

# PASCAS CARE

## Living Feelings First

### - Children - Discussions



“Peace And Spirit Creating Alternative Solutions”

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## INTRODUCTION

A lot of time and thought needs to go into this. Just having a class once a week for example whereby all the usual things of life are openly discussed with a greater emphasis on feelings and trying to express them. Plus education about feelings, how important they are and not to bottle them up inside, how expressing them helps all our relationships; and then the longing aspect to it all, would be good. I wish I'd have had that sort of thing during my schooling, even at home.

These two parts need to be stressed:

A: Expressing feelings – good and especially the bad ones – is good, and the more so the better. And that will help with all aspects of life, particularly in relationships. So children (and adults) can be encouraged to express all they feel and think.

B: And then to include the desire to want to know the truth of why you are feeling those feelings. That we can find out through our feelings by longing to know the truth of them. That we just long for the truth of our feelings and do nothing more other than keep expressing them. We don't use our mind to try and work out why we are feeling what we are.

And the two parts are needed together. That one can express feelings all day long but that's all it really is, which is still good and much better than denying and suppressing them; however without longing for the truth of them, you won't personally grow and evolve with them. That to live a feeling-led life means we can grow in truth through our feelings, which takes us ever deeper into understanding about ourselves, nature, other people and life around us, and especially God.

And that not everyone might want to grow and evolve themselves by looking to their feelings in such a way. That it's a choice we can make – that living a Feeling First and feeling-led life is a new and alternative feeling-accepting way of life, compared to living whilst stopping aspects of yourself from growing and evolving because you are denying yourself full feeling expression and the truth coming from them – a feeling-denying life.

What follows here is an embryo of topics to help children explore their feelings together with encouragement to freely express them, firstly in the classroom setting, then in the playgrounds so that this form of responding to feelings, as they arise, becomes a natural way of life. The long term benefits are profound.

“When kids keep experiencing these mistakes, over time they learn to keep their feelings to themselves, ignore their body signals and adapt to the world of logic, reason and expectation. By not being allowed to express anger or to complain, feel sad, or even to get too excited, we're teaching our kids to suppress their feelings. Unfortunately, when we tell children how to feel, and when that differs from what they're actually feeling, they get confused and stop trusting their internal body signals. This is unhealthy, and potentially dangerous (e.g. putting them at risk for abuse) because they don't trust their gut feel anymore. Being disconnected from one's feelings affects one's ability to form and maintain relationships, lowers emotional intelligence and can lead to depression.”

Parent Magic p.153 Carol Surya

# Living Feelings First in the Classroom Discussions

## Feelings First Spirituality – The New Way

(Children)

### Feelings

Your feelings are very important. They are you – you are your feelings.

## How Do You Feel Today?



## Feelings



When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

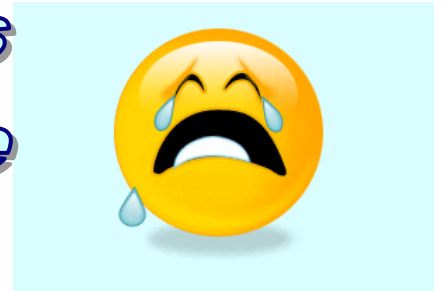
But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.



But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

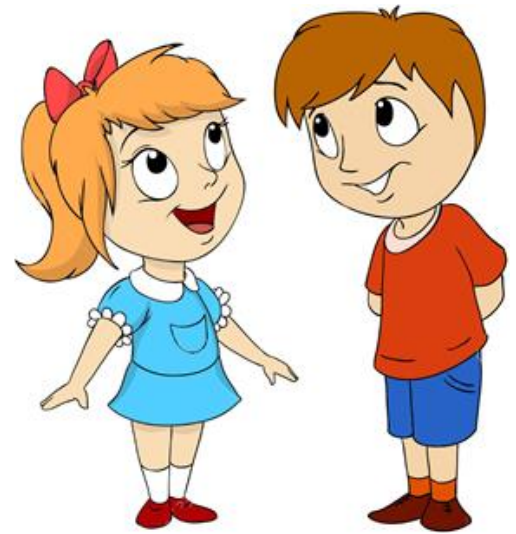
***Crying is  
welcome  
here***



Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.



**We are God's Children**

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

**BAD is GOOD**

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.



And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

# Ask for truth

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.



If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

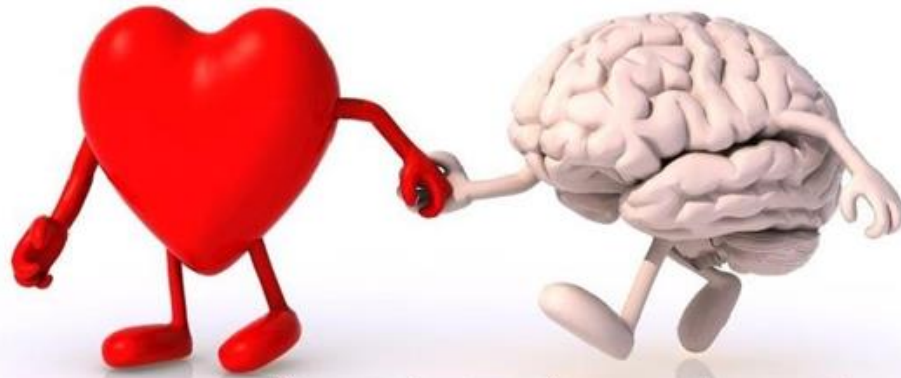
God will show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time.

Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.



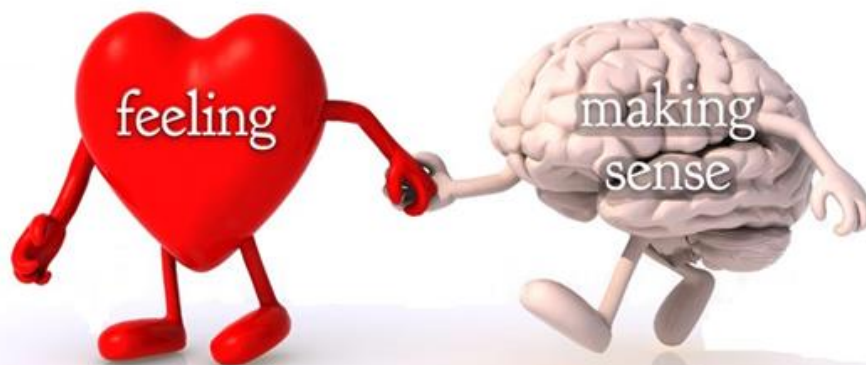
And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.



Sometimes Your Mind Needs More Time  
To Accept What The Heart Already Knows

Heart logic and mind logic are often  
two very different things.



It has to feel right and make sense to  
move forward with ease.

If it doesn't feel right, but it seems to  
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,  
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

**Feelings** first

## FEELING HEALING is about the individuality of each person:

Each session, each experience, each moment will be your personal journey of undoing the hurt and pain that has taken place for you.

We are not meant to be alone. We are meant to be always able to talk and share with others and those others are your friends, your companions, your buddies, those who are always pleased to listen to you and your pain.

# MAKE WORDS MATTER



This is why there are no two sessions or experiences the same. It is a steady discovery of why you are having each feeling, each anxiety, each anger experience and what it was all about then sharing what you now understand about it with your 'listener', all the time longing for the truth of what it is all about.

We are to talk to each other – a lot! It is ever so important to long for, to ask for, to really strive to understand what it is that we are really experiencing and feeling about current and past events – these are emotional events – it is to begin to feel what was really happening for you back then – be it

good or bad – discover what it was all about and then tell a friend all about it – in all its gory detail!

Both you, the listener and the teller are ever so brave in being so open and receptive to each other – but this is how we can release the yuk that has built up as a pile of pain and damage within us – this is our journey to being free and pure in all our being.

**yuk**



This is why endlessly talking on electronic devices and 'texting' impersonal messages is so enslaving to kids and adults – it is not being feeling involved through direct face to face personal interaction. People who are driven by greed and control have imposed separating devices so that we do not heal ourselves which can only come about by loving interactions with true loving companions.

# LISTEN to a FRIEND



Whenever a feeling comes up that is drawing you to recall an event, past or present, good or bad, feel free to tell a companion all about it. Let this happen freely. It is no good for you or anyone to bottle it up – suppress it – this is what causes illness and all kinds of strife.



Become a listener – walk up to companions and say; “Hey Friend, how are you doing?” Encourage others to do what you know is best for everyone, talk it all out of you, all that crud that people bottle up and become miserable and depressed about.



This is the greatest journey and in this way you will become the nice, caring and loving personality that you are meant to be.

This is why every Feeling Healing session that you participate in will be the greatest loving thing that you can do for yourself because it will be your loving journey throughout life and forever.





**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

This is the focus of these children's discussions, it is about feelings which are in the present, not about emotions which are about past events.

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

These outlines are merely indicative, not prescriptive. They are provided as pointers to potential topics that the children may wish to air or that may be of interest to them. Kindly consider allowing the discussions to bounce along from the children's promptings and focused interests.

This is all about children discovering that their feelings are ever so important and that they are best served by talking about them, talking them out, to friends that they like to confide in. This is important as it will unfold through their adult years that this is the only way that when as adults that they can heal themselves of their emotional events is by then longing for the truth of those past underlying events and talking them out to a companion who has their best interest at heart.

When the children routinely follow the Feeling Healing process amongst themselves, particularly when in their recesses for little lunch and lunch then the understandings should then have a momentum of their own.

Primary reading is:

Parent Magic – Raising Kids Positively by Carol Surya  
Rejected Ones via James Moncrief



In this series:

Pascas Care Living Feelings First Adults  
Pascas Care Living Feelings First Children  
Pascas Care Living Feelings First Children Annexures  
Pascas Care Living Feelings First Children Discussions  
Pascas Care Living Feelings First Children Graphics  
Pascas Care Living Feelings First Drilling Deeper  
Pascas Care Living Feelings First Drilling Deeper Structures  
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**PASCAS  
PAPERS**

Important recommended reading is:

by James Moncrief

### **The Rejected Ones – the Feminine Aspect of God**

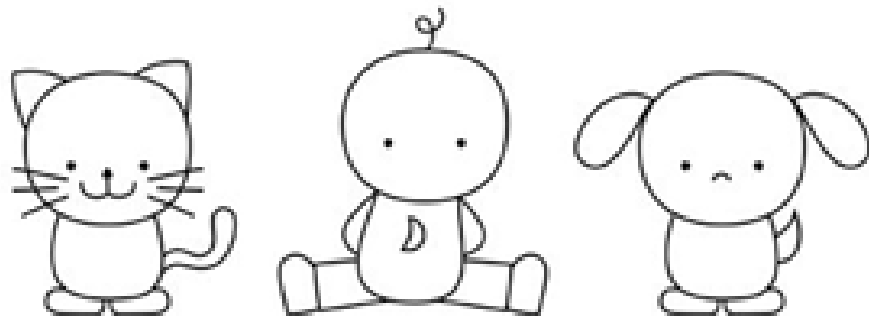
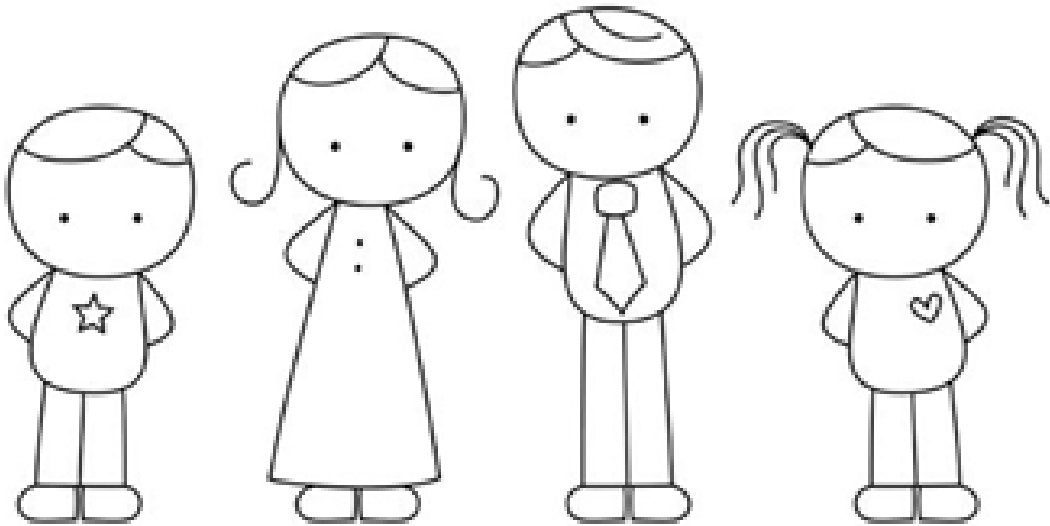
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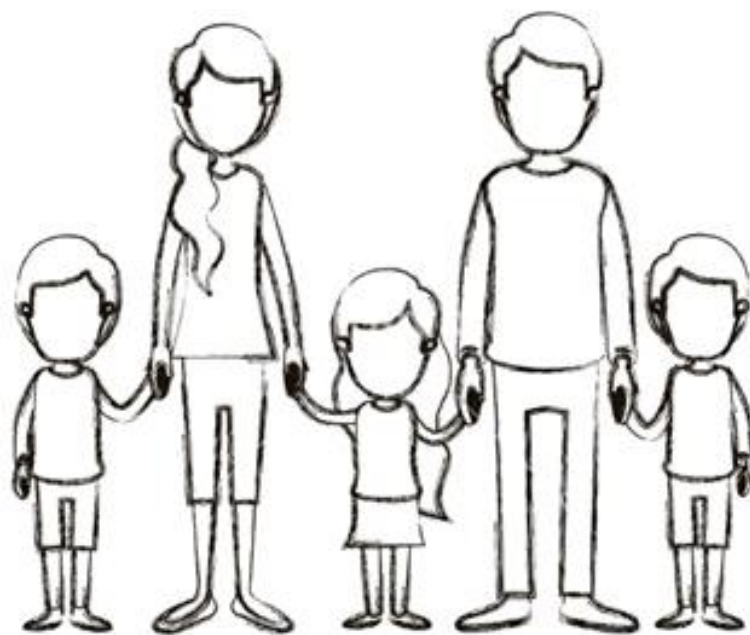
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# Me and My Family





**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus 13 May 2003

**Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.**

This may be a pointer for us as parents to learn about our children's friends, homework, sports, favourite games, music, App's and movie heroes.



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

## BABY

It would be great should some of the parents sit in on these discussions by the children.

Topics will typically be those that the children bring up, however, here are some subjects to drop in:

Should your parents announce to you that you are about to have a new playmate, a little brother or sister, what would your feelings be telling you?

Do you think that you want to know why you feel that way?

Feel free to talk about it all.

Explore parameters and scenarios – allow your feelings to come out. Ask yourself (long) for the truth of why you are feeling this way – it might come – it is all so subtle.

This is about trying to bring out the expressiveness – not close down one’s feelings – you are to be heard. This is about starting to slowly understand yourself.



## GREAT EXCITING EVENTS



Even BAD FEELINGS are GOOD, but let us explore some great exciting events.

Like, let us talk about some things that are great about your home?

Your favourite party where you had a great time?

Your fun times with a friend or more?

Allow your feelings to come out – tell your friend that you are now sitting next to. Long for the truth why you are feeling so good about these things and events. This is a time to discover what was so great about these happenings and things that you enjoy.

Whatever feelings come up, share them with your friend. Your friend is to listen to you and help you express what you are feeling and discovering through talking it all out to him or her.

We are not to shut down the person who is sharing their wonderfulness to you.

AND we are to fully express our feelings – our feelings come from our soul – our true self – and our soul based feelings are our truth!

**MUSIC**



Music Class



What style of music do you like?

Do you like to sing on your own or with others?

What are your favourite songs?

Do you like different types of bands?

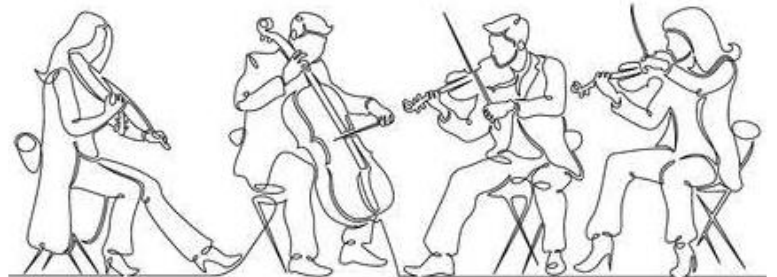
Drums, cymbals, guitars, strings, piano, bagpipes, trumpets, etc. Do you have favourites.



Why do you feel that music is so wonderful?

Would you like to have more music in the playground?

What do you feel you want to explore and see happen?



Do you feel that participating in music is expressing your true self and helping you to discover your real self?



# GAMES and SPORT

What games do you love to play?

And who do you love to play with?

Do you have a big local team in a particular sport that you love to follow?

Why do you think that is so?

What are your feelings telling you?

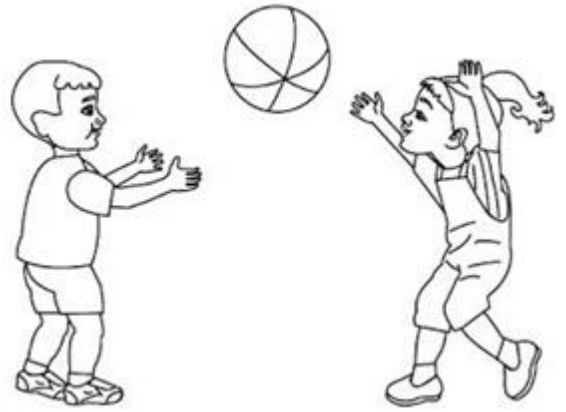
Sometimes your feelings are very different to what you think. What you think is from your mind and your mind cannot discern truth from error! This is why your feelings are best to follow – they are your truth and are to lead you.

Let us explore your feelings regarding the games you love and the games you play.

Do you have favourite board games?

Here is a board game that helps in creating happy, expressive and confident kids – it is InnerMagic – would you like to play this game?

How do you feel about that?





## SECRET CRUSH

I have a secret – I love a boy / girl in my school.

But he / she does not love me!

Can we talk about feelings that may come up for you when you have had or are having a secret crush, or not so secret crush on someone?

The more we share our feelings, both good and bad, the more we come to know ourselves and the more we free our true personality.

Crushes are a normal part of development, when kids start to see each other in ways that are a little bit different. Sex, of course, is not for children. But love and romance can be for anyone. “Being in love” — has equal credence for children, teenagers and adults.

“Oh, so you have some special feelings for that person.”

As little humans – and not so little humans – their feelings deserve to be respected.

It can be especially important for boys to hear that it is good to have tender-hearted feelings.

Let us explore and be curious: “Why do you like that boy / girl?” or “What interests you about him / her? Is he / she funny? Is he / she good, really good at a particular sport?” Focus on what you value about your crush. This all helps you see the importance of your own inner qualities. Your inner qualities are reflected through your feelings – your true self.

**1.** When you were really into this person, you were REALLY into them. Probably longer than you would admit to anyone ever. And no matter how hard you try, the feelings don’t go away.

**2.** You still get the tiniest bit nervous when you find yourself in the same room. It’s not the same intense butterflies that you used to get, but that fluttering feeling is still there. If only a little.

**3.** Thinking about them still makes you smile. The kind of smile that is a certain nostalgia for something that you wish had happened but didn’t. The kind of nostalgia you can have for a lifetime.

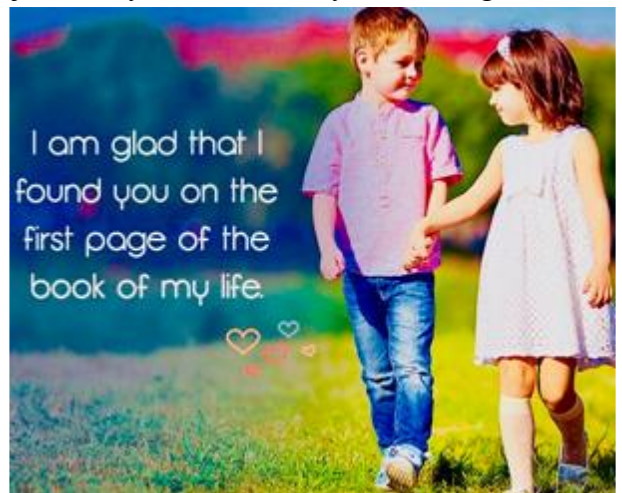
**4.** Whenever their name is brought up, your ears perk up and you’re still interested in what people are saying about them. You want to make sure their good name is still good.

**5.** Your friends still tease you about them. And whenever they do, you become a cute combination of embarrassed and shy.

**6.** And you’re a little embarrassed for people to find out just how hard you still have a crush on them. So you consciously try to limit how much you talk about them.



7. You still lurk on little bits and pieces of information they showcase about themselves in the social media world. You want to know what they've been up to.
8. If you are seeing someone or in a committed relationship or several relationships have come and gone, you recognise that you're still very attracted to them. Being in a relationship didn't change this.
9. No matter how irrational it may seem, you are always looking for their face in the crowd. It doesn't matter if they're states away or even countries apart, you still look for them.
10. You have things that remind you of them – whether it's songs or words or particular places. And when you encounter these things, you never fail to chuckle a little bit at what might have been.
11. You have a twinge of jealousy when you see them with someone else. Even if you're happy for them, you can't help it.
12. You always remember important details of their life such as their birthday, things about their family, etc. And you almost always reach out to them on those days.
13. But you also remember random odds and ends about them from all the information you've collected over the years – their favourite snack foods, sports teams, etc. But also their major and minor pet peeves.
14. You still get excited whenever they reach out to you just to say hi or see how you're doing. And a little part of you wonders if they've been wondering about you.
15. You always find yourself comparing everyone you meet and date to them, at least initially. And you also compare the people who they're with to you. It's almost a reflex at this point.
16. From time to time, you still think that you could be together at some point. No matter the impossibilities of that situation. Not because you think you'll love them forever, but because you feel like you *could* fall in love with them whenever.





# THE EMOTIONAL GUIDANCE SCALE

## UPWARD SPIRAL HPF

1. Joy / Knowledge  
Empowerment  
Freedom / Love  
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation  
Belief

5. Optimism

6. Hopefulness

7. Contentment



## DOWNWARD SPIRAL LNF

8. Boredom

9. Pessimism

10. Frustration /  
Irritation / Impatience

11. "Overwhelm"

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred / Rage

20. Jealousy

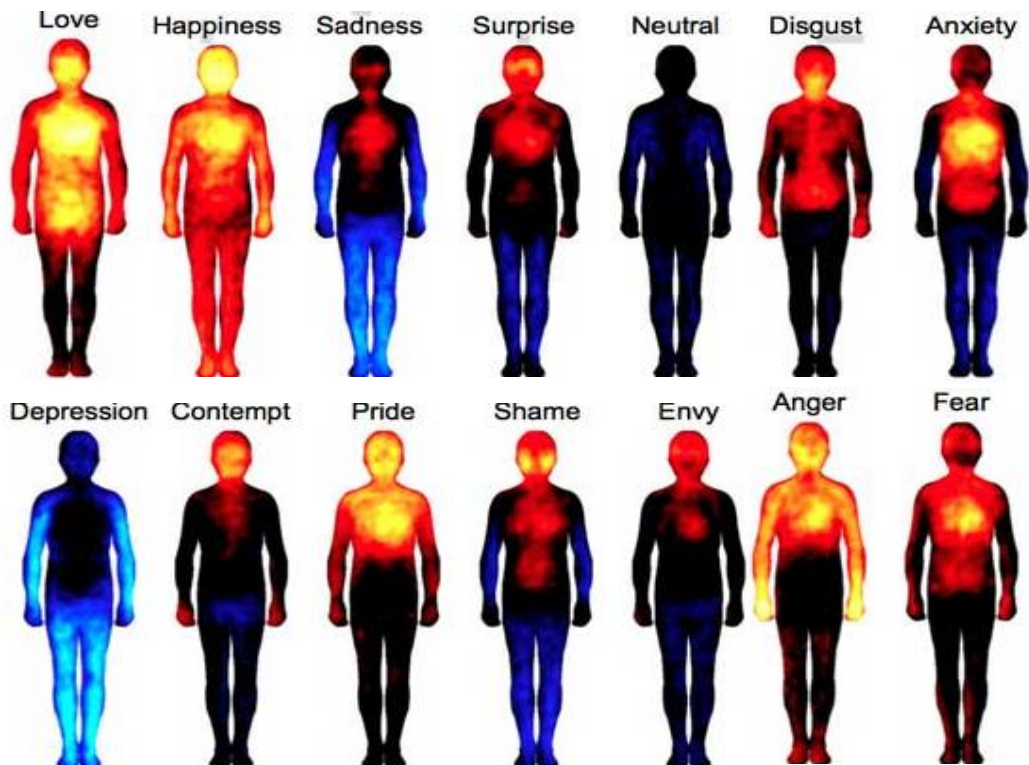
21. Insecurity / Guilt  
Unworthiness

22. Fear / Grief / Depression  
Powerlessness/  
Victim



Feeling loved, wanted and accepted.

Feeling unloved, unwanted and rejected.



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 with Feelings First

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

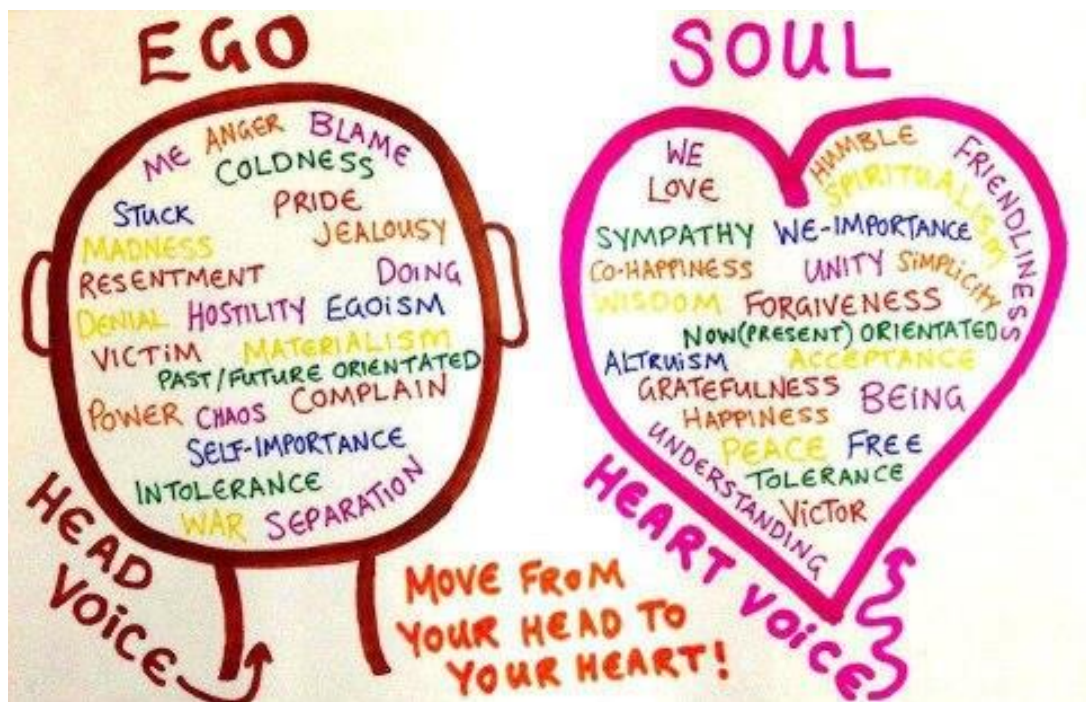
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

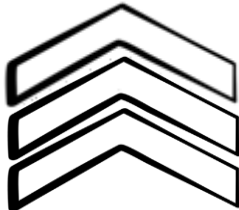
5 years to over 10 years to at-onement



## The CHOICE is OURS to MAKE:

### Celestial Truth:

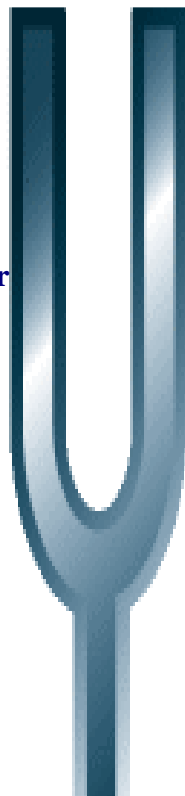
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



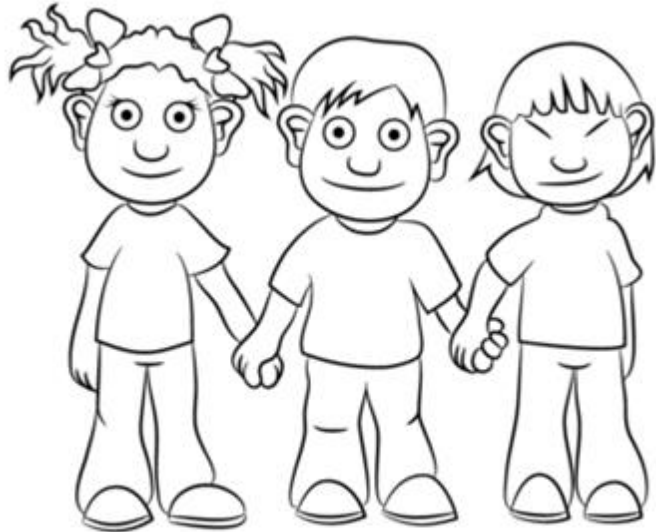
The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just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

# BULLYING

Bullying is a form of abuse and needs to be treated as such. Imagine how much heartache children would be spared if every school ran strong anti-bullying campaigns, together with self-esteem workshops. Imagine children believing in themselves, standing up for their rights and not tolerating it when they see others being harmed by bullying. Whatever we do as parents, teachers, principals and counsellors towards developing empathy, and teaching peaceful problem solving and conflict resolution, helps create a new way forward for our children.

In psychological terms, the ongoing challenge of being bullied can range from distressing to highly traumatic for kids, yet it happens over time. In contrast to losing a loved one is usually sudden and children have limited knowledge and tools to deal with death and is therefore often extremely traumatic.

Parent Magic p.71 Carol Surya



## Kids Aren't Born Bullies



## Bully - Free Zone



It's not okay to bully. It's not okay, no way!

**BULLY – being BULLIED or being the BULLY**



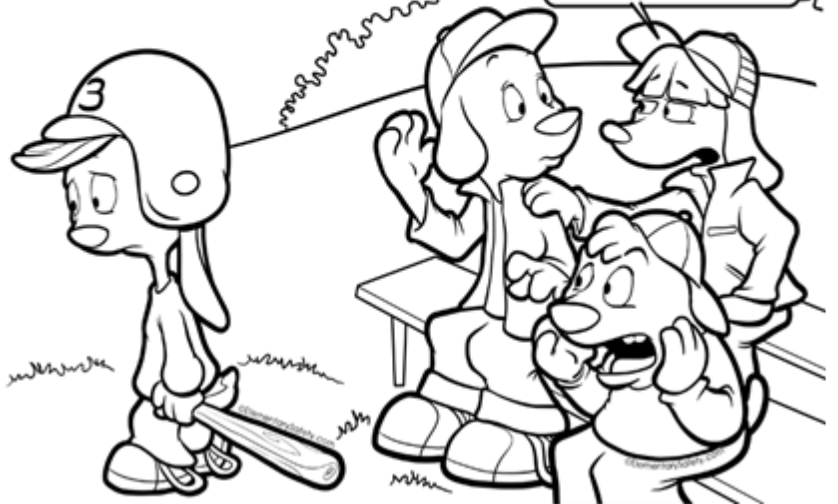
Bullying is  
**NOT** cool



**Be a Buddy, not a Bully**

Don't participate!

I DON'T THINK IT'S NICE TO ALWAYS BE TEASING JAMIE LIKE THAT.



**Be a Buddy, not a Bully**

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

# CYBER BULLYING

Talking and really listening to the children is ever necessary.

Do you find things that are sent to you on your internet that are upsetting?

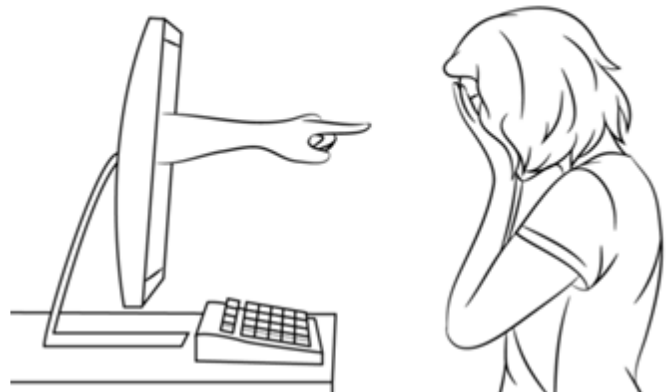
Would you like to explore how we all can manage these unpleasant occasions?

How do you feel that we (all the children) work out how to manage internet communications that are upsetting?

Let us work out what our feelings will lead us to do when we get messages we do not want. What shall we do?



Bullying Isn't Cool -  
If A Joke Hurts, It Is Not Funny





## MUM and DAD are ANGRY

Would anyone like to talk about when your mother or father gets angry?

How do you feel when that happens?

You are free to talk about it all. Long for the truth – ask yourself for the truth, it will help you understand – it might come – it is all so subtle.

If you just want to talk to your companion next to you, that is fine.

We are trying to bring out our expressiveness – not close down our feelings. You are to be heard. This is about starting to slowly understand yourself.

What may come about is an understanding of what such a happening was really all about and how that may be avoided in the future through discovering what was really going on for you.

You are free to express all your feelings, you are free to get angry as long as you do not harm anyone. We are to express all our feelings.



**The Golden rule is: Never interfere with another's will.**

**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus 13 May 2003

**Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.**

# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

# What is Child Abuse?



Ridiculing a child



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



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



Hitting and humiliating a child

**CHILDHOOD TRAUMA**



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

## CARTOON DISCUSSION

What would you say or write for these two cartoons?

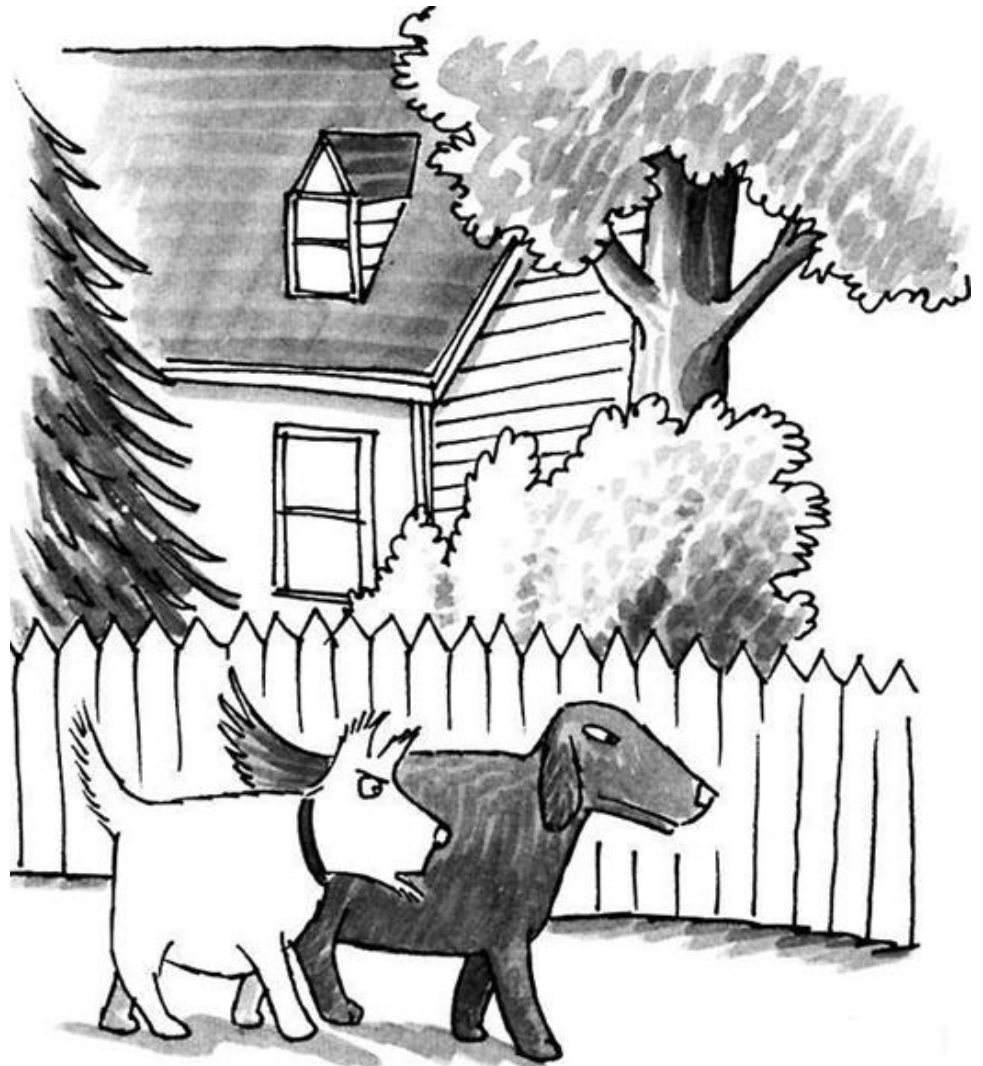
Would you like to write your own lines for these two cartoons?

You are free to talk about it all.

Do you think that you want to know why you feel that way?



*"It's always "Stay, Sit, Fetch ... same old shit ... never one's natural self expression of one's true feelings with freedom!"*



*"I tell you mate, if I am told to: Stay, Sit, Fetch, one more time, then that's it! I will do something really bad. I'll rebel. I won't do as I'm told! I want my freedom!!!"*

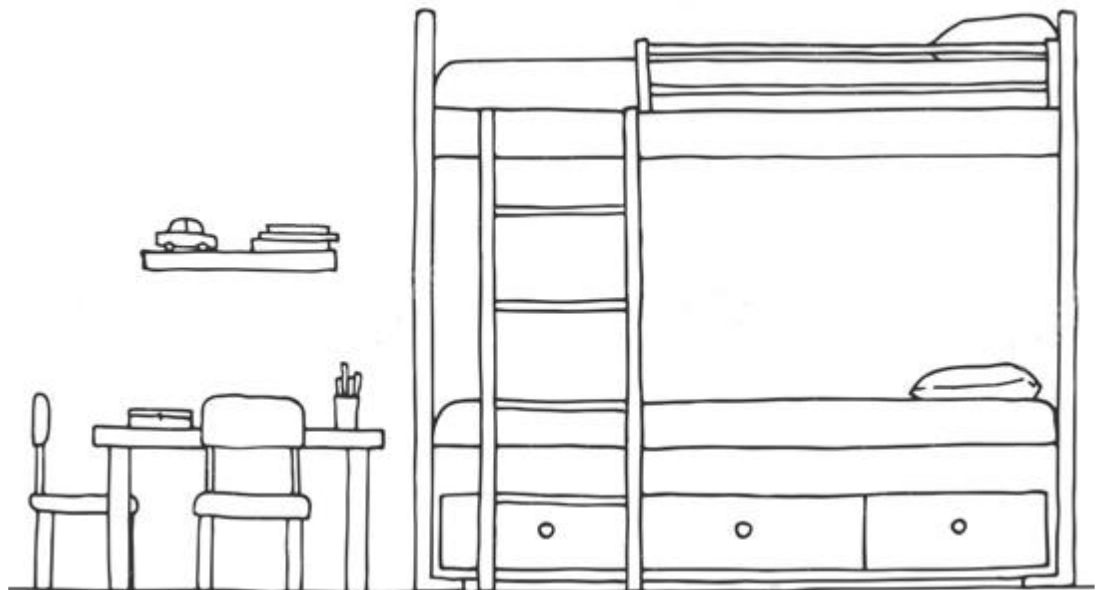
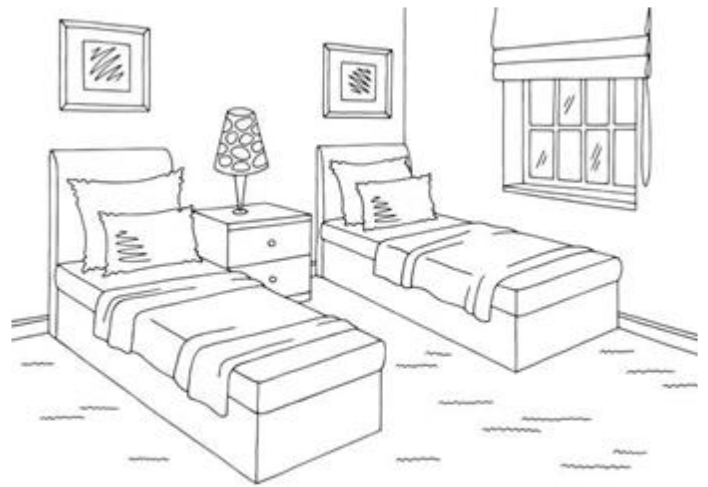
## MY BEDROOM

What is special about my bedroom?

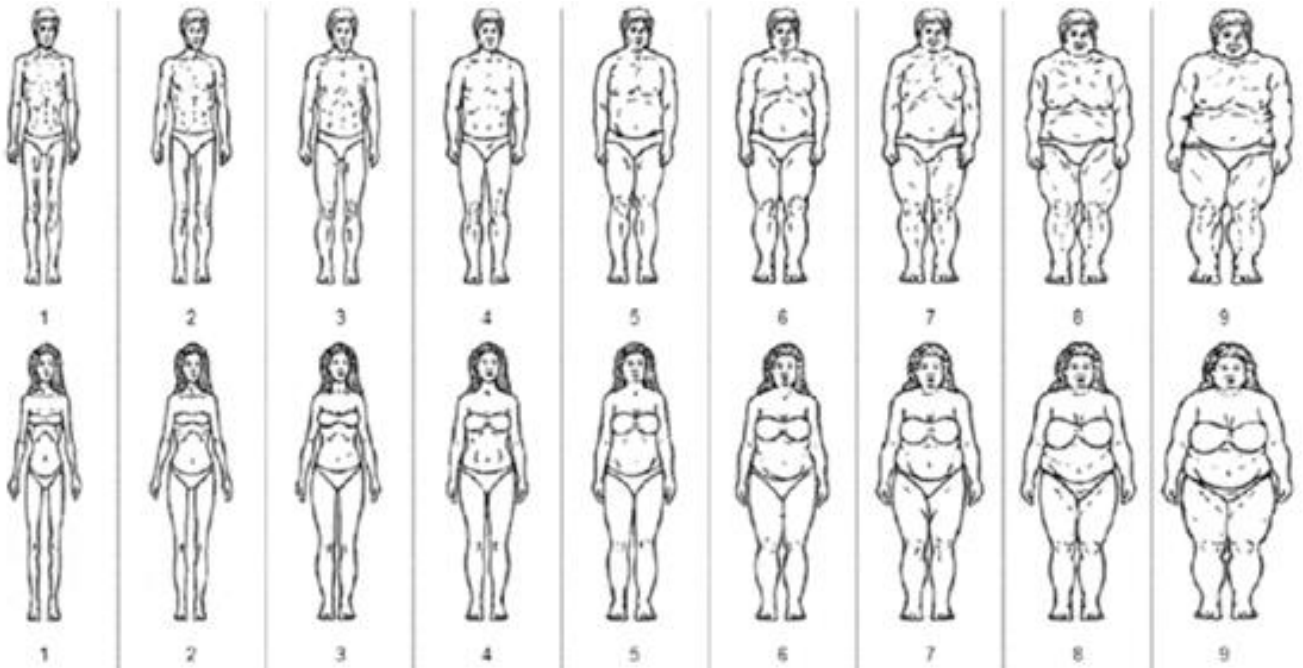
Is this your sacred domain – your own private castle?

What would you like to tell your friend next to you about your special room?

This is about slowly starting to understand yourself – so feel free to talk about it all – all your specialness and your special room.



## MY BODY



We all have different opinions about how we look. We are who we are. Do you have some feelings about how you are within your ‘bag of bones’?

Sometimes how we feel about ourselves is why we eat in different ways – we sometimes like to eat lots and lots AND we sometimes like to eat really tasty food from packets.

Or sometimes we just won’t eat anything. Have you had times when you have felt that way?

First thing to know about food is that if it is processed in a factory and it is now in a packet then it has lost all the zest for life that you need to keep your body vibrant. Do you have much more food that is not out of packets and is fresh from the ground or trees?

Fresh is Best – and all the colours that come with fresh food gives you ZEST for life!

# Fresh is Best!



**Eat** the Colors of the Rainbow

## MY PETS

Do your pets go into your special bedroom?

What pets do you have?

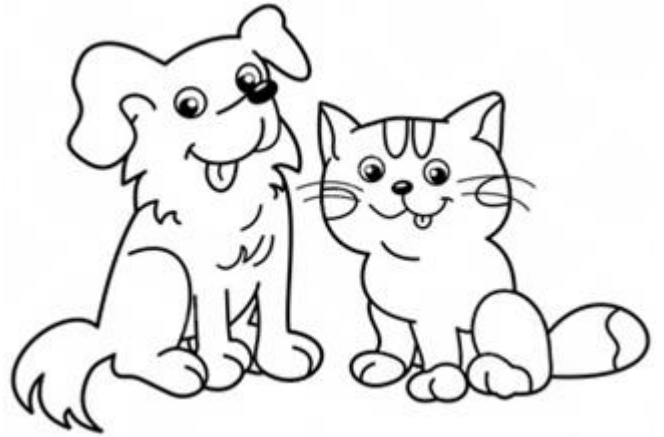
What are their names?

Do you have any unusual pets that do not come into your house like Adrian and Penny do with their wild Rainbow Lorikeets?

What do you like about your pets?

Are your pets your special friends?

Long – ask yourself for the truth of why they are your special friends.



## Rainbow Lorikeets in the wild – Australia



Adrian from Cape Town takes photo while wife Penny holds out sunflower seed.



## DEATH of a PET

When we experience the death of a pet animal, bird, reptile, fish, plant, insect or even bacteria that we use to make ginger beer – we lose a companion. How do you feel when you lose a pet?

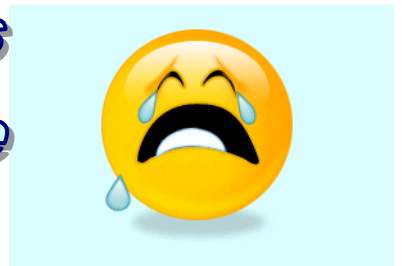
What happens to them?

Their life energy goes into a collective pool and then they advance to being a Nature Spirit.

Do you know that you have a pair of Nature Spirits who are with you through the whole of your life – they are special to you as their personality is in synchronicity with yours?

And now that you know – how do you feel about a pet that you may have lost?

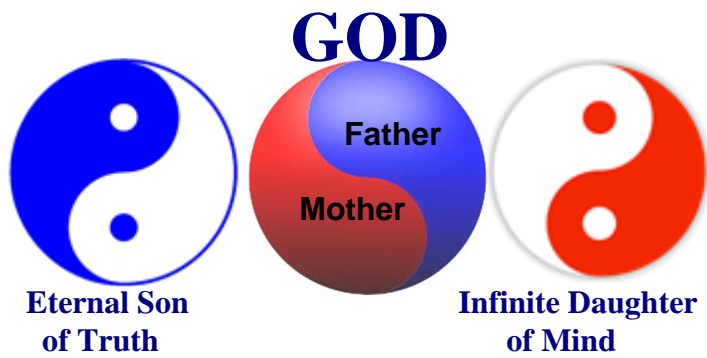
*Crying is  
welcome  
here*



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

**in conjunction with**

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



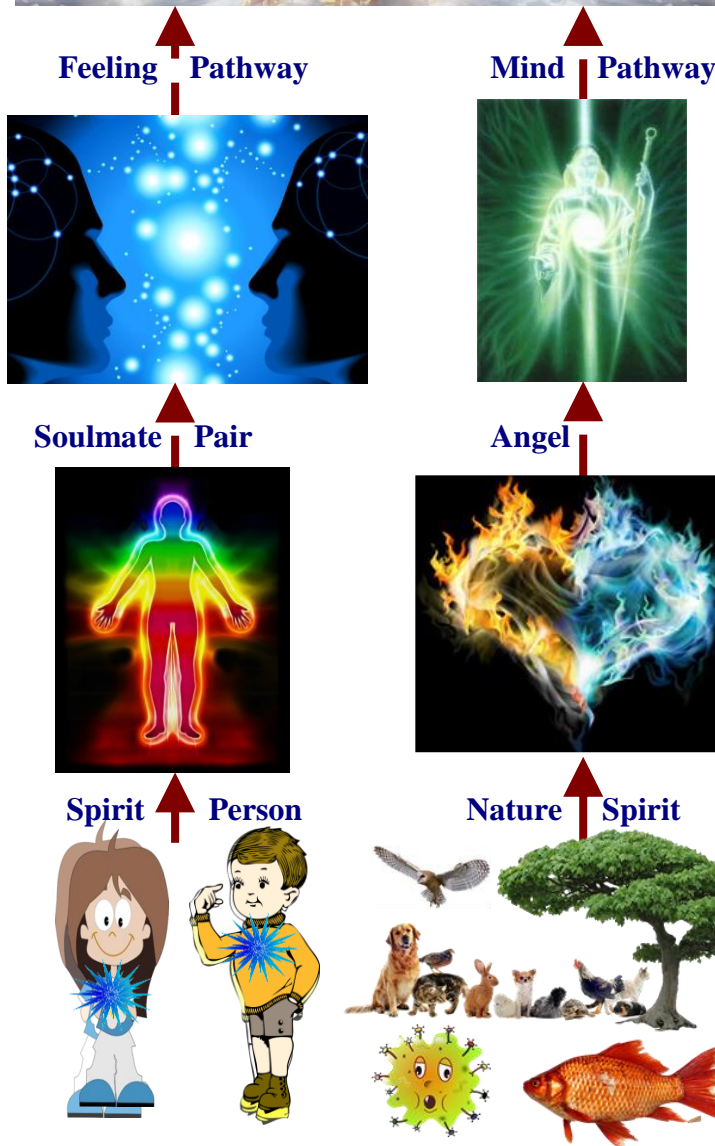
**CREATION of SOUL and SPIRIT:**

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

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



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

## GOING to a NEW SCHOOL

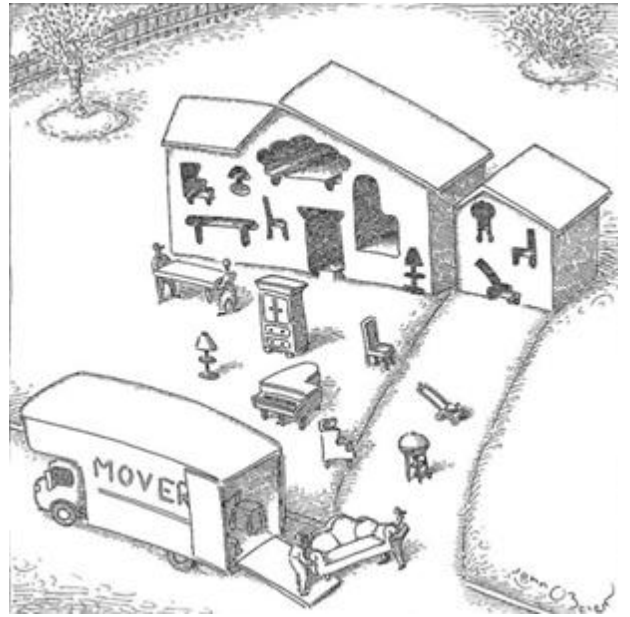
Going to a new school can be daunting, in fact terrifying, how was it for you?

You then have to find new friends, how was that for you?

Share your feelings with your buddy sitting next to you and explore all your feelings about how you feel about it now.



## MOVING HOME



We sometimes have to move to a new home, sometimes even into a new city to the new home, how do you feel about that happening to you?

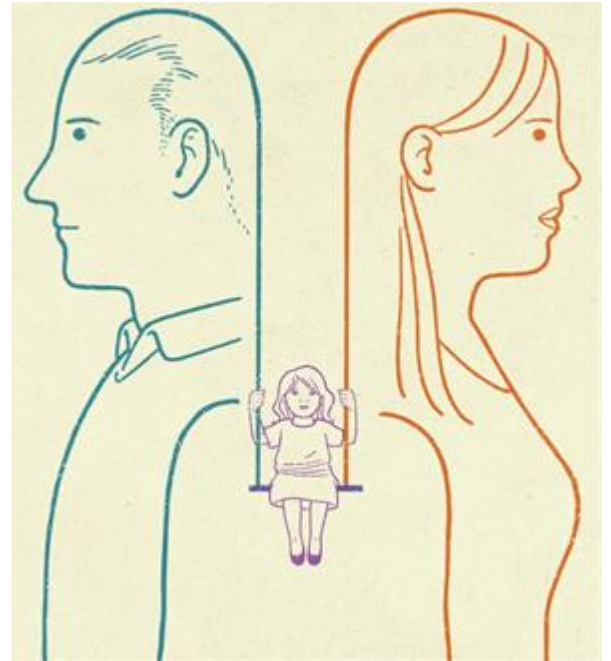
Why do you feel that way?

Explore your apprehensions and misgivings about such an event?

Has this happened to you before?

What would you like to share about your feelings with your buddy next to you?

## PARENTS SEPARATING



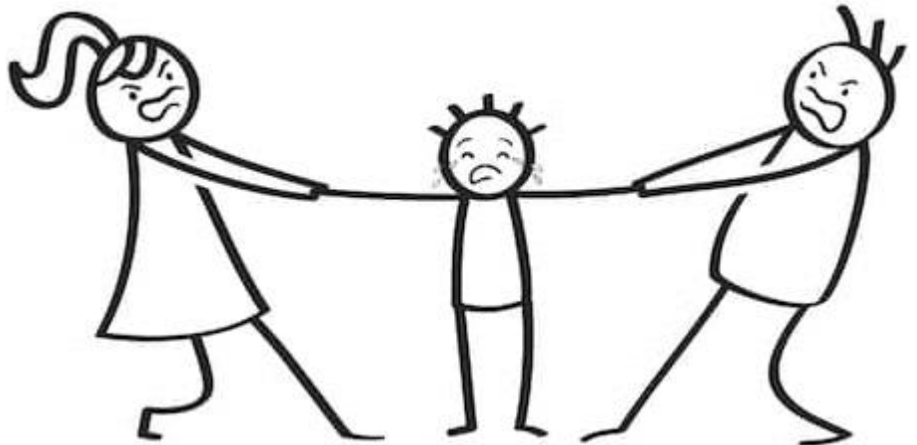
There is always an enormous amount of pain, hurt and confusion that builds up within us when our parents separate.

Like, do you blame yourself for their separating?

Do you work to bring them back together again?

Has your mother and/or father a new partner and are you welcome in that new family arrangement?

If you like to talk about it, we can in the manner you feel comfortable to do so.



## TRAUMATIC EXPERIENCE



Often our bravery is stretched beyond all the limits of possibilities. Traumatic experiences are often very sudden events and very, very stressful. Would you like to talk about any such events?

How do you feel about that occasion now?

Give expression to your feelings – emote – as you feel it coming up in you to your buddy next to you.

This is beautiful to share with a friend as it is freeing and releasing pain from within you.

In this way we each begin to heal and discover more of ourselves.

**Children's reactions to traumatic events depend on a few things** – how old they are, whether they've been through a traumatic event before, and what kind of support they get from family, friends and school.

How children interpret an event also affects how much trauma they feel. For example, a car accident will feel more traumatic if a child thought she was going to die. Personality and temperament can play a

role too. This is why two children who go through the same traumatic event – for example, a bushfire – might react differently.

### **Spotting the signs of trauma**

If the child or children have been through a traumatic event, they might:

- feel confused or worried, or blame themselves for what happened
- be sad, angry, irritable, guilty or ashamed
- act out, disobey rules, cling to you or avoid other people
- suddenly not able to do the things they could do before the traumatic event – for example, use the toilet or get themselves dressed
- show physical signs – for example, have headaches or stomach aches or startle easily
- have problems sleeping or concentrating.

These kinds of symptoms don't always happen straight after the trauma. Sometimes they can develop some time later.



## DEATH of SOMEONE CLOSE to a CHILD or of the CHILDREN



**Upon the death of the physical body, one becomes more alive than ever!**

**The only thing that one loses upon the death of the physical body is a lot of weight!**

Children's feelings when someone dies can range from sadness to anxiety and everything in between. But children don't always have words to express their feelings. This means they might need your help to understand, name and cope with their feelings.

### **What is death?**

First, death happens when someone's body stops working and then they'll stop breathing, eating and drinking. You don't need your body anymore, which is why you don't need to eat or breathe. Secondly, because the personality of the person you love has separated from their physical body, they are now continuing to live in the spirit Mansion Worlds (the first one) which is very similar to the way that Earth is. It's true to say we never really "die", our physical body just stops working.

### **Why did they die?**

You might find this is phrased more around the specific scenario that the child is in, but it's important to be factual. The person who has died may have been damaged by a bad accident or they may have had a serious illness or disease that doctors cannot make better.

The child is trying to make sense of death. He/she might want to know what caused the death, so try to answer the question at his/her level. For example, 'Your Grandpa's heart was very old and wasn't



working the way that it should. The doctors tried to fix it, but it had a very bad sickness that they couldn't fix.'

### **Pain**

We never experience the ending of our physical body – we feel no pain when it stops functioning. In fact we lose all pain, whatever pain we may have in our body stops when we leave it to become 'more alive than ever' in our spirit body! Ultimately, the reason why a body stops is only because we leave it.

### **Is death forever?**

It's important to answer this question firmly and honestly that, yes, when someone dies nothing can bring them back to life. When we separate from our body, that is the end of any physical life. As we assimilate and become used to living in the spirit Mansion Worlds we will find life ever so much better.

### **Will you die? Will I die?**

The child might start to realise that the people she/he loves could die. It may be appropriate to let her/him know that most people die only when they're really old and very sick.

If the death involved a young person, consider letting the child know that this doesn't happen very often. You could also point out how many other people she/he knows of the same age who are alive and well.

Although it may be tempting to protect a child, it's important to be truthful. You might consider explaining that death is usually when they're old. You might stress that people don't die just because someone you know has died.

### **What happens when you die?**

How you answer this question depends on the family's personal or spiritual beliefs. You could talk with the children about these beliefs.

Many people find comfort in giving their children something to focus on when thinking about the person who has died. For example, 'When we see a star in the sky, we can think about Nanna.' However, there is a great deal of wonderful information that enables an expansive explanation of what unfolds for us in the spirit Mansion Worlds. And when we long for someone who has died, yes they feel your connection and understand your communication. Some of us can sometimes feel their responses.

Whatever you tell your child, it's helpful if it comforts you too. This way the child can see that you may find it reassuring yourself. That is, be true to yourself.

### **Where do you go when you die?**

You may want to adjust this answer depending on your or the family's beliefs. However we all transition into the first spirit Mansion World which is the one closest to Earth and there we assimilate and commence our life as a spirit in a spirit body which feels much like our physical body and has all the faculties (memory, intelligence, etc.) that we do in the physical. If we are old, we de-age!

### **Could I die of (whatever the person died of, like cancer or heart attack)?**

Your answer may vary depending on exactly what condition you're asked about. Tell the children that it's not possible to catch cancer or a heart attack.

If what has been asked relates to disease that is genetic, be honest – it means that the disease can be passed down from parents to children, if that is the case with that particular illness, however doctors monitor these situations closely and manage the conditions very well.

### **(If a parent died) – Will my Mum / Dad die too?**

When a parent dies, children often fear that the other parent or carer will die too – especially if the other person becomes ill. Young children may believe that all illnesses have the same outcome. When you answer this question, you may consider reassuring them that most illnesses don't end in death.

### **Was it my fault?**

Another very common question. It is never their fault that someone has died. You may need to address behaviour explaining that being naughty or who you are doesn't make someone die and that being kind and loving can't stop someone from dying either – nor wishes and thoughts. Everyone says and does things that later they wish they hadn't. It is just great that they are now able to express their feelings.

### **Will my sad feelings go away?**

Sad feelings don't last forever and if something reminds them of the person who died, they may feel sad again for a while. You can explain that it's normal to feel sad again for the person who died. In time the sadness will fade but this doesn't mean that they don't love the special person or that they are forgetting them. The more you talk out your feelings the better it is all round – even for the person who died!

### **Will I forget my Mum / Dad / other important person who has died?**

It's very common for children to think they might forget about the person who has died. You can explain that they'll never forget. It's also nice to add that as time goes by they're likely to feel less upset than they do now. Talk about whatever you feel that comes up for you – good and bad.

### **Unexpected questions**

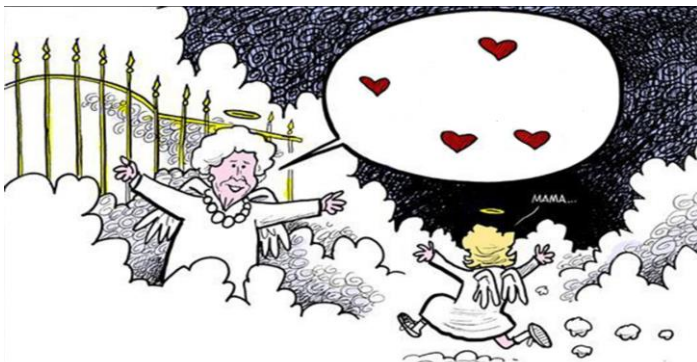
Children might ask questions that seem a bit strange, like 'Does Grandpa feel cold when he's dead?' or 'Can Grandma see me now?' Try to answer these questions because they help the child / children to understand what death is. Spirit people have access to 3D screens – they see us very clearly!

If the death happened during a traumatic event – for example, a natural disaster or a car accident – then this discussion may involve the whole school. Most children experience stressful things as they grow up – divorce, illness or even the death of someone they know. These things can be difficult, but they're not usually traumatic. A trauma is a sudden, unexpected and shocking event. If the child experiences a traumatic event, he might feel frightened or distressed.

### **How to handle your own feelings about death**

It's OK for the child or children to see that you're sad, or to see you cry, when someone important to you dies. But it's also a good idea to **explain your feelings** to the children. For example, 'I'm crying because your Grandpa died and I feel very sad that I'll never see him again'.

It might help you to talk to a trusted friend or family member about your feelings.



**Crying is  
welcome  
here**





## Dealing with Death and Grieving

Children start becoming aware of death long before we realise it simply because it is visible on a daily basis. Some might see dead birds or animals lying by the road. Others may witness death regularly on television or in computer games. It is important to prepare children and educate them about this inescapable fact that will affect us all at some stage.

It is likely that most children will experience death first hand through the loss of a family member, friends, other community members or pets. First of all we should let children know that it is okay to talk about it. It is becoming commonly recognised that treating death as a taboo does a disservice to both the dying and the living. By starting a dialogue with children, we can discover what they know about death and uncover any of their misconceptions, fears or worries. We will then be able to help them come to terms with death by providing information, comfort and guidance.

When mourning, parents or guardians should show their children they are truly sad. If our grief is hidden, children will think it is not an acceptable emotion. We should do our best to be sympathetic and accepting of children's feelings, which may be expressed in various ways. Careful watching and listening will help respond to their needs sensitively. Children may not know how to behave after a death. Encourage them to discuss their emotions – what they are feeling at that moment – without telling them what to feel. The death of a close relative can arouse anger in both adults and children. We may feel angry with the person who died for causing us so much sorrow or abandoning us. We may feel angry with the doctors and nurses who could not save our loved one and we might feel angry with ourselves for being unable to prevent the death. We may feel angry at God for allowing the tragedy to happen. Children are likely to openly express their anger, especially if they have lost someone they depended on for love and care. Although it might be difficult to witness anger directed towards the dead, we should remember that this is part of the grieving process. We can help children by accepting their feelings, without scolding them if they express anger or fear.

Preparation for death can be made part of daily life. In that way children will start to see it as something natural. Flowers that wither and die or a pet that dies may provide an opening for discussion. Through observing nature, including insects in the garden, the presence of death will become clear. We can also talk about elderly people that we know or about ourselves getting old and dying. If a child has somebody close to them who is terminally ill or hospitalised they can be encouraged to write a note or send a card to that person. This can help the child feel less helpless and more connected to the person who is dying. Children also need to be reassured that they will still be cared for when they lose someone close.

Being out in nature, whether it is in the garden, a nearby forest or conservation area can provide opportunities to examine the cycle of life. Talk to children about dead flowers, trees, insects or birds. Looking at how animals prey on each other in simple food chains can show how death forms part of natural cycles. Introduce the fact that the life of these nature species continues on in the form of Nature Spirits. Some young children show intense curiosity about dead insects and animals. They may wish to examine them closely, or they may ask detailed questions about what happens physically to dead things. Although this interest might seem morbid, it is a way of learning about death. We should do our best to answer these questions without making learners feel guilty or embarrassed about their curiosity.

We should make children aware that various people and cultures have different beliefs about death. Some believe we go to a paradise after death, like heaven, while others believe we will go on to live more lives (however only as a spirit) and have lived many before this one (which we have not – once is all that is required). By showing our acceptance and respect for others' beliefs, we make it easier for

children to investigate that there are perhaps differences to our own beliefs but are more comforting to them.

### **Group discussion**

Ask learners to raise their hands if they have ever lost a person (or an animal) who was close to them. Which words might describe how they felt? Write these on the board. Discuss how the death of somebody close to us could make us feel a range of emotions from grief, to anger to depression. Explain how we might not feel like our usual selves and may want to spend a lot of time alone. Emphasise that it is perfectly okay to feel these things and they all form part of the mourning process.

Talk about how different cultures say goodbye to and honour their dead. Ask children what happens in their cultures or families. Are there special clothing, songs and rituals reserved for funeral and memorials? Discuss the meaning behind some of these customs.

Other opportunities to discuss death with children occur when prominent people die and their deaths, funerals and public's reaction receive a lot of media coverage. When the death is news-worthy, children are bound to see something about it on television or hear it mentioned on the radio, in school, or in conversation. Bring up the subject and use it as a chance to give children information or to clarify any misconception they may have about death.

Encourage children to write about a time they experienced loss. How did they feel then and how do they feel now? What words and actions brought them comfort or made them feel better?

(Planting Seeds of Life by Carmen Clews / Clinical Centre, National Institutes of Health)



## TO BE CONSIDERED:

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

Are we encouraging children to freely express ALL their feelings, and presumably, ALL the time. So how does this work in a school class? Is it to be at a special time and special class, or are students encouraged to express their feelings any time? It would be mayhem I imagine, particularly for those children who quickly understand that by expressing feelings will gain them more attention, should their need be great for it. Children are very good at making stuff up, so possibly even feelings given half a chance. Again I don't know, I guess that's all the sort of thing that would need to be worked out as a class format or with the teachers themselves. It wouldn't be much good having a free-for-all with your feelings, you'd never get any of the other work done, which might not be so bad within limits. Still, anarchy might reign, and again it's all very easy to let off steam and loudly and fully emotionally express feelings, but if one is not longing for the truth as well, then it's just letting off steam. Also, what happens when a child is very upset, is crying, hurting and in pain, does the whole class stop for it while it expresses all it can; and what about it feeling embarrassed or humiliated, possibly scared of being ridiculed for feeling such bad feelings, for taking over and interfering with the rest of the class procedure? Or could it be gently and supportively taken to another room with someone it can say and cry or yell and rage all it wants to for an appropriate time? Is that sort of counselling and therapy to be encouraged?

Or should the whole gist of this paper be more about educating children how beneficial it would be to express their feelings and want to uncover the truth of them, without getting into deeper feeling expression or therapy? And to teach the teachers so they are aware that when a child is upset it's best to try and encourage it to bring it all out rather than trying to quickly patch it up and keep it all in? A Feelings First philosophy or attitude for the entire school?

And it made James think that you'd have to educate the children as part of it all about what their different feelings are and what they feel like. It has taken me years of James' Healing to work out all his different ones and to get used to feeling them and express them, all of which he should have been able to do through his childhood.

And to bring in the understanding of the difference between emotions and feelings, and emoting the emotions of your feelings. And how to actually express them, how to allow the emotions of the feelings to move you. When you are angry, to say it with the full emotion of the anger you are feeling, to be that anger as you're emoting it; rather than just using your mind and saying I feel angry and then calmly talking about it all. James does this a lot, and it has its place, however the more full-on you can emote your emotions the better. However having said that, we do grow up into adults from children so how we express our feelings changes. And being adults and trying to fit into our more stayed society doesn't do you much good if you are angrily raging around all over the place like a traumatised child. In the home, privately, that may be fine, but out and about, it's different, so to make children aware of the different levels of acceptable feeling expression, if they don't already know them.

However, does a child know how to long, and **what longing is**? Does it need to be explained how to do it? Why it is to do it? The importance of doing it? And how to just long and nothing more, to keep going expressing your feelings, long when you want to, and the truth will come. That it's not to use your mind to try and find meaning as to why you are feeling what you are, to try and keep your mind out of it.

It is wanting to know why you are feeling what you are feeling – why you are having that feeling now. Which is the hard part. Is it that a child is to stop and long like we adults do, knowing they are actively wanting to use their feelings to uncover the truth of them, which is part of our Healing. Because in ordinary life, I don't think many of us want to stop and actively long for the truth of our feelings in mid flight and daily conversation. It's hard to do and yet it can also be done if you really want to do it.

So is it that our Healing, using our feelings this way, is only a specific thing to do?

So is it right that we long, we decide in life that we want to work with our feelings this way, we make a commitment to ourselves because we want to grow in truth, and then we don't specifically have to long all the time and each time we feel a new feeling, but we just know it's what we want and how we want to live and approach life, and so longing whenever we can, whenever it comes up in us or when we remember by sticking to that commitment; and we go on trying to be as feeling expressive as we can, and the truth will just come of its own accord and in its own time, which might be almost instantaneous and at other times gradually coming, sometimes even taking years.

So can a child be taught this, and can it become its way of life – I don't know. I don't see anything wrong with it, I don't think it would interfere with it any more than it's already being messed around.

And it's to understand it is a different way to live life. It's a Life Path in that sense. That it's going against and opposite to the whole world and all we've been taught and what is ingrained in us from generations past. So it's more like a Life Philosophy, a liveable way that is the true spiritual way for us to live. We are to properly attend to our feelings. All other systems stop us from living Feelings First.

# **SUPERKIDS**

## **Natural self Expression through Feelings**

**Self Empowering**

**Self Revealing**

**Self Loving**



## **Feelings First**