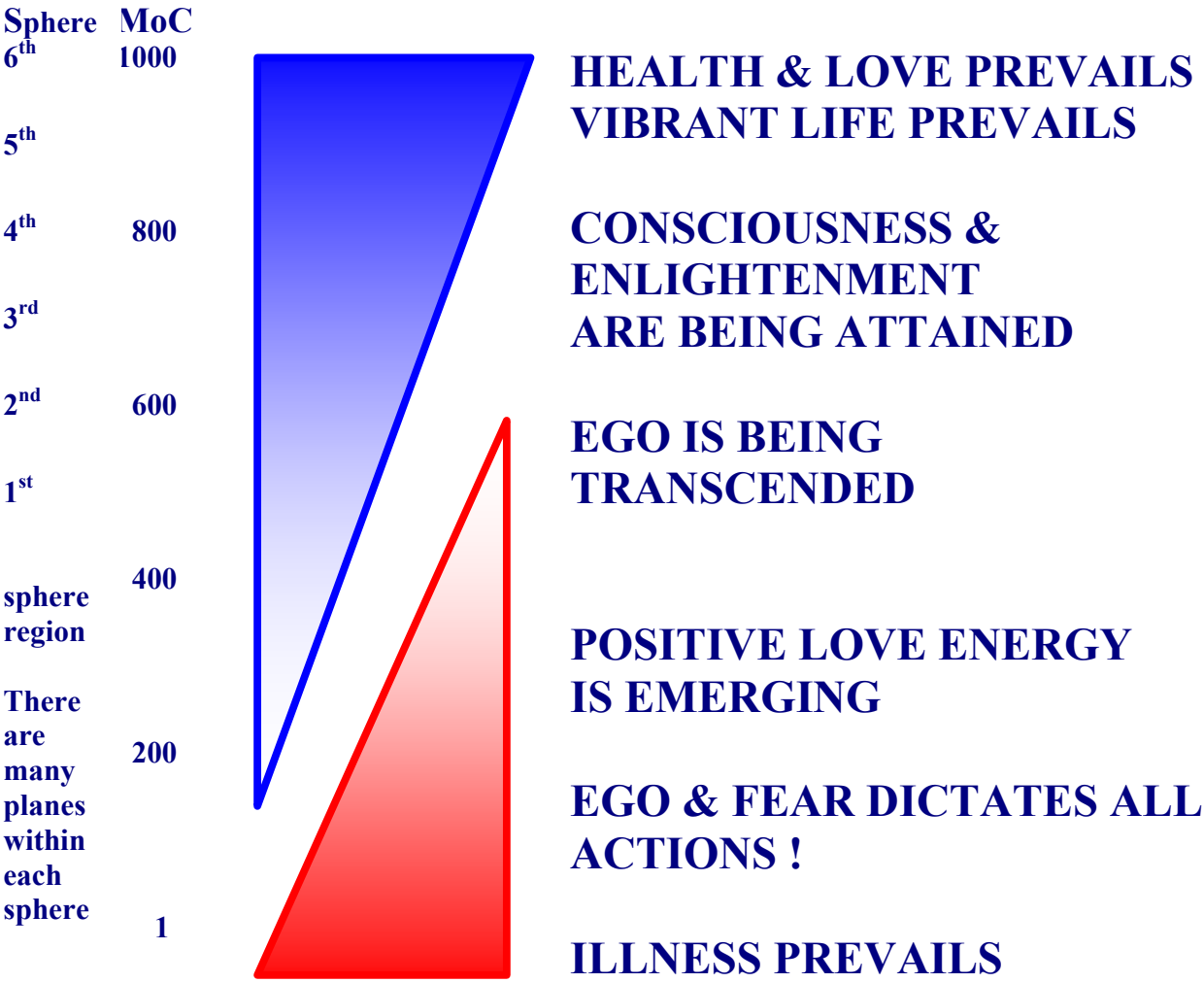
There is a doctor in Germany who is having a success rate of around 95% with curing cancer because all he uses is emotional therapy.

All of these diseases are curable emotionally.

5 Apr 09

“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.



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

DIVINE LOVE HARMONY:

Immortal harmony:

Transformation of the soul is a beautiful harmonious gradual awakening.



In a gradual way with the Divine Love and Feeling Healing, as changes in the soul and spirit body occur, these changes will result in the personality slowly accepting the source of these changes as being the Soul God and with the independent will, one can have complete acceptance of our Heavenly Parents, Mother and Father, God.

People have loved God and felt loved by God and they have in deed received the Divine Love without ever knowing the truthful identity of this Love insofar as the truths relating with its causality in the human soul and affect upon the spirit-mind.

Part of the nature of the Divine Love in our souls is that it activates our spirit body systems and soul so that the nature of God is seen and experienced in the living and this places us in touch with the many Spirit attributes that extend from God and have their existence in God, such as our Indwelling Spirit. God no longer remains inactive to us; inert, inanimate, or an unknown but rather a Soul of living energy whose energy in the harmonies of Love and Spirit, is personified as love that we experience. If I can convey the essence about the nature of Divine Love it is that in its energy, exists the harmony and potential so that one can see the potential that this Love brings to bridge the gap of separation between the individual and God by the harmonies of soulfully living.

The Divine Love completes the form of the human being.

In essence, one need only direct their soul and the heart of their soul to our Heavenly Parents, the Soul being God, and in this faith one can experience the Love by humbly asking for this Love. This is all that is needed and the touchstone upon the Love's approachable nature.

The Love is never harmful or given by God that results in a caused effect of disharmony in the individual. The diversity of human individuality is a great characteristic of human nature and as with experience, one needs experience to ascertain a truth about a certain thing. Experiencing the Love provides a substantiated knowing from which a more objective reasoning follows and a maturity happens.



The DIVINE UNIVERSE:

158. *On the Immutable Spirit Law that Sustains the Spirit Body*

7 December 2012

There is much confusion about the interaction of spirits with humans. This is quite understandable because so few people have truly been able to identify the immutable (unchangeable) Spirit Laws that function and act as a conditional harmony between all mortal spirits and peoples of the Earth.

When one understands the nature of the Divine Love experience and the fact that the Divine Love relates directly with all existing immutable Spirit Laws, then, all that defines the individual emerges with a true perspective of insight and knowledge. From the experience of natural love in a human without any awareness or knowledge of the Divine Love, one will be diminished in their capacity as understanding how these immutable Spirit Laws work and work they do to provide a mortal universal harmony between the human world and the spirit world.

The reason I mention this is to state that the individual human personality in its forming has the attribute of soul and spirit body to it and the spirit body is robust and a true existing body of real form, of real spirit energy, of real substance and image. I along with Celestial spirits can see your spirit bodies clearly and easily, and each spirit body to each individual clearly reveals to us, the condition of the soul, which instantly tells us the overall condition of the mortal personality to its condition of forming. I can see if a spirit body has commenced its change by the receipt of the Divine Love or a change in a progressed natural soul condition.

The spirit body is a bone-fide attribute and the most important attribute for the survival of the human personality. This means that to the forming of a spirit body, there is an immutable Law that protects each spirit body whilst in a human experience from any influence from a spirit in the spirit world. It has been revealed to you that no spirit can impose their personality *over* a human and this is true, for a particular immutable Spirit Law in its function prevents this from happening and this helps to maintain a harmony between spirits and the human experience. The only presence from the spirit world that can interface with the surface of the spirit body of a human is love and the immutable Spirit Laws allow for this form of communication.

There is a very good reason why the Father / Source Soul has set in place these Spirit Laws and in particular, the one that protects the human spirit body. The spirit body is the body in which the attribute of soul and attributes of personality survive a human life and the transition into the mortal spirit world. If the spirit body or the surface of the spirit body, were damaged or interfered with or in any way interrupted, this could have dire consequences on the personality contained within the spirit body. If spirits were able to penetrate the spirit body and interfere with the personality contained to it, then this could cause a massive transgression that would be potentially capable of disrupting attributes such as the memory, awareness, or cognitive aspects and reality and function in a personality.

I understand that fear forms part of human experience. There is a natural fear for survival and there is fear caused by personality. It is impossible because of the immutable Spirit Laws that act on each spirit body, for a personality in the spirit world to interfere or inhabit the space inside a human spirit body. Any kind of spirit possession is absurd and rests in the imagination of the mortal. Two independent personalities, one being a spirit and the second being a human person cannot inhabit the one same spirit

body. The immutable Spirit Law that acts upon the surface of each spirit body, human and the spirit prevents any such violation from ever happening. The only thing that causes a perception of possession is the fear that already exists in the human personality and or the human imposing fear to fight the existing fear.

Love in its natural and Divine forms, is in their essence a harmony and the existing spirit body that each individual has is like the soul and personality, a sovereign domain to each individual.

Your Celestial friend and teacher, Luke

159. *Communication between Spirits and People*

8 December 2012

Communication between spirits and people obviously transpires. You can receive my thoughts, impressions, perceptions and your spirit body is in no way compromised in its integrity.

Can you receive negative input from a spirit? Of course you can. Your soul perceptions will decipher and discern the information and if the input is coming from a negative source, and you were to receive direct communication from a spirit in poor condition, the impression would stem from the condition of this individual and you would be able to receive it, as you receive harmonious input. The downside to this type of communication is the evidence and effect on your spirit body and energies caused by being in communication with a soul in poor condition. However, in your (the medium receiving this particular message) case because you understand the way the Divine Love works in your life and the related immutable Spirit Laws, the only reason a spirit in poor condition would be in communication with you would be for that spirit to learn about the potential of progression and the Divine Love that will improve their poor condition.

Simply because one is a spirit in no way infers that that spirit is necessarily more advanced or progressed in their soul condition by the mere fact of local environment. A person living in their awareness of the Divine Love will be in better condition of soul and spirit body than any spirit residing in the spirit world living in only their natural condition of natural love. **Spirits in poor soul condition can communicate with you if you allowed this communication to happen.**

Celestial spirits never impose upon your asking to do a work such as this work, *The Divine Universe*. You have asked to be of service and so we can effectively communicate with you and the harmony of this work is an example in the way we are all living in our awareness of Divine Love.

If you (the medium) were to communicate with a spirit in poor condition, it would be because you have asked to provide this service and the individual would be able to interact with you in the correct and only way in which the Spirit Law of Rapport and Communication works and the spirit in poor condition in this communication, can in no way impose or establish any action resulting in your spirit body to lose its integrity. It must be said here that individual spirits in poor condition are so weakened by fear and isolation as their soul condition reflects in their spirit body, that a spirit in poor condition will find it difficult to be in rapport with the Spirit Law of Rapport and Communication between spirits and people. As it has been stated to you before, the immutable Spirit Laws form the boundary between the spirit world and the human world and no spirit can act of them selves in an independent manner outside of these immutable Spirit Laws. Even the Master (Jesus) is to comply as he does with these immutable

Spirit Laws and under no circumstances can fear override or overrule, divert or take the place of these immutable workings.

As you (the medium) have progressed in this experience of our Celestial communications you have been able to determine that no harmful side effects have resulted. You are both (two mediums receiving these messages together) in good soul condition as we who communicate are as well, the Divine Love being true to us all and the activation of the Spirit Law of Rapport and Communication demonstrates how cohesively we all work together when Divine Love is living in our souls. Even if you were to receive a communication from a spirit in poor soul condition such as a soul from the lowest of the natural Spheres, there would be no residual side effects transpiring in your spirit body or attributes of your personality. In fact, I dare say you would handle this communication in a manner that represents and is reflective of caring for another who maybe in their impoverished state, actually asking for a helping hand and guiding word. We actually service the needs of these individuals who are present when we write together as many are brought along to hear our words, these same very words that I am writing with you.

I would like to add here that I know that you are aware of the Indwelling Spirit. These works are not works caused into form by your Indwelling Spirit. These works have their origin in and from living personalities. The reason for this, and a good reason too, the Indwelling Spirit cannot demonstrate living in the Divine Love. We can and we do because the experience of the Eternal Father's Divine Love is real to us and therefore, when others come to read these works this vision and awareness conveyed in these works may sound a note of truth in another who has embraced their experience of living with the Divine Love.

[The Indwelling Spirit helps the Father reveal more of the Father to individual souls so that what is absolute and Eternal can be communicated with so that the Father is not inanimate and unknowable. The Indwelling Spirit helps adjust the spirit body as the changes occur as the soul condition of the individual is progressively transformed by the Divine Love.]

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

Poor spirits are miserable souls and their environment is a diminished Sphere compared with the other Natural Spheres. We are consoled in the fact that God in the forming of the mortal spirit world has provided these diminished Spheres for the poor soul to reside in, in their disharmony though they cannot cause or create any further disharmony to the Sphere or anyone resident in the Sphere.

If one understands the vision of the Spheres as personality environments, where progression in Love, Spirit and Harmony is the way for all souls, then the more progressed spirits live with real vision and universal experience compared to the least progressed who have no vision at all and cannot relate with the universal realities of harmony, Love and Spirit. When I visited these Spheres I could see the discord that individuals were living in. I needed to bear in mind that these individuals in their retched condition are still part of humanity and souls of the Father. Each individual has placed themselves there, by their actions of living in their human life. I have never heard of a natural spirit from the First Sphere to the Sixth Sphere creating any discord that results in that individual being sent to the Hells below. Just as each individual has put them selves in these Spheres they can change as potential exists so they can progress out of their condition. The immutable Spirit Laws function in these Spheres as they do on Earth or in any of the Spheres and The Spirit and The Divine Love are as present in these Spheres as present in any domain where mortal personality lives. I am afraid to say that these individuals in the

appearance of their spirit body are incredibly small. It is testimony to the personality the soul and the spirit body to survive in such impoverished conditions and testimony to the fact that God's workings still function so that the personality *can* survive when the individual has done absolutely nothing at all to change their situation.

In keeping with the vision of harmony stated in the spirit writings of James Padgett (Book of Truths by Joseph Babinsky), the mortal harmony in the spirit world will be realised and fulfilled when there are no more individuals living in such contradistinction to the universal harmony of Love and Spirit. All I can say is that each individual will be given ample opportunity to increase their potential and then if not it's in the lap of the Father. For just as God can cause a personality into existence by the workings of the Spirit Conduits that function to form attributes such as mind and spirit-mind, The Father is the only authority in all of creation who can work another attribute of Spirit Law that undoes a personality, soul and spirit body that was once formed. In the powers of mortal creation, mortal personality doesn't have a say in affairs that extend beyond its own material creation.

The student of the history of the Divine Love will have learnt that the Father once withdrew the potential for humans and spirits to receive the Divine Love. When it comes to such vast and extensive workings the Father does act and will act and is in this regard, no respecter of personality especially when the personality may choose to continue denying the very source of its own soul life.

Thank you for receiving my message this morning, and this may add some interest into the subject of communication, the spirit body, some conditions of spirit life and the question of mortal existence.

Your Celestial friend, Eglh

83. *Wrongdoing*

16 October 2012

The condition for evil only exists in a human experience. As a potential for wrongdoing this human experience is not continued in the mortal spirit world. The acting Spirit Laws prevents any further subsequent wrongdoing and, one to another anywhere in the mortal spirit world cannot impose such vile actions. The Spirit Laws of Harmony prevent any further contravention between individuals. The grossness of such actions as imposed by individuals only transpires in a human life. Such actions affect the soul condition and that individual remains in that condition until the action of the Law of Compensation alleviates that condition for the perpetrator of such action and deed has chosen to progress back into harmony. As in all consequences of human living, the soul is present and any such action for good or bad, form part of that individual's condition. The full spectrum of human experience and condition in terms of consequences never exceed the present Spirit Laws and there is never more evidence of this than in the lowest Spheres that are the environments formed by God for such depraved individuals to reside in, so that harmony remains the integrity between all mortal Spheres. The universal potential for change and progression is always present and the divinity of God will help bring about change. Whilst the actions of men and women may result for such transgressive behaviour, the responsibility for all human actions rests with the individual and part of the universal harmony in which all humans and spirits reside in at its most fundamental experience, is never stagnate, for this provides the individual with the potential for change.

The Indwelling Spirit and the New-Birth.

June 25th, 2008, Melbourne Australia

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

Received by Nicholas Arnold.

I have been with you most of this morning and now we can resume our work together on this subject. Both you and Zara are in the presence of Divine Love and your respective soul condition is very good to receive. In receiving these Messages it is also important to note that you are not in a trance nor do I take control of your physical attributes to convey my message. You are cognitive and for the most part it is a shared communication where your soul and its perceptions listen to my discourse which you then communicate. This is the way you have received all your messages from the Divine Love spirits.

The Father loves nothing more than individuals learning about the individual and Eternal nature of the Father. The Divine Love begins this learning in a definitive way and this continues as the soul condition changes with the receipt of Divine Love. The Father's Soul is the existence of an Absolute Eternal presence with attributes that create all that has become the Realms in all their expression and experience in Universal creation. The Indwelling Spirit helps the Father reveal more of the Father to individual souls so that what is absolute and Eternal can be communicated with so that the Father is not inanimate and unknowable. The simplest way for a soul to begin knowing the Father is through the Divine Love.

Celestial spirits who have a real understanding of the effects of Divine Love in their soul move into the way of spirit love. Celestial spirits are in the Divine Love of the Father actively participating with the Father's Spirit that has become personalised and relates to the mind attribute of their soul. Spirit love is a reality because the physical environment that exists on Earth is not present. The Indwelling Spirit helps us to engage in the greater spirit realities that are pertinent to our existence and these realities increase as we progress in towards the Father. We do communicate with each other in a soul-to-soul spirit-to-spirit form of exchange which does not involve the construct of Earthly mortal language, it is a spirit language which we learn as we progress in soul condition, and the language of spirit becomes more realised. When the Indwelling Spirit communicates with us, it is instantaneous and active as a spirit-soul experience and so, we understand that the voice of the Father is actively communicating with us in the language of spirit and our soul accepts and understands this for our rapport with the Father is solid in Divine Love and our own soul's personalisation of this Love.

To provide a definitive understanding that defines the attribute that is the Indwelling Spirit and why this attribute is distinct from the Divine Love of the Father is in the teaching that Jesus has conveyed in the Padgett Messages that the Holy Spirit conveys into a mortal soul the Divine Love and the Holy Spirit, as an attribute given by the Father, works solely in this way. The Indwelling Spirit in its function does not convey the Divine Love into a mortal soul nor does it interact with the Holy Spirit that excludes the Divine Love of the Father. The Indwelling Spirit helps adjust the spirit body as the changes occur as the soul condition of the individual is progressively transformed by the Divine Love. This Truth is essential insofar as understanding the Indwelling Spirit and the New-Birth.

With love,
Your Celestial friend,
Ezekiel

The DIVINE UNIVERSE:

305. *Contact with the spirit world*

17 February 2013

I am here to write on the various Spirit Laws that exist to maintain the harmony between spirits and people. You are now aware that there is a diversity of Spirit Laws, and that each distinct Spirit Law works its function so that boundaries exist in the spirit world and between the spirit world and the human world. There are Spirit Laws that are distinct in their working in the Celestial Heavens that do not exist or have any need of existence in the social natural Spheres where mortal personalities reside. The distinction made here clearly defines the reality of those individuals who are in their social-natural love or with the Immortal Divine Love and progressing through these Spheres.

It is paramount that any mortal spirit does not interfere with a developing human personality. God, in the forming of the mortal spirit world, has given form and principle to this spirit world of which one such principle of Law is that no disharmony will be created or caused by spirit on a human or any other mortal spirit.

Harmony exists between the Spheres and residing personalities cannot act or impose their will in a manner that is contradistinctive to the very distinct Spirit Laws that govern the harmony present in all Spheres. Many people do not know that such boundaries exist in the mortal spirit world, nor do they know that every single mortal or Immortal personality is subject to these distinctive and diverse Spirit Laws. People who desire to learn about the spirit world have many ideas about spirits and the spirit world, and a great error in thinking by people, is to believe interference happens that is derogative to a forming human personality caused by a spirit's thought, energy or action.

Many people have had experiences involving spirit that cannot be easily explained and usually in a human experience, the little known Spirit Law of Assistance, which the Creator alone operates, has at times helped or intervened or ended or commenced something that appears 'not of the human world' to have happened. This Law is solely subject to God and no spirit can interfere with the working of this Law. This Law, as in all God's Spirit Laws, can only act in accord with the Source that has caused these Laws to exist in the first place, and this Source is God the Soul. Spirit can work with some of the Spirit Laws such as I am doing now, as I work with the Spirit Law of Rapport and Communication with the receiver of this message.

Mortal and Immortal spirits cannot sneak from the spirit world into the human world to cause or wreak havoc. We cannot attack or cause bodily harm, or cause disruption to a forming human personality. We cannot interfere with a person's dream state whilst they are sleeping, nor can we encourage any human to act in a manner that violates the very universal principles of love spirit and harmony. No spirit can interfere with or disrupt the Divine Love and the Spirit that conveys this Love into a human soul. The Spirit, or as some of you like to refer to this Spirit as the Holy Spirit, cannot be interfered with in Its' working by any mortal or Immortal personality.

People cannot astral travel or travel at will or in their dreams through the spirit world. In all my years, I have never seen or met a person from the human world in the spirit world who is astral travelling, or whilst in their sleep state, travelling of a focus of their astral body. People would like to believe this happens, but it doesn't happen. The reason for this rests solely in the fact that the only way a personality

can visit the spirit world is in their spirit body when their physical body dies. People can form true perceptions of the spirit world by the use of their soul perceptions and spirit senses, so that such detail is seen that the human material mind may think or believe that it has actually visited the spirit world. The very Laws that form the human personality that includes the incarnation of soul and forming of the unique spirit body are the same Laws that protect the soul and spirit body so that the developing personality can form even though the physical condition of each person differ, and these same Spirit Laws prevent the personality or aspects of the personality from separating from itself or for one to leave their spirit body and relocate in their finite form in the spirit world whilst still in their physical body. The spirit-senses in a spirit body, if they are active, can provide real image and living energy into the reality of the living spirit energy that makes up the spirit world. This can appear so real that a person may actually think they are there, but it is only the activity of the spirit body and soul condition causing these experiences to become visible in the brain of the individual.

When we communicate with people, the receiver may work with the essence of our spirit-vision and their spirit-vision forms a living reality into the existence of spirit universal realities, and so the experience of time changes and one touches on the essence of spirit, whilst retaining their habit of physical and material experiences of time.

Making contact with the spirit world is a kaleidoscope of colour for most people. We understand this. I have seen many spirits converse with people over the years or interact with people and the unseen boundaries of God's Spirit Laws always present. I have never seen a disharmonious act committed by a spirit on a human. I understand that when a person becomes a spirit, in their time of integrating their new life, the individual can be in a fit of rage or angry or sad, because they feel the human life was over before its time. I have seen how these individuals communicate with mediums and whilst they are demonstrative in their action, they cannot force the Spirit Law that envelops them to change.

I know that people believe all sorts of things and that experiences and events have happened that cannot be easily explained and that defy the border of human experience, and that such experiences are determined as having been caused or influenced by spirits. My advice would be to begin receiving the Divine Love and gradually learning how the natural and the Divine Love work and from this position, to see how the harmony of the spirit world functions so that each personality in the spirit world in their respective environment is harmoniously living to the due fact of their soul condition.

There are no dark elements or conspiracies or hidden secrets keeping humans away from the spirit world. Everything has its place and the universe is a transparent place. For God lives with transparency, only that it requires our soul condition to develop with transparency, so that each one of us can learn to see the true nature of Love and Spirit and the way harmony is present from the Source to each finite soul.

With love,
A Celestial spirit
David



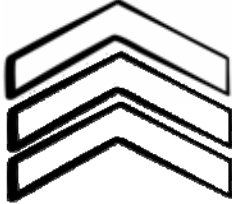
Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine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

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

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

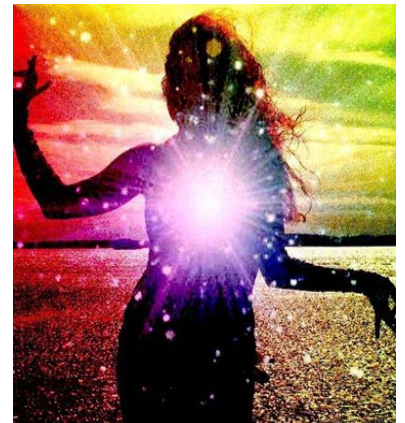
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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.

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

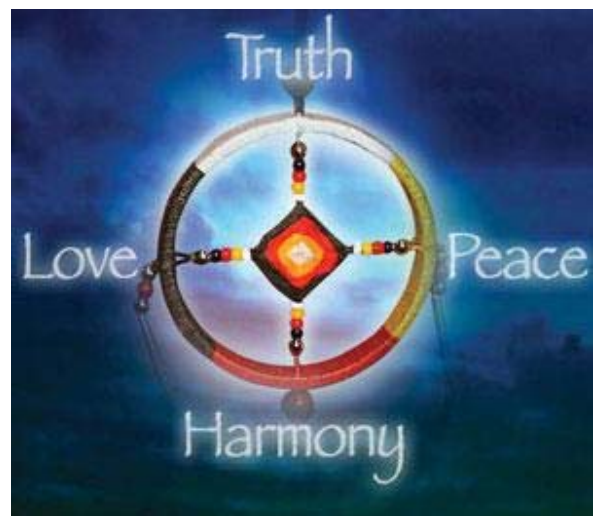
When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

MIND



SOUL



FEELING HEALING and SOUL HEALING:

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



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



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

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



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

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



DIVINE LOVE enlivens our FEELINGS to progress our HEALING!

‘I didn’t know as a child I was that aware?’

‘You weren’t as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that is now within your soul, you are able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult’s perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.’

‘Yes, I see what you mean. Is this what my healing will be like all the way along?’

‘Some parts of it. There will be lots of different parts, but once you’re expressing your bad feelings, and when you feel ready, if it hasn’t naturally happened, you can try and turn your attention to your childhood and see if how you currently feel matches with any memories you might have of back then just as you’ve done now. By wanting to do this, you’ll help train your mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

So I just had another healing Paul thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping me to see all of this.’

Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

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.



Holy Spirit
conveys Divine
Love from our
Heavenly Parents

Healing is the feeling and expressing of childhood injuries and erroneous beliefs. They will be expressed progressively through one’s healing process.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3rd Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them –

the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance

of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

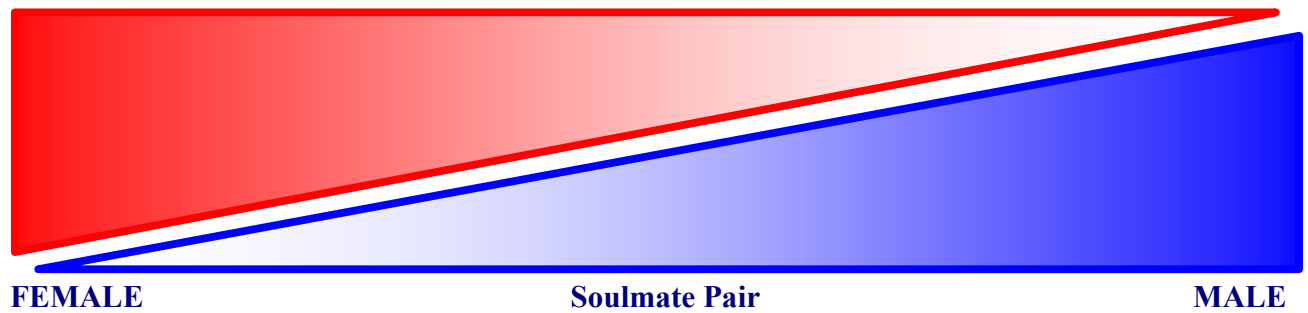
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that will lead and assist the male in their Feeling Healing process, while progressing with her own. The male cannot do this on his own, only the female is capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries 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.

TRUTH LOVING SOUL V ERROR INFLICTED MIND





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



1 Divine Love addresses the issues of the Rebellion.

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

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

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



2 Feeling Healing addresses the issues of the Default.

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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



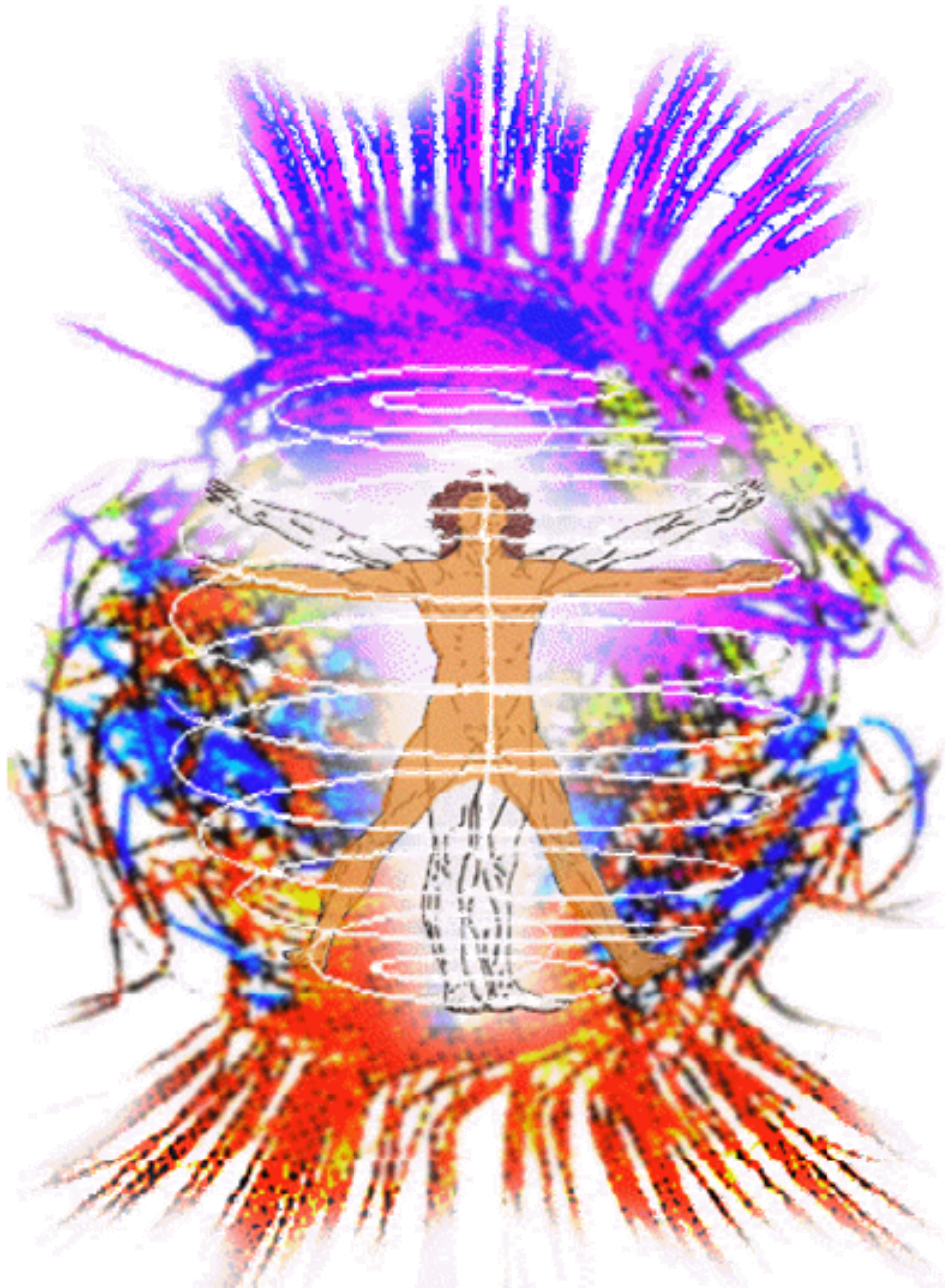
SOUL  SPIRIT BODY  PHYSICAL BODY

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.

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 19th, 2001



The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of our Mother and Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

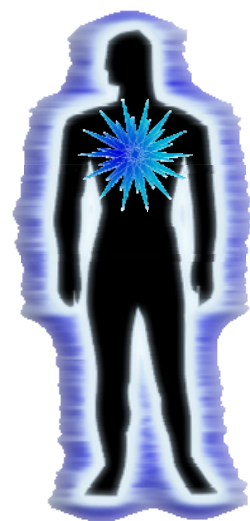
**Soul within
spirit body
prior to receiving
Divine Love.**



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



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



EXPERIENCING RECEIVING DIVINE LOVE:

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

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

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

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

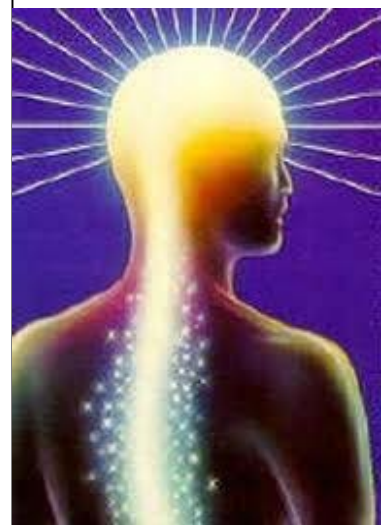
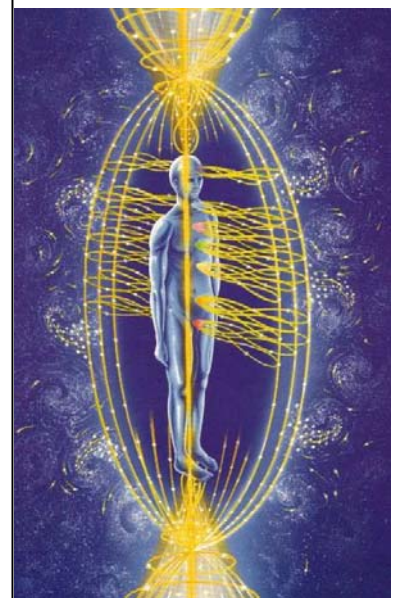
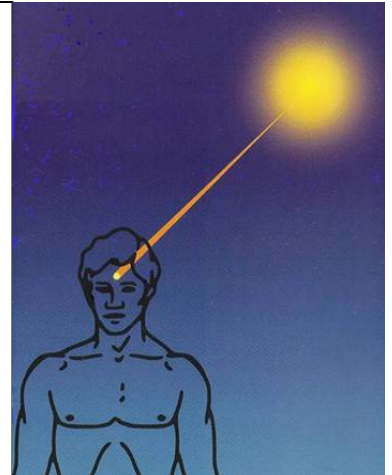
The Voice of Divine Love

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

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

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



|                                                                    |                                  |                               |
|--------------------------------------------------------------------|----------------------------------|-------------------------------|
| <b>Primary recommended reading:</b>                                | <b>consider commencing with:</b> | <b>Paul – City of Light</b>   |
| <b>The Book of Truths</b>                                          | <b>1914 – 1923</b>               | <b>xxx – Joseph Babinsky</b>  |
| <b>containing the Padgett Messages or</b>                          |                                  |                               |
| <b>Little Book of Truths</b>                                       |                                  | <b>– Joseph Babinsky</b>      |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>       | <b>xxx</b>                       | <b>– Geoff Cutler</b>         |
| <b>The Rejected Ones</b>                                           | <b>2002 – 2003</b>               | <b>xxx – 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://dls cr.freeforums.net/>

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



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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.**

**Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.**

**Primary and most important readings are the writings of James Moncrief.**

**Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

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

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

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

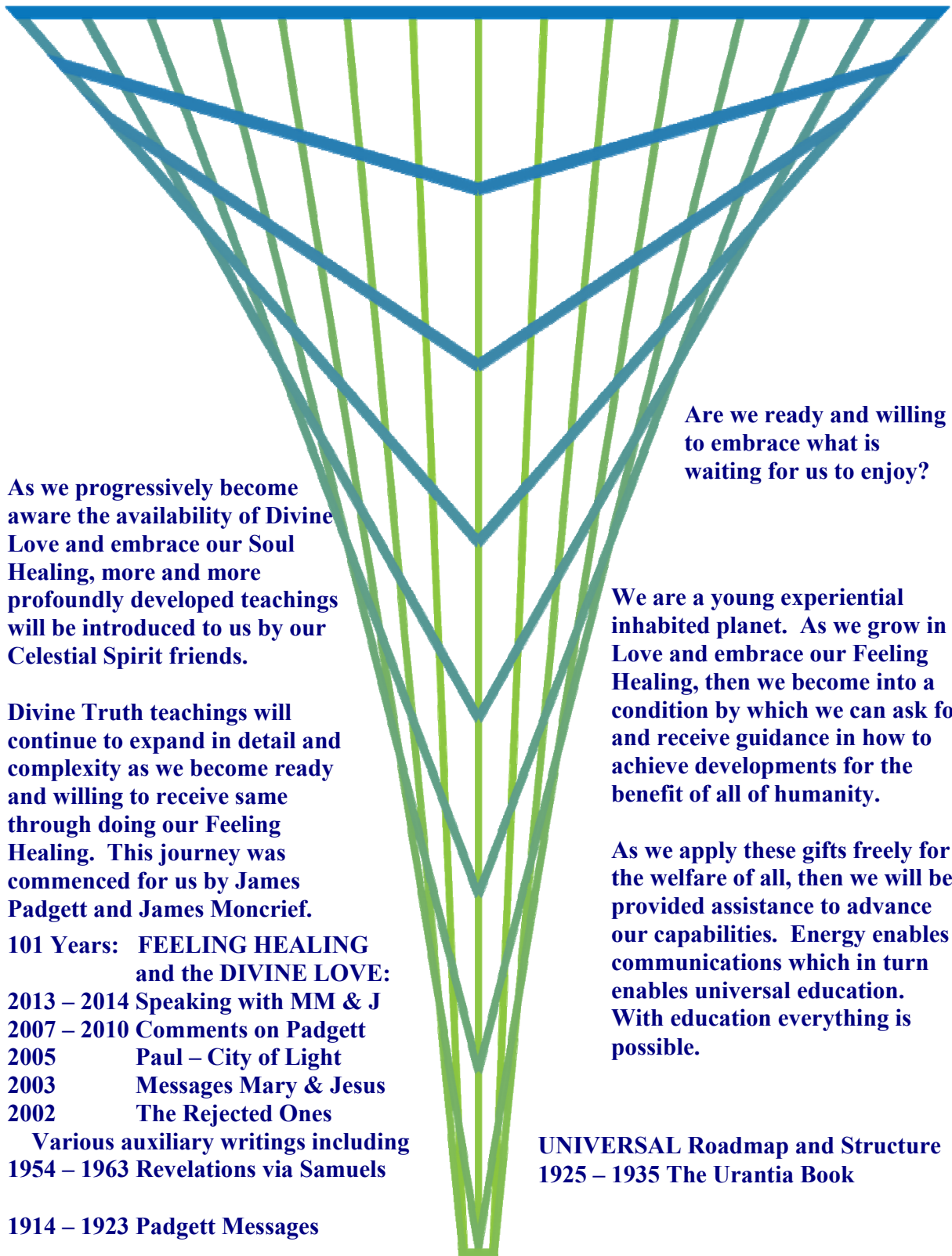
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



**The real you is your soul.**



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God.



# **PASCAS CARE**

## **"Beacons of Light"**

### **around the globe**

