

PASCAS CARE SUICIDE PREVENTION



“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.

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

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

Living Feelings First, *John.*



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

The Darkness before Dawn: Understanding the Suicidal Urge

September 10th is **World Suicide Prevention Day**, so let's look at some excellent resources for you or anyone you know who feels suicidal.

First, in the USofA, you can call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255). Suicidal feelings can be very isolating, and this lifeline exists to give people the support they need to make it through the dark periods in their lives. If you or anyone you know is feeling suicidal, please let them know that help is available.

The TALK lifeline is available in the US; if you're in another country, the **International Association for Suicide Prevention** has a list of crisis centres and suicide prevention centres throughout the world.

From within Australia; Lifeline 13 11 13, Beyond Blue 1300 22 4636

Looking at suicidal urges empathically

Suicidal feelings have a range from soft to intense, but if you are feeling any level of suicidal urges right now, don't feel as if you have to wait until you're in the throes of torment to reach out for help. If you can learn to catch your suicidal urges when they're in the soft stage, you can often stop yourself from falling into the pit of desperation and torment. In the territory of the suicidal urge, your capacity for emotional awareness and articulation can literally save your life! Here is some vocabulary that may help you catch your suicidal urges before they become very intense. This list below is a part of the *free* Emotional Vocabulary List that you can download [here](#).

Soft Suicidal Urges

Depressed ~ Dispirited ~ Constantly irritated, angry, or enraged ~ Helpless ~ Impulsive ~ Withdrawn ~ Apathetic ~ Lethargic ~ Disinterested ~ Pessimistic ~ Purposeless ~ Discouraged ~ Isolated ~ World-weary ~ Humourless ~ Listless ~ Melancholy ~ Flat ~ Indifferent ~ Feeling worthless

Mood State Suicidal Urges

Desperate ~ Hopeless ~ Despairing ~ Morbid ~ Sullen ~ Desolate ~ Miserable ~ Overwhelmed ~ Pleasureless ~ Joyless ~ Fatalistic ~ Empty ~ Passionless ~ Bereft ~ Crushed ~ Drained

Intense Suicidal Urges

Agonized ~ Tormented ~ Self-destructive ~ Tortured ~ Anguished ~ Bleak ~ Numbed ~ Doomed ~ Death-seeking ~ Reckless ~ Devastated ~ Nihilistic

Please remember: when people are feeling suicidal, they're not having a simple happiness deficiency or exhibiting a character flaw. Something very serious is going on. If you don't know what to do, you can call the Lifeline suicide hotline as a concerned friend (1-800-273-TALK (8255)), and they'll help you understand what to do. Here are some ideas from [the Lifeline website](#):

How to Be Helpful to Someone Who Is Threatening Suicide

Be direct. Talk openly and matter-of-factly about suicide.
 Be willing to listen. Allow expressions of feelings. Accept the feelings.
 Be non-judgmental. We actually do not have the authority or capacity to judge another!
 Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
 Don't lecture on the value of life.
 Get involved. Become available. Show interest and support.
 Don't dare him or her to do it.
 Don't act shocked. This will put distance between you.
 Don't be sworn to secrecy. Seek support.
 Offer hope that alternatives are available but do not offer glib reassurance.
 Take action. Remove means, such as guns or stockpiled pills.
 Get help from persons or agencies specializing in crisis intervention and suicide prevention.

Thank you for helping when people are feeling suicidal. Thank you for your emotional fluency and your willingness to reach out when others are in need. You make a difference!

Myths About Suicide (or, what you don't know can hurt everyone)

(From SAVE. Learn more at [SAVE: Suicide Awareness Voices of Education](#))

People who talk about suicide won't really do it.

Not True. Almost everyone who commits or attempts suicide has given some clue or warning. Do not ignore suicide threats. Statements like "you'll be sorry when I'm dead," "I can't see any way out," — no matter how casually or jokingly said, may indicate serious suicidal feelings.

Anyone who tries to kill him/herself must be crazy.

Not True. Most suicidal people are not psychotic or insane. They may be upset, grief-stricken, **depressed** or despairing, but extreme distress and emotional pain are often signs of mental illness and are not signs of psychosis.

If a person is determined to kill him/herself, nothing is going to stop him/her.

Not True. Even the most severely depressed person has mixed feelings about death, and most waver until the very last moment between wanting to live and wanting to die. Most suicidal people do not want to die; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

People who commit suicide are people who were unwilling to seek help.

Not True. Studies of suicide victims have shown that more than half had sought medical help within six months before their death and a majority had seen a medical professional within one month of death.

Talking about suicide may give someone the idea.

Not True. You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true — bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. The more we can express and talk about our feelings the better.

The **World Health Organization** also has information on suicide in countries throughout the world, and numerous links to help you learn more.

Talk about suicide and let people know you'll listen

Suicidal feelings can affect anyone, from kids to elders. Let your friends and family know that you're willing to talk about suicide; you may save someone's life, certainly, but you'll also make life easier and less awful for people who are suffering. Knowledge is power, but compassionate knowledge is *awesome!*

Karla McLaren – Managing Emotions



be a friend

?



ask · listen · help

SUICIDE:

Mary and Jesus' comments on the Padgett Messages Book 2 by James Moncrief 5 April 2010

Suicide: Of course to take your own life you would feel very bad. To reach the point of feeling so unloved, with so many bad feelings you can't block out anymore, is a very bad position to be in. Most people can manage at least to suppress and hide most of their repressed childhood feelings stopping them coming up into their adult life.

What Helen Padgett (Padgett Messages – January 7, 1915) is referring to is that fact that to take your own life you are acting against your own will to the most severest degree, and because of this, to deny yourself life, to override your will that is saying you are to still live in the physical realm, brings about a harsh level of compensation. However, like all that you are denying, were you to want to know the truth of why you did take your own life, which would come about were you wanting to grow and investigate your feelings; and so were you to listen to and even take the advice of attending Celestial spirits and start longing for the Divine Love and the truth of all your feelings, then as it has been told to you in the Padgett Messages, the higher Law of Forgiveness would come into play decreasing your penalty for taking your own life. You would still experience a lot of pain, however it would only be the pain of what caused you to kill yourself, the pain of all you suffered during your early years.

So Mary, if one were to embrace one's healing relatively soon after arriving in spirit, one wouldn't have to go through any long drawn out compensation, like those spirits who delay in doing it?

That's right James. There are many spirits who still choose to deny truth, and so suffer the influences of the Law of Compensation believing they are paying for their sins, and when it's done its work on them are thus perfect, healed and free. This applying to all mind spirits whether they committed suicide or not. However all they have succeeded to do is what Jesus and the Celestials in the Padgett Messages refer to as 'perfect their natural love', which means, as you worked out some time ago, they have succeeded in perfecting living still in their negative states, only having changed and made the necessary adjustments so as to not be continuously inflicting their unloving self on others.

So they are perfect in that they are not stepping over the line, sinning or doing evil, by hurting others, or even to a certain degree, hurting themselves. However unbeknown to them, they are still full of their repressed childhood pain, which effectively they have succeeded in denying and blocking out to yet another deeper level, that being to the sixth level Mansion World. So they are truly perfect in their self and feeling denial, and are still to do their feeling- or soul-healing as you are revealing. They are still to fully forgive themselves through their own self-love as one does doing one's healing. They live in the misguided and deluded belief they are fully healed, and all-loving, yet it's all in and with their own minds. And as you came to understand for yourself, they are simply living one extreme of the negative mind condition available to be lived.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing ourself to feel, and accept them instead of denying them. And to fully accept them, one need 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.**

Notes above are drawn from James Moncrief's writings.

Feeling Healing – Healing yourself through your feelings.

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

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

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

FEELING BAD IS GOOD!
 Very good!!!

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

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

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

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

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

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

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

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

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

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

So Remember:

Feeling bad is Good! Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

The aim of Feeling-Healing

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

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

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

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

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

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

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality

The New Way

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

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. KEEP YOUR MIND OUT OF IT. It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

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.

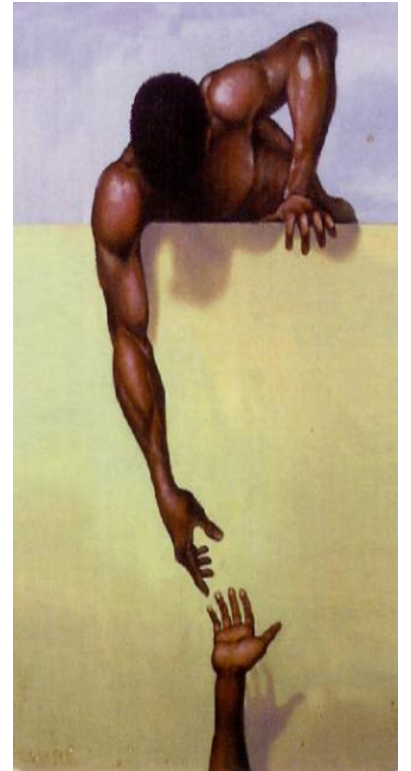
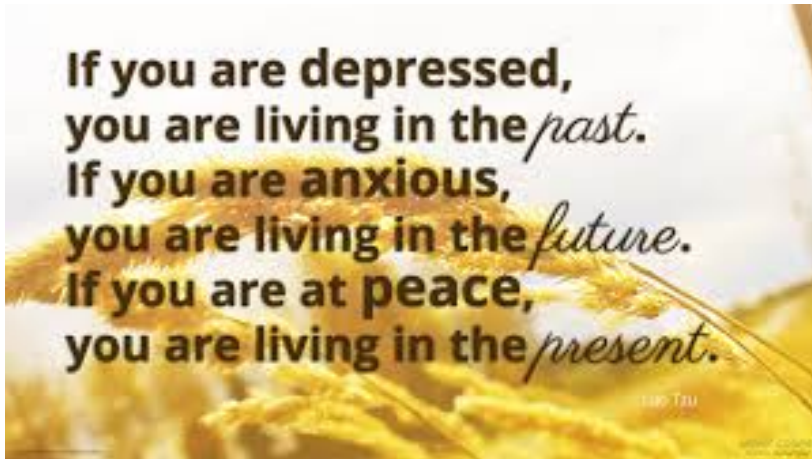
LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME



FEAR.

Lots of time, fear is about living in the past.

As a child, parents impress upon the child their fear of things – rats, spiders, snakes, etc.

We need to feel our terror of the event that happened in the past.

Almost every fear you have is going to end up being an emotion about love in some way that you are afraid to experience.



FEAR is the single largest matter / issue that we have to deal with here on planet Earth.

F false
E expectations / emotions
A appearing
R real



YES, WE CAN ASSIST A FRIEND IN NEED!

By sharing one's love with another, particularly when they have lost self-confidence and all sense of hope, there is nothing more beautiful than such a personal gift.

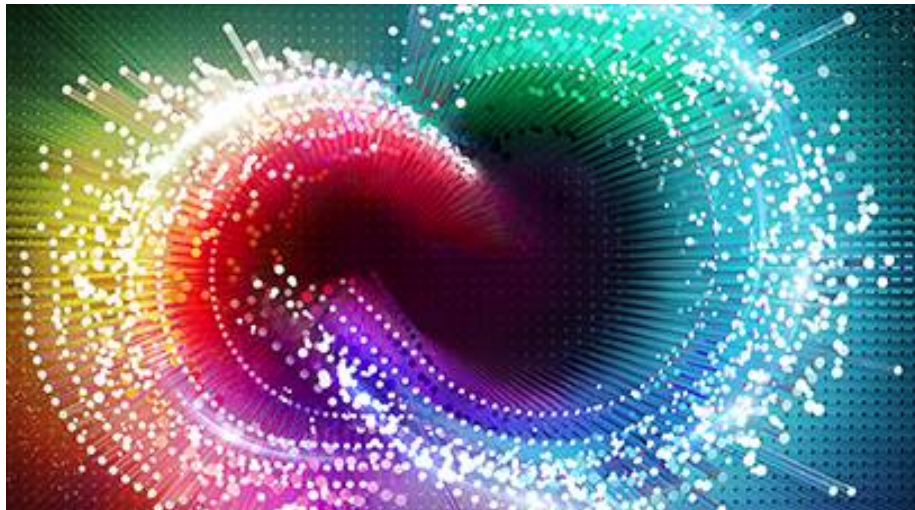
We may feel inadequate, but by just simply putting yourself into being available may be the first time that your friend has actually had anyone love him or her. Most incredibly, few really experience love from a fellow man.

Your gift of your feeling your friend's personal distress and anguish is a gift of heroism beyond imagination. Stay the course and the rewards for both your friend and yourself will be incomprehensible.

No matter how low, how despondent, how desperate a person may become, such person can recover from this dreadfully impoverished state, continue to grow and achieve a condition of living in heaven here on Earth, or within the spirit worlds, progress from the depths of spheres of disharmony through to the spirit worlds and then into the Celestial Heavens.

Even should your friend suicide, you can continue to connect with him or her and encourage and lead his/her way to recovery. Even though you cannot see or hear your friend in the spirit world spheres, when you hold them in mind, tune in, you will connect to them and they will hear your guidance and feel your beautiful energy of love being your desire for them to recover and progress. We have this gift of communication that we can engage in to connect with anyone anywhere.

Souls Interconnecting.



Our soul nests itself within our spirit body, it is the spirit body that is the template for the physical body, both the spirit body and the physical body are of the same appearance. The soul radiates out through the spirit body and is like a transmitter receiver. When you 'tune in' to a friend, they hear you. You also hear them, however many of us are not sensitive enough to understand their communication.

The message to your friend, be he or she in the spirit world or here in the physical Earth world, can ultimately be the same, earnestly long for and ask for the Father's Love. The bright spirits around you and your spirit guides whilst here on Earth will assist you in doing this. As you receive a little, your faith will grow and as your faith grows so will your longing for this beautiful energy increase and more of the Love will be forthcoming.

The magic key to growth:

Always look up and look for the brighter spirits, then always ask them to tell you about the Feeling Healing process together with God's Divine Love and Divine Truth. A brighter spirit will always know more than you and anyone else around you.



Angels actually do not have wings.

Upon entry to the Celestial Heavens you are referred to as an angel.

Most who suicide and then as spirits will write to say that:

- a) What they expected to cease — they have to relive and redo on the other side, so no quick fixes;
- b) That they now realise they are soul and far more exists that had they known about these workings and ongoing life they would have tried harder to fix or resolve their issues when living;
- c) That they made a mistake and now have realised that there was so much more to live for.

No spirit person can say that they would not do that again, because they know that there is no coming back. Spirits might comment on someone they know and the troubles the living person is struggling with, but after all if their mind is made up or are attempting to complete the action, no amount of spirit intervention will prevent this from occurring and also they cannot work against the free will of the living.

It certainly is not the sin / error as referred to by the Catholic Church or of some other faiths. It is to do with individual free will and perhaps the lack of obtainable assistance here at hand. We will all progress through the spirit worlds and into the Celestial Heavens as and when we choose to embrace the Father's Love.



When you enter the spirit world, your physical deficiencies are corrected – you won't need glasses!

Is there a hell? NO.
Not as typically depicted as a physical place. There are very dark regions that are forms of hell, however, everyone who finds themselves there can progress from these dark locations.



Is there a devil? NO.

You cannot manufacture your condition in the spirit world – you look exactly as you are, warts and all.

We can process our emotions here as in the spirit world. Our façade prevents this from happening – we are not seeing ourselves truthfully.



mirror, mirror, on the wall..... ooops!



The Divine Love is a love available for the Human soul that, in its cause and effect, actually perfects the personality as it progresses to a greater experience of living in the determination of living in God's Divine Universal harmony. Every personality has the gift of freedom of self-determination to enjoy and extend through life's experiences and it is this gift of freedom and human nature that may prevent one from participating in the freedom and gift of the Divine Love. The Divine Love, once being received is added to one's nature, having being formed on natural love.

Beth speaking through James Moncrief

Monday, 27 March 2017

Questions from John in blue:

Hello Nanna Beth

Nephew Bradley Cooper had a dreadful time and suicided on 21 September 1999. My feeling is that he has embraced the Love and Healing Process. I felt that he had just entered the 3rd Divine Love sphere at the time his father Kevin went into a coma and subsequently died. I felt that Bradley was then helping his father before Kevin died on 10 August 2012. Where are they each now please?

Yes your intuition was correct, they are both still in the seventh (7th Divine Love Mansion World). Brad has more work to do than Kev, not because he killed himself, but simply because he's got other things he needs to work through. When one comes to do one's Healing, it's not only just a matter of how much childhood repression you have within you that all needs to be addressed. If you missed out on certain life experiences, then you are to live them as well; if you have other areas of life to investigate because of what's in store in your future, that too is all worked in your Healing. Just because someone does their Healing relatively fast, doesn't necessarily mean they had little to Heal, it's just that they might not have needed to do other things along the way through their healing, which causes one's Healing to be extended. The Healing is one thing, but still we all have to work up through all the Mansion Worlds, so if our lives haven't provided us with what we needed to do while on Earth, then we need to fill in the gaps over here. And people who come over here and go relatively quickly into their Healing, will generally take longer with it because they have other things to do as well. Whereas someone who might have had a more complex emotional, spiritual and mental times on Earth, or one who does all those things in the mind worlds, might not need to spend as long ascending the Healing worlds. There are many, many differing factors, and so there's no point comparing one's healing time so far as to see how much they need to heal. We all need to heal all the same levels, so the whole seven Mansion Worlds, and how we do that and the time it takes varies for us all. I am extending the answer to this question for James to understand this too. And so it's not just a matter of getting on and completing your Healing, for there's a lot more involved in that, something James is coming to terms with more as his healing is taking so much more time than he thought it would take. Time needs to be lived, there is always more than what you think going on, and even though we are never aware of all the intricacies, still we can live with faith – how Marion does, that she will do all she needs to do and all in the right time, which is true.

What I meant above John was, your intuition was correct back then when you had it, however now they have both ascended to the seventh Mansion World (7th Divine Love spirit Mansion World). Kevin is soon to make the move into the first Celestial, however Brad will take longer still because of other things he has to do. And I will add, yes, he did have a dreadful time which led to his suicide however he wasn't, as such, punished for taking his own life as so many people believe happens, as even Helen Padgett said (within the Padgett Messages). Sometimes that happens, but that's the same as with everything, but taking your own life doesn't, of itself, hold any extra penalty, for the person doing it can't be blamed for feeling so bad. But some people do have to spend time serving a sort of, what might be called penance, but really that's a time for their system, their spirit to adjust on inner levels so as to bring their mind and the rest of their personality into a functioning capacity. Other people however can take their own life and wake up carrying on like any other spirit does, it all being to do with how much inner trauma they are suffering and how that suffering is taking place within him. It's quite involved and if you are interested I can give you more information. But it's not black and white. And Brad, because of the mix of his trauma and beliefs didn't spend long before he rejoined normal spirit life.

Brad did initially help his father, however once he started his Healing he quickly came to realise that his father was the greater part of his reason for feeling so bad that he had to kill himself trying to rid himself of his inner anguish, so they quickly parted ways. And still are apart, and won't be friends again until they've both finished their Healing.

Thursday, 18 May 2017

John: Hi James

(questions from John are in blue)

Whenever it pleases you, may we explore these feelings please.

Hi Nanna Beth

This evening was possibly the first time that I felt the presence of three personalities.

Yes, John, the three boys paid you a visit with the intention of getting your attention – Ray, Kev and Brad. They simply wanted to convey to you their good-tidings, and to give you feelings that they are supporting you, in that they are aware of the massive undertaking you have taken on, and although not as yet personally involved with it as such, still because you are reaching out to them, so they wanted to let you know they are close and thinking of you and wishing you Godspeed.

I felt, this evening, that Bradley would like to tell his story. May he do so please?

Hi John, I will just briefly, this is really not my gig and I'm still heavily working through my yuk. I took my own life because I was desperately unhappy about a woman not wanting me, it was really on one level not worth taking my life over, however I didn't understand at the time – and who does – that it was all connected to deep issues to do with mum and dad and not feeling loved by them, those issues that I'm currently still working through.

I went into one of the healing wards on the first Mansion World and stayed there for some time. On and off I was aware of your positive thoughts trying to help me and I want to thank you for them. However it was too difficult for me to accept all you were offering me, I didn't want to have anything to do with Earth at that point, it all reminding me too much of what I'd wanted to get away from.

My recovery time was long, but slowly I came around to see that I was being offered a new life, a new chance to start over, and I decided to take it. It was the major turning point, for I realised that I was free, in a way, of my pain, a mental realisation at the time, yet still one I needed to make so I could move out into regular spirit life.

I spent time in the mind worlds and it was Nanna Beth who came periodically to me, she being neutral ground in a way and yet a slight connection with family, and I listened to her wise counsel concerning the Divine Love, and or just doing whatever pleased me and basically saying: stuff everyone else.

It took a while but gradually I was able to see that she was saying: well I can piss my spirit life away by indulging in all the pleasures and allurements, or I can get on with Healing the pain that had brought about my taking my own life. So I went with that.

I didn't suffer any worse because of my suicide, I suffered because of my mental and emotional state that led to it, it being simply the end result, so my recovery time was getting my mind and emotions into a stable enough condition so as to begin regular spirit life. I had what you might call a psychic

breakdown that led to my death, and by that I mean, it was like a volcano of too intense bad feelings suddenly erupting up through me, seemingly out of nowhere into my mind, because I was not aware of how depressed and unhappy I was, putting on the face that I was all right and even deluding myself. So the impact of too many bad feelings and their heavy emotions smashing into the beliefs and constructs of my mind caused an overload on the inner levels and hence a breakdown, which meant I lost rational levels of dealing with everything, and killing myself seemed like a great idea at the time. It was a joy to contemplate and even more so to enact, but that was all false too, as I soon found out on the other side. So it wasn't a mental or emotional breakdown in the classic sense of it, it was a mixture of both, which is what I want you to understand, as I think it's important for people who might read this to understand that so much goes on and so quickly causing one to lose one's normal 'stable' state of reality.

Because of this, I've become very interested in it, something I would never have thought would interest me, and I have been working closely over the years of my Healing with other people (spirits) who've suffered like I have in taking their own lives. And because of this work and how much I'm benefiting from it, is why my Healing is taking longer in the sense of I have other areas within it that it's leading me into. So I won't be directly involved with all you are doing, there are too many spirits who need specialised hands on help in the 'grey zones' of consciousness, people suffering greatly from the cyclonic whirlwinds of their repressed emotions and feelings blasting up unexpectedly into their mind, shattering much of what they are, who they see themselves as, how they relate to their place in the world. And then they come into spirit basically as cot-cases you might say, and need a huge amount of very patient and specialised help, a lot of love and care. And although there is a vast army of such caring spirits, still there's always room for more help, and I'm feeling myself drawn more that way all the time.

So you could say I've grown up a hell of a lot since my time on Earth, and I've still got a lot more to go, however I'm enjoying feeling the feelings of compassion and empathy that are coming up in me now as I move deeper into my Healing. These are expressions of my true soul, and new to me, however I can see how the taking of my life has worked in my favour helping me along these lines. It's still early days for me, and I've not as yet finished my Healing, however I have direction now and I am beginning to feel love for myself – true love, and loving my life over here. I aspire to be like some of the helping compassionate Celestial spirits, ones who selflessly can apply themselves to the attention of one poor lost soul giving them all the gentle soothing sympathy they require so as to just be able to start living a regular spirit life in the first world.

So that's a bit of my story, and we'll catch up when you come over. Thank you John for all your love and generous thoughts and messages of wellbeing. And yes, as you can see, I got the message, got pointed in the right direction, and I feel like my spirit life is only now really just beginning.

As I said, I'm not part of your team, it was good to impress myself upon you today, however I don't see we'll be having much to do with each other directly, but you'll be in my thoughts. All my love to you John, and say hello to Carol too, and I'd love to show you around and show you what work I'm doing when you come over.

Goodbye for now John, all the best – Brad. (Passed 22 September 1999)

Over the years I tried like hell to help Bradley naively. Bradley is my nephew. In recent years, I felt that I was doing better at it. I was over the moon – cloud 9 and above – when he announced he had entered the 3rd Divine Love Mansion World. Go you good thing!

When it pleases you, Nanna Beth, would you mind conveying your guidance relating to suicide please? Beth is my Grandmother and she is within the 3rd Celestial Sphere.

Brad said essentially how it is with such people, which you feel yourself anyway John. There is no punishment for people who take their own lives. They are in a bad way, as is everyone, and they will suffer to the degree of their emotional and mental stress, just as we all do. And as Brad showed with his message, because of his experience, he has now moved into other areas of life that were perhaps not going to be what he'd have been led to do when on Earth... however perhaps he might have gone that way... however, as it never happened and we'll never know, so it's hypothetical and really irrelevant anyway, however I think you know what I mean and why I am saying it.

I won't say anything more about the subject as there's not that much more to say, it's just another life experience, another avenue of life to be lived, and all avenues have their good and bad, and all lead us to the truth of ourselves.

I think what you can see John from the comments of the others, is that family is one thing, however we're all individuals in the end, all children of our Heavenly Parents and such familial ties don't end up meaning much. They might help someone early in their mind advancement or even with the Divine Love and their Healing, but unless one goes against one's soul, you'll soon see that all the families separate with everyone going their different ways. I know the family tie is strong on Earth, but it lessens as you ascend and do your Healing, we are all individuals destined to unite with our soulpartner and soulgroup who quickly become our new and true family.



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.

DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

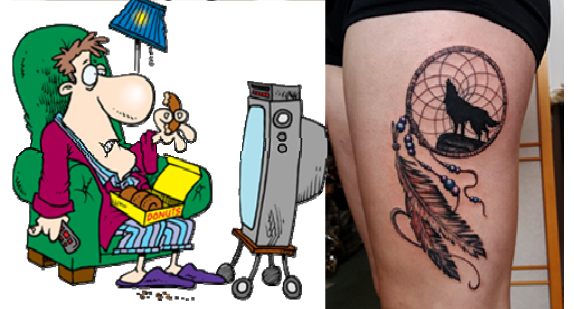
Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!



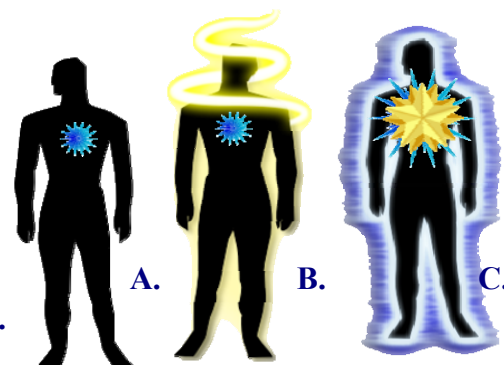
EVOLUTION

STEP 1: Longing for and receiving Divine Love:

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

B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.

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



STEP 2: FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere with embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



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

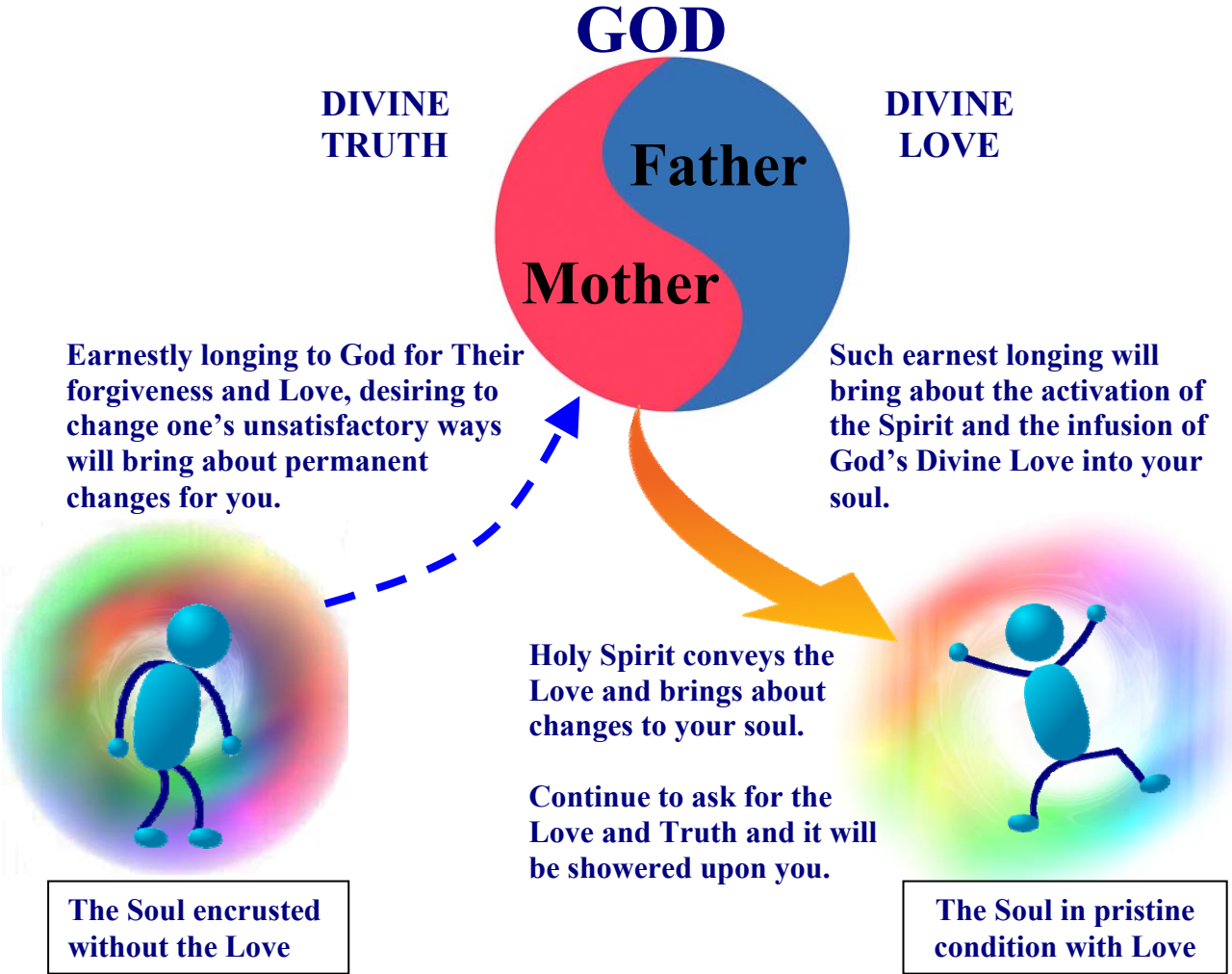
There is no such thing as



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. It is the receipt of love, be it natural love or Divine Love, that brings about health and harmony.



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

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

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

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

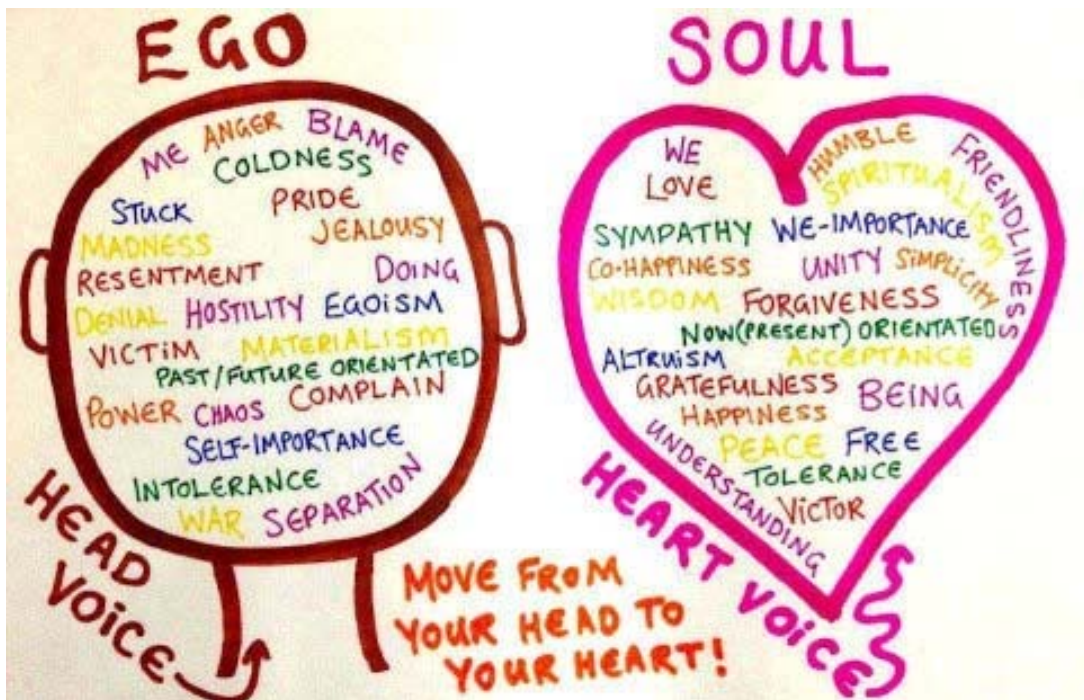
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



ASK!
ASK!
 Ask!
ASK!



Ask for, long for and receive our Parents' Divine Love.

The energy substance of Divine Love assist in releasing errors.

The Love will grow one's soul in radiance.

NATURAL LOVE or FEELING HEALING with DIVINE LOVE:

Accounts of spirit people who's condition have been so poor to fit them only for the hells, namely the Spheres of Disharmony, show that even they can progress from the lowest of conditions to being within the Celestial Heaven, way above the highest sphere of the Natural Love spheres, within or around five to ten years or so. Some achievements discussed in messages have been:

James Padgett entered the Celestial Heaven within 28 months of his passing.

Helen Padgett was in the Celestial Heaven within 12 months of passing through Feeling Healing.

Nita Padgett progressed from low 1st sphere to Celestial Heaven within 24 months of passing.

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

Bradley Cooper, son of Kevin, suicided on 21 September 1999 and early April 2018, became Celestial.

Emperor Nero progressed out of the low hells to Celestial Heaven by receiving Divine Love.

Emperor Julius Caesar moved from the hells to 3rd sphere within 19 months from receiving the Love.

George Butler progressed from the hells to the 3rd sphere within 38 months by receiving the Love.

President Grover Cleveland moved from dark spheres / hells to 3rd sphere in 20 months with Love.

President John F Kennedy achieved Celestial status following 15 years of Feeling Healing process.

R. Ross Perry progressed from the hells to 3rd sphere over 30 months by receiving the Love.

It is only through Feeling Healing with the Love, that forgives sin, dissolves the errors and fits a person for a higher habitat. Man, left to his own devices, can require many centuries to grow and then cannot enter the Celestial Heaven.

Man, can know and knows God only because he possesses a soul, and he can never know God if he seeks Them intellectually and with his mind alone. Doubt and speculation is a product of the mind, but faith is a product of the soul and we know that God exists through our soul perceptions, so that we can create the spiritual link with our Heavenly Parents through prayer. Not a mental prayer, but a prayer that comes from man's soul – earnest, sincere, full of longing, faith and love.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

LOVE and FEAR are NOT EMOTIONS:

It is often said that there are only two basic emotions and that these are love and fear. This is quite incorrect for several reasons. The first is that love is not an emotion but may be emotionally expressed. The second is that fear in itself is not an emotion but also the expression of sense of separation from The Source, God. The feeling of love may be said to arise when one feels a harmony with self or others which is actually a feeling of harmony with The Source, God. All of the human emotions are really shades and intensities of this sense of harmony or disharmony. Fear arises in the identification with the physical structure that lives and dies with no future at all. It is an expression of the dreadfulness of this condition and is a sense of greater separation from The Source, God. There are many shades of emotional expression and the blending of several emotions together.

The emotions may be considered to be the light of the bodies, spirit and physical, and their influence greatly determines the subtle appearance of a being. The visible aura of a being (visible that is to one who has that perceptual capacity) is a display of the developed potential of a soul coloured by the emotional state of that being. This includes the state of physical, mental and spiritual health. When a soul is said to be dark and shrivelled, it is actually hidden behind a dark screen of auric emanation that includes all of the above mentioned elements. Its potential is undiminished even though its expression is severely hampered. Obviously this situation is able to be remedied by the developmental progress that clears this darkness.

The capacity to influence the emotions lies within the soul along with all its other potential. The memories of all of life's experiences which are coloured and shaded by emotion is carried in the physical and spirit bodies and minds but not in the soul itself. The soul retains a purity that cannot be sullied or destroyed. Its potential remains even if a being has spent aeons in the dark realms and is considered as a lost soul. No soul is ever lost. No soul is ever damned to eternal perdition.

So as we progress, emotion does not fall away but it loses its roughness and harshness to become smoother but perhaps no less intense. Some emotional experience becomes even more intense during spiritual progress.

The concept of individual mastery of oneself; this means learning to live well and in harmony with everything that goes to form a human life in the approach to The Source, God. There is a great tendency to believe that each one is controlled by their emotions and this is limiting. Your emotion is your own however you think you acquired it. Own it and learn to love it as it is part of your shaping and your individuality. You and your soul are one and learning this does simplify living as you, as an individual, gain a lot of control that you may have lacked. You align much more closely to the Creator and lose much of the sense of being created or directed by forces outside your control.



YOUR MEMORY REMAINS INTACT – ABSOLUTELY 100%

One's memory does not reside in the brain. One's memory is mainly spirit body based. Your soul is connected to your spirit body by cords of light. Upon arriving in the spirit world, the 1st natural love sphere, you have a period of finding your legs so to speak and then your memory progressively comes alive. Your memory is complete in all aspects. In fifty years time you will be able to quote these words verbatim. When you shed your physical body you will become more alive than ever.

As your memory enlivens and reminds you in all the vivid details of your life's experience you will find no escape from same. This is what is referred to as judgment. You are your own judge.

You can take the slow lane. You can proceed along through the Law of Compensation or you can take the fast lane. The fast lane is Feeling Healing and the embracing of our Mother and Father's Love. As the Divine Love is received, the issues relating to past events are dissolved. The Law of Compensation and Law of Attraction are over ridden by the Laws pertaining to Divine Love. Spirit World laws are subordinate to the Mother and Father's Laws.

You will still continue to remember all past events, however you will have no further emotional experience relating to those memories. (Pascas Care – Total Recall www.pascashealth.com library download)

It is far easier to deal with these issues here in the physical world by embracing the availability of the Father's Love, rather than waiting until one enters the Spirit World.

Should you wait until you arrive in the Spirit World you may not immediately find the support you need to embrace the Love. Should one's emotional errors and injuries by significant one may find himself or herself within a Sphere of Disharmony. Within the planes of the three Spheres of Disharmony one finds himself or herself isolated only with others with similar issues. In these planes everyone knows only that which the others know from within any such specific plane, that is, no one may have any understanding of the Love and how to go about receiving it and getting out of these dark spheres of compensation.

By embracing the gift of our Mother and Father's Love now starts one on the journey to heaven on Earth and ultimately to the Celestial Heavens in the spirit worlds.

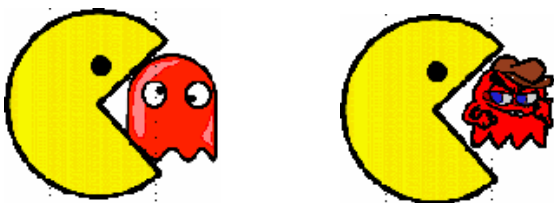
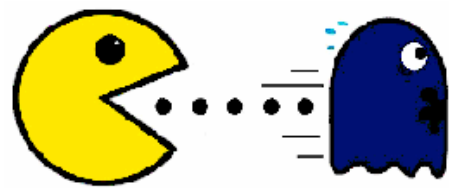
PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
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 Should you click on the audio files, you will also be able to download the audio file onto your computer.
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The Voice of Divine Love
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PROCESS of FORGIVENESS
PROCESS of FORGIVENESS
PROCESS of FORGIVENESS
PROCESS of FORGIVENESS

is also the PROCESS of REMOVING HARMFUL EMOTIONS
 is also the PROCESS of HEALING BODIES Physical Spiritual
 is also the PROCESS of SOUL GROWTH with the LOVE
 is also the PROCESS of CLEANSING the SOUL



Our Heavenly Parents send the Holy Spirit, the Spirit, to those who long for and ask for Their Love and assistance. All you need do is ASK!



“The New Birth is the flowing of the Spirit of God into your soul and the disappearing of all that tends to turn your heart from the truth and Love of God in conjunction to doing one’s Feeling Healing.”

“The Holy Spirit is God’s messenger or instrument that carries into the soul the Divine Love that is bestowed on the truly penitent man.”

“The Holy Spirit when the penitent prays for the Love the Holy Spirit will respond and fulfil the work that the Mother and Father has provided it to do.”

“The only thing that saves a man from their sins / errors and reconciles them to the Mother and Father is that they must become conscious of God’s Truths and receive the Holy Spirit into their souls.”

Continuing with one’s longing for Truth and asking for the Father’s Love enables progressive removal of emotional errors and injuries that then lead to the removal of core emotional damage, and then, subsequently, the progressive filling and expansion of one’s own soul. Removal of these soul injuries through Feeling Healing also leads to the removal of damage to one’s spirit body and the restoration of one’s health.

It is only by the infusion of this Love while longing for Truth within one’s soul in sufficient quantities does one become fitted to enter the Celestial Heavens.

Soul development, with the Love, can take a soul from being a dried up garden pea to that of a simple candle, and then onto that of a blazing sun!



The LOVE that brings about FORGIVENESS:

This Divine Love with Feeling Healing, and by this I mean the only way through which salvation can be obtained, can enter and fill the soul through the sincere longing of the soul to assuage the thirst for at-onement with the Mother and Father through prayer. Revelation 17 – November 12th, 1960 – Jesus

The only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere. Revelation 50 – October 18th, 1954 – Jesus

Divine Love fits a personality to enter the Celestial Heavens, way above the 6th Sphere. Without this Love, man cannot enter the Heavens. It is this Divine Love that brings about immortality for man.

This great Love of the Mother and Father was created or rather has always been, for the redemption of the vilest sinner who seeks and believes. March 24th, 1915 – Ann Rollins

Only the Divine Love can give man of a Divine Nature, and that no self development or cultivation of the Natural Love to the greatest and most sublime extent are sufficient to make man at one with the Father in the divine sense and which makes the spirit a partaker of this Divine Essence of the Father. One needs to come to understand the difference between the two loves and what the New Birth means. March 24th, 1915 – Jesus



Immortality with the Love.



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

SOUL CONDITION / EMOTIONAL HEALTH ENLIVENS with DIVINE LOVE:



Asking for and receiving our Heavenly Parents' energy of Divine Love slowly assists in dissolving and removing man's negative emotions and subsequently brings about a vibrant, radiant soul that emerges as an outgoing happy and loving living personality. With the God's Love, which is a substance, and embracing one's Feeling Healing one can progress from any dark and depressing situation to that with resilient faith bringing about a quality of life that is heaven on earth.



MAN'S GIFT of FREE WILL and the AVAILABILITY of DIVINE LOVE:



Our first parents, who were created together, were perfect in their physical organism as they ever were afterwards or as any man or woman ever became from that time into the present. At their time of physical creation they were more perfect than mankind is now as they had no physical ailments, no sickness, and no deformity of any kind.

Man was and is created with free will. That is, they have the right to choose. When we employ our will we are following the will or our Heavenly Parents.

When man chooses free will, he can follow his own man made passions and desires or he can choose the will of our Mother and Father, our Heavenly Parents.

Man is a creator and he has created emotional errors. When he employs emotional errors and injuries, these result in harm to others and to himself. When man causes harm there are consequences. Illness as a result of man's created emotional errors is man made.

As emotional injuries become imbedded into his being, cloaking and suppressing his own loving soul, these errors or injuries are passed down through the generations until they are resolved and abandoned by later generations. In the meantime, such generational injuries frustrate free flow of loving energies throughout the spirit body which is the template to the physical body. The collective injuries of a family environment are picked up by babies during gestation and early childhood.

As family members abandon emotional errors, the cloaking of the soul is removed and healthy energy flow returns to the physical body thus bringing about health to the person.

As man adopts more and more the way of the will of our Parents, Mother and Father, health and prosperity prevail within the personality and also for the family.

It is this free will that enables us to grow in love and progress through the spirit worlds into the Celestial Heavens. This is unique only to the ensouled man.

Free will has its issues. However, without this tremendous gift of free will we would not have the choice nor the way to grow in love and reach the Celestial Heavens and more.



This free will is not available to any of the other of God's creations, they do not have a soul and they cannot grow beyond the level at which they are created.

Man, with his soul and free will, being created with natural love, can progress to the highest levels of the spirit worlds. However, should man with his free will embrace the availability of Divine Love then he can grow and enter the Celestial Heavens. No other creature has this potentiality.

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

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

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



Maybe we could simply long for and ask:

Please, Father, I want some more of your Love!



MoC 1,471

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.



LUMINOSITY of the SOUL grows with LOVE:

DIVINE LOVE is a SUBSTANCE



Angels actually do not have wings.



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



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

Father
Mother

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

Your soul can be likened to a plasma ball.



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



MoC

HEALTH and HARMONY of the BODIES:

Man suffers from evil and error and disease.

First arises the necessity of understanding how, and by what means these things came into existence, and then it will become easier for the understanding of the means and the way by which they may be eliminated from the life and apparent nature of mankind.



These things, foreign to God's creation, were created by man alone in the excessive and unlawful exercise of his will power in following out the suggestions and desires of his animal appetites, which unduly asserted themselves when man lost a part of his spirituality by his disobedience. Man must understand that these excrescences (morbid outgrowths) to his perfect creation are real and existing, and result in his own damnation and alienation from the good, and are antagonistic to his original and natural condition of perfection – and that they cannot be swept out of existence by the mere assertion that they are not real.

Man must understand that they are the creatures primarily of the inordinate exercise of the animal appetites and desires, and not of the exercise of the mind, and that they are to be eradicated by the same process in reverse order as was used in their creation. The purity of his true being is always besmirched (soiled) by the impurities of his own artificial being, and always will be, until he eliminates these impurities which, as to him and to his fellow man, are real, persistent existences.

As sin and evil are not the creatures of the spiritual desires, but wholly of the animal, then to eradicate from man's being these things of evil and sin, the efforts of man must be directed towards the supplanting of the unlawful and inharmonious animal desires and appetites, by appetites and desires arising from the same source that is in harmony with the laws creating this very source.

The loss of the spiritual aspiration, or the perversion of the animal appetites, similarly causes man to become out of harmony with the Father's laws. Man in order to become free from these foreign parts of his being, must strive, not by a denial of their reality, but by the effort to supplant them. Man is a creator as well as a creature, and as these things are the creatures of man alone, then so far as the being of man is involved, they have a reality which will persist until their creator – man – has destroyed them.

Jesus 9 July 1916

Only by man longing for, asking for, and receiving the Love of God and longing for the truth of his emotional errors will man be assisted and be able to remove that which is disharmonious to his bodies and rid that which is in error and sinful and disease from his bodies.

Harmony within one's soul brings about harmony in one's bodies and a healthy body. Receipt of God's Love, Divine Love, slowly but steadily brings about health to the physical body.

The SUBSTANCE of The LOVE brings about PHYSICAL HEALTH:

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

December 5, 2003

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

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

Apostle Peter

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

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

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

Judas – August 19th, 2001

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

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

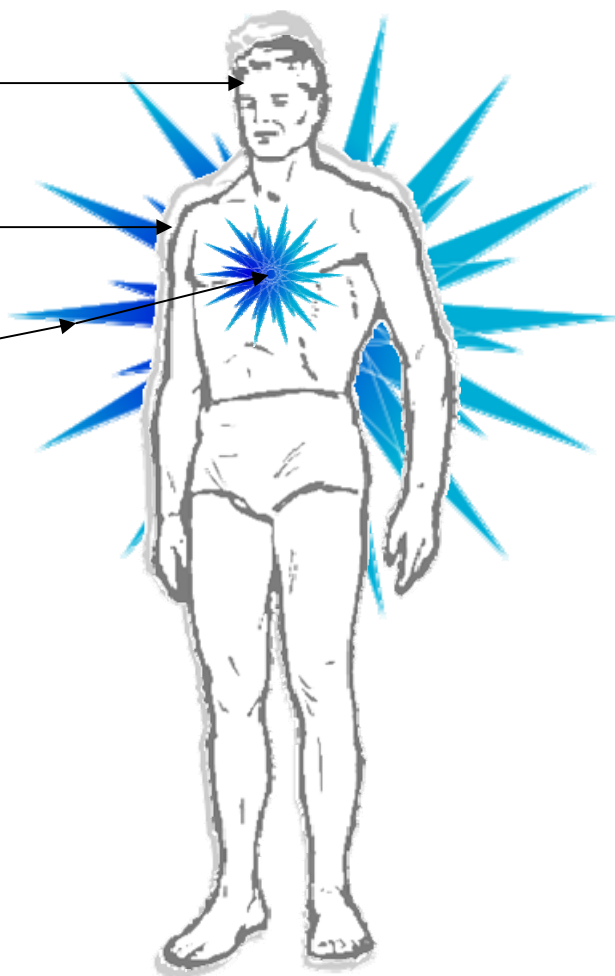
We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union,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

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

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'.

ASPECTS of LIFE:

<u>Physical /</u> <u>material body</u> Brain	→
<u>Spirit /</u> <u>etheric body</u> Mind	→
<u>Soul + Spirit</u> <u>Combination</u> Senses Desires Memory Passions Intention Free Will Emotions Creativity Awareness Personality Aspirations Intelligence Consciousness <u>The Real You</u> <u>is your Soul!</u>	→



The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8th May 2002

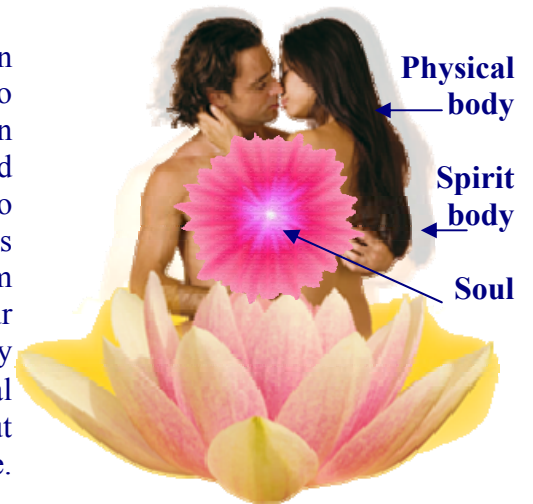
At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.

At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.

At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul embraces Feeling Healing, and receives Divine Love, it will grow, and grow, and grow in brilliance and into that which is Divine.

The REAL YOU is the SOUL:

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



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



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

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

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

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

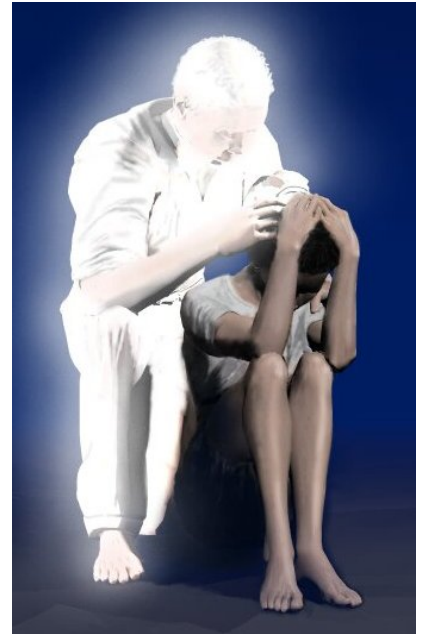
The LOVE of our HEAVENLY MOTHER and FATHER is ALWAYS AVAILABLE to ALL:

There is no exception. Not matter how dark, desperate and degraded one may feel, should you longingly desire to receive our Mother and Father's Love, the Love will come to you.

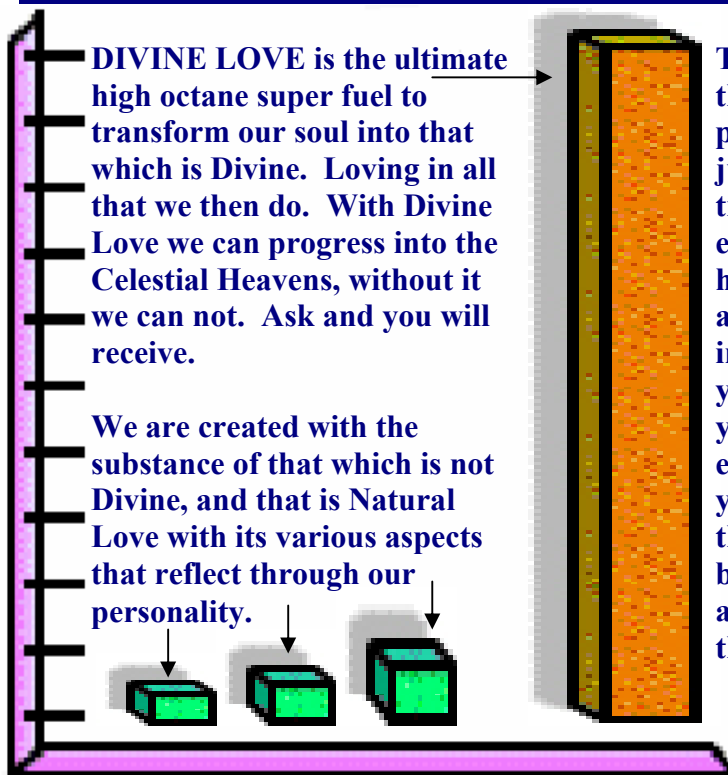
As you receive a little of the Love, the ultimate high octane super fuel, you will find a little of the trauma and drama that presently surrounds your life experience dissolve. Little by little as you ask and receive the Love your life experience will improve.

No other substance or practice will achieve this.

The Love is the greatest gift in the entire universe and it is there for you to use your free will and ask for it. It is never thrust upon you. You need to use your free will and ask for it. It will never be refused from you when ever you ask for this Love, our Mother and Father's Divine substance. It is that simple, just ask.



DIVINE LOVE being AVAILABLE is our SALVATION:

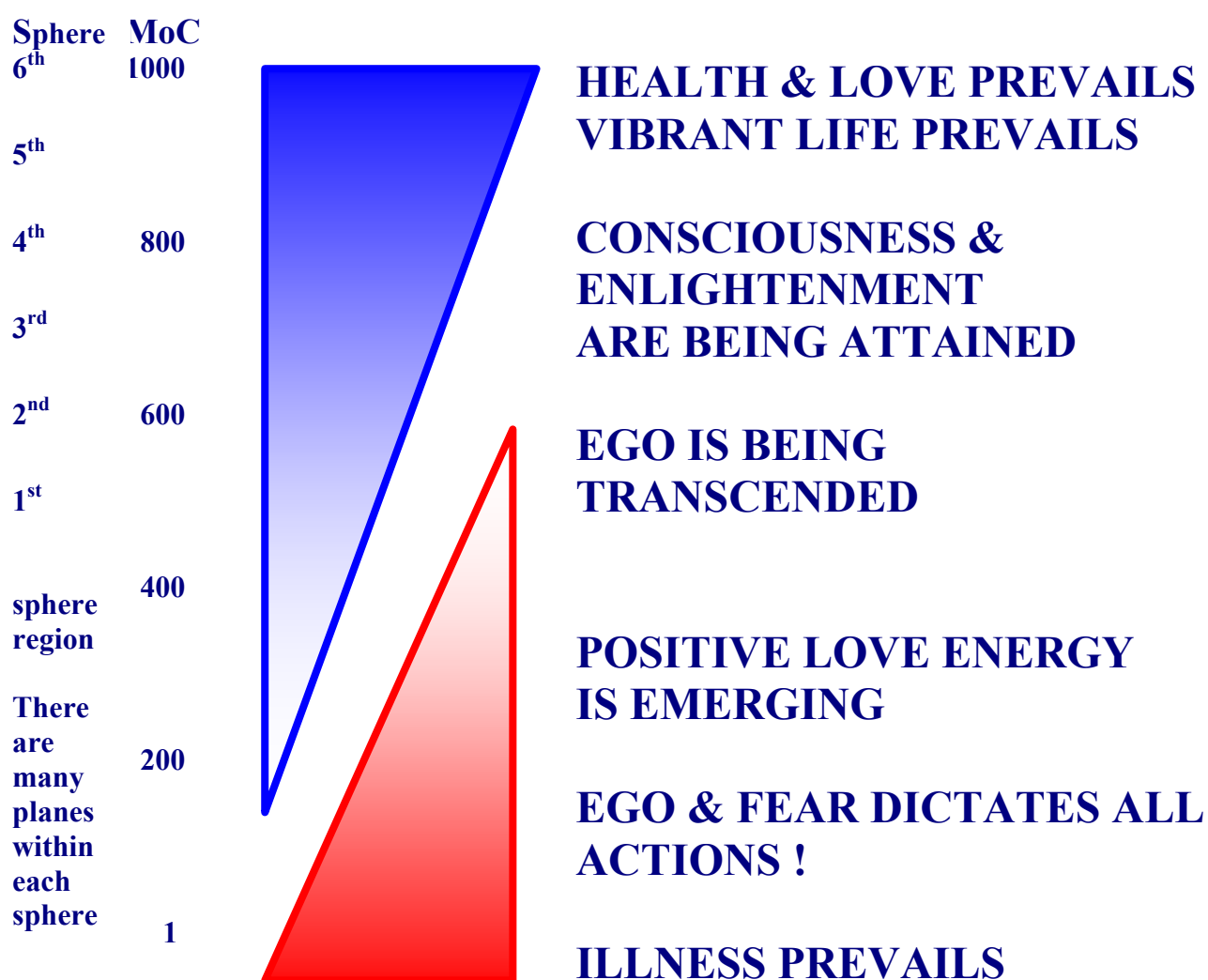


The Divine Love is far more powerful than the natural love. If I would have to put a number on how much stronger, just so you can understand what I'm trying to say, I would say 10 or maybe even 100 times. Of course this is purely hypothetical because natural love is only a derivative of Divine Love so it is almost impossible to compare them this way. If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

John (Apostle) 19 January 2015

“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.



MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

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

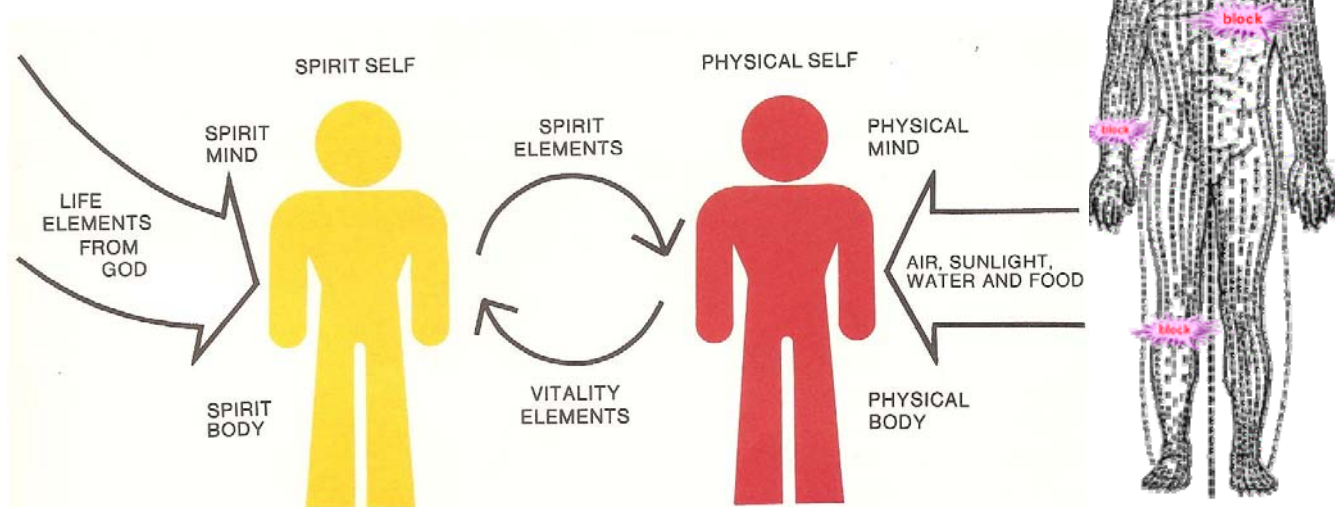
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

WORRY or No WORRIES:**No Worries!**

All your worries, and by this I mean your causes of worry, may be taken from your conscious self if you will only seek for and obtain, which you certainly can do, this Love of the Father. It is astonishing how efficacious it is to cause the worries and troubles to disappear. They, as you may know, are very largely a matter of the mind and while in a certain sense they are real, yet the mind or its condition is the real cause of the realization of the worries.

And consider for a moment the fact that the indulging in these worries does not in one particular remove the material causes of the worry, and does not in any manner bring relief from the troubles. No matter how much you may allow your mind to dwell on these things, and how intensely you may worry, the cause, the material cause, remains. You may say, and it is natural to do so, that it is easy enough to advise that you should not let these inconvenient things cause you to worry, but when you come to the practical experience and are the sufferer from these conditions, it is not so easy to throw aside the effect of the troubles on the mind. Well, there is much truth in that, but notwithstanding, this Love that I tell you of, when living in the soul, will make even that effort easy to accomplish.

The philosophy of the phenomenon, if you may call it such, is that this Love is of such real substantial essence that it takes control of the mind and eliminates the consciousness of the reality of the causes of the worry. Now I do not want to be understood as intending to convey the idea that these material causes are not real, for I am not a Christian Scientist to that extent, but what I do mean is, that notwithstanding the real existence of these causes, the effects of this Love, and the faith that accompanies it, upon the mind which is the real cause of the worry is such that forgetfulness of these causes of worry takes the place of the constant indulging in the thoughts of their existence, and the unhappy consequence that must flow from them. The cause itself is not removed but the consciousness of their existence, for the time being, is dissipated, and to the mind that is thus influenced by the Love, these causes are, as if they were not. Of course, they are existing and facing you to some extent, but it will come to you that they are not so overwhelming and insurmountable as they would appear were this Love absent from the soul and its influence from the mind. And in addition to this, love and faith creates a confidence in the power of the Father and His willingness to help, that engenders courage, which enables the possessor of this confidence to overcome these causes of worry that he would not otherwise be able to do.



What I have said may be called the philosophy of the workings of this Love in its effective destruction of worry. But the great fact is that the Father does, as a truth, help the one who is in the condition of being possessed with this Love. His Love is real and His help is real, and the effect is to make the causes named things of unreality so far as the happiness of the object of this help is concerned. And as a truth, shown by the experience of mortals, a very large proportion of the worries and troubles that harass and cause so much unhappiness to mortals is a thing of the imagination and never realized.



Ann Rollins – Celestial Spirit

9 January 1917

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’.

KINESIOLOGY MUSCLE TESTING:**MAP of CONSCIOUSNES – MoC**

All is visible, nothing is secret with kinesiology muscle testing. When the intent is loving, the use of muscle testing can indicate if a person be predominantly immersed in a particular emotional experience. Those emotions that generally calibrate below 100, shame, guilt, apathy, grief, fear, are signature emotions associated with heavy depression and are drivers to conditions of feeling of hopelessness and a need to escape the extreme pain related to such negativities. Such kinesiology muscle testing can be considered to support a person in his/her pathway of recovery to a vibrant and fulfilling life. The process can be considered as a prudent option for those who simply will not open up to their despair. Every one can recover from the depths of the pains associated with drivers to suicide.

Note:

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

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

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

Thus the energy differentials are in fact enormous!

Levels of consciousness are always mixed: a person may operate on one level at one time and quite another level in another area of life. [In fact, we move in and out of fear, anger, guilt, etc. for either brief or extended periods. Even the levels up through unconditional love at 500 are experienced by most. But it is the percentage of time spent in each level that determines the dominant level in which one lives.]

Shame: Shamed children are cruel to animals and to each other. Later they are capable of forming vigilante groups to project their shame onto others whom they righteously attack. Serial killers have often acted out of sexual moralism with the justification of punishing "bad women". Shame produces false pride, anger, guilt.

Guilt: associated with victim hood, masochism, remorse. Unconscious guilt results in disease, accident-proneness, suicidal behaviour. Preoccupation with punishment. Guilt provokes rage. Capital punishment is an example of how killing gratifies a guilt-ridden populace.

Apathy: State of helplessness / death through passive suicide / level of homeless and derelicts / level of streets of Calcutta, abandonment of hope.

Grief: Level of sadness, mourning over the past / habitual losers / chronic gamblers / notion of being unable to replace what is lost.

Fear: Fear runs much of the world [in the enmity fearfulness is dominant emotion of 65% of the world] insecurity, vulnerable / leads to jealousy and chronically high stress level / very contagious / fearful people seek strong leaders.

Desire: Motivates vast areas of human activity. Desire for money, prestige runs lives of many who have risen above Fear. At this level of addiction / desire for sexual approval has produced an entire cosmetics and fashion industry / accumulation / greed. It is insatiable because it is an ongoing energy field. Satisfaction is impossible / frustration is assured.

Anger: Leads to either constructive or destructive action. Expressed most often in resentment and revenge. Irritable / explosive / leads to hatred.

Pride: Has enough energy to run the Marines / armies. Is a great leap forward from lower fields / is socially encouraged. Defensive / vulnerable because dependent upon external conditions. Inflated ego is vulnerable / divisive / arrogance / denial. The whole problem of denial is one of Pride.

Courage: Where productivity begins / zone of exploration / accomplishment / fortitude / determination / exciting / challenging / openness. All of this is achieved through the leap to truth / the courage to face one's flaws.

Neutrality: Release from a position or opinion / flexible / non-judgmental / realistic. Not getting one's way is less defeating or frustrating. Beginning of inner confidence. One is not driven to prove anything. Does not lead to any need to control others.

Willingness: Growth is rapid here. Willingness implies that one has overcome inner resistance to life and is committed to participation. Genuine friendliness / do not feel demeaned by service jobs. Helpful / high self-esteem / sympathetic / responsive to needs of others / resilient / self-correcting / excellent students / readily trained.

Acceptance: Major transformation takes place when one recognizes that one is the source of the experience of one's life. A full assumption of responsibility for one's self. Acceptance of life without attempting to conform situations to one's own agenda. Denial is transcended / calm / perceptive / balanced / appropriate. No interest in determining right and wrong. Self discipline / honouring of others rights / inclusive / tolerant.

Reason: Intelligence/ capable of making rapid, complex decisions and abstractions / level of science / capacity for conceptualization / deals with particulars / level of Nobel Prize winners, Einstein, Freud, etc. but ironically reason is often a block to higher states.

Love: Love is not what the media professes: emotionality / physical attraction / possessiveness/ sentimentality / control / addiction / eroticism / novelty. When lovers or marriages "break-up", they usually were based on these attitudes rather than love, which is why this kind of "love" can lead to hate. It wasn't love in the first place. Love Deals with wholes. Unconditional love is accompanied by measurable release of endorphins. Love takes no position / permanent. Only 0.04% of population lives out of this level of consciousness.

Joy: Level of saints / effortless / people with near death experiences often have reached this level of consciousness. Healing occurs. Individual will merges with Divine will.

Peace: Radiance / suspension in time and space / everything connects to everything else / no preconception. Great works of art, music and architecture, which calibrate between 600 and 700, can transport us temporarily to higher levels of consciousness.

Enlightenment: Buddha and Krishna. Jesus progressed beyond 1,000 to achieve at-onement with God whilst living on Earth. Enlightenment is a never ending process.



MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

MAP of CONSCIOUSNESS	MoC	calibrations
God, our Heavenly Mother and Father	Infinity	Location being Isle of Paradise
Celestial Heavens peak	1,500	3 rd Celestial Heaven (10 th spirit Mansion World)
Feeling Healing / Divine Love teachings	1,480 – 1,500	3 rd Celestial Heaven spirit guided
Now at one with Heavenly Parents	1,081	1 st Celestial Heaven entry at Jerusem
Feeling Healing with Divine Love	1,080	7 th Divine Love transitional sphere to Heavens
Natural Love peak	1,000	6 th spirit Mansion World peak –can't go further!
Pascas WorldCare (as a platform)	880	5 th spirit Mansion World equivalent Divine Love
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880	4 th spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings.
Koran	700	4 th spirit Mansion World equivalent.
Torah	550	First five books of the 24 books of the Tanakh.
Cookies made for Family	520	Made with love (this supports cooking shows).
Enter EITHER natural or divine pathway	500	2 nd natural love OR 3 rd Divine Love spirit world.
Peak of mind total orientation	499	1 st spirit Mansion World peak.
King James Bible (from the Greek)	475	
Roman Catholic Church	450	Church (worldwide) – mind controlled – reason.
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	
Wine or Beer	330	(in moderation!)
Roman Catholicism administration	305	As an institution in year 2004.
Tea green	300	
Humanity	212	The population of the world overall.
Vegetarianism	205	
Muesli	205	Above 200 is pro-life – positive.
Food	200	At this level and above food is life enhancing.
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Percolated Coffee / Cappuccino / etc	165	
Corn Flakes	85	
Fish (living in ocean)	20	
Bacteria	1	

POWER vs FORCE:

by David R Hawkins

At the levels **below** 200 on the Map of Consciousness (MoC), the primary impetus is survival, although at the very bottom of the scale, the zone of hopelessness and depression, even this motive is lacking. The levels of Fear and Anger are characterized by egocentric impulses arising from this drive for personal survival. At the level of Pride the survival motive may expand to comprehend the survival of others as well (armies typically function on pride). As one crosses the demarcation between negative and positive influence into Courage, the well-being of others becomes increasingly important. By the 500 level, the happiness of others emerges as the essential motivating force. The high 500s are characterized by interest in spiritual awareness for both oneself and others, and by the 600s the good of mankind and the search for enlightenment are the primary goals. From 700 to 1,000 life is dedicated to the salvation of all of humanity.

All levels below 200 are destructive of life in both the individual and society at large; all levels above 200 are constructive expressions of power. The decisive level of 200 is the fulcrum that divides the general areas of force and power. All emotions that calibrate below 200 are man-made emotions.

Levels of consciousness are always mixed; a person may operate on one level in a given area of life and on quite another level in another area. An individual's overall level of consciousness is the sum total effect of these various levels.

Energy Level 20: Shame

The level of Shame is perilously proximate to death, which may be chosen out of Shame as conscious suicide or more subtly elected by failure to take steps to prolong life. Death by avoidable accident is common here. We all have some awareness of the pain of "losing face", becoming discredited, a non-person. In Shame we hang our heads and slink away, wishing we were invisible. Banishment is a traditional accompaniment of shame, and in the primitive societies from which we all originate, banishment is equivalent to death.

Early life experience such as sexual abuse, which lead to Shame, warp the personality for a lifetime unless these issues are resolved by therapy. Shame, as Freud determined, produces neurosis. It is destructive to emotional and psychological health and, as a consequence of low self-esteem, makes one prone to the development of physical illness. The Shame-based personality is shy, withdrawn and introverted.

Shame is used as a tool of cruelty, and its victims often become themselves cruel. Shamed children are cruel to animals and cruel to each other. The behaviour of people whose consciousness is only in the 20s is dangerous. They are prone to hallucinations of an accusatory nature, as well as paranoia; some become psychotic or commit bizarre crimes.

Some Shame-based individuals compensate by perfectionism and rigidity and become driven and intolerant. Notorious examples of this are the moral extremists who form vigilante groups, projecting their own unconscious shame onto others whom they then feel justified in righteously attacking. Serial killers have often acted out of sexual moralism with the justification of punishing "bad" women.

Because it pulls down the whole level of personality, Shame results in a vulnerability to the other negative man-made emotions and, therefore, often produces false pride, anger and guilt.

Energy Level 30: Guilt

Guilt, so commonly used in our society to manipulate and punish, manifests itself in a variety of expressions such as remorse, self-recrimination, masochism, and the whole gamut of symptoms of victimhood. Unconscious guilt results in psychosomatic disease, accident-proneness and suicidal behaviours. Many people struggle with guilt their entire lives, while others desperately attempt escape by amorally denying guilt altogether.

Guilt-domination results in a preoccupation with “sin”, an unforgiving emotional attitude frequently exploited by religious demagogues, who use it for coercion and control. Such “sin-and- salvation” merchants, obsessed with punishment, are likely either acting out their own guilt or projecting it onto others.

Subcultures displaying the aberration of self-flagellation often manifest other endemic forms of cruelty, such as the public ritual killing of animals. Guilt provokes rage, and killing frequently is its expression. Capital punishment is an example of how killing gratifies a guilt-ridden populace. Our unforgiving American society, for instance, pillories its victims in the press and metes out punishments which have never been demonstrated to have any deterrent or corrective value.

Energy Level 50: Apathy

This level is characterised by poverty, despair, and hopelessness. The world and the future look bleak; pathos is the theme of life. It is a state of helplessness; its victims, needy in every way, lack not only resources, but the energy to avail themselves of what may be available. Unless external energy is supplied by care-givers, death through passive suicide can result. Without will to live, the hopeless stare blankly, unresponsive to stimuli, until eyes stop tracking and there is not enough energy left to even swallow proffered food.

This is the level of the homeless and the derelicts of society. It is also the fate of many of the aged and others who become isolated by chronic or progressive diseases. The apathetic are dependent; people in Apathy are “heavy” and are felt as a burden by those around them.

Too often society lacks sufficient motivation to be of any real help to cultures, as well as individuals, at this level, who are seen as drains of resources. This is the level of the streets of Calcutta where only the saintly such as Mother Teresa and her followers dare to tread. It is the level of the abandonment of hope, and few have the courage to really look in its face.

Energy Level 75: Grief

This is the level of sadness, loss, and despondency. Most of us have experienced it for periods of time, but those who remain at this level live a life of constant regret and depression. This is the level of mourning, bereavement and remorse about the past. It is also the level of habitual losers and those chronic gamblers who accept failure as part of their life style, often resulting in loss of jobs, friends, family, and opportunity, as well as money and health.

Major losses in early life make one later vulnerable to passive acceptance of grief as though sorrow were the price of life. In Grief one sees sadness everywhere: the sadness of little children, the sadness of world conditions, the sadness of life itself. This level colours one’s entire vision of existence. Part of the syndrome of loss is the notion of the irreplaceability of what is lost or that which is symbolised.

There is a generalisation from the particular, so that the loss of a loved one is equated with the loss of love itself. At this level, such emotional losses may trigger a serious depression or death.

Though Grief is the cemetery of life, it still has more energy to it than does Apathy. Thus, when a traumatised apathetic patient / friend begins to cry, we know he is getting better. Once he/she starts to cry, he/she will eat again. (Cure By Crying by Thomas A Stone – also Pascas Care – Cure by Crying www.pascashealth.com library)

Energy Level 100: Fear

At the level of 100 there is a lot more life energy available; fear of danger is healthy. Fear runs much of the world, spurring on endless activity. Fear of enemies, fear of old age or death, fear of rejection and a multitude of social fears are basic motivators in most people's lives.

From the viewpoint of this level, the world looks hazardous, full of traps and threats. Fear is the favoured official tool for control by oppressive totalitarian agencies, and insecurity is the stock-in-trade of major manipulators of the marketplace. The media and advertising play to Fear to increase market share.

The proliferation of fears is as limitless as the human imagination; once Fear is one's focus, the endless events of the world feed it. Fear becomes obsessive and may take any form: fear of loss of relationship leads to jealousy and a chronically high stress level. Fearful thinking can balloon into paranoia or generate neurotic defensive structures and, because it is contagious, become a dominant social trend. Fear limits growth of the personality and leads to inhibition. Because it takes energy to rise above Fear, the oppressed are unable to reach a higher level unaided. Thus, the fearful seek strong leaders who appear to have conquered their fear to lead them out of its slavery.

Correlation of Levels of Consciousness – Soul Condition – and Society Problems

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

COMMENT

Personal issues that a friend may be facing that underlay his/her desire to suicide will typically be layered and various. Kinesiology muscle testing can readily identify and/or confirm these varying aspects. The alleviation of these underlying causes through therapy will require patience, care and some time. Such treatments may often be observed as temporarily successful. Only by the friend asking for and receiving the Father's Love will progress and permanent recovery be amplified and observable.

CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One’s Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

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

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

Note: **The Map of Consciousness scale is from 1 to 1,000**
 The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
 A calibration increase of 1 point is in fact a 10 fold increase in energy.
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
 Thus the energy differentials are in fact enormous!

NATURAL LOVE or HUMANITY's ERRONEOUS EMOTIONS:

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

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

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

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

MAP OF CONSCIOUSNESS

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

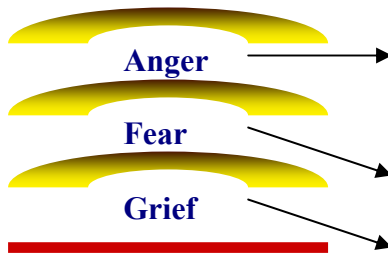
MAP OF CONSCIOUSNESS

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

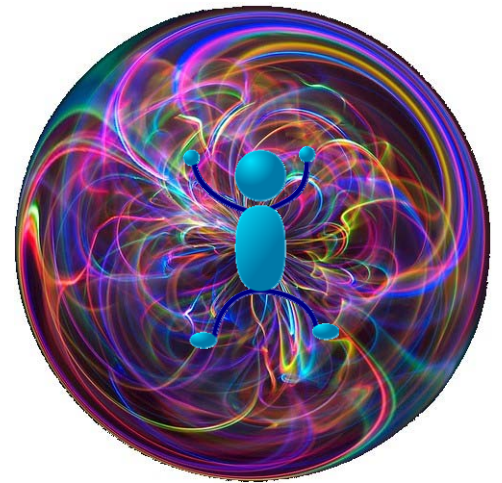
Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

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

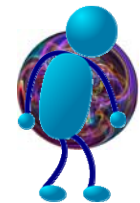
Man erroneous emotions are those calibrating 200 or lower.

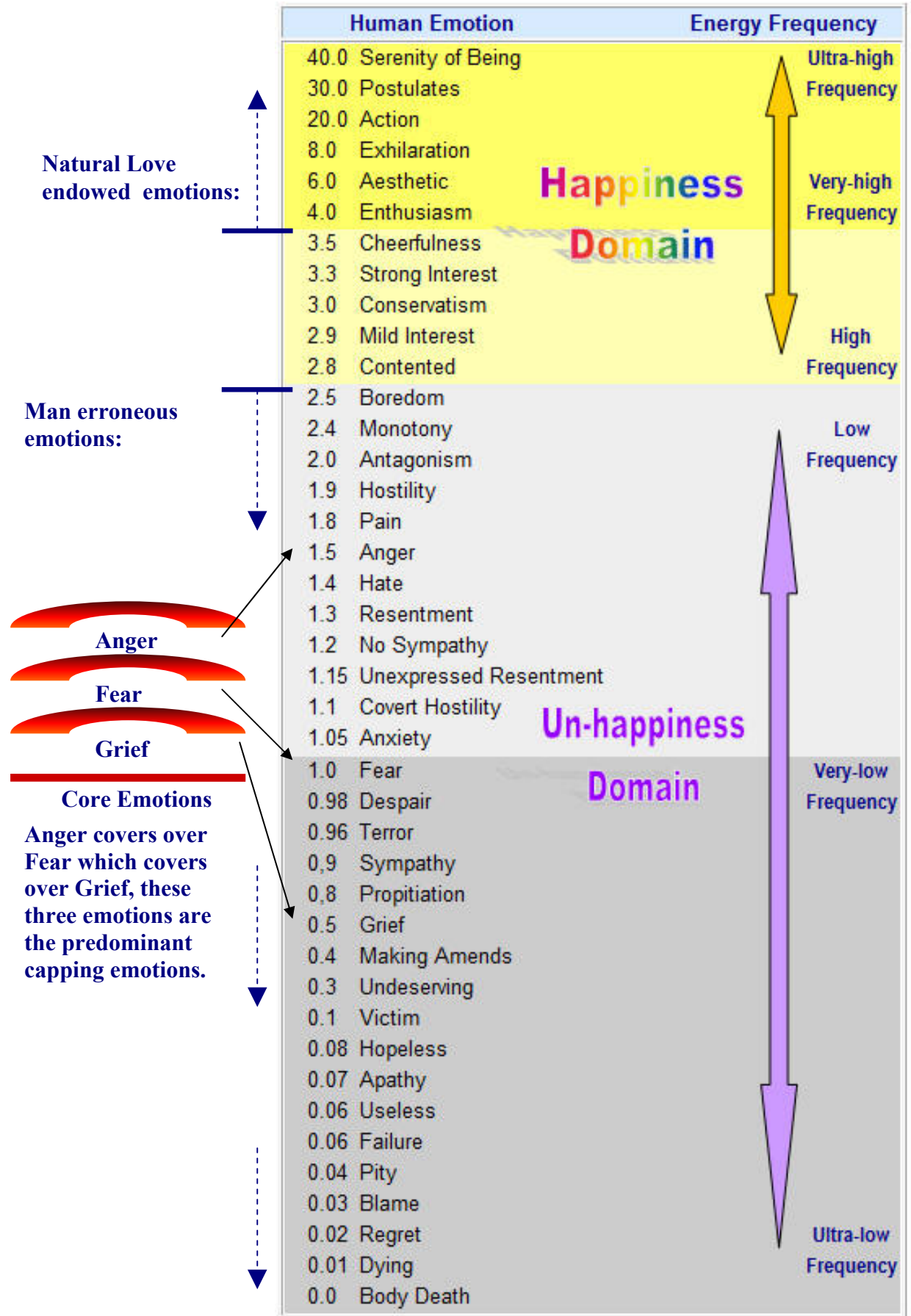


Core Emotions
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.



Soul expands as it grows in love and condition.





http://en.wikipedia.org/wiki/List_of_emotions

The HUMAINE Emotion Annotation and Representation Language (EARL) classifies the following 48 emotions.

- Negative and forceful
 - [Anger](#)
 - [Annoyance](#)
 - [Contempt](#)
 - [Disgust](#)
 - [Irritation](#)
- Negative and not in control
 - [Anxiety](#)
 - [Embarrassment](#)
 - [Fear](#)
 - [Helplessness](#)
 - [Powerlessness](#)
 - [Worry](#)
- Negative thoughts
 - [Doubt](#)
 - [Envy](#)
 - [Frustration](#)
 - [Guilt](#)
 - [Shame](#)
- Negative and positive
 - [Boredom](#)
 - [Despair](#)
 - [Disappointment](#)
 - [Hurt](#)
 - [Sadness](#)
- Agitation
 - [Stress](#)
 - [Shock](#)
 - [Tension](#)
- Positive and lively
 - [Amusement](#)
 - [Delight](#)
 - [Elation](#)
 - [Excitement](#)
 - [Happiness](#)
 - [Joy](#)
 - [Pleasure](#)
- Caring
 - [Affection](#)
 - [Empathy](#)
 - [Friendliness](#)
 - [Love](#)
- Positive thoughts
 - [Courage](#)
 - [Hope](#)
 - [Pride](#)
 - [Satisfaction](#)
 - [Trust](#)
- Quiet positive
 - [Calm](#)
 - [Content](#)
 - [Relaxed](#)
 - [Relieved](#)
 - [Serene](#)
- Reactive
 - [Interest](#)
 - [Politeness](#)
 - [Surprised](#)

Person on left is crushed by fear which has diminished the size of the soul. Our soul can appear to be reduced in size to that of a pea.



The vibrant person on the right is filled with love and life.

We have a physical body, a spirit body, and our real self which is our soul.

Actually, it is the light emanating from our spirit body – of our whole aura, including the light of our physical that is suppressed.



SUICIDE:

Suicide is a very dark place.

Dealing with your own emotions will also help the suicide.

There is always a lot of help in the spirit world for suicides.

Still speak to him or her as though he/she was still here.

Suicide is generally due to a lack of love of self.

A person who suicides, generally goes through a few basic emotions. One of those emotions is that nobody cares for me. No one loves me. My life is a mess and it is never going to look any better than this.

The suicide chose to step off, but in the moment of choice, didn't want to make the choice. A lot of people who suicide have this exact same thing. A lot of people who suicide are motivated by spirit with the same kind of emotions. In the act, itself, they want to undo the act, but often it is too late. Particularly for boys and men, because most men choose an act that is irreversible. Whereas most women choose an act that is less potentially damaging.

He/she can actually have a fulfilled relationship in the spirit world. It would be very helpful for him/her to have a discussion with spirits in the spirit world about what is possible for him/her to experience. That will help him/her disconnect with people here on Earth.

After disconnecting, he/she can reconnect in a more loving manner.

Talk to him as though he/she was still here, alive.



TRANSITION with or without the GIFT of our MOTHER and FATHER'S LOVE:

When 'life' leaves the physical body, we can still track its presence and state and ascertain that the life of the life energy goes right on, uninterrupted. Life itself is not subject to death. If we track, via way of kinesiology muscle testing, the life energy as it leaves the body, we note that it continues on at its calibratable level, the same as before. If the ego still predominates, the soul will think it is 'located' in a specific realm in accordance with its calibratable level of consciousness. It will therefore 'find' and experience its own definition of reality in a non-physical realm.

Physical death, the first thing is that one does not really experience one's own physical death, for at the moment of the body's expiration, the experiencer / witness awareness faculty instantly and painlessly leaves the body and one immediately feels free and greatly relieved. The surprise is the discovery that one isn't dead after all, but quite alive. The former body is witnessed as not even being attractive or desirable. The reborn self now becomes entranced with its rediscovery of continuing mortality and the new potentialities to which one awakens. The body was like a cage from which one is now liberated. The body was never the source of the sense of "I" or existence but merely part of its identification with content.

Like matter and energy, life cannot be destroyed but can only change form. Thus, death is actually only the leaving of the body. The sense of identity is, however, unbroken. The state of 'me' (self) is constant and continues after it separates from the physical expiration, that is, there has to be a 'who' that goes on to other realms.

To the Spirit personality, the lessons learned in a physical life are important to spiritual evolution, yet embodiment is only an episode.

Common to all spiritual / religious avenues to the realisation of spiritual reality are:

1. Acquisition of the necessary information.
2. Spiritual practice and worship.
3. Devotion and love.
4. Selfless service.
5. Prayer, meditation, and contemplation.
6. Association with spiritual groups and teachers.
7. Reverence for Divinity.
8. Practice of virtues, rejection, and avoidance of harm to others and to one's self.

The world as it is, is perfect for the advancement of human consciousness as it provides maximum opportunity for gaining positive merit and the undoing of the negative via the spiritual options of the will. To see it as such results in gratitude as well as forbearance with seemingly negative experiences that involve suffering.

There are no secrets to spiritual truths. They are feely available and transparent. Note that none of the great avatars or great spiritual teachers of history had any 'secrets'. On the contrary, they spoke freely, openly, and without restriction for the benefit of mankind.

Human consciousness evolves through learning.

Physical death is relatively nothing at all. There is a sudden leaving of the body, and life goes on re-emerging as another embodiment. Thus, this confrontation is the first and only time it will ever have to

be faced and surrendered. As one let's go, there are a few moments of dread, and the doorway opens to the Infinite Splendour and Glory that is beyond all description.

Various publications by Dr David R Hawkins

Life and love ever after

Shining Toward Spirit by Zara Borthwich and Nicholas Arnold

Message 240

14 Nov 2014 to 14 Mar 2015

My name is Kristy. I know that there are terrible and sad things that happen in human life but here there is life! Life and Love ever after. My human life was a tragic ending but that has passed me now. I have a whole new life with the Divine Immortal Love and, don't think me hard when I say this but human life isn't everything that people alone have made it out to be! Most people don't know about the Divine Love so they feel singular. The Love is present for you as it is here for me. If you know about the Love, whilst on Earth, there is no reason why you can't embrace it. It means so much to the soul, the soul that you have always been, and the soul you will always be there where you are and eventually here where I am.

There I said it, all my love, Kristy.

The Love never runs dry

Shining Toward Spirit by Zara Borthwich and Nicholas Arnold

Message 249

14 Nov 2014 to 14 Mar 2015

When you are aware of the Love, you can see the difference between those who are unaware of this Love and what a contrasting difference it is! Here, in the spirit word, it is really evident. I lived here without this awareness a long time, how silly I was. Now that I am with the Love I thank the Soul God and the Celestial teachers for how poor my spirit life would have continued to be, had I not found and embraced this Love. It's all I live for, and believe me when I tell you there is a lot to live for with the Love! There is just so much of this Love available. It is a Love present that never runs dry. When you have embraced this Love you begin to realise the sheer creative power of its originator. There is no way any finite soul could ever create such a resourceful and abundant Love that is forever in supply. I draw huge comfort knowing that I have done so little to be realised as a soul. Take a leaf out of my book or take a feather out of my soul and follow my example. Receive this Love, it is here for you and it will never run dry.

Love, always for love, Sherri.

Natural Love flow or Divine Love flow

Should we stay self-dependent and endeavour to perfect our natural love which we are originally endowed with then we need to recognise our emotional errors one by one, feel them and work to release same via our own will power. This is possible and necessary without the assistance of the Father's Love, however, the duration to achieve this requires decades of perseverance and frustration. This is typically the pathway of the most of humanity. Due to the layering and covering over of issue upon issue, as outlined within the following diagrams, the task is very significant particularly should one be so burdened that their condition has degraded to the level that suicide is being considered.

Suicide transfers all one's issues into the Spirit World. Nothing will have changed but the adding of the complications of having self-harmed.

Commence your journey of recovery and grasp the potentials of a joyful loving existence by embracing the Father's Love, it is your choice, and you are the only one that can make that choice as your free will is never imposed upon. Simply by asking for it, the Love is showered upon you.

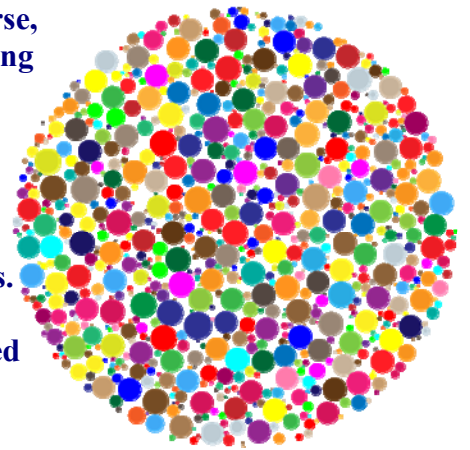
There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem, this is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.



Earth

NEBADON, our LOCAL UNIVERSE:

A Local Universe – Nebadon. One hundred constellations (about 10,000,000 inhabitable planets) constitute a local universe. Nebadon contains 3,840,101 inhabited planets.

A Constellation. One hundred systems (about 100,000 inhabitable planets) make up a constellation.

A System. The basic unit of the super-government consists of about one thousand inhabited or inhabitable worlds.



Earth is #606 in the system of Satania and is the latest to have human life. *Jerusem* is the headquarters of our local system of Satania. Thus *Jerusem* is the city to which we arrive when we fuse with our indwelling spirit having sufficient Divine Love following our Healing and enter the first of three Celestial Heavens, all being for the 1,000 physical worlds within Satania.



Salvington, in the centre of Nebadon, is the headquarters and home of our Creator Daughter and Son, the Michaels, namely Mary Magdalene and Jesus.

All descending Daughters and Sons of God have high and divine origins. They are dedicated to the descending ministry of service on the worlds and systems of time and space, there to facilitate the progress in the Paradise climb of the lowly creatures of evolutionary origin — the ascending daughters and sons of God (humanity – us). Those Daughters and Sons who come forth from the Deities on the central Isle of Light and Life are called the *Paradise Daughters and Sons of God* and embrace the following three orders: Creator Daughters and Sons – the Michaels, Magisterial Daughters and Sons – the Avonals, the Trinity Teacher Daughters and Sons – the Daynals. All three groups have Spirits of Truth, no others do.

The remaining four orders of descending daughter and sonship are known as the *Local Universe Daughters and Sons of God*: Melchizedek Daughters and Sons, Vorondadek Daughters and Sons, Lanonandek Daughters and Sons, and Life Carriers.

The chief executive of a local system (such as Satania which includes Earth) of inhabited worlds is a primary Lanonandek Daughter and Son (was the Lucifers), the System Sovereign. The Lucifer Rebellion in the system of Satania was the last and the most widespread of all. Thirty seven (37) inhabited worlds were seduced into rebelling, by following the Lucifers and their deputies, the Satans. Earth then went on to Default at the time of Eve and Adam. Later on we crucified the Creator Son, Jesus, and ignored Mary. So now we have the physical presence of an Avonal Pair. Only the Avonal Pair can take on all of our wrongness and heal themselves. It is their Spirits of Truth that we are to long to so that we, humanity – all of us – can then heal the Rebellion and Default that we have all embraced.

Partly drawn from The Urantia Book (TUB) 7 July 2018

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

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



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

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

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

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



Feelings first

OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Neadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

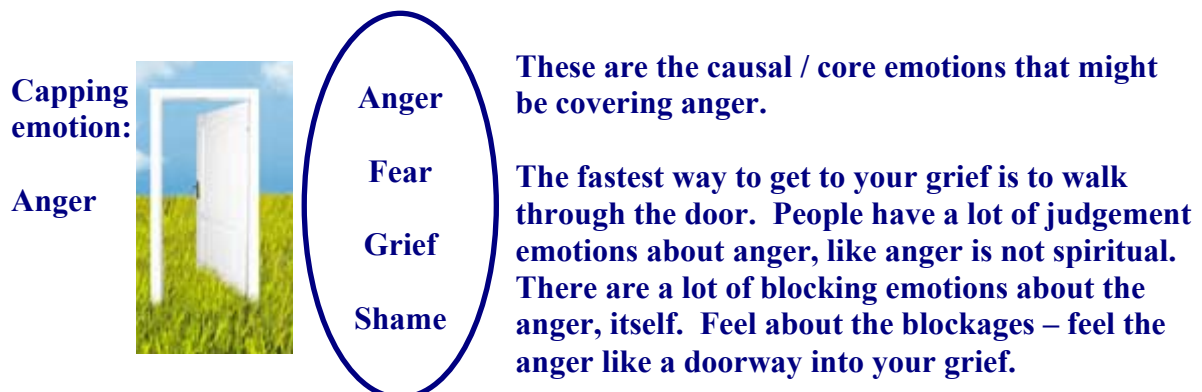
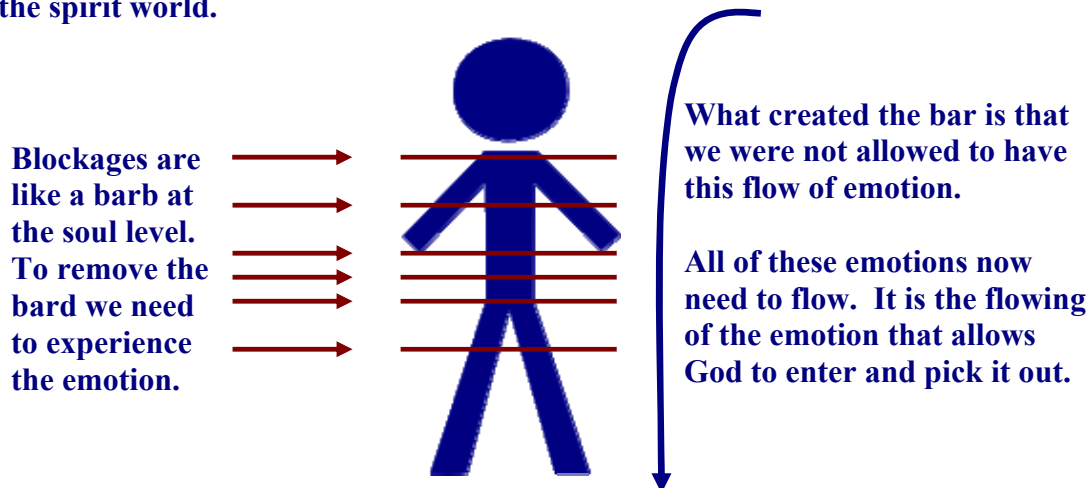
Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Neadon, our Local Universe. The regents of Neadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



NATURAL LOVE pathway towards the CLEARING of EMOTIONAL ENCRUSTMENTS:

All we need do is act in harmony with truth and love, feel all our own emotions. So those three things, humility, truth and love, if you focus on that, others cannot influence you negatively, in any long term way. But as soon as you deny the expression of any of these three things, truth, love, or owning all of your own emotions, humility, as soon as you deny that, you are leaving yourself open to their external control. External control to anyone, be they be here on Earth or in the spirit world.



God cannot help us specifically with these – anger capping emotions, except by exposing them through our Law of Attraction. God cannot take them away from us because they are our choice to retain, that is why they block, these are the things we do and retain and not deal with the underlying causes such as fear, grief, and shame.

When I feel even one little part of my causal / core emotion, my Law of Attraction will change. It will only change in the facet in which I have dealt with it. You might have dealt with the emotion of unworthiness, but you might have dealt with unworthiness in a particular situation, and you will find that situation is no longer attracted to you any more.

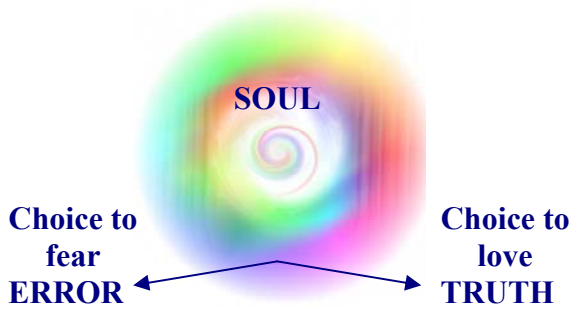
Owning your own emotions is an act of love towards yourself. Besides receiving Divine Love, it is the best way to love yourself.

Longing to the Source Soul, God for Divine Love is ultimately the best way to love yourself, and that is actually going to help you with every other thing.

LOVE	ANGER
Intent to create. Emotionally create. In a state of love, feel grief. A state of love and truth.	Want to destroy. Emotionally crush, destroy, harm others. You get angry. Hate – a state of hatred.



Your soul loves truth.
 If you are stuck emotionally,
 you are telling yourself lies.

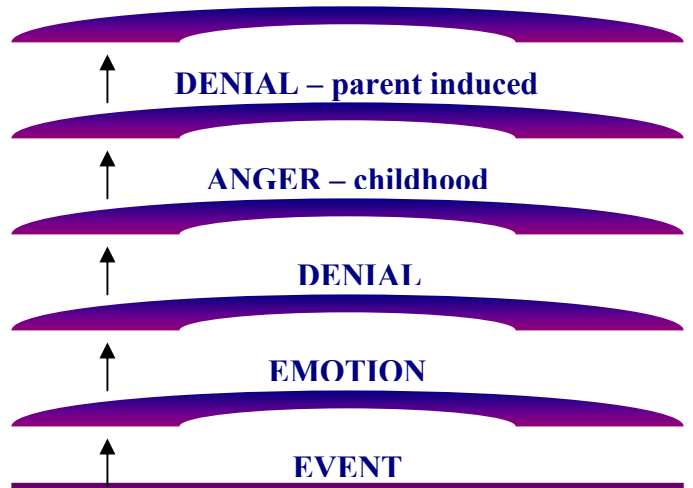


ACTION emotional
 Stay in harmony with truth.



DIVINE LOVE PATH:

- first for removal is that of denial
- then deal with emotion that comes from unexpressed anger / rage from childhood.



Underlying causal / core 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.

OH DEAR – EARLY CHILDHOOD!

We may come from a family that encouraged us to feel overly responsible through blaming or finding fault whenever things went wrong. Super-responsibility may have been seen as an asset as we grew up. The down side is that throughout life, even a trivial infraction noticed by some authority figure (parents, teachers, employers, etc.) instilled in us a sense of failure, guilt, and diminished self-worth. We developed an “Inner Critic” to protect ourselves by forestalling external criticism. Whenever our behaviour now violates a certain standard, we sink into a low state and feel guilty and worthless, instead of revising this standard or using our guilt experience for learning and improvement.

The fact that patients / friends do not believe when they are attributed with an unconscious sense of guilt. The unconscious sense of guilt may be associated with the unconscious need for punishment. The self-damaging or self-tormenting behaviours are observable and although at first patients / friends may be unconscious of the role they themselves are playing in bringing such suffering on themselves, they can often come to recognize their own unconscious agency in their misfortune when it is pointed out to them. Self-punishing behaviour is driven by a manifestation of guilt, and since conscious guilt is absent, the existence of unconscious guilt, equating with the unconscious need for punishment.

Patients / friends do not easily believe when told about the **unconscious sense of guilt**. They know well enough by what torments--the pangs of conscience--a conscious sense of guilt, a consciousness of guilt, expresses itself, and they therefore cannot admit that they could harbour exactly analogous impulses in themselves without being in the least aware of them.

The satisfaction of this unconscious sense of guilt is perhaps the most powerful bastion in the subject's (usually composite) gain from illness--in the sum of forces which struggle against his recovery and refuse to surrender his state of illness. The suffering entailed by neuroses is precisely the factor that makes them valuable to the masochistic trend. It is instructive, too, to find, contrary to all theory and expectation, that a neurosis which has defied every therapeutic effort may vanish if the subject becomes involved in the misery of an unhappy marriage, or loses all his money, or develops a dangerous organic disease. In such instances one form of suffering has been replaced by another; and we see that all that mattered was that it may be possible to maintain a certain amount of suffering.

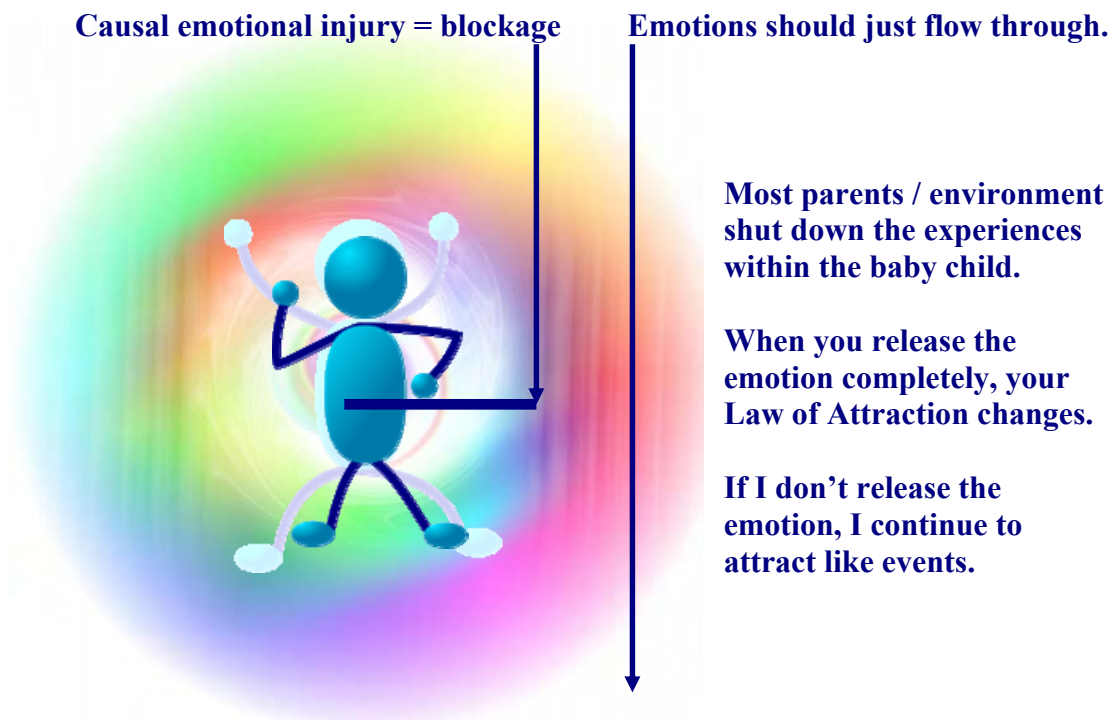
"They know only too well by what torments--the pangs of conscience--a conscious sense of guilt, a consciousness of guilt, expresses itself ..." Where an unconscious need for punishment exists the unconscious superego clearly regards the subject as culpable and, hence, as deserving of punishment. But to refer to this unconscious superego judgment and the self-punitive activity that results from it as "unconscious guilt" obscures the fact that its function is to foreclose the experience of genuine guilt as concern for and the drive to repair the damage done to the other.



Someone who does not *feel* guilty may be judged by his own or another's superego to *be* guilty; sometimes someone judged to *be* guilty also *feels* guilty; occasionally someone who *feels* guilty turns out not to *be* guilty (though, more often, while not guilty of the charges of which he accuses himself, he

turns out to be quite guilty of other crimes that are the real but hidden source of the guilt-feeling). Hence, when one encounter the term "unconscious guilt" one cannot, apart from context and often not even then, determine whether what is being referred to is a state of *being* guilty of which the subject is unaware, or a state of *feeling* guilty of which the subject is unconscious.

Such self-punishment serves as a defence against the process of becoming conscious of one's guilt and feeling guilty. The feeling of guilt that might accompany the state of being or being judged to be guilty is absent because this guilt-feeling is unbearable. Consequently, its development is short-circuited through mechanisms of self-torment, the pain of which is somehow preferable to unbearable guilt-feeling.



‘I had a pretty good upbringing’ in comparison to other people!

Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal / core emotions.
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of Love.



Child is triggering fear, anxiety, terror emotions.

Every thing the child does triggers emotions within the parents.

When you deal with the emotion, the child will most likely not proceed with the action.



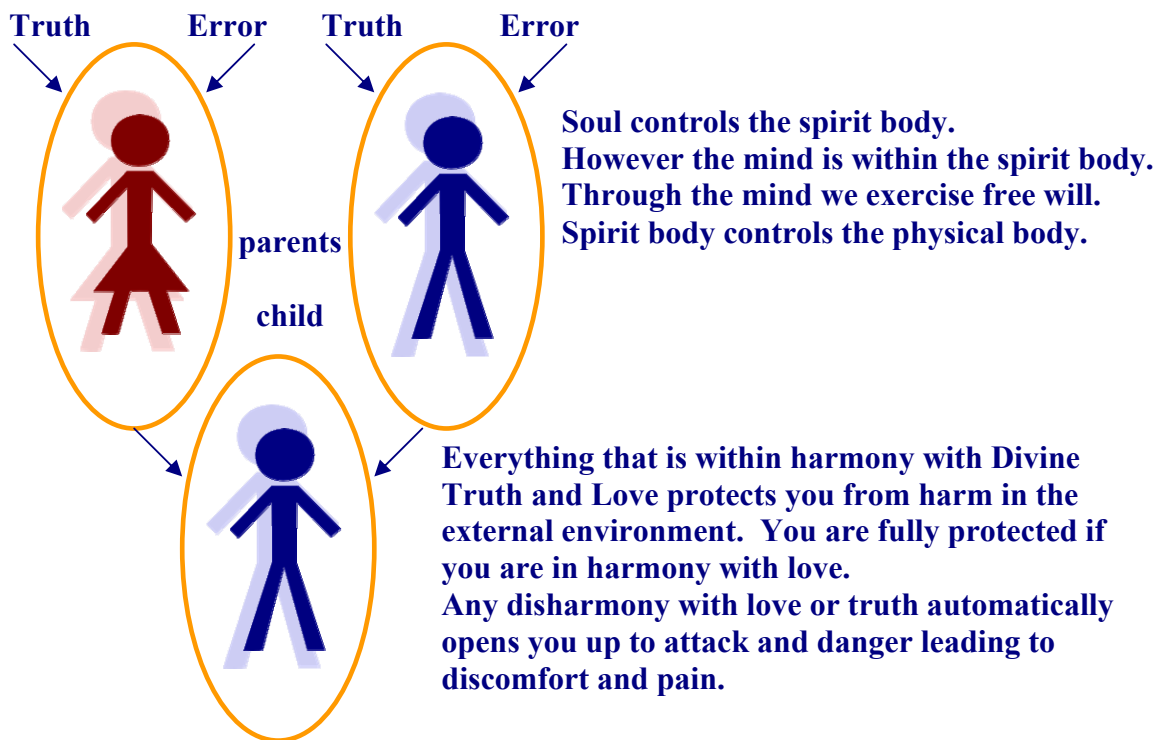
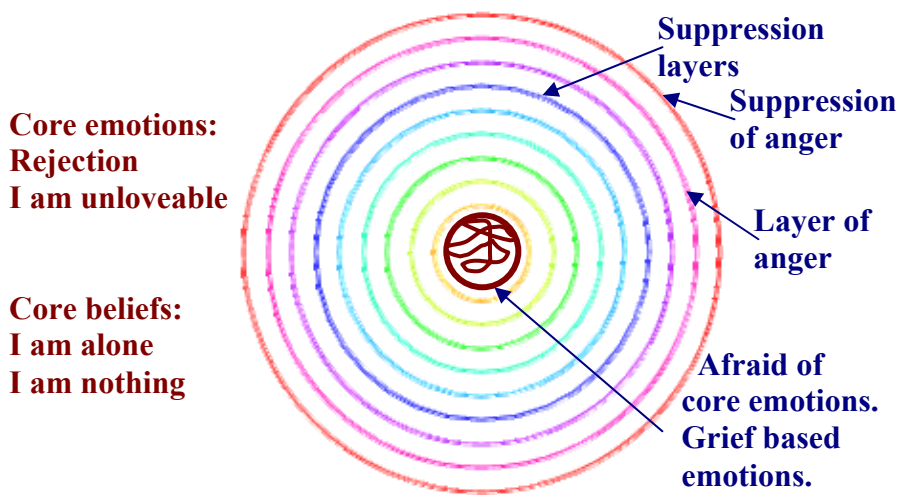
Mum = disrespected by men.

Causal emotion – but you still want to punish the child.



It is harder to feel and experience your emotions when in the spirit world. There are many more experiences that open up to you when you enter the spirit world which distract and take you away from processing your emotions, such as becoming involved with your children while they live on Earth, this you can do 24/7.





GUILT

Not a good mum!

Grief about 'love' – no one loves me. If I stop doing what they want, they wont love me. Love earns love is a false understanding.

GRIEF

Not connecting with children

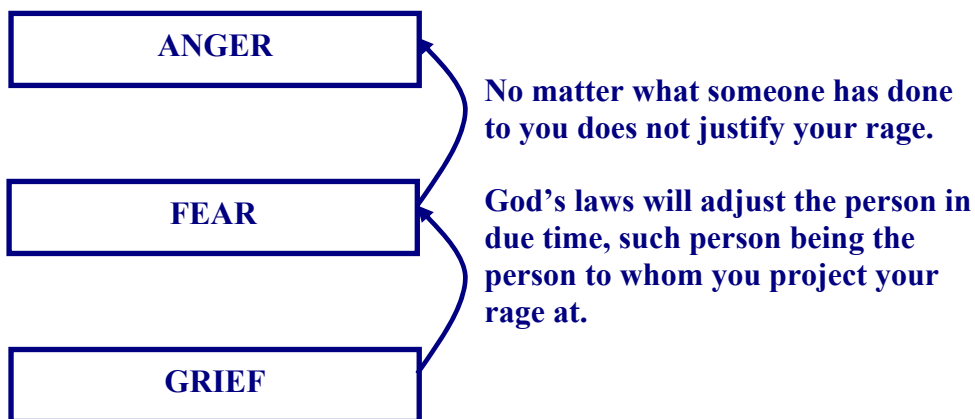
Grief as you as a child had been treated the same way as you treat your own children.

Punishment of self is just as bad as punishing someone else.
Self judgement is being angry with yourself.



The desire to get angry with others is to blame another person for your grief.

Most people are not willing to cry about how afraid they are. Once you start to cry about how afraid you are, you will start the release process. You begin to heal.



Your emotions need to be expressed and experienced, that is the only way you can release your emotions. No one can do this for you.

The Three Selves

I created

Our Facade Self

Addiction

Rejected

Parent creation

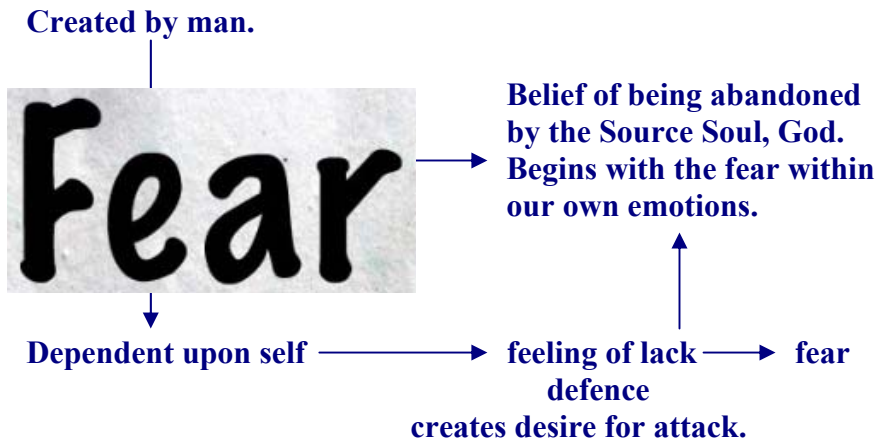
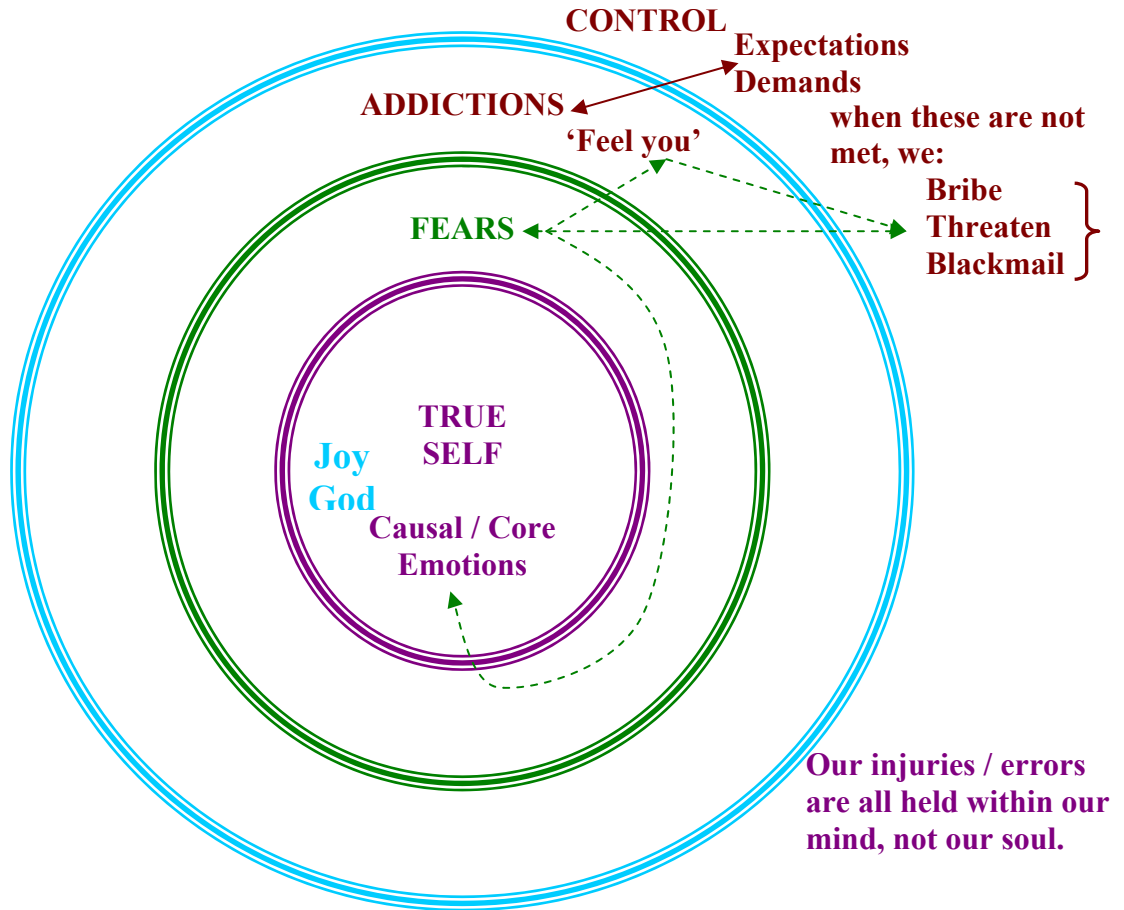
Our Injured Self

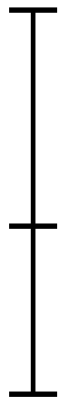
Causal / Core Emotions

God created

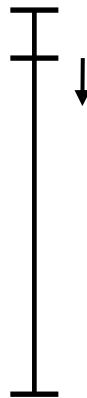
Our Real Self

No injury



DESIRE / FEAR PENDULUM:**DESIRE**

Desires need to be higher than the fear to feel the emotion.

FEAR

Reduce fear with truth.

**DESIRE NEEDS**

To enter emotions:

Pray to grow our desires.

Pray to feel truth.

Nurture feelings that are positive.

Lessen the fear that suppresses the desire.

TRUTH (all happens emotionally)

PAIN
DENIAL
ANGER
FEAR
GRIEF

RELATIONSHIPS:

I feel controlled / suppressed.

I am allowed to avoid feeling controlled / suppressed.

I am afraid of being controlled / suppressed.

I talk to the Father about my fear of controlled / suppressed.

I am allowed to feel my fear.

Express Divine Love (DL) between partners.

Focus on total responsibility.

Focus on emotion on processing / all my errors / regarding love.

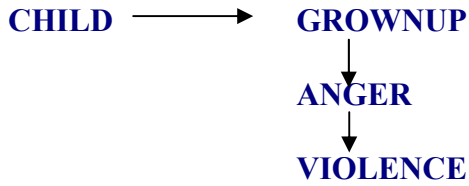
Focus on replication Father's forgiveness of all error through the Love.

Focus on Principles of Repentance and Mercy in the relationship.

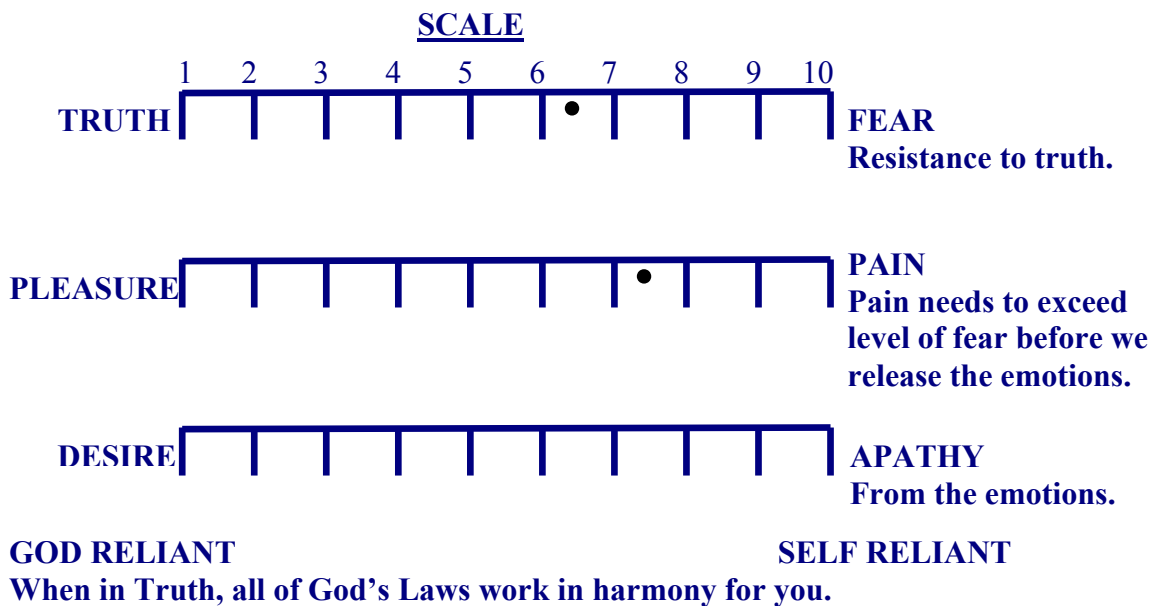


MINE! No it isn't, it is God's child. You are its caretaker and teacher.

Fear is the worst problem we have on the planet, it causes all other problems, it also causes our pain. We are even afraid of our own fear.



Is it any wonder why we have trouble feeling fear?



A lot of our fears are so childlike, that we as adults, do not want to admit that we have them.

Most of your emotions are locked up at that age, or frozen in time at the age they were created.

Let us say that at the age of three years, you had your mother yelling at you. She is this much taller than you at three years of age, and she is standing over you. You are looking up at this angry person who is red, fully captured in rage. Often, as a child we can see that as well.

We are just sitting there trembling because mum is yelling at me, we don't even hear what mum is yelling at me about. Most of the time we are just in this terrible interaction with her where we are feeling all this barrage of anger and rage coming from her. We are this little child that does not know what is going to happen next. We might get violently punished, and for many of us, we have had that happen as part of this rage.

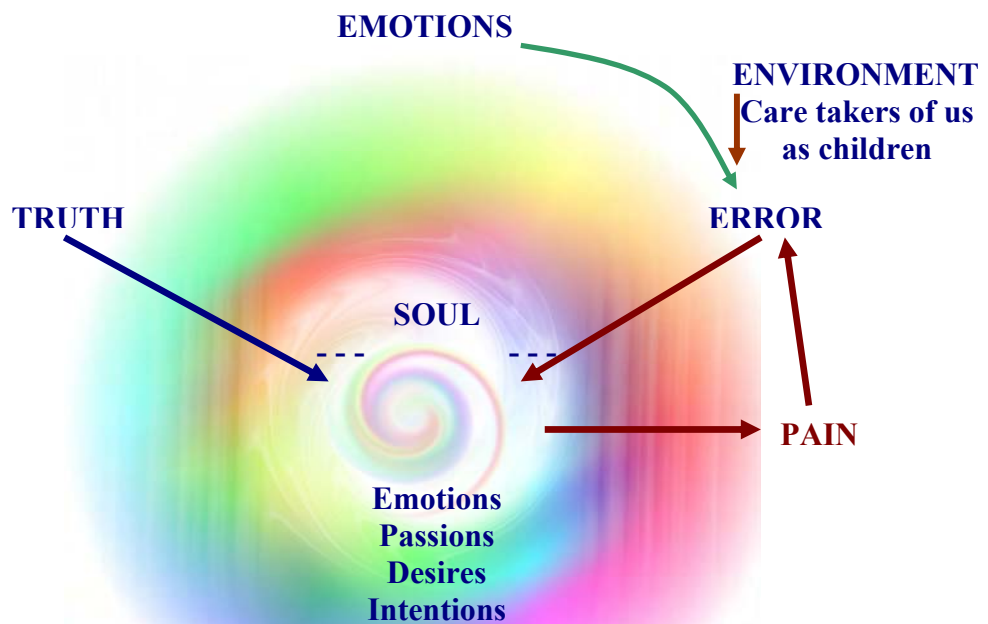
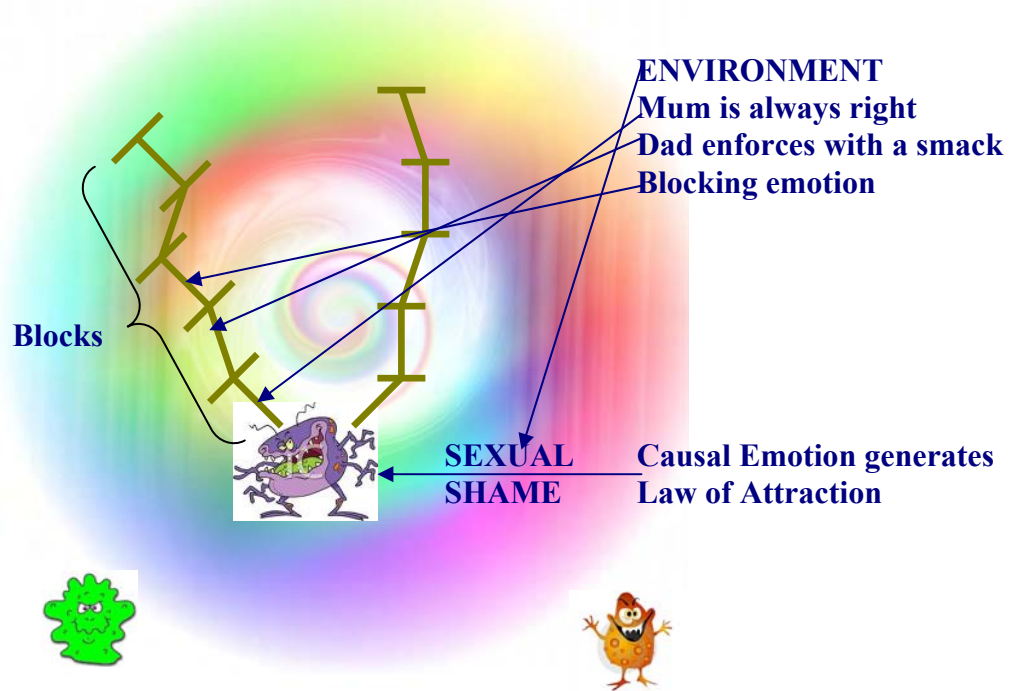
We are there as a little child feeling that emotion. Now, as a little child, if we are not allowed to experience that fear completely, it will get locked up inside of me at that age. It will be a three year old's feeling of fear.

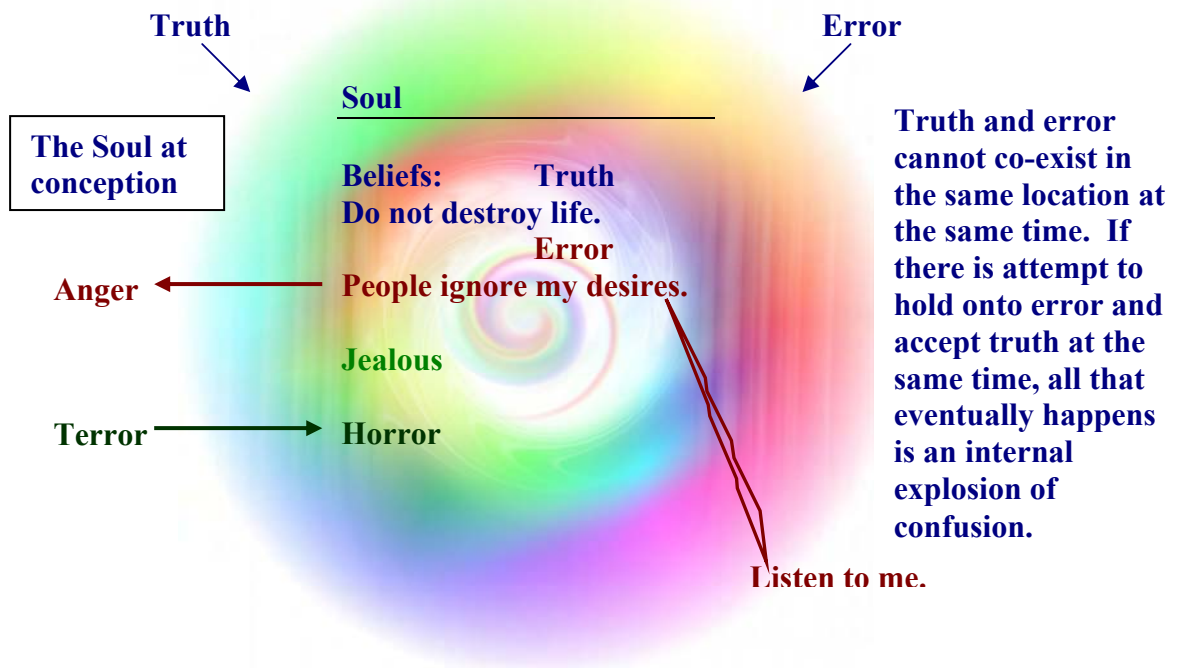
Now imagine me grown up as an adult male. Most of the women around me are shorter than me, and I have much more physical power than most of the women, and yet, when ever a woman goes into rage, I go into terror. And all I am actually doing is acting out the little three year old locked up emotion.

But for many of us, we do not want to admit that we are like a little three year old in that particular situation, and particularly with my mum who might be still alive. So whenever my mum gets angry, I go into this little three year old state, I have to do everything I can to please mum. I have got to do whatever I can to get out of this situation. So that is what I attempt to do, and so in the process of doing that, I finish up acting like a three year old and I go away all ashamed of myself because I am such a childlike person with my mum, feeling upset and judgemental about it, not understanding that actually it is the three year old's terror that I need to release. When I release that, I will feel like an adult in my interaction with women in this example.

Mind dominance / intellectual dominance in the spirit body suppress the soul. As you grow this part of the soul, you will find the same joy the child has which is the joy of experiencing everything in the manner that you go through during the experience and you come out the other end with all this intellectual knowledge, but it does not matter very much because it is the experience that is the thing you enjoyed. This is the problem when we become intellectually dominant on the Earth, we actually lose this childlike way of learning. By the time we are five years of age and we are going along to school, that childlike way of learning has been generally shut down in us quite strongly because we have had all sorts of punishment, all sorts of corrections, via our environment that we have shut down this part of our learning process. It is interesting that if we don't shut down that part of our learning process, the child can grow so rapidly that by the time they are ten, they can learn anything that any person in the university has ever learnt.

EMOTIONAL INJURIES are all held within the SPIRIT BODY MIND

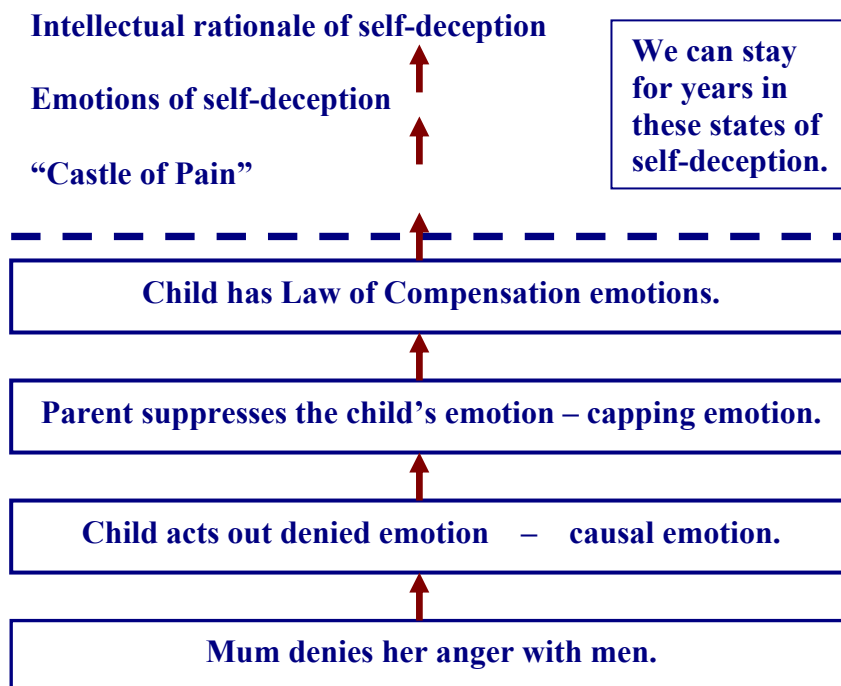




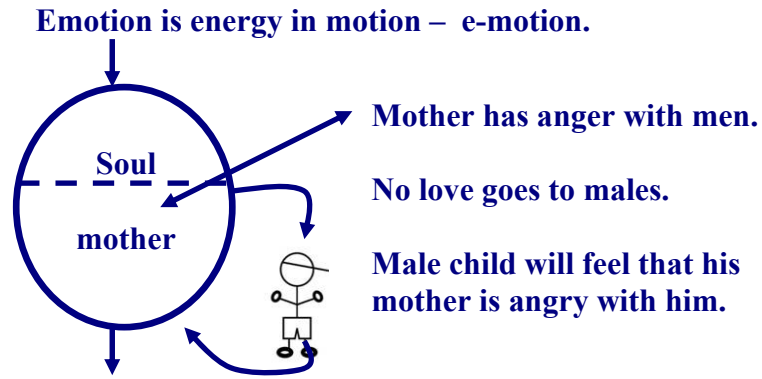
Your anger is the pathway into a deeper emotion.

When you feel that you want to feel the emotion, that is when you will feel the emotion. If you think you want to feel the emotion, but the emotion is not being felt, then you do not want to feel the emotion.

It's the emotional denial of the causal / core emotion that creates the blocking self deception emotions.



Your child is a complete reflection of the parents own denied emotions.



This is a result of the mother’s denial of this emotion. Male child will typically grow a co-dependency emotion of calming things down by complying with his mother.

Denial of emotion is the biggest thing that affects our children.

There is not a time when you are not responsible for your child’s emotions, if the emotion came from you, as parent.



As children start to make transitions into their free will, from the age of 5 to 7, progressing until their maturity, their emotions become more and more of their own.



Everything a child may be doing is a reflection of a parent’s interaction emotionally at that moment.



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

Your children are safer because of your soul condition, as your soul condition improves; the safety of your children improves.

Every suppressed and denied emotion that you, as a parent has, is experienced by the child in full.

Emotion is energy in motion – e-motion.



Anger creates more unloving things – not less.



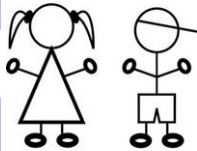
CHILD ILLNESS

DEPRESSION
total suppression of the emotions

- I'm worried:
- Fix my child
 - Visit Doctor
 - Visit Psychologist

ANGER

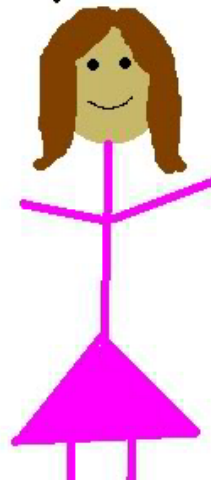
FEAR



CORE EMOTION
grief – child depression

Reality is I need to fix in me what I created in my child.

I Love you Chris



DEPRESSION
total suppression of the emotions
intellectual suppression

ANGER

FEAR

EMOTION
unloving

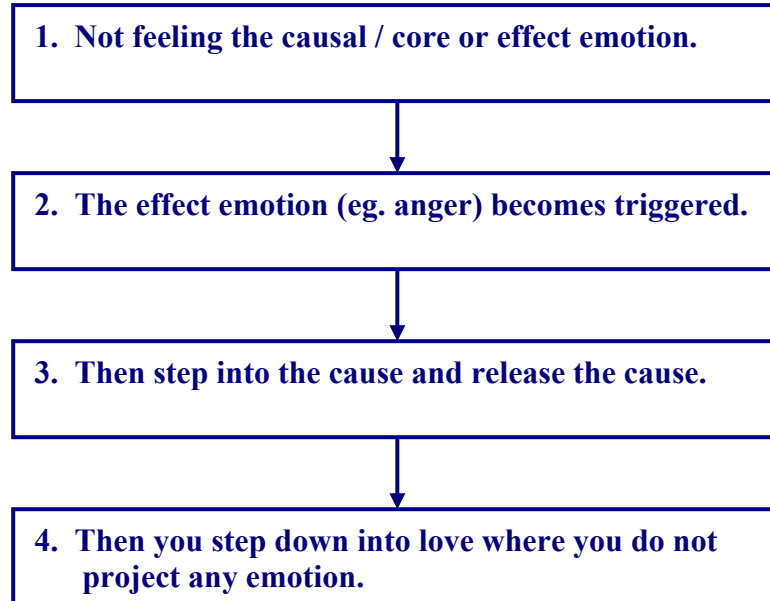


Shadow line represents the spirit body which looks much like the physical body.

Physical pain is a measure of emotional denial. Pain is telling me when I am unloving. Suppressed emotion causes blockages in spirit body that will start physical problems.



STATES



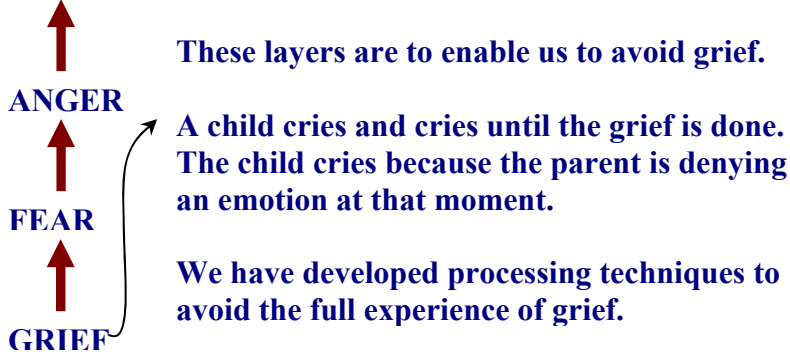
Depression is suppression of anger.

The truth will set you free

**THE TRUTH WILL SET YOU FREE
BUT 1ST - IT WILL MAKE YOU
MISERABLE**

EXPECTATIONS if not fulfilled you get **ANGRY**

TOTAL EMOTION SUPPRESSION (depression)



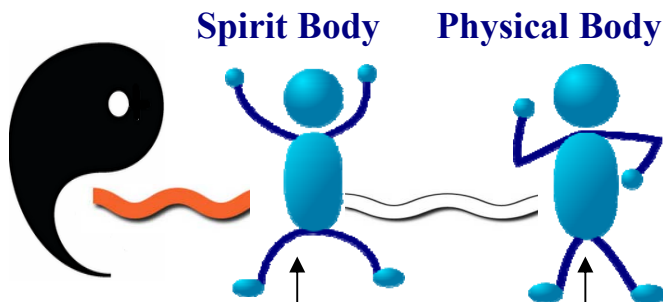
PAIN



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.

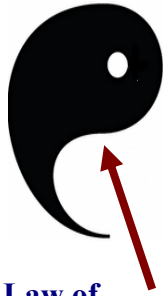
SOUL CONDITION



Therapy applied to the spirit body is energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes. If you focus on the soul, that is the most powerful tool to improve yourself.



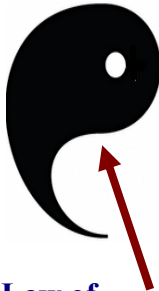
SOUL CONDITION



Law of Attraction

**Free will.
 Law of Attraction works 24 / 7.
 Everything about LoA is accurate.
 The soul attracts unpleasant events in line with your LoA.
 In the spirit world, all the people of a certain condition of love all reside in the same location. They are attracted to the same location as it creates harmony even if they are all murderers – relative harmony.
 Your LoA causes your joys to be increased – both for loving and unloving acts.
 Thoughts are LoA – consider them.**

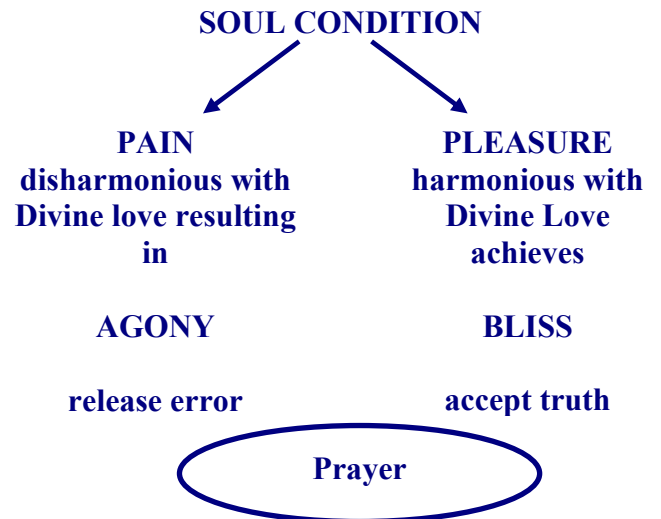
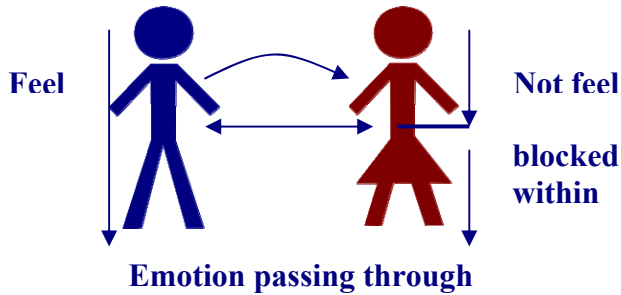
SOUL



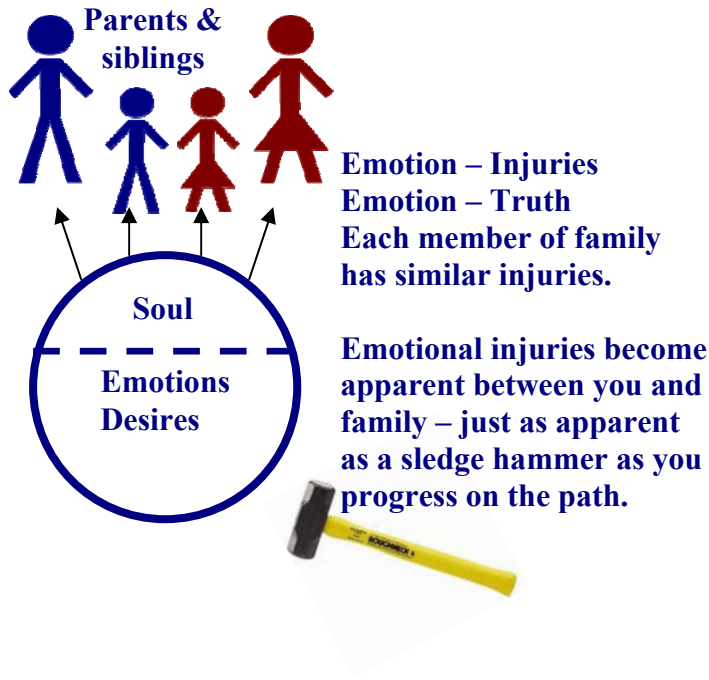
Law of Attraction

**Your Law of Attraction operates to intensify the emotions so that you will experience them.
 Many physical ailments are the result of held emotional errors and beliefs from childhood experiences. Such illnesses can be alleviated by parents changing their soul condition.**

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



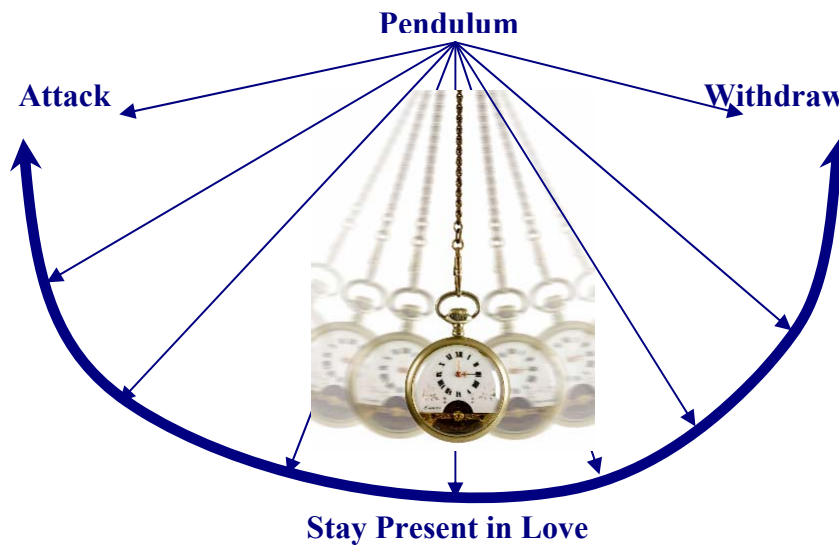
**Prayer is developing a desire or longing for our Heavenly Parent's love to enter you.
 Talk to God about your pains and pleasures.**



DEPRESSION

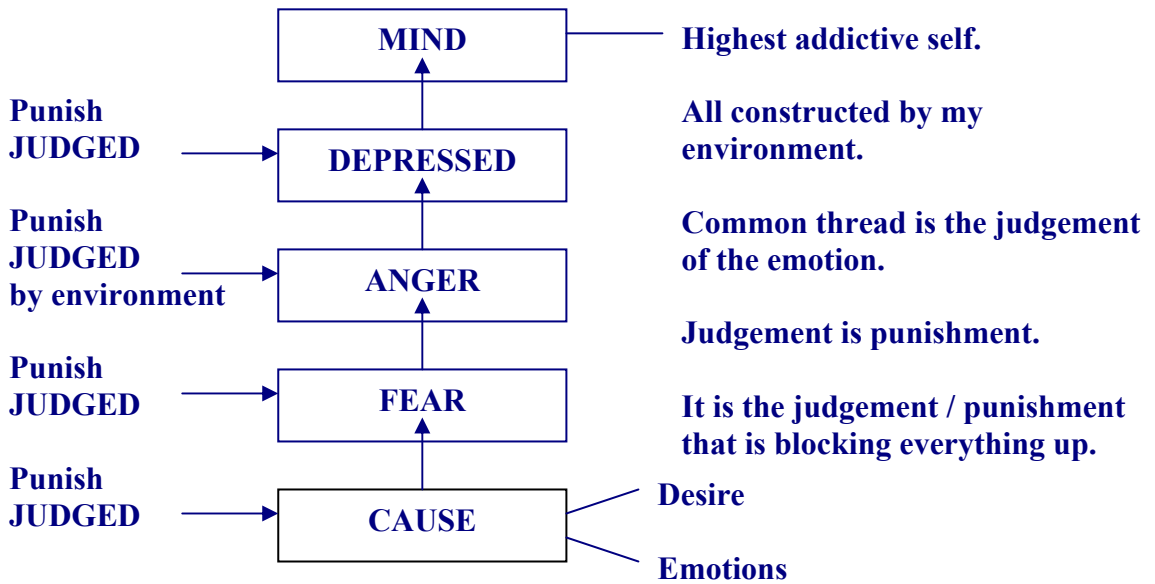
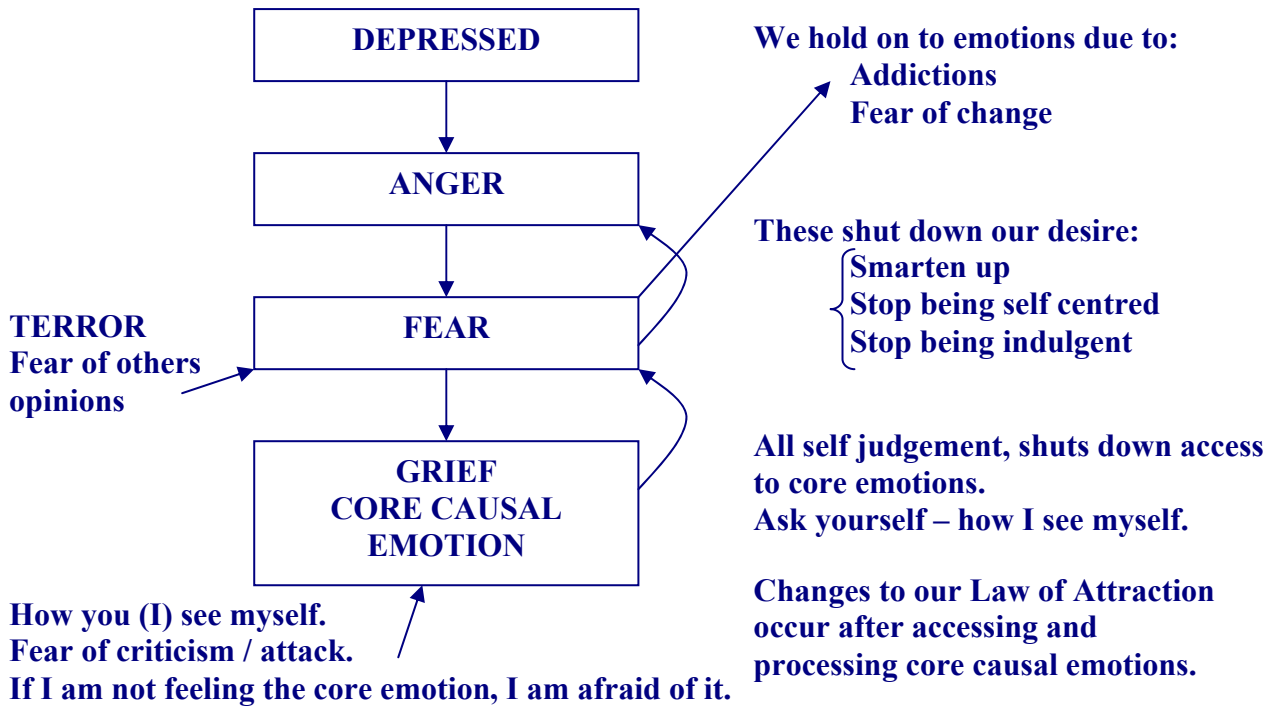
↓
ANGER
↓
FEAR
↓
GREIF

Expecting people to treat me lovingly is an unloving expectation.



When members of the family attack you, you respond in one of three different main ways.

PASCAS PAPERS



Punish / judgement is based on rewards.

The punishment / judgement comes from your parents and environment.

Everyone of us have unexperienced childhood emotions that we have frozen in time inside of us, because we were not allowed to express them at the time we had them.

You think, how many of us were allowed to cry completely, to completely cry right the way through. How many of us were told if you cry anymore, I will give you something to cry about. Don't you think that shut down the crying?

The threat of punishment is going to shut down the crying.

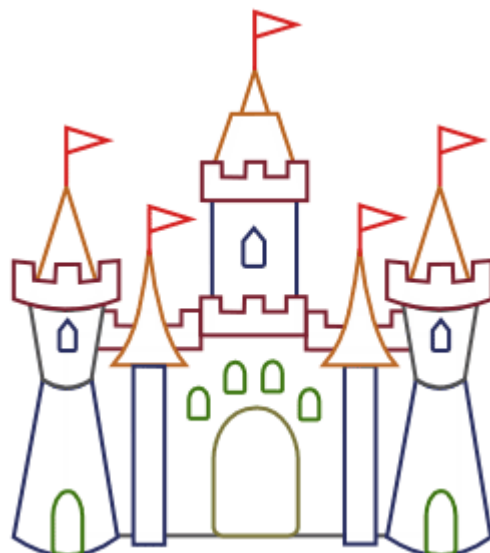
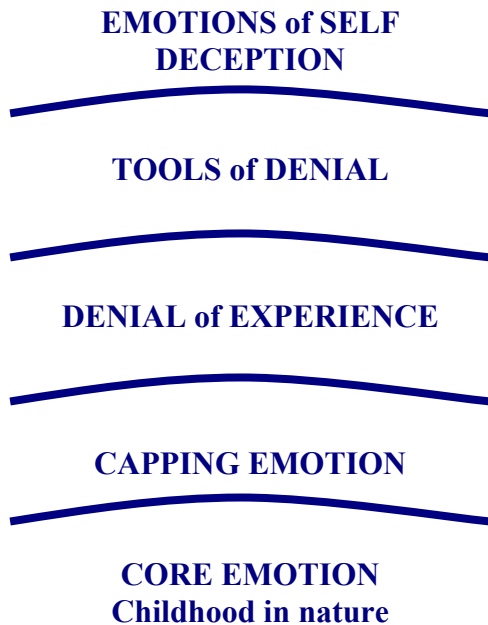
That is a childhood emotion frozen in time. Every time I wanted to cry, I had to pass through this intellectual filter, 'I'll get punished if I cry too much.' So I only cried a little, enough I could get away with, but not too much.

The problem is that there might have been an event, like breaking my leg, and I needed to cry for an hour or more, but I was only allowed to cry for five minutes.

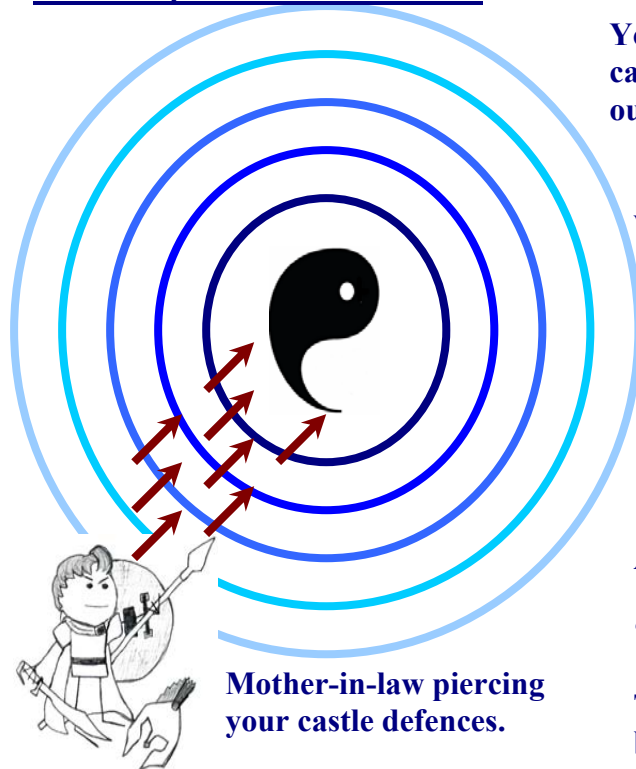
So what is happening to the energy of the other fifty five minutes?

It is all suppressed, it is all inside of yourself, it is all within your soul waiting to come out.

Everything that you have suppressed is based around a fear that is under the control of your free will. All you have to do is address your fear and the suppressed memories will automatically appear.



CASTLE protected EMOTIONS



You protect your soul condition by building a castle around your soul with multiple lines of outer defences.

When your castle is attacked, you:

1. Resonate with it.
2. Project
 - Anger / annoyance
 - Withdraw
 - 'Love it away' all avoidance steps
 - Blame, judgement, etc.

Allow the trigger to trigger us emotionally.



'Unworthy to be heard by a man / woman.'



Trigger exposes causal / core emotion (issue being from your childhood).

You are masters of your destiny, you create your own future – a Divine Truth. It is your soul condition that creates your destiny.

Step 1. Develop / grow your soul desires in harmony with love.

It is what you ask for at the soul level.

It is developing your soul condition so that you grow your soul desires in harmony with love, or more specifically, with Divine Love.

Step 2. Have faith that it is going to happen.

Step 3. Receive – accept it. Often it is not in the appearance you anticipated.

If you are humble, you will accept it under what ever guise it comes.

“Every day is a day of devotion.”

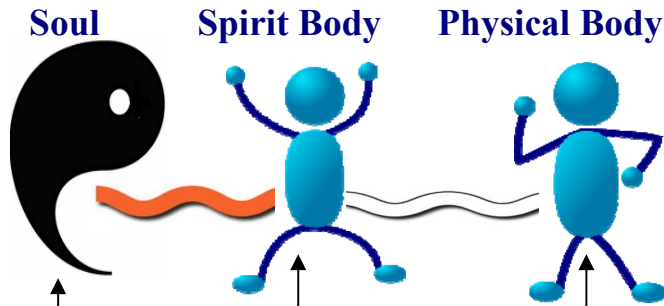
Please Mother and Father, may I receive Your LOVE.

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

Our salvation IS the embracement of the Feeling Healing process with Divine Love.

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

HIERARCHY of HEALING SYSTEMS



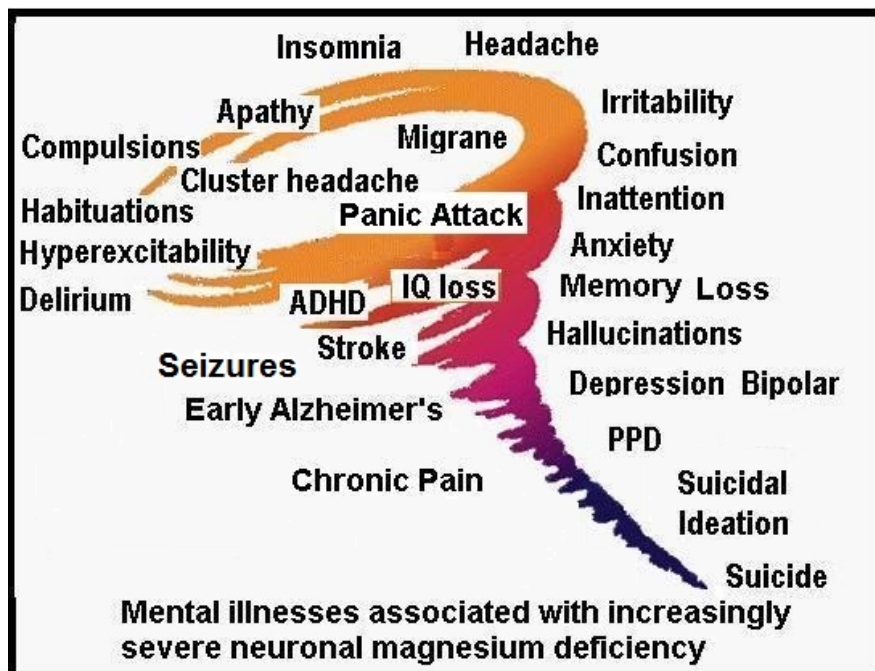
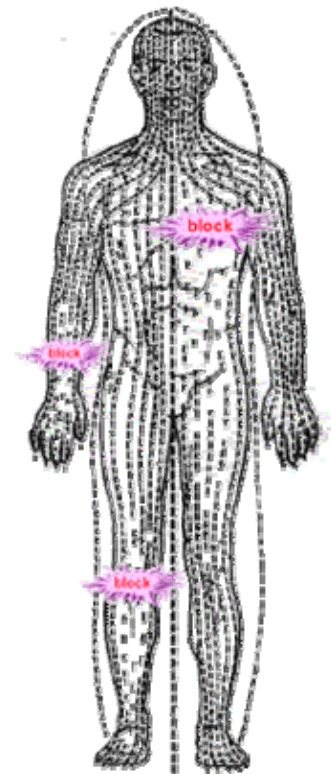
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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 via an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores 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. Ask for the Father's Love.



QUALITIES of DIVINE TRUTH:

- Divine Truth is infinite, ‘If I connect with the Parents then all this truth can become mine.’ If I understand that God’s truth is infinite, then I will enjoy my Law of Attraction, my Law of Attraction is God’s messenger for me.
- Divine Truth is absolute; of itself, a thing apart, and admits of no variations or modifications. We can connect with Mary and Jesus’ Spirits of Truth.
- Divine Truth is fully harmonious with Divine Love, and love is always in perfect harmony, and without Truth, Love cannot be complete.
- Divine Truth does not and cannot compromise, even for the sake of peace.
- Divine Truth itself, with all the power and knowledge that it has as its foundation, will not compel a man to accept it against his will.
- Divine Truth will never accommodate itself to the beliefs of men, doesn’t conform to men’s belief.
- Divine Truth results in freedom by looking to the truth of one’s injuries.
- Divine Truth results in a fearless existence. Fear comes from lack of reliance on our Heavenly Parents, our Mother and Father.
- Divine Truth does not hurt anyone or anything.
- Divine Truth does not allow the lie, no matter what the price.
- The individual’s knowledge of Divine Truth is eternally progressive.
- Breaking the law of Divine Truth results in penalties, repercussions.
- Divine Truth is demonstrated by actions.
- Divine Truth is felt, it is emotional.
- Personal “truth” must be faced before Divine Truth can be found.
- Personal “truth” must be eternally progressive.

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EMOTIONS DISHARMONIOUS WITH LOVE:

- Hate
- Anger
- Fear
- Doubt
- Judgement
-



Judging yourself is not loving yourself.



Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with love and truth.

It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.

RECOVERY and on to a VIBRANT BEAUTIFUL LIFE:

With loving guidance and support, everyone can progress out of the most desperate of situations. No matter how impossible and dreadful one's predicament may be, one can recover and proceed onto a way of life that is bounteous and wonderful. Despair can be replaced with a never ending unfoldment of joy and adventure. Recovery is possible from every situation.

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

“All pain and suffering come about as a result of what we are already holding in mind. Why are some people so susceptible to pain and suffering, and for others, it is very transitory? The pain and suffering go through the surface of them but not into their core. They can get extremely upset over something, but who they really are within remains unruffled. Somehow there is a differentiation between who one is and the experience. The true Self (your pristine soul which nests within your spirit body) is totally unruffled and allows the experience to flow through the self. The upset, such as emotional conflict or whatever it happens to be, may last for hours, but the true inner Self does not even participate in the upset. That is the differential between what is one's real self and what is being experienced. It is the letting go of the habit of identifying that one is the experience. One is that in which the experiencing is happening, but one is not the experience itself.

“Near the bottom of the Map of Consciousness chart is the energy field of Guilt at calibration level 30. Prolonged and excessive guilt, for example, makes us prone to sickness, accident, injury, pain, and suffering. The view of the world that comes out of this guiltiness results in a constant habit of sin / error and suffering and brings about self-hatred. The process in consciousness is one of self-destruction arising from the self-hatred. As a result, one of the belief systems to give up is that guilt and suffering have any particular value. As we go up the energy fields, we can see that those who approach the fields of the saints and the great beings are getting closer to the Source Soul and farther from guilt, pain, and suffering. As we experience the Ultimate Reality, we go through the doors of a progressive lovingness because love increases and expands as one moves up through joy and ecstasy to a state of peace.

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

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

“As long as we resist the suffering and pain, as long as we are angry, grit our teeth, struggle against it, and try to force our will, we become further enmeshed in it. It’s like a quagmire – the more we struggle, the more entrapped we become. To move up to the higher energy field of freedom means to be released from the entrapment and become empowered. The courage to face the issue and do something about it brings empowerment.”

Healing and Recovery – Pain and Suffering by Dr David Hawkins

Clinical assistance via various modalities will anchor and strengthen one’s resolve to grow one’s soul condition, that is, move one’s emotional condition progressively up the Map of Consciousness towards and then into a loving and vibrant condition. Once one embraces these endeavours, the journey will begin. It may begin ever so slowly. That is, it may appear as if very negligible progress is being achieved. But once one starts on this journey, progress will always be coming about.

One’s soul is the substance of natural love energy. Clinical therapies of many formats are based on natural love / self reliant foundations. These platforms will steadily work one into and through negative man-made emotional issues, and the release from one’s mind of these frozen energy bastions will be achieved. This work can take you a little way on your journey and they are a beautiful adjunct to the possibilities of bringing about a joyful and vibrant life for one to experience.

The ultimate high octane super fuel to bring about a full and complete recovery from the injury of erroneous issues and experiences is the embracement of the Source Soul’s Divine Love. Whilst one continues with therapies that are available to them, in addition, consider repeatedly asking for the Father’s Love. The receiving of Divine Love is the only energy that addresses the cause of a symptom. The Love removes the cause and thus the error is dissolved. Nothing else addresses the cause. Try the experiment.



Embrace the availability of the Feeling Healing process with Divine Love, all one need do is to earnestly long for and ask for Heavenly Parent’s Love. It is an energy that surpasses all that is.

It is with this energy melding within one’s soul that Heaven on Earth is achievable.

Nothing else can bring about the joy and love we strive for.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Do not lose heart

Shining Toward Spirit by Zara Borthwich and Nicholas Arnold
 Message 285 14 Nov 2014 to 14 Mar 2015

From your own heart in a quiet and unassuming way you may be able to express to the (Mother and) Father, "I love you". This is a Truth of self and soul expression and in the great distance between the Father and yourself, your words will be echoed back to you in the Divine Love.

Your loving friend, Luke

The fulfilling of my soul condition

Shining Toward Spirit by Zara Borthwich and Nicholas Arnold
 Message 277 14 Nov 2014 to 14 Mar 2015

I know that my compensation, that required addressing in my condition, will be fulfilled when the Divine Love I have received has caused in its working, the perfection of my soul's natural attribute of love (through stimulating one to embrace one's Feeling Healing).

This is how a person or spirit knows that they have fulfilled their soul condition if any compensation is required. Any compensation caused by one's human activities will be reflected in their condition in their soul in their natural love. As soon as you begin receiving the Divine Love the soul that you have always been, begins to change. This is what this Divine Love does in its usual working: it begins transforming the soul and any block or compensation that need be addressed so that this causal /core change can be continual. If you keep receiving the Divine Love and the condition of the soul were never to change, then this would negate the very nature of the Divine Love that at its cause, causes change in the soul. This Divine Love brings about changes in the souls natural condition of love.

Because each soul begins the journey of on individualised life in a human life, the essence of this natural attribute of love and through no other means can be filtered and experienced, and in no other attribute of love does this soul transformation occur.

Understanding this will cause one to realise that it is in the soul's condition of natural love that the Divine Love acts upon this condition of natural love and so, progression begins.

Thank you, Matthew

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Our Heavenly Parents simply desire for us to ask for Their Love.

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

The FIRST HEALING CENTRE – 2,000 years ago!

Mary Magdalene and Jesus' comments on the Padgett Messages Book 2

by James Moncrief

15 May 2010

Mary asked a couple of the first women spirits who attained the Celestial spheres to come and speak to James. That is, those who were introduced to feeling into their emotions while living on Earth.

Maria was the first to speak: We had all been working on ourselves just as she has told you, by accepting our feelings, speaking about them to each other, and longing for the truth of them. Mary took us all in hand as we willingly submitted to her, and worked on ourselves as our souls sort to liberate all our repressed childhood feelings.

My name is Ryola and I was also one of the five original women to enter the Celestial spheres having commenced our healing while on Earth through the guidance of Mary. 17 May 2010

To tell you a little about myself: I am Egyptian, I met Mary (where she went to live after leaving Palestine) through other women when she lived in Egypt during her final years. Immediately I loved every thing about her. She was so wise, so compassionate and so understanding. She was never judgemental, never told any of us how we should be; was never forceful; was never overbearing, she was all-accepting, and this endeared her to us all. Quite simply, there wasn't anyone else like her and we all intuitively felt this and loved this about her. She was unique – and she still is! We felt she was special, and after much probing she confided in us, and what it was she would have us do, if it was what we wanted to do.

Mary told us of her plans, of establishing a **healing centre** as it were, for more than just helping wayward unwanted strays like we all were. She wanted to help us to help ourselves, but on a soul level as much as on the emotional, mental, spiritual and physical levels. She explained to us how all our troubles – and we had a great deal of them – all came from our early childhood, from how we were treated by our parents, which none of us disputed. And that we could help ourselves by wanting to look for the reasons why we felt so unhappy back in our early childhood, which sounded good enough, yet how were we to go back into our early childhood, a time and place that none of us wanted to revisit.

As we lived with her for some years, slowly through our every day lives, Mary helped us to understand how crucial it was for us to allow ourselves to feel all the bad things we did about ourselves, to speak to her and each other about such bad things, to listen to each other, and to look for the truth of such bad feelings, which would come in response to our being together with that intention – everything coming out of our feelings. And gradually we experienced and saw what she meant.

Mary also explained to us about the Divine Love and the effect it would have upon our soul, and so willingly we agreed to sit in prayer with her longing for it.

We didn't consider ourselves as being spiritual or wanting to live spiritually, it was just our lives, which we wanted to be better than they were. We were all in some pain having suffered many traumas through our lives, and we wanted relief from such pain. And slowly it came.

During those years with Mary, before she died, we all knew something very special was happening with us, we didn't understand the bigger picture, and none of us wanted to know it back then. We wanted to be able to bring our repressed childhood feelings out and live true, this we understood, and set our minds and will to achieve. We didn't know about the negative mind and all it entailed, that was to come as we ascended the Mansion Worlds (spirit spheres).

Expressing and living true to our feelings is the way of things, the way to make us all happy and to feel loved. And by doing so, the whole inequality between the sexes has been addressed, with men having to become followers of women, for as you have read and feel within yourself, women being the true spiritual leaders. And so we are, and so we continue to prove this in the Mansion Worlds, and one day it will happen on Earth. For the Rebellion to end, for evil to be vanquished, women will have to rightly assert themselves by living true to their feelings. And those men, such as yourself, who want this, knowing it will help them, knowing that you need women to be this way, knowing it's the true way of things, will delight in the change. But for those men who want to persist in living untrue to their feelings and in the dominate position, time will show them being passed by.

I hear you asking me: is it easier for women to do their healing? And to answer that I'd have to say, no, I don't think so, only because of how it is on Earth for men and women, it would seem so. So in a way, yes, I would say overall, it is. But it's more that men and women approach it from opposite ends of the spectrum having many different issues. And if a man, such as yourself, can allow his ego to be broken down with minimal resistance, then surely his healing will progress more swiftly than one who fights wanting to stay in control. And then for women who are now power-hungry and able to have power in your modern day, so to will they find it harder to give up their false power for humility, such as your mother and grandmother.

And as you know, in the end it doesn't matter. It's all only about the individual and their own progress in truth. And because we've all been treated so differently as little children, it's too hard to generalise, and better to avoid such things. Which is more a woman's way than a man's: to simply stay true to your own feelings, to live within the boundaries of all you feel, and not to move out into the mind where it's easier to gain power with information and intellectual understanding, all of which will be useless and of no help when it comes down to progressing in truth.

As you know, so much of what your world considers as very important and everyone should know about or be involved in, is man's doing, and all but a useless waste of time, something that succeeds in only entertaining the mind and keeping one away from one's feelings.

I am Netti

18 May 2010

I am to tell you something about what it was like for us doing our healing. It was very hard. It is very hard for everyone no matter how much time they take to do it. And as you understand the theory by experiencing it for yourself, it can't be any other way. For when you have been denied love right from the very beginning of your incarnation, and formed your beliefs and behaviour based around your feelings of feeling rejected and powerless; with it making you feel that it's incredibly unfair with you having no say in it at all, you can't but feel very hurt. And the pain of such hurt, the anger and misery, as you are experiencing, is very bad. And it's the same for all of us. Some people as you know had seemingly a more loving upbringing than others, but still it won't be as loving as it should have been, so still there will be lots of unexpressed and repressed anger, fear and hatred needing to come out, all of which will shed light on the truth: that the amount of love you did need was not forthcoming and denied you.

The great mystery that humanity is struggling to find is why it feels so bad, and why when it feels loved and thinks it is loved, it still feels bad. For I tell you, when you do feel loved, and loved founded on a true and positive mind and will, there is no room for bad feelings, you simply can't and don't feel bad, you feel loved. And there is none of this feeling so-called loved for a time, short or long, and then

feeling bad again. Once you are free, true, pure and perfect, love it is and love it will always be. And I tell you there is a huge difference. Anyone feeling loved on Earth, even the most loved feeling person, still has no idea about love and what love really feels like – what it feels like to be fully loved, by yourself and your soul-partner (soulmate).

And as you know, there is no other way to feel this love until you do your soul-healing. Not even partaking of the Divine Love will make you feel this way until you have done your healing. Nothing will make you feel fully loved until you have done your soul-healing, because nothing can. Nothing can make you feel loved when you don't fully love yourself. And you can't fully love yourself because you were not fully loved in the beginning.

Modern-day women on Earth believe they are liberated compared to women of years before, yet such liberation is false, it only being a different outworking of the negative state. Such women are no freer than anyone is or has been in the negative. And true women's liberation will only come when women start to do their feeling- or soul-healing, accepting all they feel, being able to speak about such feelings, whilst seeking and finding the truth of them. When women and men become thus liberated, then humanity will start to turn the corner for the journey home. But until that time, such 'liberated' women whilst feeling much better about having power in their lives and being able to successfully compete with men – even dominate men, will be doing even more damage to their children than what has already been done by more suppressed women. The children of such 'liberated' women, as you can now personally testify James, don't feel freer and more loved.

Goals of Pascas WorldCare are marked by our desire to:

Treat the cause rather than the symptoms; this is the focus of Pascas Care.

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

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

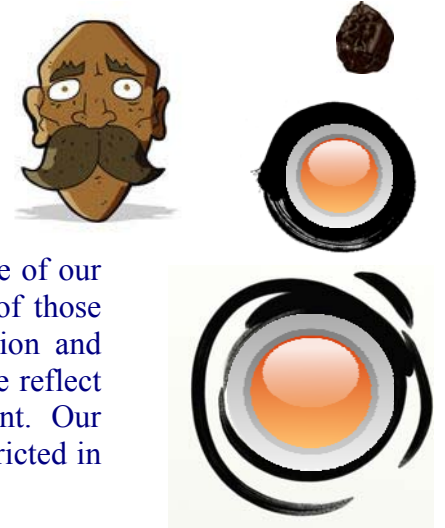
**The greatest gift for our children that we could possibly
provide is to enable for them to grow up without fear.**

Yes, a child who is free of fear is free of illness due to being loved.



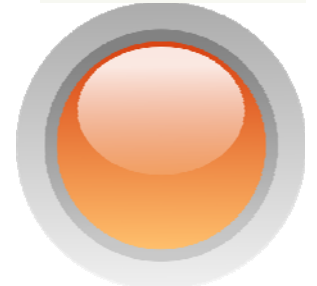
UNCRUSTING the SOUL:

Our will power, applied as strenuously as humanly possible, appears to achieve little progress in developing the loving sides of one's personality and even less progress in lifting negative and difficult character traits, but progress is achieved all be it slowly.

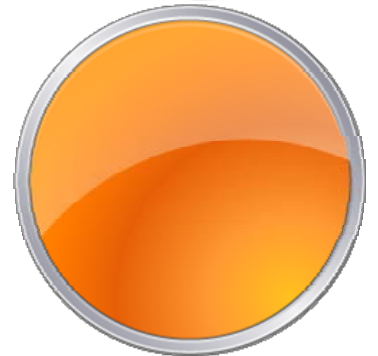


Our soul, blessed with natural love character traits and is the home of our personality, becomes rapidly encrusted by the personality issues of those within our environment, commencing from the time of conception and culminating, typically, by the time we are of the age of seven. We reflect the encrustments of our parents and of those within our environment. Our soul always remains perfect though it can become as dark and restricted in capability as a dried up garden pea, covered in error and negativity.

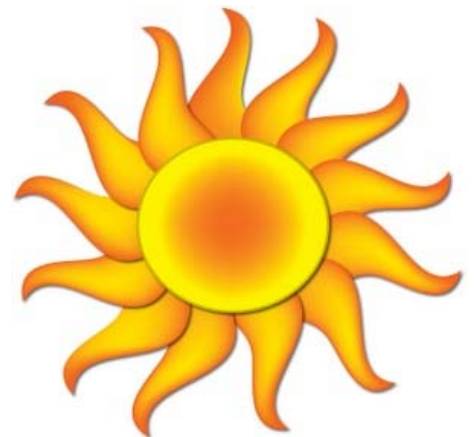
Should we earnestly and lovingly ask our Parents for Their Love, we will receive Their Love, the Divine Love, conveyed to us by the Holy Spirit, and with this Love in conjunction with one's Feeling Healing that dissolves these encrustments, these negative emotional injuries and errors, slowly but surely. This crust that has developed around our soul, our real self, will slowly be broken down and then lightened, and as it diminishes our soul begins to absorb more and more of the Love and then grows in size and vibrancy.



The Divine Love when it first comes, usually comes with very gentle feelings. As we grow in sensitivity to our errors and are penitent in addressing these issues, the Love will grow and grow in our soul thus lifting us from fear and anguish to that of a blossoming personality radiating love and joy for all within our presence. Our journey home will have commenced, never to return to times of doubt, depression, fear and harmfulness.



Enjoy the journey with the Love of your Creator and Indwelling Spirit guiding you home.



EXPONENTIAL PROGRESS:

While we remain self-reliant and unaware of the availability of the Mother’s and Father’s Love, which brings about the changes to our natural love structured soul to that which is Divine, our possible progress in development to purification of our soul is that of snail’s pace.

As our soul becomes encrusted in error and damages from childhood events, our soul becomes diminished and dark.

Our progress in development can take 100’s of years, centuries upon centuries, without embracing the Love and our Feeling Healing.

The Love with Feeling Healing is the only thing that washes away our erroneous beliefs, our harmful emotions, and the stains encrusted on our soul from the harm that we endured in childhood.

It is with this Love and Healing that errors are removed thus resolving compensation requirements, as the damage to our soul is no longer existent.

Instead of growing at a snails pace, our development starts to power along, developing exponentially as we receive more and more of the Divine Love.

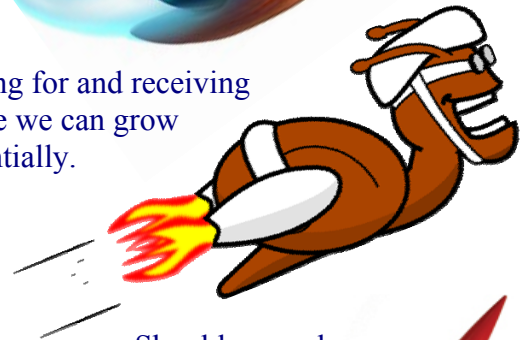
There is no greater gift in the universe than the availability of the Love. As we become more or more dependent upon the Love of our Parents our quality of life expands into wondrous beauty.

The grace of our Parents through this Love is the gift that was made available to us in the 1st century and is now being taught to us again since the 20th century.

Receiving Divine Love into our soul enables us to grow beyond the natural spheres and further towards Paradise.



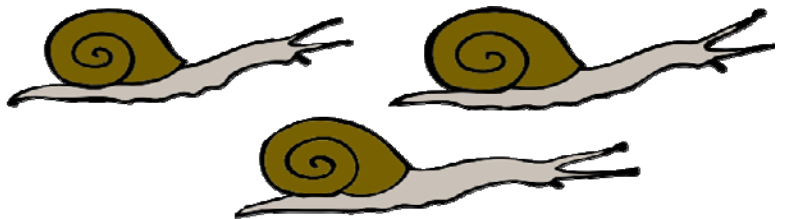
By asking for and receiving the Love we can grow exponentially.



Should we embrace Feeling Healing then our progress can rapidly be advanced.



Soul progress from within the 1st sphere in a natural love state and orientation is very tedious and sluggish.



Soul expression within the Spheres of Disharmony – hells.



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 the First Source, the Soul 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.



DIVINE LOVE:

<http://www.fcdt.org/divinelove.htm>



The words "Divine Love" have been used in many contexts to convey different meanings. But in the context of our Heavenly Mother and Father, Divine Love is the greatest gift in all the universe. It transcends all else that can assist humankind fulfil their dreams of happiness and have them resolved within themselves. God's Divine Love is the one thing in all of God's infinite universe that can bring about eternal life and everlasting happiness in the Celestial Kingdom.

What is Divine Love?

The Divine Love differs from the natural love of man with which he was endowed when created, which belongs to all humans, and which they all possess in a more or less perfect condition in this: that the Divine Love is that Love which belongs to or is a part of God, possessing Their Nature and composed of Their Substance, and which, when possessed by a human soul to a sufficient degree, makes him divine and of the nature of God.

What is the New Birth?

The New Birth is simply the effect of the flowing of this Divine Love of the Mother and Father into the soul of a man and the disappearing of everything that tends to sin and error. As the Divine Love takes possession of the soul, sin and error disappear. It, the soul, becomes of a quality like the Great Soul of the God. And with the Soul of the Heavenly Parents being Divine and immortal in Their quality of Love, so, when the soul of man becomes possessed of this quality of Love through their Feeling Healing with the Love, the soul being the man, this soul becomes divine also. Then, the image becomes the substance; the mortal becomes the immortal; and the soul of man, as to love and hope, becomes a part of the God's Divinity.

How does one receive the Divine Love?

The only way is simply this: that men shall believe with all the sincerity of their minds and souls that this great Love of our Parents is waiting to be bestowed upon each and all of them; and that when they

come to the Mother and Father in faith and earnest aspirations, this Love will not be withheld from them. And, in addition to this belief, that they pray with all the earnestness and longings of their souls for the truth of all their feelings and emotions, and also that the Father will open up their souls to the inflowing of this Love, and that then may come the Holy Spirit to them to bring this Love into their souls in such abundance that their souls may be transformed into the very Essence of the Father's Love. The soul who will thus believe and pray will never be disappointed, and the Way to the Kingdom will be his as certainly as that the sun shines by day upon the just and unjust alike.

Take the test.

Too often we are told to believe something based on what we are told. You don't have to "believe" anymore. Now you can have physical proof of the existence of God and His Love for you?

"test my teachings that the Mother and Father's Love was now available, and pray for it to the Parents in earnest prayer, and see whether, if this was done in sincerity, the Parent's Love, conveyed through the Holy Spirit, would burn and glow in the soul, by which sign they would realize Their Love was present therein." – Jesus

http://www.fcdt.org/Publications/NTRJ/ntr_1_9_22.htm

Date: June 14 and November 5, 1955

Medium:

Dr. Daniel G Samuels

Publication: New Testament Revelations of Jesus of Nazareth, p. 22

Take it to heart – earnestly pray for God's Divine Love and feel the glowing of Their Love in your soul. Jesus gave us the Prayer for Divine Love to help us in our prayers to the Mother and Father.



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'.

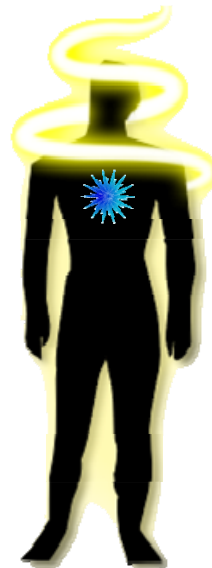
The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality 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 God in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

Jesus from the Celestial Heaven

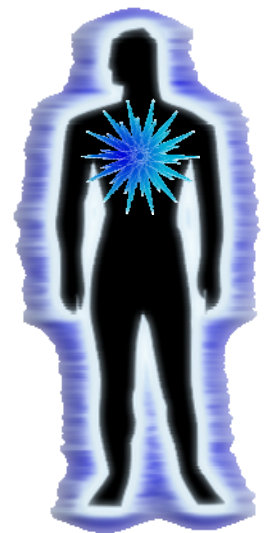
**Soul within
spirit body
prior to receiving
Divine Love.**



**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.**



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas

www.lulu.com

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of our Heavenly Parents, our Mother and Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the (Mother and) Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

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 the (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.

Message 278 Destiny

Divine Love

The Gift that keeps Giving

A general universal platform on how to experience Divine Love

As more people become aware of the *Divine Love*, how to experience the Divine Love required a need to provide a general universal platform that is simple yet an effective way for one to experience *Divine Love*. People may learn about the availability of *Divine Love* by word of mouth or from reading literature that introduces this gift for our soul, and also by participating with group dynamics where the *Divine Love* is introduced and discussed. The essence of this standard platform is its independence so that the individual may feel guided to include this simple platform in their daily life and experience of *Divine Love*.

The platform introduced here is a technique that is simple, constant, practical and has been utilised in the general public for over 20 years with good consistent results, accommodating participants and their diversity of belief and cultural background. This platform is a reliable place to begin with the experience of *Divine Love*. It needs to be confirmed that accepting *Divine Love* rests with our soul and heart and that to experience this Love will comfort one in their individual faith experience as we all aspire toward the greater reality of Love, Truth and Spirit.

A Universal Platform on How to Experience the Divine Love:

Firstly, you are aware now that you can experience the *Divine Love*.

Find a comfortable chair; sit down in a relaxed and normal position.

Close your eyes and take 3 deep single breaths in through your nose and out through your mouth to clear energy and to relax into this experience. Have a little faith and proceed without great expectations.

Gently turn your inner heart and voice to the Soul, God in faith when you feel ready, ask the Soul, God with your own loving voice for an inflowing of *Divine Love*. Having asked sincerely, there is no need to continuously ask. The Soul, God hears sincere love in the asking and so The Spirit that brings the Love acts, and *Divine Love* is now flowing.

Having asked once, you will be receiving the *Divine Love*.

Proceed without expectation on what will happen as you experience the Love.

Sometimes your mind may wander – or there are thoughts, feelings or physical sensations. Experiencing the *Divine Love* is never a forceful experience.

Continue for as long as you feel you would like to. This may be for 5 minutes or 20 minutes or an hour. Time will vary for the needs of the individual or group.

Take another few deep breaths to assist your focus. Give our love to the Soul, God and in our own voice inwardly say this Soul, God that you love this Soul and are grateful to receive this *Divine Love*.

Then when you feel ready, open your eyes and take another deep breath or two, and this closes the experience.

Some helpful hints:

- This general universal platform on how to experience the *Divine Love* is uncomplicated. Some people have utilised this platform for over 20+ years, never needing to change.
- The essence of this standard platform is to experience the *Divine Love* in a comfortable way therefore this technique needs to be simple, effective and inclusive.
- Experiencing the *Divine Love* can be a long-term experience so to have a practical, simple, functional standard platform solves a lot of problems about *how* to experience the *Divine Love*.
- From this general platform people who like prayer or meditation, reflection, spirit communication, or just being *in* and *with* the Love can extend their experience from this standard position.
- Lastly, enjoy! And know that when a person is experiencing the *Divine Love* that one is in the tender care of the Soul God, and that no spirit interference will happen, for no spirit can interfere with the Sovereignty of *Divine Love*, which is God's Alone!
- Enjoy, Celebrate and Shine!

6th June 2014 Melbourne, Australia

A gift of experience from Zara and Nicholas endorsed by many, many others.



Feelings first

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.**

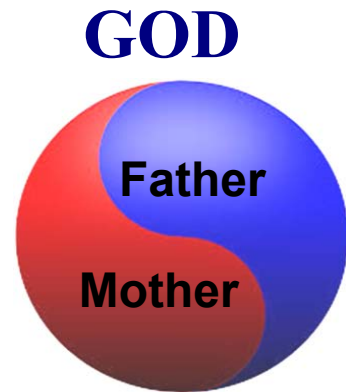
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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



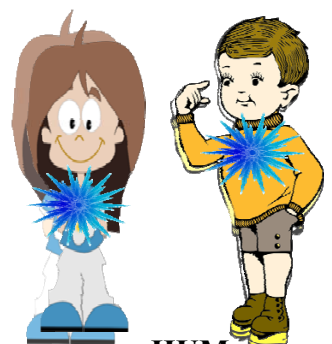
M&F



J&M



AVO

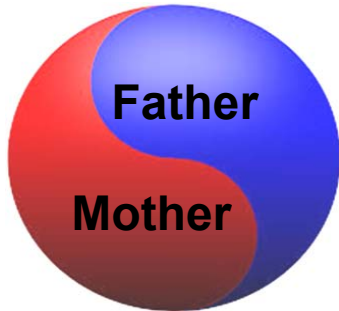


HUM



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

GOD



M&F

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

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

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



J&M

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

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



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

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

AVO



HUM

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

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

WE ARE Children of God

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.

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

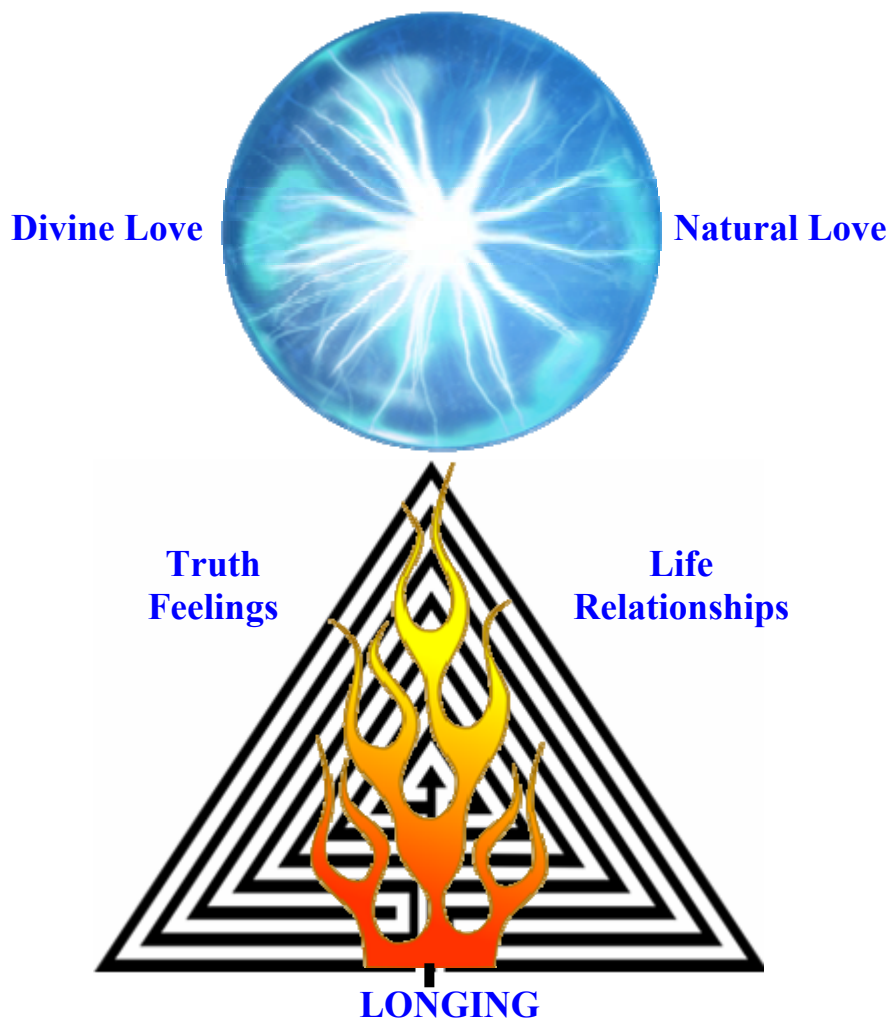
Want to understand the truth of your early life

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

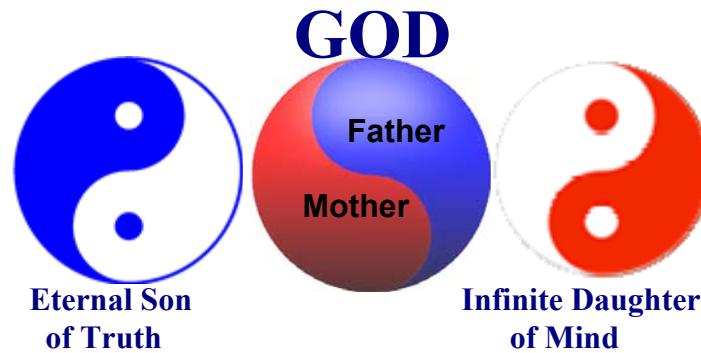
Want and long to know the whole truth of yourself

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.

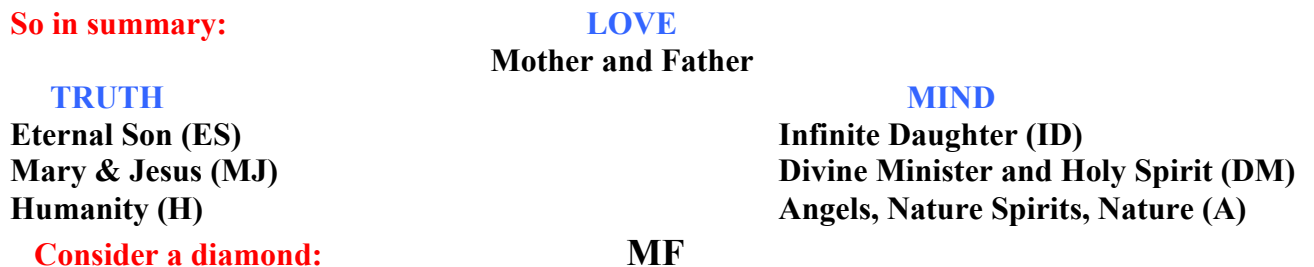
The LOCAL UNIVERSE TRINITY:

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

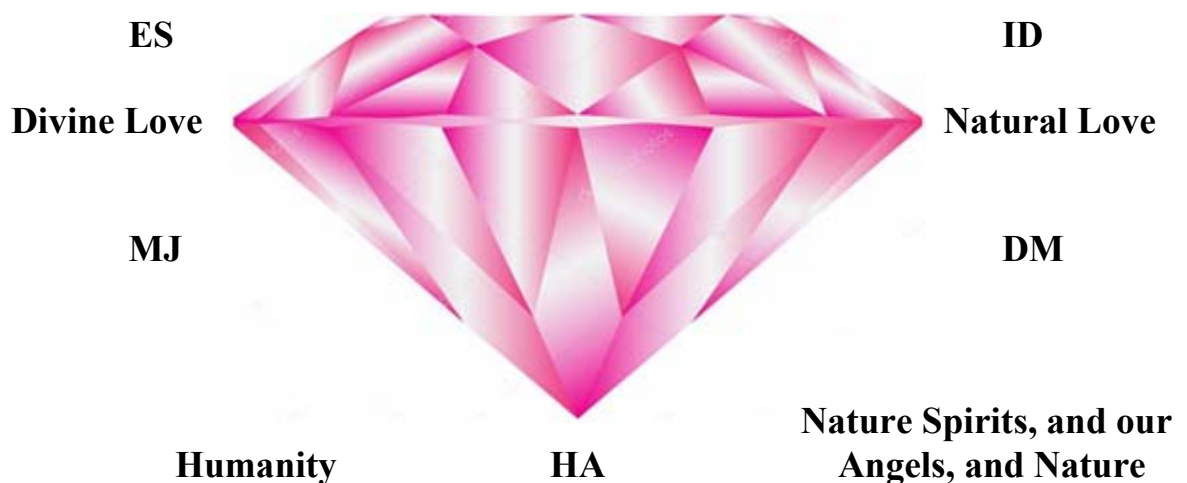
PLANETS that engage in REBELLION:

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

So in summary:



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.

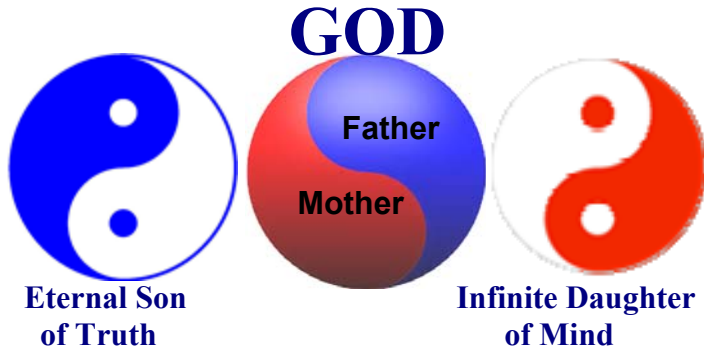
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

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.

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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.

SUPPORTING REFERENCES:

In addition to:

Cure by Crying	by Thomas A Stone
Homecoming	by John Bradshaw
Shining Toward Spirit Vol I, II, III	by Zara Borthwick and Nicholas Arnold

Pascas Library has available in the library section at www.pascashealth.com

1. Pascas Care – Suicide Prevention
2. Pascas Care – Suicide & Unconscious Guilt
3. Pascas Care – Cure by Crying
4. Pascas Care – Emotions
5. Pascas Care – Emotions determine Genes
6. Pascas Care – Emotions and Health
7. Pascas Care – Emotion Code
8. Pascas Care – Feeling Healing
9. Pascas Care – Feeling Healing and Health
10. Pascas Care – Feeling vs Emotion
11. Pascas Care – Harmony of the Universe Healing & Telepathy
12. Pascas Care – Heal Your Own Pain
13. Pascas Care – How Illness Manifests
14. Pascas Care – Judgment and Love
15. Pascas Care – Kids of the World Vol XI – Child Illness
16. Pascas Care – Kinesiology
17. Pascas Care – Mental Health
18. Pascas Care – Natural Love or Man Made Endowed Emotions
19. Pascas Care – Negative Emotions Generate Illness
20. Pascas Care – Our Emotions & Physical Health
21. Pascas Care – Total Recall
22. Pascas Care – Towards Love and Light
23. Pascas Care – Transcending the Levels of Consciousness
24. Pure Spirit – All There Is
25. Pure Spirit – Father Power or willpower
26. Pure Spirit – Free Will and Will
27. Pure Spirit – Suicide and Recovery from Darkness

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

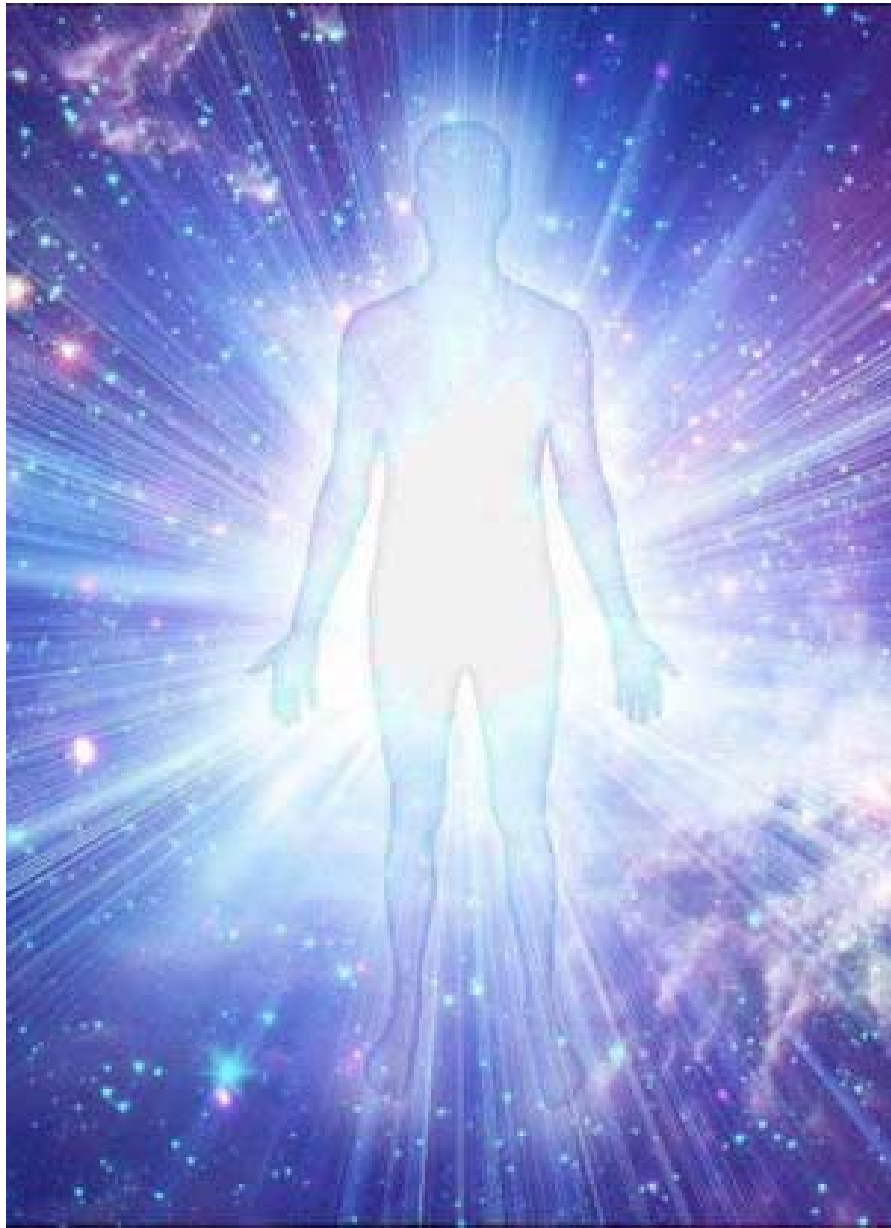


Pascas Care – Suicide Prevention MoC 1,180

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

Pure Spirit

'All There Is'



The LOVE is reintroduced with FEELING HEALING:

The first page diagram outlines that everything is interconnected. Health of the soul brings about a healthy physical body, this cannot be separated.

The second diagram is Feeling Healing – Healing yourself through your Feelings.

The third diagram is a classic, namely embracing the Will of the Mother and Father:

- First half is drawn from Col James Churchward's reading of clay tablets that date back 70,000 years. It is an outline of the first religion.
- Then follows the commandment introduced by Jesus 2,000 years ago.
- Then follows the reintroduction of the teachings of Jesus relating to the availability of Divine Love, these teachings have now been reintroduced over the past 100 years. The availability of Divine Love was taught in the first century; however, very few records of such have survived from that time. Now, the teachings of embracing one's feeling healing and soul healing are here.

Diagram fourth is ten commandments with the additional one by Jesus as a Manifesto of Divine Love.

The fourth diagram is what the Love does – it is a substance.

The sixth diagram is an overview of all that proceeds.

The Prayer for Divine Love as was given to us from the first century. It is not the only such prayer.

Then the final diagram being a visual aid of how easy it is to ask for and receive the Love – everyday is a day of devotion. Then to embrace one's soul healing.

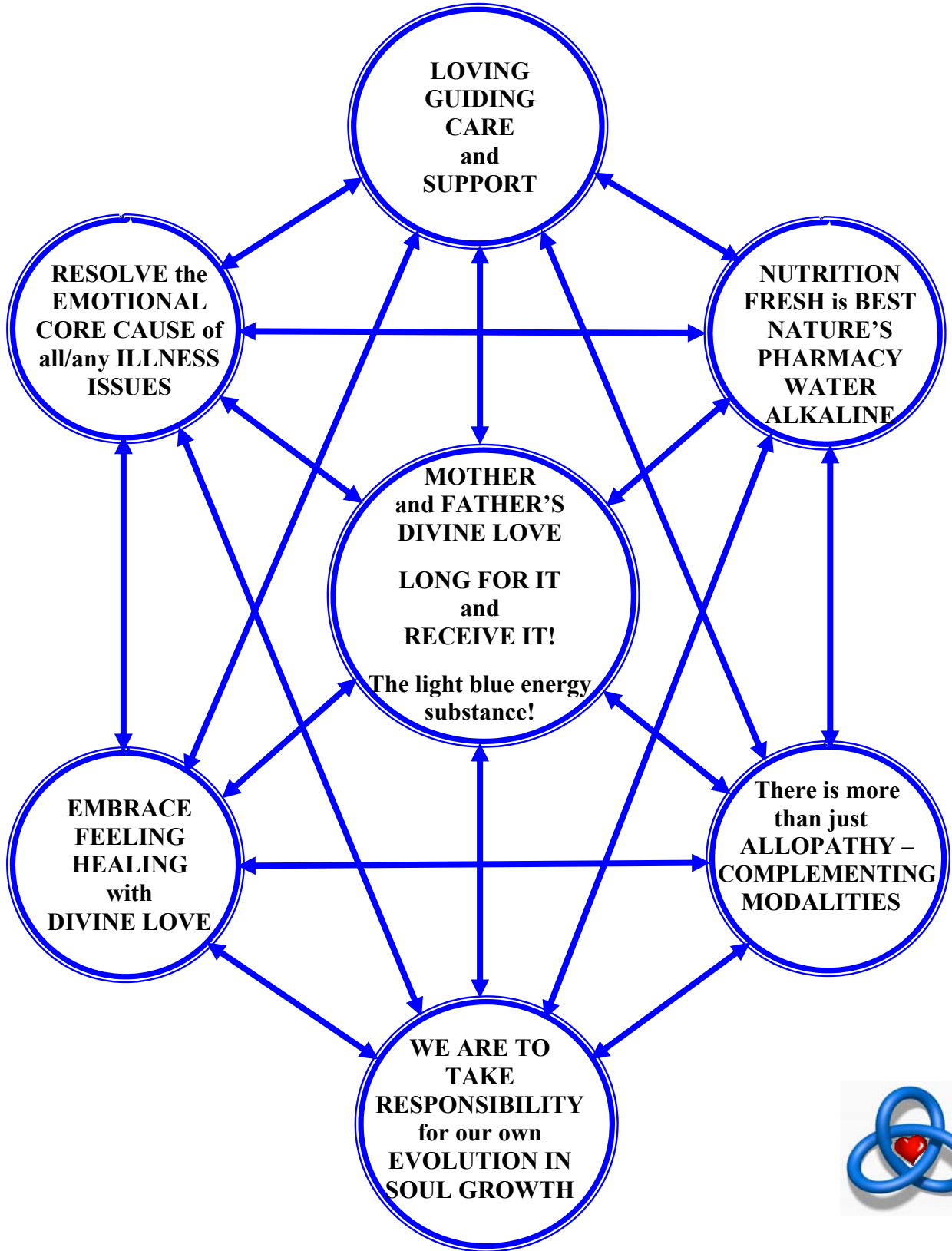
On the 31 May 1914, messages commenced to be received in a well organised and constructive manner with this first phase completing around 2017. The guidance and writings continue today. Over the past 103 years more than 10,000 pages of these teachings have been published. These works are coordinated and grow in detail and depth as we develop in our capacity to embrace the contents. The flow of material is anticipated to progressively increase in volume and in depth of detail as time goes on. The number of authors contributing now appears to exceed 1,000 in number and yet the work is so well structured that each successive set of material adds to the beauty and love that is shared in all that has preceded.

These diagrams embrace the essence and provide a summary to a body of knowledge that the world has never had available to it before. This time, in the history of humanity, is the most exciting time ever experienced. Enjoy and share as you please.

Whilst we are receiving the Mother and Father'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 Parents 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.

HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



Feeling Healing – Healing yourself through your feelings.

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

EMBRACING the WILL of our HEAVENLY MOTHER and FATHER:

Our Heavenly Parents are almighty, all powerful, infinite, and at all times loving.

The love of the Heavenly Parents for their children, woman and man, has been and is always infinite and ever present.

As one's faith in our Heavenly Parents evolves, man's love for his Heavenly Parents will have no limit.

As man grows in his love, so will man grow in his love for all of God's creations.

Approach the Source Soul, the Mother and Father, in reverence, without fear or trepidation, just as a child approaches his earthly parents knowing that open loving arms are extended to receive him at all times.

As one grows in his love of the Mother and Father, one becomes to know with certainty that God loves him or her in return, at all times, and that fear is an illusion created by man's mind.

By embracing the commandment provided in the 1st century, namely the first:

"This is my commandment, that ye love one another even as I have loved you."

Further, we are to embrace 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. Living true to our feelings IS living true to God's Will.

Also as our soul development progresses, our self love grows which also enables us to step away from:

Any self harm that we may cause which also brings about consequences.

And to move along this path we simply develop our embracement of:

God's Divine Love; by praying for it, asking for it, and receiving it.

Longing for Truth and Divine Love we can embrace the will of the Father and achieve freedom from error and harmful ways, thus finding our way home!

Manifesto of Divine Love:

1. We love one another as Mary and Jesus, our spiritual parents, love us. And so we seek their Spirits of Truth.
2. Our all loving Heavenly Parents, our Mother and Father, we love and honour at all times.
3. We worship only our Mother and Father, God, and Creator of all things.
4. We treat our Creator's name with respect and love, and earnestly seek Their Divine Love, and at all times pray for It, ask for It, and receive It.
5. We set aside a regular day each week for Sabbath rest and worship of our Heavenly Parents, God, and seek Their Love so that we may grow closer to Their fountain head of Truth and Love.
6. We are to be as we feel, even if it's sinful, but in doing something that is not in alignment with God's Love and Truth will make us feel bad, that is provided we allow ourself to feel our bad feelings, and so we can then use our bad feelings to find out the truth of why we feel bad and why that thing we have done is bad. We embrace our Feeling Healing.
7. We strive to cause no harm to another, nor cause any harm to one's self. We do not do to others what we would not have them to do to us. We treat our fellow human beings and all living things, and the world in general with love, honesty, faithfulness and respect. Violence, at any times, is never justified. Golden Rule: that one must always honour another's will as one honours one's own.
8. At all times in our intimate relationships we strive to express and live true to all our feelings, all so we can use our feelings to uncover the truth they are trying to show. The truth of ourselves, of our relationships, and the truth of everything else, including God.
9. We do not covet or steal anything that does not belong to us. Honesty in all communications, actions, undertakings and activities in all facets of life is our rule of life.
10. In all that we do, we are to be truthful. We are non-judgemental, for none of us have the capacity or authority to judge another. We are always ready to forgive all wrongdoing.
11. We do not desire anything or anyone that does not belong to us. Comparing oneself to others and longing to have what they have leads to errors. We are to be content by focusing on the blessings our Heavenly Parents, who made us in Their soul's image, provides for us.

DIVINE LOVE – what does it do?

Divine Love, which is a substance, progressively:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

What is Divine Love?

It is the Divine Love of God, our Heavenly Parents, restored to all mankind by the births of Jesus and Mary.

How do we get this Love?

By sincerely asking God, our Mother and Father, and receiving the Love that passes all understanding.

What happens then?

We are born again in spirit and in truth, our soul opened to the Soul of God, our Heavenly Parents.

What then do we know?

We know we are all children of God and want to pray always to our Heavenly Parents, always longing for Truth.

What is the purpose of Feeling Healing?

We are to seek the truth of our feelings and unburden ourselves from our childhood repression and injuries.

What of the world?

We are at peace in the world and fearless. In Divine Love and in Truth there is no fear.

What else?

We are to strive to love everyone unconditionally as our Heavenly Parents and as Mary and Jesus love us.

The Only Prayer That Man Need Offer to the Father:

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

The **Prayer for Divine Love**

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

Amen

MoC



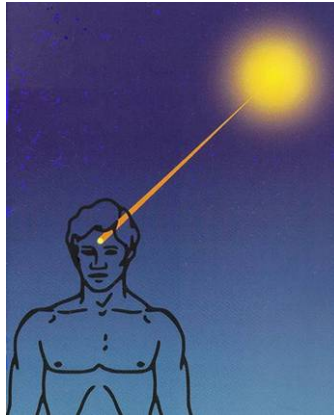
Note: The 'false teachers' are our parents, as they are also the 'evil ones'.
Also, the evil ones, being those parts of one's mind, that are controlling you.

VISUALISATION with LONGING:

Holy Spirit infusing Divine Love.

Progressive escalation of Divine Love flowing.

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



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



Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx – Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as preferential reading
www.lulu.com	www.amazon.com	www.bookdepository.com
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm		

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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

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.

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info@pascashealth.com

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

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

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

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

Traveller

