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HUMANITY is ADDICTED to UNTRUTH

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

HUMANITY is within a kind of dormancy, or even more like a stupor!

We, all of humanity, have been reduced to the barest level of self-expression, having been reduced to the least creative life we can all live which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. And soon! Steadily the pressure to go in the opposite way, to increase creative expression, and not only through the creative arts, but in every aspect of life; socially, collectively and individually, is going to open things up enormously. It's going to be an explosion of light which will end the darkness, something that's never been seen before.

It's the light in our souls, it's the light that comes from the truth we are meant to be living that will change us – that changes us all – light from our soul. **If we apply ourselves to our Healing, thereby ending our unconscious self-denial, we will, as we Heal, change and start expressing all our buried attributes, characteristics and talents, any natural part of ourselves that's been denied because of our unloving parenting.** We are nothing like how we should be due to our self denial. So many people are living completely false lives, so when we become true, we will almost be the complete opposite to how we have been.

We are to be alive and vital, real expressions of our soul, to be living fully Healed lives as Celestials while living on Earth. Continually coming to terms with all we have been through, we will all take a long time to integrate and understand it all, but we will virtually be New People after fully expressing our repressed childhood emotions and injuries. How good is that!.

We on Earth are used to our anti-self conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denial patterns and negative unloving consequential behaviour will be gone, with all our loving-self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**



We and those who are Healed are to be in some ways like chalk and cheese, bringing new aspects to such relationships. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing our Healing is changing the whole programming of every structure within us, all in keeping with getting older and naturally ageing with our mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid us of our wrongness and make us become right. It's a huge undertaking.

Yet it all follows on, it's not like we'll be so different from the old us that may as well not have existed, it's all there, all the new we are to become, with only snippets currently being exercised and expressed, with **the rest of us in a kind of dormancy, or even more like a stupor.**



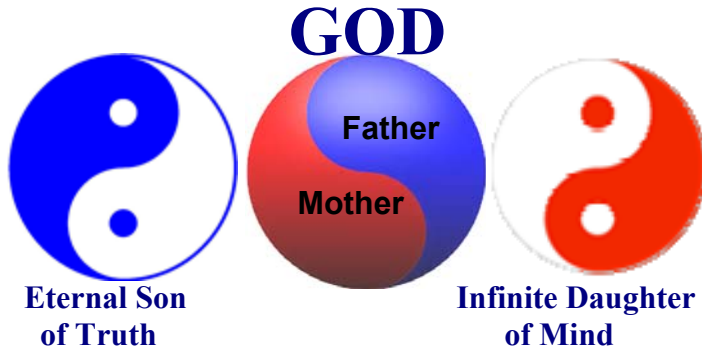
Once we've have finished our Healing, we'll feel like we've been "born anew" – pure and true as God created our soul.

Notes derived from Celestial Nanna Beth 20 – 23 April 2018



MIND
Worship





CREATION of SOUL and SPIRIT:

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

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

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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



Just what is it that our parents and carers infused us with from the moment of our conception?

They do not do anything other than what their parents and carers did for them or to them. They didn't know any better.

But the answer is frightening!

The short answer is that they, and now we, sent us on a pathway that is in the wrong direction. We are heading to a dead end, further away from our Heavenly Parents and towards an illusion that our minds are supreme and the answer to all things.

We are taught to embrace our minds and live through our minds; however that is the pathway for all

of nature which does not have a longing for truth as we do. Nature evolves through mind experience and all that we see living around us evolves into Nature Spirits in their next experience and much later to become low level Angels which later again progress into higher levels on their way to Paradise to our Heavenly Parents.

PERSONALITY



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

The damage that living through the mind does embraces a great deal:

- We absorb the injuries and false beliefs of those close to us.
- Our mind is addicted to untruth – observe the great amount of propaganda around us!
- Our mind cannot discern truth – listen to people talking in circles convincing themselves!
- Even as a tiny embryo we absorb the emotional injuries of our parents and carers.
- Our parents bring about our childhood illnesses and deformities very early in the gestation process.
- Our parents impose upon us, from conception, the personality they believe we should have.
- Our parents suppress our true personality – the one that we will eventually embrace!
- Our parents shut down our true potential.
- Our IQ (intelligence quotient) is the façade resulting from childhood suppression and repression.
- If we were healed of our childhood suppression and repression then our IQ would be amazing!
- Our childhood suppression and repression – emotional injuries – are the cause of all our illnesses.
- Our childhood suppression and repression are the cause of our dysfunctional traits and manners.
- Our childhood suppression and repression are the cause of all our adult hardships.
- Family abuse and marriage break-ups are the result of our unhealed childhood suppression.
- Collectively, nations go to war as a result of suppression and repression of our true selves!
- We embrace entertainment that shuts out the pain from childhood suppression and repression.
- We use electronic social media to avoid contact with people which puts us deeper into a stupor.
- We are not meant to be alone but how often, if at all, do we interact with our neighbours?
- We allow ourselves to be controlled. We also strive to control others and nature!
- Our parents' control is what we fear all our lives.

- Our school teachers controlled us because they fear that we may truly express our real selves.
- Our higher educators were controlled by peers and all the way down the heirarchy there is no free expression.
- Our churches and spiritual leaders are controlled by higher-ups that have been totally suppressed.
- Our governments impose control over ever facet of our lives – yet they are controlled.
- ‘Deep State’ secret societies control the government of the country that they are in.
- ‘Hidden controllers’ globally control the World’s money supply and all that is within it.
- The hidden controllers are the pinnacle of greed and power – control is their mantra.
- The hidden controllers are controlled by their mothers and wives – who remain silent!

All of this came about 200,000 years ago because higher-up spirits came to believe that through the mind we all could become minor gods – now we are on the brink of destroying ourselves – however that will not come about because we are all in such a stupor that we just could not pull it off!



Most of us watched television programs last night – try and tell whomever is next to you what those programs were about and how they benefited you!

There is not a day that we are not deceived. There is not a day that we embrace our feelings and express them. There is not a day that we are encouraged to live true to ourselves and be who we truly are.



STUPOR

Living through the mind has now brought us to the end of the road. We are functioning (almost) in a stupor that is obscene. We have even embraced impostors who are claiming to be the joint Regents of our local universe called Neadon. Yes, Mary and Jesus are our spiritual mother and father and they have had our direct higher level spiritual leaders imprisoned. The Lucifer and Satan soulmate pairs in the first century and in the late twentieth century, due to the arrival on Earth of the Avonal Pair, the remaining Lanonandeks, being Caligastia and Daligastia pairs, have now been imprisoned on a spirit prison world.

FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soul partner pairs:



Lucifer pair
Arrested and imprisoned 26 CE



Satan pair
Arrested and imprisoned 26 CE



Caligastia pair

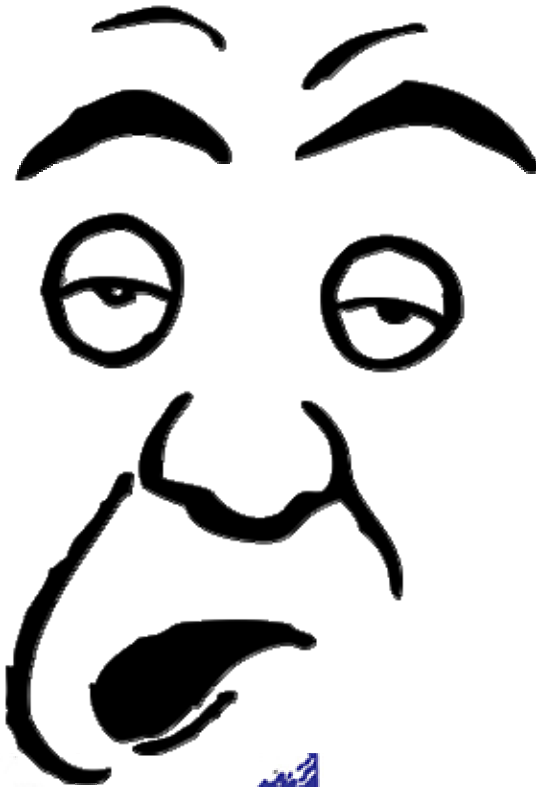
Arrested and imprisoned early 1990s CE



Daligastia pair



Humanity

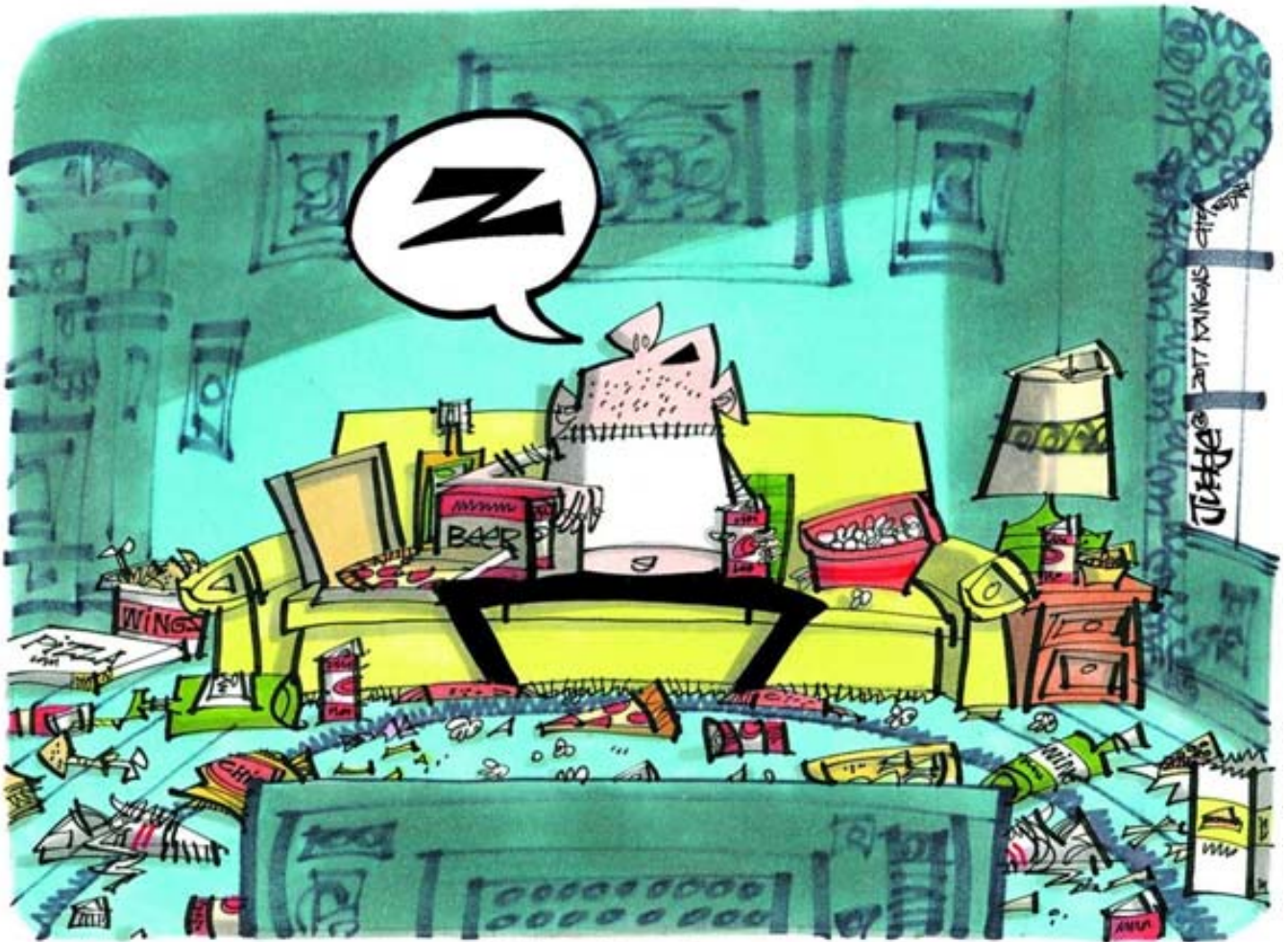


EARTH!

TIME GROWS SHORT FOR THIS FRAGILE GREEN WORLD, FLOATING SO HELPLESSLY IN SPACE. ITS PEOPLES SIT IN MINDLESS STUPOR, SMUG AND SECURE BELIEVING THAT NO HARM CAN COME TO THEM--



Fortunately, these hidden controllers have been imprisoned and their mind Mansion World minions have been shut off from Earth's humanity.



THE STUPOR

So here we are!

We are chock-a-block full of the snake oil charm that Lucifer and his henchmen fed us with the aid of his storm-troopers being the mind Mansion World spirits doing his dirty work and us all fired up – but asleep on our trusty couch in front of the zombie maker called a television set.

Now we have to work out what is snake oil and what is not – or just go back to sleep pretending to be diligently working out how to climb out of the abyss that we are deep within.

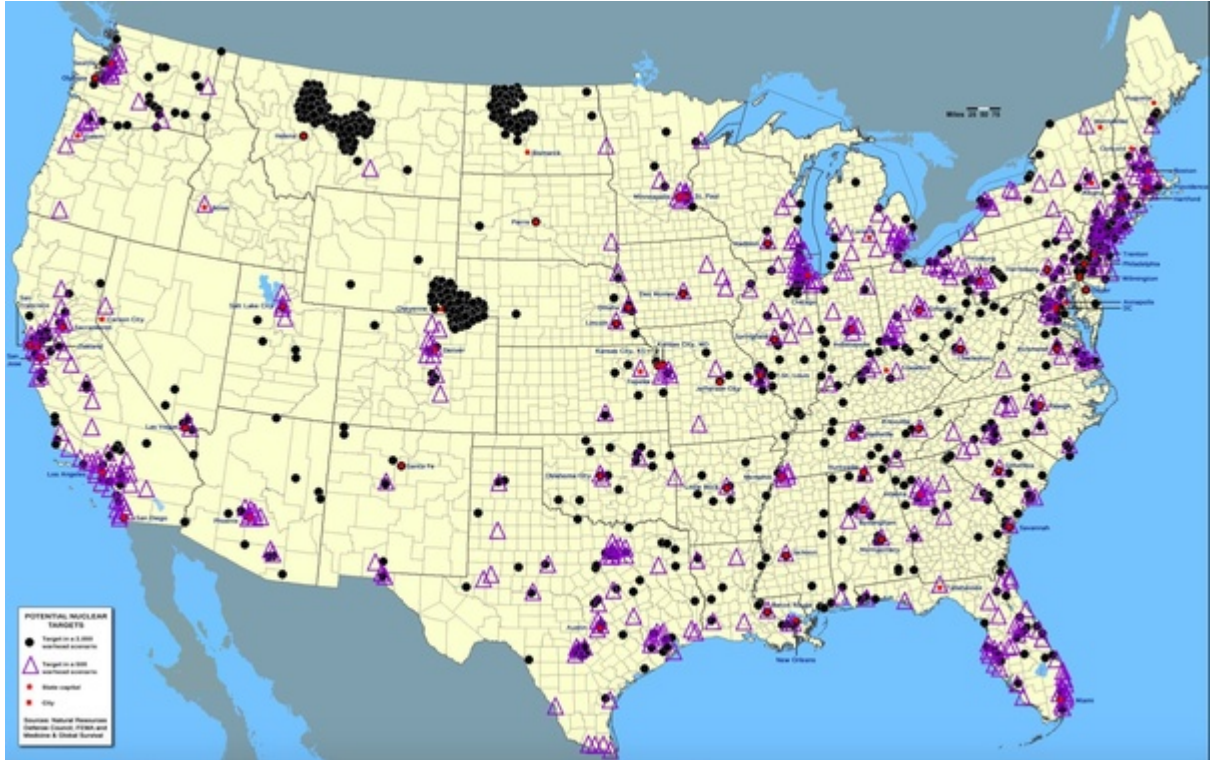
The fact is this. If a rocket is not coming our way we are most unlikely to do anything other than what we are doing now. Why disrupt the good thing that we are on. Even though humanity is embroiled in conflict on numerous levels of intensity in most parts of the World, we have never had it so good!

Yes, we could blow the crap out of ourselves with the slip of a few fingers on some rather impressive buttons and the turning of some intricate keys, but we still would not have to do anything – we would not be of this World and we would not need air anymore!



Here's a map of the United States of America's probable targets in a nuclear exchange:

Those giant black blobs in Montana, North Dakota and Wyoming are America's ICBM fields (inter-continental ballistic missiles), and they are the highest of high priorities for annihilation – even more than decapitating the government (because neutering it is just as effective). America's ICBM silos would be so saturated by nuclear detonations it would deny the US a “second strike” capability because everyone in the area will be dead 10 times over. Is this because we are in a stupor or just stupid?



The British were developing this super-sonic bomber to carry nuclear bombs!

Well done humanity – now what about the homeless living on park benches and elsewhere!

Meanwhile the super-caldera in Yellowstone national park in the mid-north-west of USA should do the job of annihilating the United States at no expense to the government – nature will have the last say!



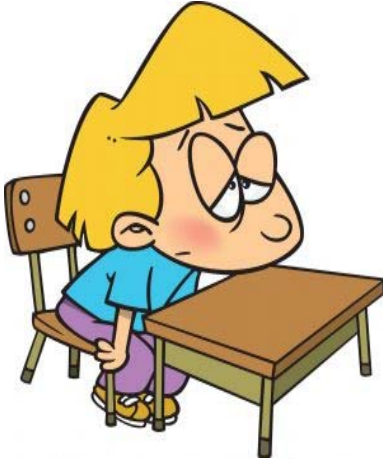
Meanwhile the high level Evil Ones have been removed and imprisoned and the Celestial Spirits have progressively been given authority and control to help physical humanity get up off the couch. In the meantime we are not meant to kill our parents for putting us in this mess – instead we are all to work through our healing! It's not a blame-game.

stupor



Each Pole Shift era is around 12,000 years to 12,500 years in duration. We are approaching the end of such an era. The whole of humanity is now in a stupor at the end of this cycle. Do we call this evolutionary growth?

Technology has progressed in leaps and bounds – since 1850!



In the 1850s the houses built by the first English settlers in America were small single room homes. Many of these homes were "wattle and daub" homes. They had wooden frames which were filled in with sticks. The holes were then filled in with a sticky "daub" made from clay, mud and grass.

Wealthy Victorians decorated their homes in the latest styles. There would be heavy curtains, flowery wallpaper, carpets and rugs, ornaments, well made furniture, paintings and plants. The rooms were heated by open coal fires and lighting was provided by candles and oil or gas lamps – rather dirty ways of heating and lighting.



The main reason toilets were kept outside, without indoor plumbing and a proper disposal of waste, was because toilets stunk. Gases like methane could even seep into the house and cause an explosion.

Houses or building structures built in older times were not equipped with air conditioning or standard electrical appliances like ceiling fan or a light. So to solve the problem of ventilation and indoor lighting, basics were studied first and hence the solution of raising the ceiling height came into play.



In 1850, Joseph Swan, an English physicist, chemist, and inventor, began working on a light bulb using carbonised paper filaments in an evacuated glass bulb. By 1860, he was able to demonstrate a working device, and obtained a British patent covering a partial vacuum, carbon filament incandescent lamp. However, the lack of a good vacuum and an adequate electric source resulted in an inefficient light bulb with a short lifetime. In 1875, Swan returned to consider the problem of the light bulb with the aid of a better vacuum and a carbonised thread as a filament.



Before 1850, after 12,500 years of evolution following the last Pole Shift which was a major, we had available to us literally nothing in the

understanding of how we are to live through our feelings – everything is about avoidance of our feelings, both good and bad.

Homes were of one or two rooms, water was carried into the home by buckets, showers and baths were not considered, soap was a new innovation, no electrical appliances and heating was by burning timber and coal, lighting was by candles and oil – dirty! The shiny alloys were to come as also the reliable electric supply for the myriad of electrical appliances. Communications was by pen and paper and hand delivered. Life expectancy was less than half of today. However people communicated with each other!

Untruth

untruth

UNTRUTH

untruth

UNTRUTH

Untruth

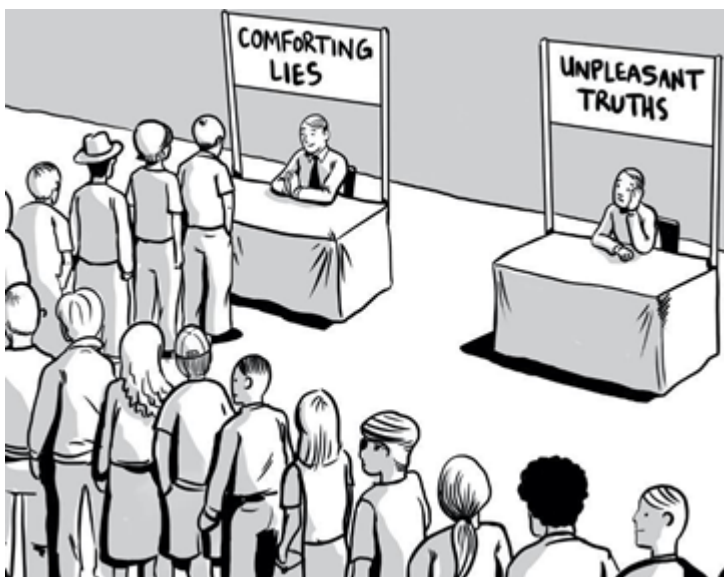
UNTRUTH

No refrigeration. No preservatives for food security. If a particular food item was not in season then you waited until the next season. Choice of anything and everything was non-existent. Health sciences were rudimentary and even more barbaric than today – they did not spend millions on radiation therapy which literally is barbecuing the body internally!

As far as fighting wars go, we now can slaughter millions while sitting at home pressing buttons – or is that just computer games that numb the mind to cruelty and control of others?

But now we have the most sophisticated electronic means to communicate (impersonally) instantly around the world and many powerful people use this to manipulate and mislead people.

Only now can we, with the use of kinesiology muscle testing, determine the level of truth of what is being conveyed to us. Using Dr David Hawkins’ Map of Consciousness (MoC) we can calibrate the level of truth of the contents of a message, paragraph, page, chapter and book. We find that when it calibrates above 400 MoC it is beneficial to life and our well being. Then we seek that which calibrates above 500, then 600, and so on even though sources become scarcer. We find that the spiritual writings become disclosed for what they are – control mechanisms that take us further away from our Heavenly Parents.



NOTES on the CHRISTIAN BIBLE:

- Old Testament 190 MoC
- Book of Revelation 70
- Calibration of Verses of the Old Testament
 - 60% calibrate over 200
 - 50% calibrate over 300
 - 50% also calibrate over 400
 - 30% calibrate at 500 or over
 - 20% calibrate at 600 or over
 - 10% calibrate at 700 or over
 - 2% calibrate at 800
 - 10 verses calibrate at 1,000

Similar calibrations have been done on other so called scriptural writings.

SCRIPTURES and SPIRITUAL WRITINGS P.366 Truth vs Falsehood by David Hawkins
 calibrations by David Hawkins

King James Bible (from the Greek)	475
Lamsa Bible (from the Aramaic)	495
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880
New Testament (King James Version after deletion of the Book of Revelation)	790
New Testament (King James Version from the Greek)	640
Psalms (Lamsa Bible)	650
Proverbs (Lamsa Bible)	350

Note: Following calibrations done by others:

Divine Love based truths	calibrate over 1,000
Book of Truths (containing the Padgett Messages)	1,492.4
True Gospel Revealed anew by Jesus Vol I, II, III, IV	1,492.4
Revelations	1,490
Judas of Kerioth	1,482.1
The Golden Leaf	1,480
Celestial Soul Condition	1,480
The Richard Messages	1,484
The Divine Universe	1,494.7
Family Reunion Afterlife Contact	1,486
Traveller An Immortal Journey	1,485
Destiny The Eternal Message of Divine Love	1,484
James Moncrief 10 major publications	1,490

Note: perceived truth MoC 880 – relative truth potential MoC 1,480 applies to most Pascas Papers.

Changing Times

We need to understand that ALL spiritual writings that have come about these past 200,000 years have all been subjected to the Rebellion and Default. The Universal Contract governing the Rebellion and Default left the leaders of the Rebellion free to do as they pleased. Thus they engaged the mind Mansion World spirits to influence the writings that all of humanity is now embracing and those writings all engage the mind which takes us away from our feelings and accordingly away from our Heavenly Mother and Father. Yes, Mother and Father – one soul manifesting two personalities. We each have a soulmate of the opposite sex emanating from the one soul. Our soul is duplex manifesting two personalities. James Padgett was able to write, during 1914 through to 1923, the Padgett Messages via a ‘crack’ in the Universal Contract, and then followed The Urantia Book between 1925 to 1935, and now we have James Moncrief’s writings. It is the James Moncrief’s writings that hold the major revelations that will be embraced by humanity during the Avonal Age through the coming 1,000 years.

It is the Feeling Healing and all that it entails is what humanity is to engage with to heal ourselves of the Rebellion and Default, this with our Heavenly Parents’ Divine Love, we will live life on Earth as Celestials.



Internet, social media, computer brain washing, screen terror!

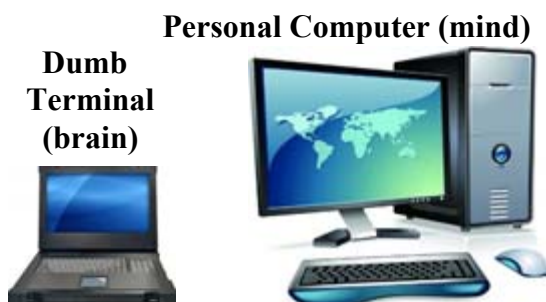


Presently humanity could not be more disengaged with itself than now due to the plethora of social media and communications via electronic devises. We could not be less connected with ourselves and with the rest of humanity than now – not at any other time during this current Pole Shift era are we so distracted from our feelings and each other. This is all about to change as are all the advances that we take as intellectual developments that have distracted us from our goal – to find our way home to Paradise, the home of our Heavenly Parents.

What is the issue?

It is this. We have been guided through our naivety to live through our minds. We have been taught to suppress our feelings which are soul-based. Now many of us worship our brains which are nothing more than dumb computer terminals. When we leave our physical body – die – fortunately we lose that dumb terminal – physical brain – however unfortunately we retain our dumb spirit brain. So whether on Earth or in the Mind Mansion Worlds in spirit, we continue worshipping our mind and that can be likened to embracing your personal computer to the exclusion of all else. What we put into a personal computer and take out of it is representative of ourselves generally – in a stupor and devoid of vigour and initiatives of anything like what we truly are capable of. When we bypass the personal computer and live through our soul-based feelings we come alive.

It is only through living feelings first and engaging in Feeling Healing that we will fully become our true selves!



So how do you want it to be?

If you look around, there is great inertia. Further, the world is becoming saturated with unrest at the present plight of everything.

Until all the institutions and ways of living that came about during the time of the Rebellion and Default are torn down and new ways introduced we will have general unrest. This, together with the frequency and extremes of weather and Earth events, will continue until humanity generally engages in and completes their Feeling Healing.

Now is the beginning of the Great U-Turn.

Earth's humanity is in the worst state of all the humanities throughout the universes. Earth is quarantined from interaction with other humanities until it heals itself. That healing has commenced with the formal ending of the Rebellion and Default on 31 January 2018.



Insanity Of Humanity



Living Feelings First is the most liberating step that any of us can ever take. Living Feelings First leads us to consider and then commence our Feeling Healing. Through our Feeling Healing we will begin to free our true personality and open our full potential, and in this way we will grow in truth and discover the way home to our Heavenly Mother and Father.

Our journey of discovering truth can now begin. Truth will sit well with you. As truth is revealed, then each step will lead to the next, in a gentle but ever increasing crescendo. We have been restricted from truth being revealed to us while the Rebellion and Default worked through to its conclusion. What will now unfold will tear down everything which we may have held sacrosanct. This is the way it is to be. It will be painful and disruptive, however we have Rebelled and Defaulted but now we can grow from our insanity and be the children of our Heavenly Mother and Father, having had our uniqueness of this experience. No other humanity throughout all of the universes have Rebelled and Defaulted.

TRUTH

Yes, through kinesiology muscle testing we can discern truth from falsehood. Furthermore we can determine the level of truth relative to Dr David Hawkins' Map of Consciousness (MoC).

For those who undertake their Feeling Healing and embrace Divine Love, they will progressively move into a state whereby they will knowingly interact with Celestial spirits from within the Celestial Heavens. Celestials are people who have completed their healing and progressed into the Celestial Heavens. As humanity progresses through the 1,000 years of the Avonal Age, more and more truths will be revealed with ever greater detail. More and more people on Earth will progress into the Celestial state and be self-evident leaders of humanity.

As we move through the Avonal Age, the Law of Compensation will be progressively Earthed bringing about incapacity to cause harm to others and a 1,000 years of peace – eventually no more war on Earth nor on any other planet throughout the universes!

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

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

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

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

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



JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth's humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth's humanity is the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

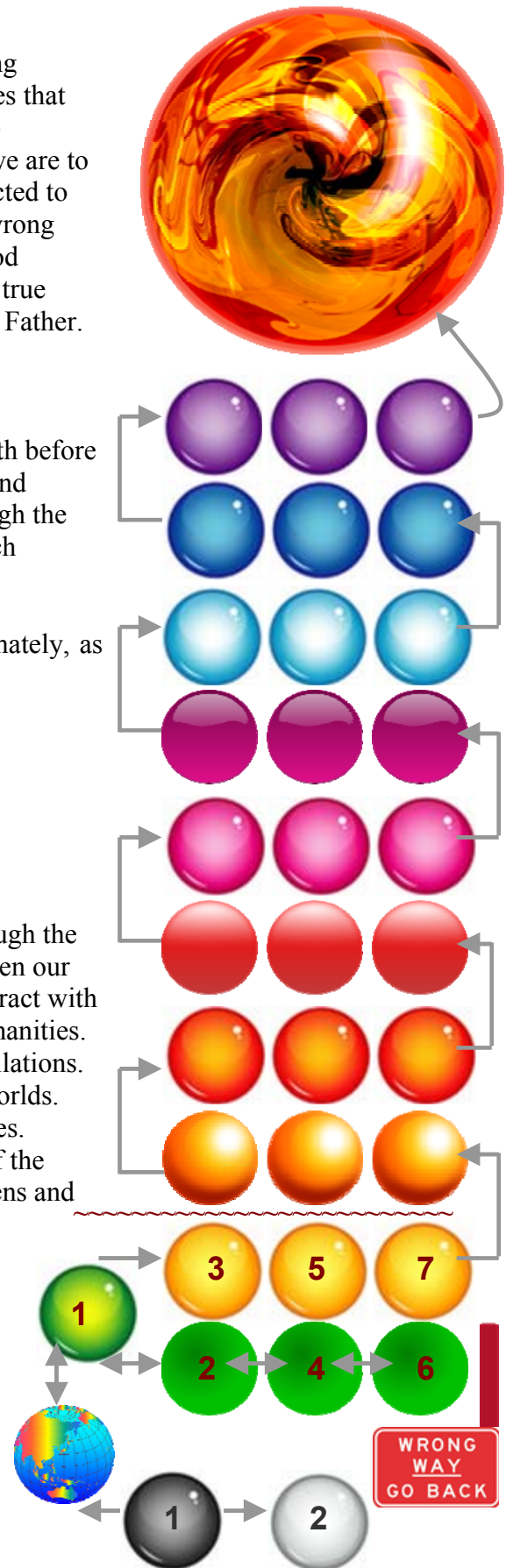
Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into Havona which circulates around the Isle of Paradise, being home.

Each of the seven super-universes are constituted, approximately, as follows and with 1,000,000,000,000 inhabitable worlds:

- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Our Creator Daughter and Son, Mary and Jesus, lead us through the Celestial Heavens for the system (Satania) that Earth is in, then our constellation and then out of our Local Universe. So we interact with 10,000,000 physical worlds of which 3,840,101 are with humanities. Infinite and Universal Spheres – we interact with 100 constellations. Eternal Spheres – our soul group now interacts with 1,000 worlds. Celestial Heavens – we are still to open up to other humanities. Our Avonal Daughter and Son lead us through our healing of the Rebellion and Default and into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Isolation from all other humanities prevails before completing our soul's healing and transitioning into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 are of Earth, those who have compensation may have this experience and might then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to progress into Celestial Heaven.



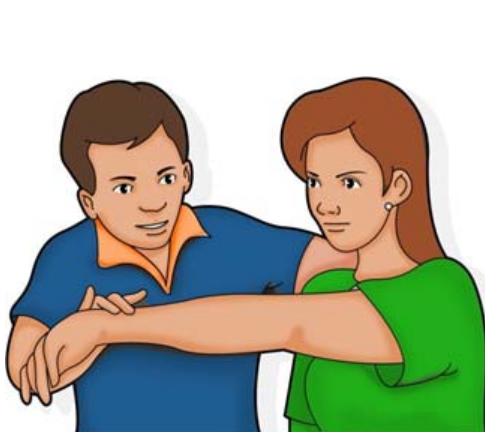
You are Equipped with your own TRUTH DETECTOR!

Each time you commence a kinesiology muscle testing “arm bending” session:

Ask permission to ask these questions / to test these statements (some enquiries are off limits).

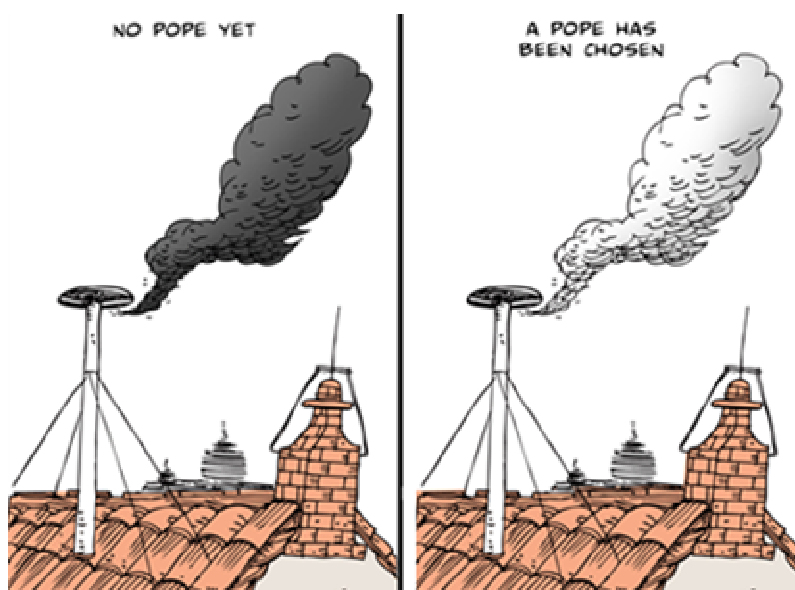
Test for functionality – your name is Mary! TRUE (strong): your name is Tom! FALSE (weak).

Always ensure you are hydrated – drink a glass of water.



MONITORING the ELECTION of a POPE

Cardinal Joseph Aloisius Ratzinger, of the Catholic Church, was elected to become Pope Benedict XVI on 19 April 2005 and remained so until 28 February 2013. Meanwhile here in Australia where our day begins much earlier than in Rome, we monitored the very secret process of electing a Pope by the Cardinals of the Catholic Church. Firstly we determined if the round was going to be decisive. No – and the confirming black smoke came out of the chimney stack. Prior to the final round we determined, using kinesiology muscle testing, that a Pope was about to be elected, who it was to be and which cardinals voted for him and those against him! Most of those voting for or against him could later be confirmed through the press from individual reports. With kinesiology muscle testing, nothing is secret! Even the level of truth of any statement!



Finding someone: A young friend, Andrew, and I (John) were looking for his father, Alex. Using kinesiology we ‘found’ him on the ninth hole of a particular golf course and it was 1.00pm. NO, he wasn’t. Alex was on the 18th but playing his ninth hole for the day. (In testing attention to detail is important.)

A child had gone missing – we could not locate him. Years later we came to understand that other events had to unfold and that we were not meant to find him – we were off limits.

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.

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!

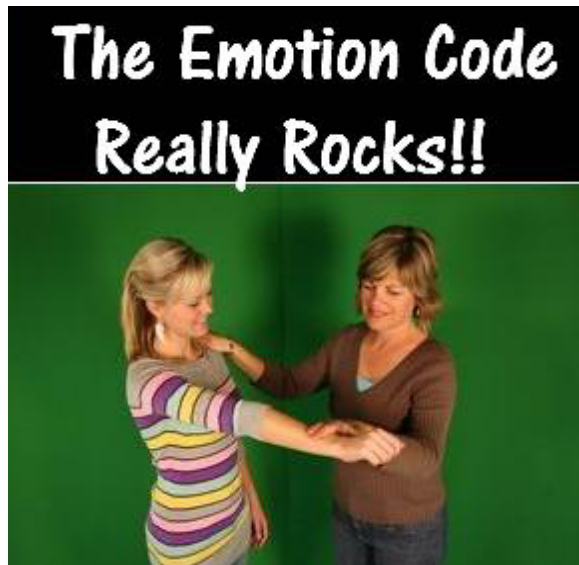
NATURAL LOVE or HUMANITY'S ERRONEOUS EMOTIONS:

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
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Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

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

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



Body rocking forward suggests statement is true, body rocking back suggests not true.



Kinesiology muscle testing is your very own Truth Detector! There are numerous ways by which your soul-based truth can be accessed – even while someone is telling you something – you can finger test; what I am hearing is true – oops!

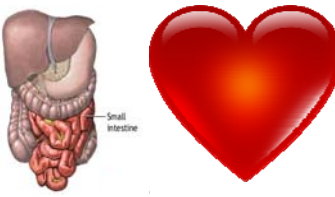
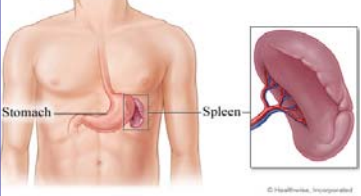
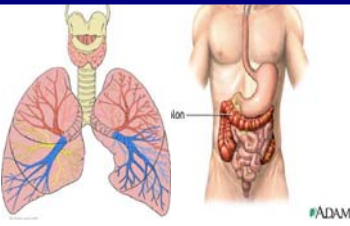
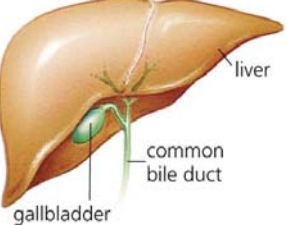
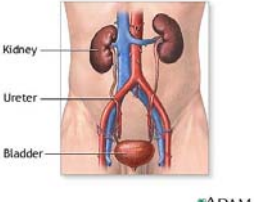
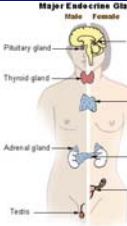
You can test the level of truth of emails, mail, books, chapters, pages and of people – all within seconds. Yes, you can discern the level that someone is on relative to Dr Hawkins' Map of Consciousness and, accordingly, how you are best to engage with him or her and work with them.

You cannot use the process to go into the future or be naughty!

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 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 with 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	

Organs	EMOTION CODE™ CHART	
	Column A	Column B
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm Pride Shame Shock Unworthy Worthless

The Emotion Code is indicative of the relationship of specific negative emotions with relevant illnesses impacting specific organs; however it is more complex than what is outlined here. Underlying all illnesses is our childhood suppression and repression!

Consider reading:  [Rejected Ones via James Moncrief.pdf](#)

www.pascahealth.com Library Download then to Medical – Spiritual References

<https://www.pascahealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

DEAD END

Helen, 3rd Celestial Sphere 3 Mar 2017



"The releasing of this money (for global humanitarian funds in 2019) you could in a way liken to something crudely as having an orgasm. It will be a flood of positive energy, or light, as expressed by money, and all it represents, washing out over humanity; and although most people won't hear about it, if it is all kept quiet, still that's what's going to happen. Because it will be, in a sense, the forerunner or even wellspring of the new, of what's to come, it however being more symbolic than anything, because it all ends with The Change, but still, until that time, it being what it is showing – there is new energy, new light shining on humanity, and along with that, new hope and so on. It all being a 'sign of the times'."

Humanity is like in a full body cast from all the false and erroneous beliefs and systems that it has immersed itself within that are ALL now going to be ripped off and replaced with The New Way of Living – the Great U-Turn – this is the time of tossing out all of the old for the New!

Humanity is about to slam into the brick wall being the dead end of 200,000 years of Rebellion and Default. The Great U-Turn and the introduction of The New Way will disrupt every aspect of life that humanity has embraced throughout the era now ending!



THE CHANGE

GREAT U-Turn

AFTERTIMES

The New Way Avonal AGE



Struth

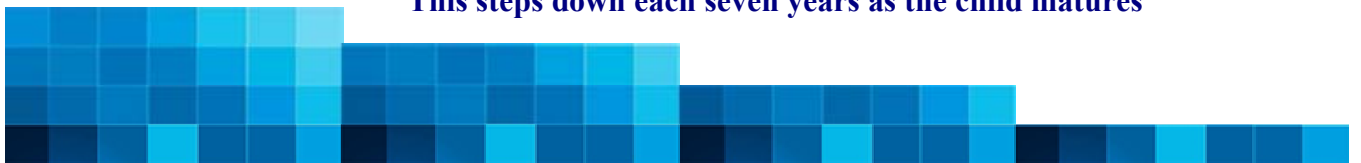
TRUTH

Simply put, it is the emotional errors and injuries of our parents, carers and family members going back generations that are the underlying cause of our personal discomforts, pains, aches, illnesses and issues that impede and negatively impact upon our life, both good and bad.

We have now been shown the way for us to personally heal ourselves and that is through our Feeling Healing. The further we progress with this during our physical life the more benefit that we will pass to those close to us. Should we complete our healing then we will live a Celestial way of life here on Earth!

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

TRUTH

Let the Silent Voices be Heard

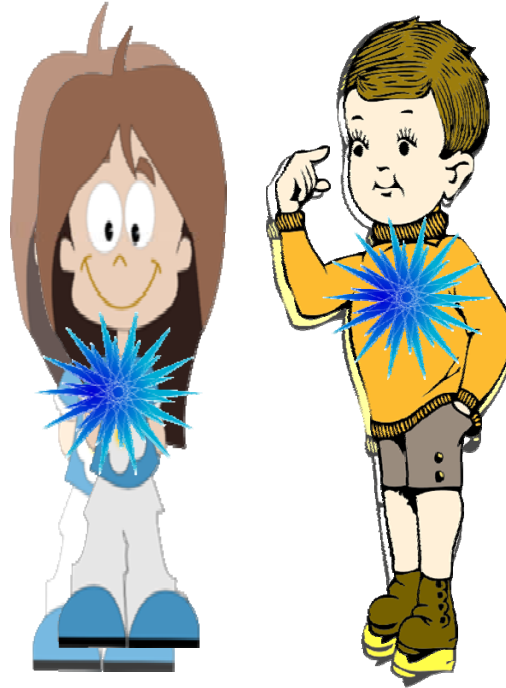
OUT LOUD

SOUL:

The Real You is your soul, you are one 'half' of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.



The soul connects to the two spirit bodies it has created by 'golden cords' of light; and the spirit body is in turn connected to the physical body by 'silver cords' of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn't hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

95%+ of humanity currently are within the 1st sphere of development.

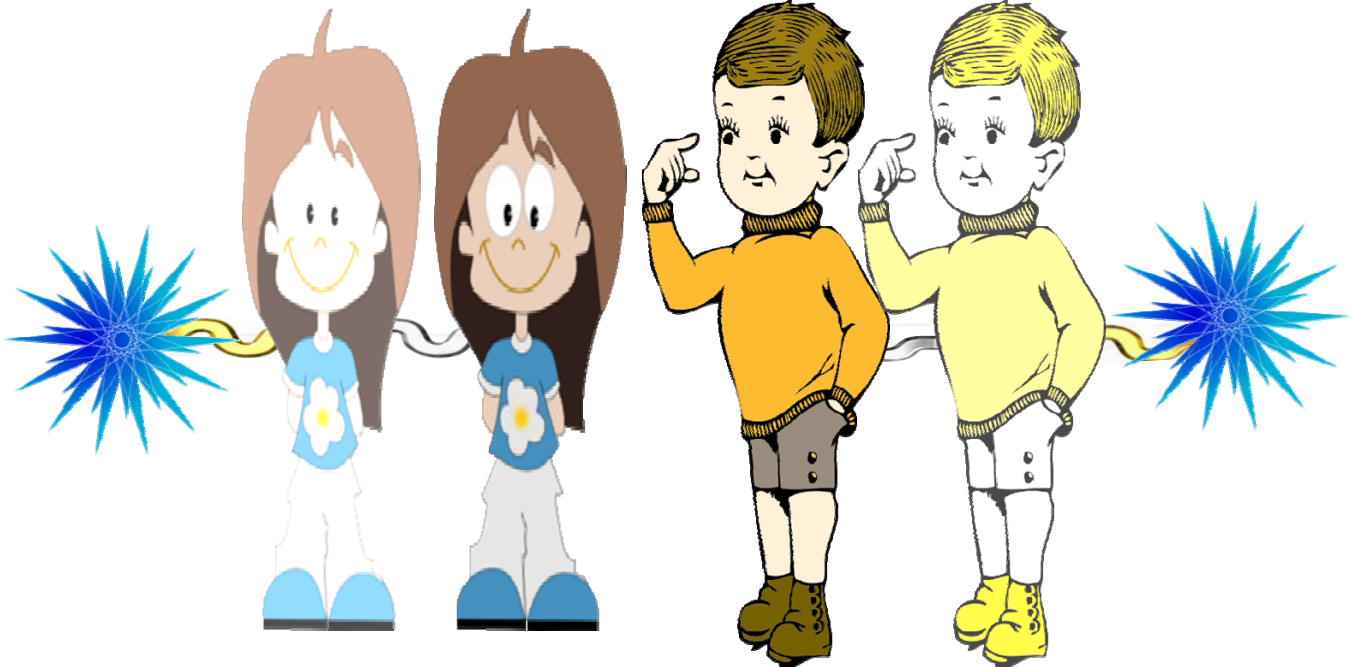
PERSONALITY

Soul Spirit Body Physical Body



PERSONALITY

Physical Body Spirit Body Soul



U-TURN for HUMANITY:

Why are we doing a U-Turn?

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

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

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

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

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

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

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

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

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

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

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

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul 'subdivides' into two, one half



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



always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

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

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

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

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

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

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

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

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

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

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

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

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

“Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: **Longing for the truth of our self, because: we are our feelings**. So life stirs up

our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.”

Kevin of the 1st Celestial Heaven 26 September 2017

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

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

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

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

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

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

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



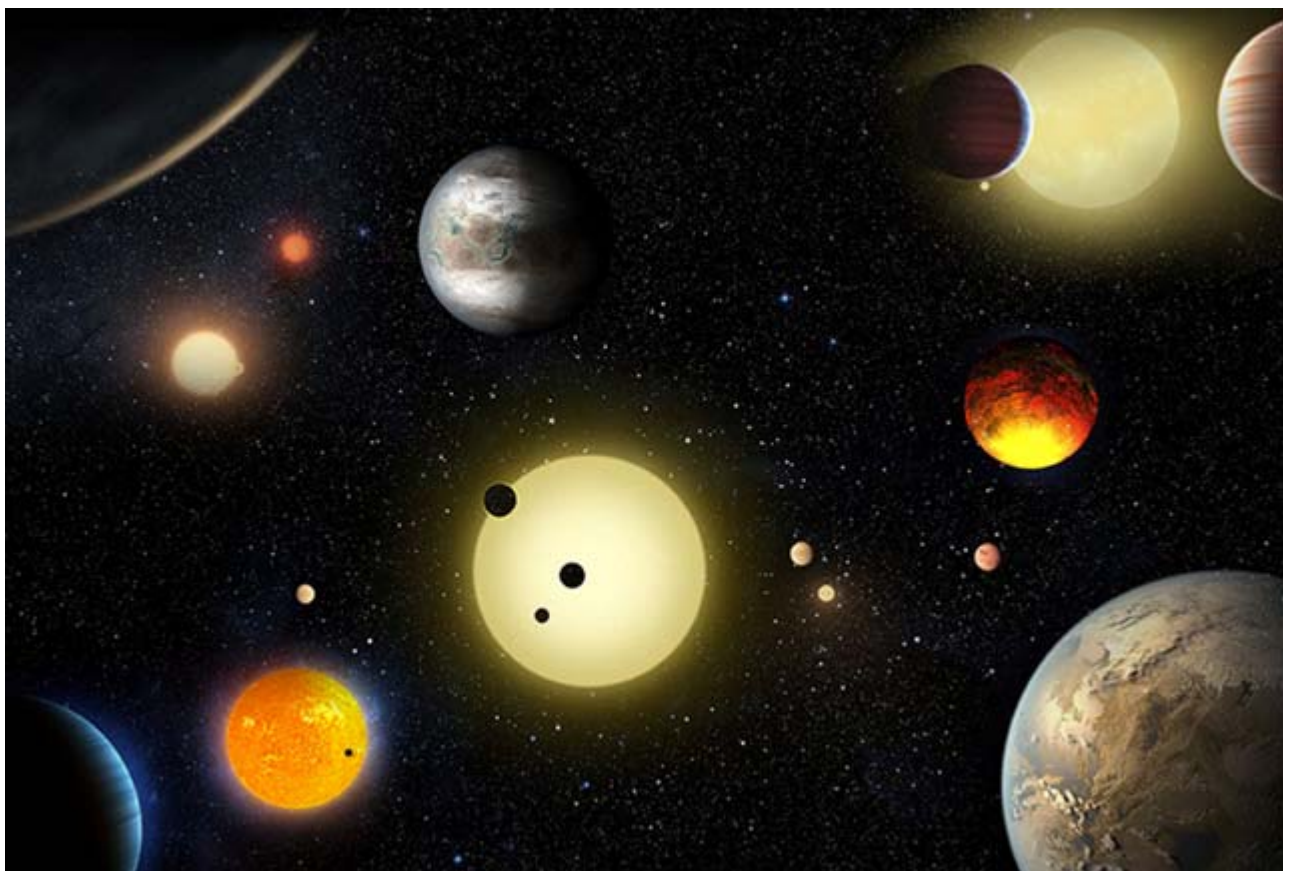
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



Pascas Care Letters Environmental Collaboration Awareness
 Pascas Care Letters Environmental Collaboration Beginning
 Pascas Care Letters Environmental Collaboration Crisis 21st Century
 Pascas Care Letters Environmental Collaboration Developed Civilisations
 Pascas Care Letters Humanity is Addicted to Untruth

GREAT
U-Turn

ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. This was added to by the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT **200,000** YEARS

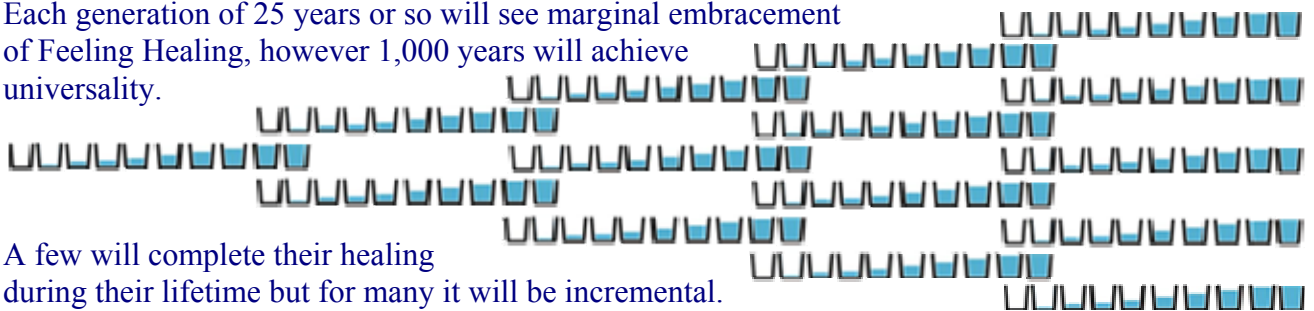
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



A few will complete their healing during their lifetime but for many it will be incremental.

Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

We are to Find through our Feelings the Truth of the Rebellion and Default.

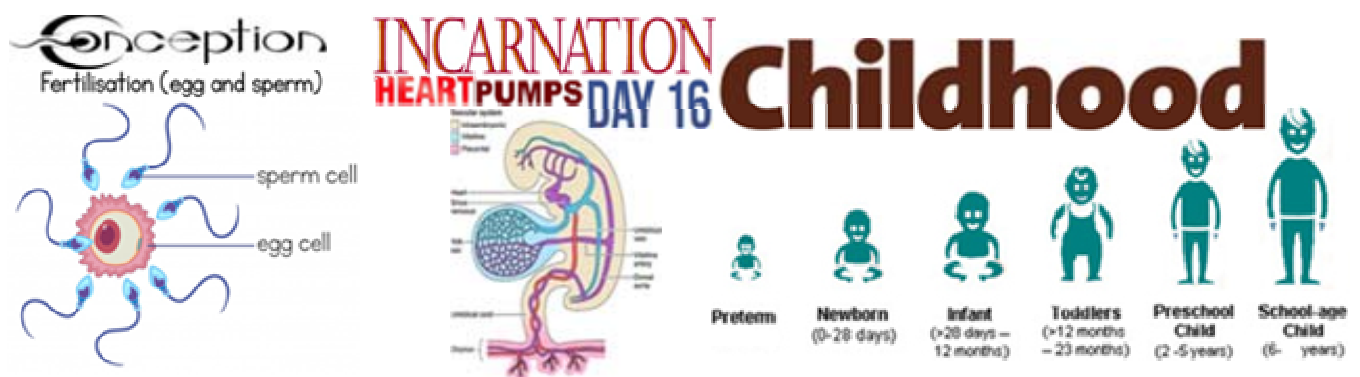
Tuesday, 17 September 2019

James: Hi John, these are the latest truths that are coming to light, again mostly due to Marion's expression of her bad feelings. I'm 'writing them up' so if you want to include them in a Paper, that's fine. Some of it might be a bit much.

We are to find through our feelings the truth of the Rebellion and Default.

The truth of our personal rebellion by default. The truth of how we've been subjected to them, taken them on, and live them. The truth of how they make us feel being subjected to them; and the truth of how they make us feel being them.

The other day I said we are to see the truth of our childhood, the big part being the whole truth of how our childhood made us be as we are, focusing mainly on our early relationships with the intention of uncovering the truth of how loving or unloving they were. Were we loved or not, is about what it comes down to: Did I feel loved? / Do I feel loved? Was I truly loved as a young child? And if not, why not, and how has it affected me through my life, and how am I as the result of that beginning. It is for us to see through our deeper feelings if all we call and believe love to be, all what we might think and feel about ourselves as being loving, all we might have felt loved by, was really true. Is all I know and believe love to be real and true? – or have I grown up contriving it, pretending that I know what love is, believing I was loved by my parents and other family members, when the truth is, I wasn't. As we do our Healing, as we work deeper into ourselves using our feelings to uncover the truth of how we really are, much to our horror we will come to see that much of our early lives, and so too our resulting adult lives, is untrue, founded on beliefs that don't hold up under such deep inner personal scrutiny. And we can't know until we've looked to all our feelings, until we've brought out of us all our repressed bad feelings, and seen what truth such feelings hold for us. It is a feeling thing – uncovering the truth of ourselves through our feelings, and not something we can do using our mind.



We are to uncover the truth of ourselves by uncovering the truth of our childhood. We are as our childhood has made us. We are not separate or free of it simply because we are now adults and no longer a child. The fabric of our being, our whole foundation, all how we are, IS all how it was for us through our childhood. And it's not until we've done our Healing and seen all the truth of how it was for us, which means, connected with all how it was for us back then through our feelings, that we will be truly free of our early beginning. When we've uncovered the whole truth of ourselves, so the whole truth of how it was for us during our childhood to make us be as we are, then we will move into a Celestial level of truth, a level that is true and perfect and all-loving, and feeling like we've been born

anew; that being, feeling like we're the result of truly loving parents, instead of how it was for us, the result of having untrue and unloving parents.

And it's all horrible because we've incarnated into a Rebellion against Truth and so Love. We have been forced by default to live in an unloving and untrue way. We've been made to go against ourselves right from conception, and we're to come to understand just what that means to us, all through our feelings. And none of it is good. Some people grow up feeling better about themselves and their lives, some people feeling very loved being made to feel they are important, special and mattered and were wanted by their families and parents. And should any of that love be true, it will remain with the truth being seen as to why it is true. And should any of it be false, it will fade away, with the truth being shown as to why it was false. And for those people who've grown up completely aware that there was no love for them during their early life, they will upon expressing all they feel about that, understand even more deeply the truth of how it was for them. And those people who've grown up feeling unloved only they didn't know they were, having been made to cover up and deny such bad feelings, their Healing will be one long breaking down of such denial, delusion and fantasy, as they come to see and realise that their whole childhood was one of lies and deceit, all which added to how false and deluded they've been through their life.

And as we come to see the truth of ourselves, through the truth of our childhood, we all, so I would imagine, have to arrive at the place within us where we fully know the truth of what it has all been about; that being: was there a point to how we were treated and how we've lived, with the answer being – No. We are to find the truth of the Rebellion, the truth of being rebellious, all through how being untrue makes us feel. We are to work out for ourselves through our feelings, and NOT with your mind, if being rebellious, living against our soul (ourselves), against Mary Magdalene and Jesus, against God and Creation, is a good way to be – if it makes us feel good. Does living untrue to ourselves make us feel good – and truly good and truly loving? And if it doesn't, then why, and so presumably we'd then no longer want to live rebelliously.

We have to get to the point that we will feel there is absolutely no point living rebelliously. We have to try everything we can to pretend that in our untrue and rebellious state we can feel good, happy and loved. And when it fails, then know that there is nothing that is going to make us feel that way. So we have to get to the point where we know that it is totally pointless living a life that is untrue and unloving. That it only makes you feel bad, and so what is the point of that! We are to find out for ourselves through our feelings that categorically there is no point living against the One's Who Created Us.

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

Our Mother and Father are All Love, so if we rebel against Them, if we turn our backs to Them, if we shut Them out, reject Them; if we believe we know better than They do, if we use our mind to be god instead of living with our feelings knowing we're a child of God, then we are in for a very lonely, empty, boring, nothing, dead, uninspired, unfulfilling, devoid of all creativity, unloving, painful life. And it's not just a matter of understanding this mentally: that will of course be the case if you go against God, of course if you are trying to swim and live against the flow of Creation, you're going to feel very bad and nothing is going to work for you, and who in their right "mind" would choose to live that way; we have to connect with such understanding on the feeling level, we have to know the truth of it through our feelings, that which our Healing brings us to. And all so when we do know, when we understand just how our life is and how we are, all of which makes us feel bad, then were we able to choose: Living a life of rebellion against God and our own soul; or one living true and in harmony with God and our soul.

On the levels we are conscious of, we didn't have a say in how our childhood and life was going to be, we didn't choose our parents, we had no idea what we were in for; and now as adults toward the completion of our Healing, we arrive at a place of knowing that it all sucks, it's a terrible ordeal we've been subjected to, so traumatic, and so soul-destroying, and all because we were unlovingly parented and forced to go against ourselves becoming untrue. All that effectively ruined us, we've been made to become something we hate, detest, are disgusted by – a vile unloving creature, something that is abhorrent and so out of alignment with nature and the natural way of things, we should be extinguished and stopped from spewing our vile, putrid yuk out over everything that is good. We were made to be evil, full of sin and iniquity, and that we can't do anything about it. We were forced into it against our will, being forced to then use our will to keep being this way, and using our mind to tell ourselves that we are not so bad, that we are good, even better than other creatures, that we are loving and true, that we are the great ones, not the worst of the worst that is defiling the rest of Creation with every poisonous breath we take. And yet we are bad, we can't be any other way, because we are rebellious, rebelling against all that is true and of love.

Yuk

Look how we treat nature that is all-loving and true, we cut into it, pull it down, change it, pollute, ruin and destroy it, we make it into some perverted, crippled abomination that ends up turning against us, all because that's exactly how we were treated and made to become. We can only be as we were treated as a child, as our childhood has made us become what we are as adults. We are a blight on the natural world, we don't give a shit about it, we poison and pollute it without a thought, we live completely out of harmony with it, we hate nature, we want to get rid of it all, we want to turn the whole world into empty, unloving, ugly concrete, living in our fantasy Internet worlds, all with our pretty pictures of the plants and animals that used to be or are becoming remnants of the paradise Earth once was. We 'advanced' people move into the worlds of the 'primitive' by killing them, displace them, ruin their ways of living more in tune with nature, yet we know better, and they have to live as we are, doing to them exactly what our parents did to us. Our parents crushed us, so we crush whom ever we can, which ends up being mostly our own Children. The weaker 'lesser' one loses to the stronger more powerful, just as we as children lost to our parents. We thrust our evilness upon the world just as it was thrust upon us right from our beginning, and even though most people might not want to hear this, we all know it's true. And if you don't, you soon will as you look to the truth of your own feelings, for they will show you, loud and clear, you feel just how bad you are and how being so bad makes you feel worse than you could possibly imagine.



And so we come back to realising and knowing by connecting truly with our feelings, that we live pointless lives, they have no meaning because we are not true, we are not living Feelings First, we are not wanting our feelings to lead and guide us to the truth of ourselves, nature and God. We live by denying the feelings that will lead us to the truth of ourselves and the truth of our childhood, we reject them as we reject ourselves, just as we learnt to do because of being rejected through our childhood. Our parents didn't want to know what we felt, they rejected those feelings and by doing so made us feel rejected and unwanted, all of which is part of the sad truth we are to find out about ourselves.

So the point is: There is no point. How can there be any point to ourselves and our lives when we've grown up and live as adults in a pointless way? Without Truth there is nothing, and as we live rejecting and rebelling against Truth, so we're living the most pointless way possible. Everything we do is completely meaningless because it's not about living true to our feelings to uncover the truth of

ourselves. And yet we carry on deliriously happy and in love with our untrue, meaningless and pointless lives pretending and telling each other that all we are doing has a great point to it. And we have to do that, because if we were suddenly shown the meaningless, pointlessness of our lives and ourselves – the truth of our rebellious anti truth and no love lives – we would freak out, completely lose it, break down into becoming the nothingness that we live lives hidden at the bottom of us. And that is what our Healing does for us, it's one long breaking down of our falseness, all so eventually we arrive at the inescapable truth of ourselves: That we are pointless; that there is no point to our existence as we live our meaningless lives. That my living and breathing, everything I say, everything I do, has no point. It's all useless, a waste of time, it's all really just hot air filled with NOTHING. We are to declare, because we know it's true: That I am nothing, with no point, because I am not loved and I am not loving. I am of no goodness, no truth, no beauty, that I am full of shit and a complete fuckup, and something that should be got rid of, snuffed out of existence because there is no value of anything in me, no part of me is salvageable, I am rotten to my core, empty, null and void, with no point going on.



And yet having discovered that truth, connecting with it through your feelings, then you are brought to the understanding as well: that okay, so I am pointless, untrue and unloving living a meaningless life, and yet it's not my doing. I have no say in it; it's all how God wants me to be. So, okay then, if God wants me to be a rebellious, pointless, meaningless fuck, then possibly there is some point and meaning to being pointless, meaningless, untrue and unloving? And so possibly: I am pointless, as that's how I feel, and yet also there is a point to me being this because God wants me to be as I am, or else I wouldn't be it; and so presumably, God is wanting me to be as I am for a point – (unless God too is completely meaningless and pointless, and I being Their child is as They are). And that could be true, but then why create nature and the rest of Creation with meaning and a point and only having your child pointless? So if God has a point in making us feeling totally pointless, then what is the point of that? And could it be that God wants us to experience in our different ways what living against Them feels like, what turning our back on Truth and denying ourselves Love feels like? That God wants us to feel the whole truth of rebellion against Them, and that is the point of our pointless existence?

WHAT'S
THE
POINT?

And all we can do is keep going living true to our feelings, expressing them and longing for the truth they are to show us about ourselves. And as we come to live true to our meaningless pointless lives of no love and no truth, then possibly our rebellious lives will end and God will transform our soul into being loving and true, and meaningful, and the whole point of ourselves and our existence will come to us.

We have been forced to go against our true selves. And by doing so, were forced to go against God. And as we do our Healing and become true, coming back to and discovering how we truly are, so too are we coming back to God able to feel loved and wanted, and able to express that love and good feelings.

We are to see the truth of ourselves through uncovering the truth of our childhood. And that truth will show us how bad it was for us and that it was all pointless, and how can it be any other way living against all that is true and of love. We are to uncover the whole truth of our rebellious state of being,

understanding the whole truth of how we were made that way by default. That it wasn't our fault, it was imposed on us against our will, and we are not to blame. That we are to come to fully accept ourselves in our fucked states just as we are, and to feel sympathy for the sad state of self-rejection we live in and all the horrible ways we express that in the world. We are to come to see that really we are not truly connecting with anyone, but are instead only connecting with what we project all over everyone else; that we are alone, having a relationship only with our fucked self and with the other person not really there at all, because we were parented as if we weren't really there at all, it all just being between our parents and themselves and their parents. We are to feel completely what it feels like not feeling loved, not having our love needs met, being denied right from the very beginning all we needed to help us come out and feel naturally and truly good about ourselves. We are to understand that all our problems, all our health issues, all our relationship difficulties, everything that's wrong with us and that goes wrong in our lives, all is and happens because we are not right, because we weren't loved as we needed to be.



And we are to work out what we really do want, to feel what we hate and don't want, based on our feelings, then to work out that we want the opposite and what that might be like. What might it actually be like to feel completely loved, right from the start, all the way through you, with never one rejection, never a bad feeling, always feeling secure, happy and fulfilled in every moment of your life? And to yearn and want the true and perfect relationship, one that comes to you as you come to understand how untrue and imperfect all your relationships are with yourself, with other creatures, with other people and with God. We are coming at it from the negative, so what is the positive like, and do we really want it; and if so, to long for it, just as we long for the Truth and as we long and yearn for love. We want to feel loved right the way through to our core, every part of us filled with it, we want to feel so loved and so happy because we do feel so loved that our love is brimming over and loving all others. We want to feel the opposite to what we do feel, and to know why we want to feel that way, it all being about the truth of ourselves, knowing it, feeling it, understanding it, wanting it.



Through becoming true, so first, true to our untrue state, we find acceptance. We come to forgive ourselves, we make amends compensating for the wrong we have done, we feel as bad as we do, and we understand that that's okay, and even that it's how God wants us to be. It's a hard road each of us has been given to walk, however it's all possible and the worst is over, the worst being how it was for you during your early life. God wants us to uncover the whole truth of our rebellious state through our feelings, so that's what awaits us all, when the time is right. And when that time comes, something that you can't do or start by using your mind and telling yourself you do it; when that time comes because God is saying it is time and leading you to do it through your soul as you want to start paying closer attention to your feelings looking for the truth they have to show you, then you will do your true

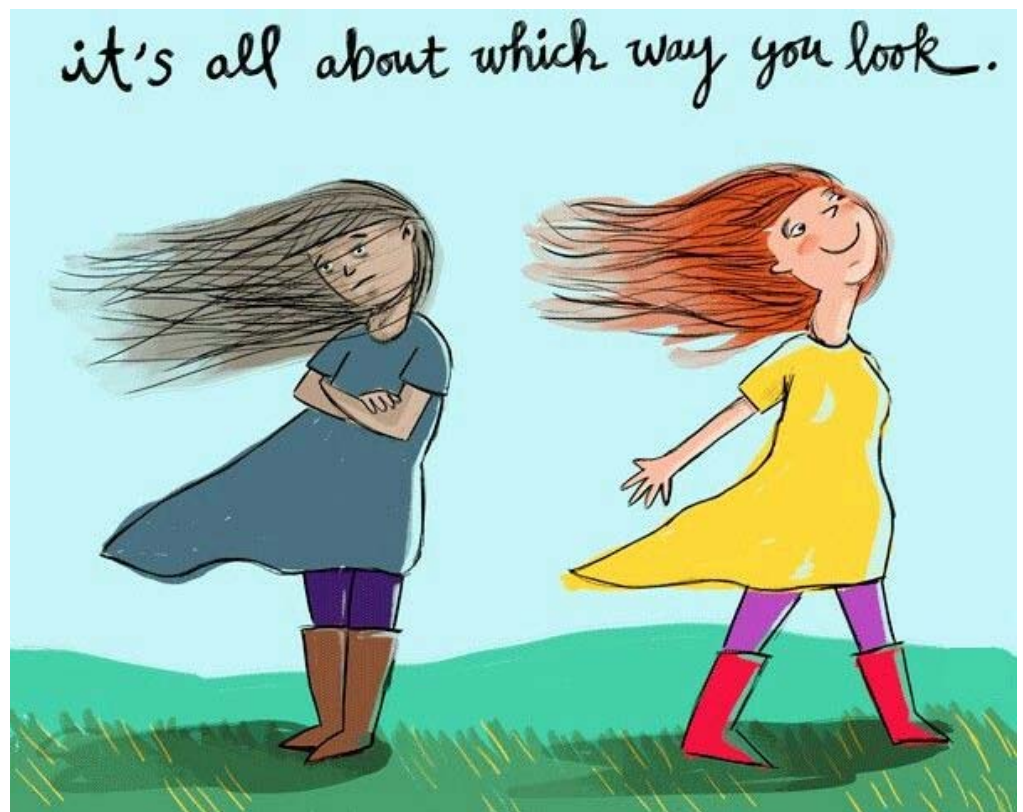
Spiritual Healing. It is a healing process, one of gradual self-acceptance through the truth as it comes to light within you. It is the Truth that will set us free, yet only once we've found it by living true to ALL our feelings.

So I doubt people who are enjoying their lives will understand this; however if you are enjoying and having a fulfilling life living your rebellion against the Truth, Love and God, then one day you'll come to the dead end coming up against the brick wall, wondering what it was all about and what was it all for. And when the time comes, be that during your life on Earth or when you're in the Mind Mansion Worlds, then it will be time to do your Spiritual Healing.

Also, throughout my writings I have stressed the point that so much of what we call love, feel love to be, know as love, will, as we come to uncover the hidden truth of ourselves, vanish, dissolve away, because it wasn't true love. We are all about The Truth, and what I mean by this is, any truth we live, will remain, we are truth-seeking and truth-loving souls, and with that truth, will come love, because truth 'begets' love. So if you have felt love throughout your life and it is based on Truth, through your Healing it will remain. However, if you have felt love and believed you were loving, yet that so-called

love wasn't founded or based on Truth, it will fade away until it's all gone and you know that you contrived it using your mind. The Truth is what is important to us, so all that is true about yourself and so true in your life, is good, making you feel good, and will remain as you do your Healing. All that is untrue, is bad, is false, and you will give up and let go, as you do your Healing. We can't receive love or be loving without being true to some degree. And the amount of truth we are determines the amount of truth we are, can feel and give. We

can't be untrue and loving. We can only be true and loving; or untrue and unloving. So if we are untrue yet feel we are loving, something is very wrong in how we see ourselves and how we are experiencing life. Our Healing is to end being untrue, end any so-called love that we have lived in our untrue state, coming around to accept the truth of our untruth and at the same time seeing if any part of us was true. So we have to want to explore and liberate all our bad stuff wanting to be true to it so we can see how wrong we are being it. It is living completely going in the opposite direction to how we've all been made to believe we should be. And as mostly we've all been made to deny so much truth about ourselves and our lives, so there won't be much love as a result.



mind controlling way or soul's feelings first!

Feelings First Spirituality – The New Way

Doing your feeling-healing is telling your story.

It's telling the truth of your whole story.

And it's all for you.

James: I wanted to write some of how I feel I'd want to be were I to have a child. However it's to understand that this is only my understanding of it through my own Healing. I have not been a parent, not been at a birth, not lost a child, not had any of the bad things happen to do with having children. And I'm male.

Being with your baby and child

This is mostly for the mother, however it's also for the father.

Before Conception:

– How do you feel about having a child? Express ALL good and bad feelings. Pay particular attention to ALL bad feelings. Try and express them all, talking about all you feel and how feeling those bad feelings make you feel, all whilst wanting to know the truth of why you are feeling them.

➤ Understand that it's okay to feel bad about any part of it at any time. It's okay to feel anything bad at any time before conception and after it. Pushing away, hiding, pretending you're not feeling them, blocking out bad feelings is only going to make things harder for you, your relationship with your partner, and your child.



➤ Understand that your feelings might change, from feeling good to bad, and that too is okay.

➤ Keep expressing them, all of them, to your partner, family, friends, to God, to everyone who wants to listen, all as you long and really want to know the truth of why you are feeling them. And understand that some people will be able to go with you in your feeling expression, some not; and those who do, some deeper, some not as far. Few will want to go with you right the way through to the end when you have nothing more to say about it. And it will be the same for yourself as you will have many blocks and much resistance all the way along. But that is all okay, you can only do as much as you can. And with practise you'll get better at honouring and expressing and uncovering the truth of your feelings.

➤ And understand that if you go down this road becoming determined to find the truth of all your feelings, at times a lot of pressure will be brought to bear on your relationships, even possibly bringing about an end to some or all of them. And that too is okay. You'll find your way, it will all unfold, all as you keep expressing and talking about all you feel.

Conception

➤ Keep doing all of the above. It's MOST IMPORTANT to honour and express all your bad feelings. Don't hide them from yourself. Don't push them aside. Try to bring them out. To your partner is best,

ideally your partner should want you to express all of yourself, so all your good and bad feelings. And for you to want your partner and for them to want to express all their feelings too. However in reality you'll be pushing each other's buttons and coming up against each other's, and your own, inner barriers and blocks. Still, these can be fully acknowledged and worked on. You don't have to do it all at once.

➤ And yes, it's all going to affect your baby. All the good stuff, positively; all the bad, negatively. However there is nothing you can do about that. God wants it this way. You have conceived, your child already has taken on all that you and your partner are, and particularly all the bad stuff, it's all a done deal, now it is to be expressed by your child as it grows inside you, and through its childhood. Accept that you are not fully loving, you can't fully love your child, you do your best, however it won't be enough no matter what you do. And that's okay too. You don't have to be perfect and all-loving, you are to be yourself wanting to express all you feel as you grow in the truth those feelings bring to light within you, all of which will then positively affect your child.

➤ The best thing you can do for your child, the most loving way for you to be, is for you to keep expressing and longing for the truth of your feelings. As to whether or not you are loving or can you cope, will you be a good parent, deal with all of that as part of your feeling expression. Any time you feel bad, and even if it's over and over about the same things that are making you feel bad, even to the point of driving yourself and your partner mad, just keep going expressing all how bad you feel whilst you long for and want to know the truth of why you are feeling as you are. And your feelings will show you the truth, it will come as you express them and when you are ready for it, and all of that will affect your growing child in a positive way. To bring your child into your womb that is part of you who is wanting to live Feelings First is the best you can do for your child. So it is good to express EVERY BAD FEELING YOU FEEL, even if you feel you are pathetic, stupid, embarrassed, humiliated to do so. Don't deny yourself by denying your bad feelings, because that denial will be passed onto your child and that's what will hurt it the most and make it feel the most unloved. If you want to be as loving to yourself as you can be, which is fully honouring, accepting, expressing and seeking the truth of all your bad feelings, then that self-love, doing that good thing for yourself, will be conveyed to your child helping it feel good in its emerging relationship with you. If you keep denying yourself your bad feelings, pushing them away, blocking them out, ignoring them, pretending they don't exist, ridiculing them, rationalising them away, then you are only hurting yourself by doing this, it's unloving, and so too will you be doing it to your baby and child once it's born. The worst thing you do to your child is stop it expressing ALL its feelings, so including all its bad ones. So if you set the example it will follow, then it will be as feeling expressive as it can be, all of which will greatly help it in its life.

➤ Understand that to nurture yourself by fully accepting, expressing and wanting to know the truth of all your bad feelings, is the best way to nurture your growing child. If you feel bad about any aspect of yourself, your life, of your pregnancy, of your relationship with your partner, family, any bad emotional feeling, any fear, worry, anger, guilt, shame; any depression, resentment, envy, jealousy; any feelings of feeling ignored, rejected, unwanted, uncared about, unloved, and any other bad feelings, even the slightest faintest one, bring it out. And bring it out to another adult, not so much to your growing child. Don't use your child as a substitute adult because you don't have an adult in your life who'll listen to you express all your bad feelings, so your child will do. That's not fair on your child. The child is to be left free to express itself, it's not there to be your listening person, that is for your partner or God or another willing adult in your life. Don't take all your shit out on your child. Don't use it to vent or dump all your negative and bad feelings on. It will be too overwhelming for it and more than likely putting it in the position of making it feel responsible for you, that it should or can in some way help and save you, make you feel better, good and happy. You're the adult with your shit, and so it's with other adults you work it through. The child is new, it's all for them, they've already got enough of your yuk to deal with that they will have picked up from

yuk

conception and naturally as they have developed. When your child is older and can understand and deal with all your bad feelings and yuk, and is willing, then perhaps you can start to express and share your bad feeling expression with them. All of which they'd surely understand anyway by then as a part of observing and following you in life. Try to allow your child to form itself through its formative years, rather than you make it be something for yourself and how you want it to be.

Pregnancy

- How you relate to your child is how you relate to yourself, most of which you are unaware. What affects your child is what is affecting you, most of which you're not aware of. All the undercurrents your child is continually absorbing, all from you, your partner, those important people in its life and the environment, is all 'going into it'. And all you can do is keep expressing all your feelings, good and bad, and particularly bad. Don't try to fix all the bad stuff, just express all your bad feelings. Do what you feel to do, and what you don't want to do try not to, however if you are forced or made to do it, then keep expressing how bad it makes you feel.



- Bring out all your fear, anger, anxiety, everything about your child that you are worrying about, to your partner. Talk about it all between you. And if you don't have time, make it. It can be hard, but if you sincerely want to express all you feel and want to know the truth of why you are feeling such things, then you will make the time. You are in a relationship with your partner and your child, it couldn't be more intimate, and so the more you can express all you feel to each other, the better your relationship will be. So bring out all the bad stuff, all the hidden secret unwanted stuff, and if you feel very bad and worry that your child will be negatively affected by such feelings, express all of that fear and worry too. Your child will absorb it all, however the more you can express of yourself, the better it will be for it. And do what feels natural for you to do; and if you worry you are not being loving enough or are too much or whatever, express those feelings too. Express it all. It's a different way of life. And if it's what you want, then it will be how you can live and your child will form and be born into that feeling-expressive environment growing up expressing all its feelings and longing for the truth of them, something no child has as yet experienced on Earth.

Birth

- Again, express all your feelings and in particular all your bad ones.
- Understand death is not bad, it's not to be feared (yet if you fear it, then those are more bad feelings to express and seek the truth of), the death of your child or yourself. If it happens it's just time for you or it to move on. However, of course there will be many bad feelings that come with it, all of which are yet more bad feelings to express. Should your child die, at any time from when its heart begins beating inside you, it will move into spirit there to be adopted by a spirit mother and looked after as if it is her own. And when you die, and should you want to, you will be able to meet your child. And right the way through your life, should you want to, you can still share something of a relationship with your child in spirit, from actively speaking with it when it's old enough to converse with you, to sharing your thoughts and feelings with it – should you feel good about doing that, understanding that your child might not always want to speak to you, as it will have got on having its life in spirit. However more than likely it will be made aware of you and will want to have some contact or relationship with you. However, you don't have to have one with your spirit child, it's only if you want to, expressing all the feelings along the way.

- As natural as possible the birth is, is of course best, however what is natural? Possibly the Australian Aborigines giving birth with nothing other than themselves, something to cut the cord or biting it, with loving women (and men too) around, including your partner, would be as natural as you could get. Your child when born is given to you, skin on skin, it finds its way to your nipple when it wants to feed, or with a little help if required, you and your child are the loving centre of attention, everything is for you both, you are at the centre of creation. It's all only about you and it, with your partner and father there in support and loving and protecting you both.
- However if the birth is in the full bright lights of an impersonal hospital, it's still between you and your child and its father. It still can be as personal as you can have it, as intimate, you feeling you want to be with your child. And if you feel you don't want it, are scared of it, reject it, that's okay too, you don't know how you'll react, with these being more bad feelings you can embrace and work through.
- If it's premature, still born, cesarean – more bad feelings to be expressed. And all is okay, understanding that it will all cause your child problems, it's all very traumatic, however by looking to express your way through all the difficulties as they arise, is what will ease the pain and trauma, even eventually heal it. It may take a long time, and your child might be well into its adult life before it starts to deal with all the trauma it's suffered, however the more you encourage it to express all its bad feelings as it is growing up, the better it will be.
- And of course you can't always stop and express all your bad feelings when you feel them. But you can do it when the time is more conducive; and any that you do deny, will return at another time.
- The whole idea is you are setting out to have a new relationship with a person called your baby and your child. So ideally you don't want to be separated from it in the early stages, which can be hard if the hospital has the practice of taking it away from you. All such separating is, as you might imagine, very traumatic for the newly born infant, who has formed inside you and is now outside of you needing you still there with it yet in a different way. As it grows it will show you when it's ready to separate from you. Read stories about accounts of how the orangutans, gorillas and chimps have their babies, how they guard and protect them, having them cling onto them all the time, for years in some cases, and never rejecting or forcing or trying to control their baby, unconditionally being there for it, with the baby being the one that pulls away as it gets older and more adventurous.

With your baby

- Do what feels right for you. Don't try to parent according to a book. How to parent books can of course be helpful, so can anything, however at the end of the day all you have to go on is your own feelings. And if you want to honour them, express them and see what they are wanting you to see, then that is how you can parent. And by yourself if you're a single parent or with your partner. However being single is more difficult not having someone close to express all your feelings too. And it might not be good expressing them all to your child, your child should be free to express itself, but it's not as yet equipped to deal with all your feeling expression and needs. So putting it all on your child, making it be your substitute partner and listener of all your feelings, will be difficult for it. It might not complain, however it will have to deal with that when it is older, having been made to take on such responsibility so early.
- There is no right way to parent, only your way. What might work for someone else might not work for you. All this business of having to force your baby to accept the sleep and feeding patterns imposed by you, because of what other people say is the right way to parent, is very damaging to both of you, traumatically so. If it happens naturally, fine, but having to use any force against the will of your child

is what will crush it and ultimately turn it against you. To try and work with its will, to fully accommodate it, yet at the same time expressing your will, can be very difficult; and again, all you can do is keep expressing and yearning for the truth of your feelings.

➤ If you feel bad, try to stop and pay attention to those feelings. Don't automatically try and fix or solve the problem. We're all taught we have to fix everything and work it all out for ourselves, but we don't. All we 'have' to do, if we have to do anything, is keep expressing and wanting the truth of our feelings. So do you see, living by putting your feelings and the expression of them first, is the aim. You don't have to do what you feel, you don't have to always act on them, often the emotion of them might drive you to act, even to do something you will regret, all of which will bring up yet more bad feelings to be expressed and worked through. When you express your feelings, try to express them with the emotion you are feeling them. Express the emotion of them, but of course not to the detriment or yourself or the other person or creature, not to harm anyone. You might want to kill your baby, so express the emotion of those terrible feelings to your partner or someone who cares about you, or to God if there is no one else, even just to the wall if that is all you have, saying all you feel as you feel the emotion of wanting to kill them, yet not acting on it. And if you can't control yourself and do act and kill your child, your partner, yourself or anyone else, then there's yet more bad feelings for you to express and want to uncover the truth of. Everything we do comes from your childhood. Expressing your feelings and wanting to uncover the truth of them will invariably take you down into connecting with those same feelings you felt as a child. And as you connect with all your repressed childhood pain, finally liberating it, so too will it positively affect your child. We pass our pain on to our children, so the more you can bring yours out, the less effect it will have on your child.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

Toddler

➤ The battle of wills only takes place when the child is not allowed to freely express itself, when it feels its will is being compromised. And even though it can't be allowed to do all it wants to do, there are ways to work with its will, helping to maintain the integrity of it so it keeps feeling empowered, important and that it's loved and respected, just as there are ways to crush it all but out of existence with it having to turn severely against itself so as to survive and maintain any sense of having any power with you. As children we're incredibly adaptable, we are geared to survive, and so if that means we have to fully compromise ourselves, going against our own true self and will, so we will use the full strength of our will to deny ourselves our feelings. We'll do whatever it takes so as to keep ourselves believing we're loved by our parents. The onus is always on the parent, never on the child. To blame the child is missing the point about what a child is. And if you go that far, then that's what happened to you as a child, and that's how you're making your child become.

➤ Ideally we should grow up in a ‘tribe’ situation, being parented by many adults and always interacting with many other children of all ages and with people of all different personalities. Doing it alone, just you and your child, is the hardest and possibly the worst, most alone and rejected way we can raise children. Again imagine an extended tribal family situation where everyone actively participates with everyone else, from the youngest to the oldest. So there is always help for the new mother, for the mother at any time, and not with ‘men do this’ and ‘women do that’ approach and attitudes; no religious, social or cultural superstitious beliefs and limitations. With everyone fully involved, and ideally, with everyone expressing themselves as fully as they can.

Childhood

➤ It might help to understand, and so to always keep in the back of your mind, that we’re all currently conceived into a spiritual rebellion without knowing that it’s happened to us and without our parents knowing they are bringing us into the rebellion by default. However it’s what God wants, and so that is how it is. So having understood that, then it’s to know that you have already fuck-up your child to the degree that you and its father are fucked-up. And that it is to grow up experiencing the Rebellion itself. And being a loving parent of course you might want to lessen the impact of this, and of your own rebellious state upon it, which you can only do by doing your Spiritual Healing. You can only work to Heal yourself, and all healing you do will have a positive effect on your child. However at the end of the day, your child will have to want to do its Healing one day if it is to rid itself of all the bad parenting influences and effects it’s suffering from. We’re all in the same boat, however as parents grow in truth through the doing of their Spiritual Healing, which is done by looking to express all your feelings wanting to uncover the truth of them, then so too will they conceive and parent their child with lessening effects of the untruth and wrongness. And one day, parents who have fully Healed themselves being of a Celestial level of truth, will conceive and parent perfectly and lovingly children who are no longer part of the Rebellion or Planetary Default. So until this time, it’s okay to have a child and for it to grow up in the Wrongness. That’s between you, it and God. And everything will one day be worked out with love. But that day might be a long time in coming. And in the meantime, should you choose to live by following your feelings and wanting to grow in the truth they will give rise to within you, then that is the best you can do.

Conclusion:

In being a parent, it’s not about trying to work out how to be the best parent you can be for your child by using your mind. It’s to live the truth that comes up in you as a result of you properly attending to ALL your feelings. We are to live with our feelings guiding us, and even though they might seem to be all over the place and contradictory half the time as well as driving you or your partner mad, still by expressing them all and longing for their truth, the truth will steadily grow and you will find that you know how to be and what to do. It will just happen ‘organically’, with the more you can keep your mind out of trying to control or dictate the terms and determine outcomes, the better it will be for you all.

FEELINGS FIRST For Kids

How is it for you if you are Truly Honest with Yourself?



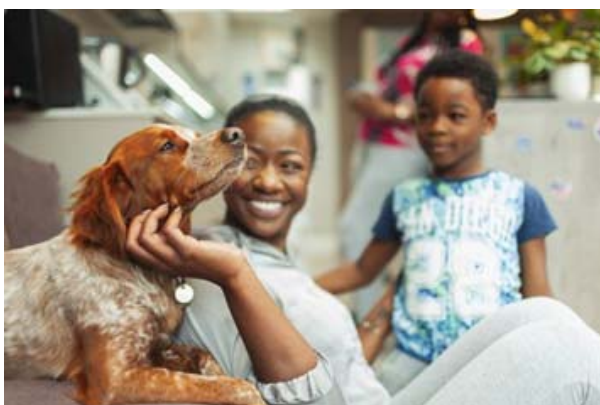
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them be as you want them to be?



~~~~~  
♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

# The New Way

Thursday, 26 September 2019

James: There are two distinct ways we can live on Earth and in our spirit lives after we die. Either the Old Way or the New Way.

We're all familiar with the Old Way. That's because we've all been inducted into a mind-led, mind-dominated way of life, in which we assume power based on beliefs and conditioning resulting from our upbringing. It is living against the truth of ourselves and it's untrue.

## Feelings First

The New Way is to live true and through our feelings – Feelings First - with our mind relinquishing its control as it looks to support our true feelings.

In a spiritual sense, that being one of Truth: the Old Way is largely Truth denying; the New Way, one of ongoing Truth revelation.

With our minds in control we stop our feelings giving rise to the truth which we need to live our lives. So as we're forced to live shut out from these truth-revealing feelings, we need to rely on our mind and its collection of beliefs and associated behaviour, all of which keeps our mind firmly in control. When we move to wanting our feelings to lead, then we're allowing ourselves to be free for them to show us the truths we are to live. We are truth-loving souls that need constant daily truth revelation coming from living true to our feelings to help guide us in life. This being the New Way of living. In our Old Way, we live with our mind denying us this relationship with ourselves, with those deeper feelings, so stopping the natural truth-revealing processes within us. The Old Mind Way forces us to learn how to live life, to work it out using our mind, then to try and live what we've learnt, all of which makes things very complicated and difficult.

## New Feeling Way

The New Feeling Way relies on truth coming from the full acceptance and expression of all our feelings, truth that helps us feel what is right and wrong and which way we are to go, all of which is living the truth our soul is revealing to us through our feelings. With our mind then helping us understand what our feeling-led life is, it being in support and not taking over.

### How do you live it?

Living the New Way begins by wanting to live true to yourself by being true to your feelings. And this is achieved by fully wanting yourself to have all the feelings you have, so most importantly, all your bad ones. To not want to do anything that dismisses, banishes, rejects, seeks to modify, lessen or change your feelings, just to allow them to be as they are – to fully accept them.

And as you acknowledge and accept them, to express them, to allow yourself to feel and express the full emotion of them. And preferably, to express them to someone close to you in your life; and ideally, if your life is accommodating, to be able to freely express them – to freely express yourself, with everyone, and they being free to express themselves and all they feel with you.

And as you are looking to live true to your feelings by fully allowing yourself to have them, then so too do you want to see and so grow in the truth they will show you. The truth will come naturally up in you

without having to use your mind to look for it. It's an organic process: We have experiences that give rise to good and bad feelings; we live those feelings, we express them fully, with their full emotion; and we want them to bring to light the whole truth of them, so we want to know the truth of ourselves. We want to grow spiritually as a person in the truth our soul gives rise to through our feelings. And we understand that our soul is perfect, so if we can live true to it, which is true to ourselves, which is true to our feelings, then it will naturally evolve or grow us in truth as we live expressing all our feelings.

## PERSONALITY



And it's an easy way to live. It's how we've been created to live. Being forced to live against this natural way of life by denying so many feelings and the truth they'd give rise to, being forced to use our mind instead of our feelings and their truth to determine how our life is to be, is actually a very difficult and hard way to live. It's living constantly against ourselves, against the flow of Creation, against our own soul and against God.

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

### **Changing from the Old Way to the New Way**

This involves doing your Spiritual Healing. It's called your Feeling-Healing or Soul-Healing if it also includes longing for and receiving God's Divine Love.

Doing your Healing is very difficult, because you are setting out to stop living the way you've been programmed to live through your childhood. And then to change into living a new way – the right way.

So effectively through your Healing, which is all led by your feelings, you are to move back through all the stages of your childhood seeing the truth of how it came about that you were forced to live against yourself, forced to live untrue to yourself.

Through our feelings and the truth that comes from them, we are to see all how it was for us, how every part of our early life made us feel, and if we felt bad, why we did and who made us feel that way; and if good, why it was good and who made us feel that way, and how the different feelings make us feel.

We are to see whether all our needs were met as we were growing up in the world, all our life, truth and personal feeling needs; if how we were treated made us feel loved, wanted, welcome and important in our lives, and not from an ego mind point of view, but on the pure unaffected feeling level.



Our Healing involves stripping back all our falseness, letting go of all our mind controlling beliefs, working back to see why our unloving, self-rejecting behaviour came to be and how it's controlled and conditioned our adult lives.

We are to come to understand all that happened to us through our early life, from conception right the way through each phase of our childhood, and how it has made us be the adults we are. And then if being how we are makes us feel good or bad. And why it makes us feel this way.

And it's to understand, and so expect, that through your Healing you are going to feel very, very, very bad, and very bad a lot of the time, particularly if you've got buried within you lots of unexpressed pain and bad feelings from your early life. And as it all needs to come up and out and be reconnected with, it's to understand that, as bad as it gets, as terribly bad as you might feel, it is all what you've already felt, having felt it back during your early life. We can't feel anything worse than what we've already experienced through our childhood. The worst, the most pain, is already over, only we've largely forgotten we felt it. Right from the first moment of conception, we can feel extreme pain, we're not as yet formed enough to register it all, yet it's still what we're feeling because of what's happening to us, that we're not feeling as loved as we need to feel. And that horrific pain remains stored in our soul, all to be felt, liberated and fully expressed, once we are an adult with the full feeling systems to register and know the truth of it.

It's to understand that the first part of living the New Way is to come to terms with, by uncovering the whole truth through our feelings, your Old Way, and to know for sure if it was all bad, or if parts were bad, and if so, why they were bad.

We are through our Healing to systematically work back deeper and deeper into ourselves, and into our early life, wanting to see the whole truth of it. We have to want to see all the good and bad parts. It gets put under the microscope and every part is scrutinised and we have to see all the parts that are wrong, accepting that they are, and coming to understand how unlovingly treated we were to make them be wrong.

And we're not to actively try and change ourselves from the Old Way to the New. To do that would involve using our mind, that which we're trying to give up and no longer do. So our Healing is a long process of acceptance, through our feelings by expressing all our pain, coming to accept this is how I am, this is me in my Old Way, and this is how it makes me feel, and this is what I think and feel about having those feelings.

We have to come to see the whole truth of our Old Way. And to know for ourselves through our feelings whether or not living that way is enjoyable, is good for us, if it makes us feel good – is loving. And if it's not, then to know why it's not. Yet not to try and stop being that way, not to try and change ourselves, just to accept ourselves being untrue, unloving and feeling how bad that makes us feel.

Our Healing ends when we've fully uncovered through our feelings the whole truth of our Old Way. We know it all, how it all came about and how being forced to live that way made us feel and how living it makes us feel. We know the whole truth of all the relationships involved: with ourselves, our siblings, our parents, grandparents and other important carers and influences in our early life. We are to know all how we are inside and out, and when we do, then we'll be ready to change and transform into the New Way.

Having been subjected to living the Old Way, we need to feel and understand what it's like to live against ourselves, Creation and God, to be anti truth and so anti love. So we have to find out, again all through our ongoing feeling expression, the truth of our Old Way.

Then once we've uncovered the truth of living untruly, we can stop being that way, with our soul changing us into being true and wholly the New Way.

Then being of the New Way, we keep living true to ourselves by living true to our feelings; the truth of living this good, true and loving way keeps coming up within us, and we move along thoroughly investigating and experiencing the New Way through all the loving relationships in our life.

### **Living the New Way**

As soon as you want to live by being true to your feelings and living the truth they give rise to, you are living the New Way.

Doing your Healing is just part of living it. It's the first phase, untangling the web of mind control you've been living in your Old Way, coming to see the whole truth of it, and then waiting to be transformed out of it.

So once you've decided you want to live by honouring your feelings and longing for the truth of them, everything you do in life will help you to live this new way.

Whilst you're living the Old Way, everything you do and everything that happens to you will help you go deeper or further into your mind controlling way. As you live your New Way, everything you do and all that happens to you will help you live your New Way.

In the Old Way, you get a headache, it makes you feel bad, you don't want to feel bad, you hate feeling bad, you hate having a headache, you hate how debilitating it is, stopping you from feeling good and getting on with your life. So you might take a pill to stop it and the resulting bad feelings. And the pill works and you've successfully followed your bad-feeling-rejection-behaviour, denying more of yourself by denying more of your own feelings, so advancing in living untrue to your soul, the whole Universe, and to God. And so by taking another step forward in your anti truth and so anti your life, you've made some more progress in your Old Way.

In your New Way of life, you get a headache, yet this time understanding the headache is on your side, it's not some evil force trying to stop you doing what you want do. And you understand it's trying to help you see something about yourself through the bad feelings it's making you feel. And further; that in fact you are already feeling those bad feelings only you're not so aware of them. And they are feelings repressed within you from your early life which you've kept suppressed for all these years. And so really it's these hidden bad feelings that give you the headache so you can feel them again, now being able to work with them instead of keeping on denying them. So you try and go with the pain, which means you don't try to 'kill' it, nor do you want to deny all the bad feelings it's making you feel. You want to feel bad, you want to feel those bad feelings, and as much as you hate feeling them and hate having your headache, you are still grateful to your soul for giving it to you, as now you have another opportunity to embrace those bad feelings, to go the other way than what you did in your Old Way. You don't take the pill. You allow yourself to suffer the pain. You accept all the bad feelings as you're feeling them, expressing the full emotion of them, all as you long for and really want to know the truth of what is really causing you to feel so bad – what is causing you to have a bad headache.

And you don't do anything more than keep going accepting, expressing and wanting to uncover the truth of all your bad feelings.

You don't use your mind to try and look for reasons as to why you have a headache, you understand that your early childhood is the reason, and you want to work with your feelings back into yourself so as to bring to light the truth of the relationships you had with the main people in your childhood, wanting to see what parts were loving, and most importantly, what parts were unloving. And how it came to be that you were not allowed to express your pain back then when you had it, with all the continued tension of having to keep those horrible feelings locked away inside you resulting in you having a bad headache. So you understand that some part of you is suffering greatly, there's a major disturbance, trauma, within you, and your headache is part of what you need to reveal it. You need something to make you feel bad, so by fully embracing and expressing those bad feelings, they will lead you naturally down into the hidden truth within yourself.

If the pain of your headache gets too bad and you have to take a pill to make it go away, that's okay, all so long as you keep expressing all the feelings you feel in each moment, and wanting to know the truth they will show you.

And there will be millions of repressed bad feelings to come up and be expressed out of you and seeing their truth of why you're feeling them. Each experience gives rise to masses of feelings, some of which might be contradictory, yet still you go this way and that expressing them all and longing for the truth they will show you. And that's living the New Way.

So every experience no matter how small or large, will give rise to feelings, and so we can either deny some or all of those feelings (the Old Way), or we can allow them to be, accept we're feeling them, want to fully bring them out and express them, as we want to uncover the truth they are to show us about ourselves, our relationships, how our parents and carers treated us as we were growing up, how we are, how we've come to be, what life, and our specific life, is all about, and the truth of our relationship with our own soul and with God – (The New Way).



The Old Way: we get sick, we go to the doctor to make the sickness, and really all those awful feelings, go away.

**The Old Way:** we are emotionally, spiritually or mentally ill, we go to a therapist who works with you, possibly even helping you express repressed feelings and liberate some trauma, yet all to keep you feeling better so you can keep going with your Old Way.

**The New Way:** we get sick, we don't go to the doctor (unless you have to), trying not to deny all our bad feelings. We allow them to be, to have their say, wanting to bring them out so we can see the truth of the deep underlying real causes of why we're having them.

**The New Way:** we are mentally ill, we go to the therapist (or don't go and keep working on our self doing our Feeling-Healing), understanding that our therapist might help us accept, express and liberate our pain and bad feelings, all with the aim of bringing to light the whole truth of why we're feeling it. All so we can confront our Old Way, seeing it for what it is, coming to terms with it, with us being made to be as we are, and knowing it's not about using our mind or any mind technique to try and change ourselves, that God through our own soul and our feelings will change us as required, and will completely end our Old Way transforming us into being only of your New Way, once we've seen the whole truth of our Old Way, so no longer needing to be it or have any feelings caused by it.

**The Old Way:** Someone makes you angry – you feel bad. How do you get rid of those bad feelings? Do you hit the person who angered you, you getting some power back and feeling better? Do you try to 'rise above' the anger, using your mind by not allowing it to affect you? Do you use some anger mind controlling technique, count to ten, or just rant and rave until the anger dissipates and eases off? And if there was a pill to instantly take your anger away, or any of your bad feelings, would you take it?

**The New Way:** Someone makes you angry – you feel bad. Good, more bad feelings to work with. You don't take your anger out on the person or thing that makes you feel bad. You understand they have come into your life to give you the bad experience so as to help you feel bad feelings. You accept your anger, you allow yourself to feel as raging mad as you feel, and you express that rage the best you can to a willing partner or friend who is prepared to and wants to listen to it all, all the worst of it, and is happy and wants you to go on and on and on until you've vented and emoted it all. Or you try and talk it out to God, trying to bring out the emotion of the feelings rather than just keeping it all internalised. You do the best you can with what you can, sometimes the situation is not conducive to expressing outwardly all your rage, so you have to wait until later to do it, and at least just allow yourself to keep feeling how pissed off and angry you feel. And you want to know the truth of this anger: how does it relate to you on deeper levels, what happened to you during your early life that made you feel this same amount of anger? And again you don't try to work it out using your mind, you just keep expressing your anger and longing for the deeper truth of it. And eventually the anger will ease off and stop naturally when you've emoted and expressed it all out of you, and the truth will come to you, and then you'll have reconnected back with an earlier time that made you angry when you were young. You might remember a specific incident, or it might help you know the overall truth of how it was with your parents – that they made you feel so angry. It might help you to see that it was your mother, your father, or both of them, and how unlovingly they treated you that made you feel so angry, and all why it just did and still does make you feel those same angry feelings.

**So life makes us feel certain feelings. And we either deny them (the Old Way) or fully embrace them (The New Way).**

Up until now, the New Way wasn't available to be lived, the truth wasn't made available as to how we can and why we should. But slowly the truth of the New Way has been coming to light, and now it can be fully lived.

And in the end, by living the New Way you will end up only feeling good, and very good. Whereas by persisting with the Old Way, you'll endlessly keep repeating the same unloving feelings and self-rejecting patterns, all of which will one day lead you to feeling not so good, bad, and very bad.

To live the New Way is to live true to your soul, God, and is the highest and truest way you can live. Living the Old Way, is living against your soul, God, and is an untrue way to live.

The New Way; the Feelings Way.

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

## Feelings First Spirituality, The New Way Uncover the Truth of yourself through your Feelings



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

### Library Downloads – Pascas Papers

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

# Avonal Revelation

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

31 May 1914 and ongoing

# Imagine

- **Imagine the Revelations of how we are to heal and find our way home to our Heavenly Parents have now been given to us by high level spirits.**
- **Imagine the major errors and omissions within the New Testament of the Bible are addressed and revealed.**
- **Imagine Feeling Healing with Divine Love is the way of life and pathway to Paradise – to our Heavenly Mother and Father.**
- **Imagine by living true to ourselves, true to our feelings, we are living true to God. It's that simple.**
- **Imagine living by the Golden Rule: that one must always honour another's will as one honours one's own.**
- **Imagine women came to understand their True Liberation is through the Truth of their Feelings.**
- **Imagine that our Healing is through our longing to know the truth behind our feelings, both good and bad; and then express that to a friend!**
- **Imagine we each have two Nature Spirits, two Angels, two Spirit Guides, one Indwelling Spirit of God and the Spirits of Truth who are personally involved with us at all times.**
- **Imagine Feeling Healing (with Divine Love being Soul Healing) opening up the opportunity to personally interact with our very own Nature Spirits.**
- **Imagine Feeling Healing with Divine Love opening up the opportunity to interact with our very own Celestial spirit guides.**
- **Imagine parents understood they were to encourage their children themselves, never denying their child the freedom to express ALL of their feelings.**
- **Imagine if parents began to understand that we cause all the issues in our children through childhood suppression and repression.**
- **Imagine society understands parents cause a child's illness even in embryo.**
- **Imagine a society that began to engage in feeling healing and parents were bringing up children free of the imposts of their own injuries.**
- **Imagine if we were allowed to fully express our true personality.**
- **Imagine people communicating with each other again!**
- **Imagine humanity living Feelings First and embracing Feeling Healing.**
- **Imagine that humanity understood what the Rebellion and Default did to us!**
- **Imagine if all levels of control, that we are subjected to, recognised they are all doing the begging of the Evil Ones – Lucifer and his partners.**

- **Imagine parents, education systems, religious institutions, employers and governments relinquished their controlling ways and dictates.**
- **Imagine the world's scientists whole heartedly began to live through their Feelings – break throughs would occur daily! (Imagine all the crap they would have to get rid of and admit to!)**
- **Imagine through engaging your soul based feelings that nothing is hidden!**
- **Imagine children being conceived to parents who are free from childhood suppression and repression.**
- **Imagine if students were able to determine what they actually wanted to learn.**
- **Imagine a health system that recognised the underlying cause of all illness is childhood suppression and repression.**
- **Imagine – believe it or not – Feeling Healing is a cost free health process!**
- **Imagine we can commence our Feeling Healing even while in junior school.**
- **Imagine bottom up democracy where no one is disenfranchised and people elect true professional representation and may directly frame and pass legislation.**
- **Imagine a judicial system that is free to engage in Feeling Healing in its deliberations of truth and remedies.**
- **Imagine that we begin to recognise and accept our true heritage is our Heavenly Mother and Father and is not our family line going back many generations – we are Their children!**
- **Imagine that the resources to conduct war were aligned for the benefit of all humanity and nature.**
- **Imagine if the Zionists were forced to surrender their financial claims or pay income tax like everyone else.**
- **Imagine this will be the commencement of rebuilding the global financial structures.**
- **Imagine that we recognise our true life partner is our soulmate who is always of the opposite sex and we can only come to recognise our soulmate once we have fully Healed ourselves.**
- **Imagine that the Revelations and the ending of the Rebellion and Default are distributed through music, plays, television programs and full length movies as well as the print media in all languages to all of humanity.**
- **Imagine when all the aspects of the Change come into play that not one facet of our life will continue in the manner we have grown accustomed to!**



# Imagine

**JAMES heading to the Gold Coast on his much loved couch!**



**PAPER S**  
SCA

Our Guides on Duty...



# OUT GATEWAY ISOLATION



# Light of Truth of PASCAS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3<sup>rd</sup> Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

## COUNCIL of ELDERS

**Council of Elders now around 20 soul-groups from the 3<sup>rd</sup> Celestial Heaven**



Communications between the Celestial Council of Elders and those within the physical administration of Pascas World-Care will be via those who complete their Feeling Healing on Earth, as years go by.



## Avonal PAIR Oversight



The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

## LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5<sup>th</sup> Divine Love Spirit Mansion World's level. Further, the Pascas Papers that are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.

- 
 Celestial Heavens 8, 9, 10 also referred to as 1, 2, 3 being at-one with Mother and Father.
- 
 Divine Love Spirit Mansion Worlds, healing / crying worlds 3, 5, 7.
- 
 We all transition to Natural Love Spirit Mansion World 1, and typically go in the wrong direction to Natural Love Spirit Mansion Worlds 2, 4, 6 and cannot go further!

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

<http://dlscr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

Religion of Feelings

Welcome to LOVE – the Religion of Feelings

**Feeling Healing****you can heal yourself through your feelings**

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

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

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

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

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

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

**[PASCAS – document schedule.pdf](#)      downloadable index to all Pascas Papers.**

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

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

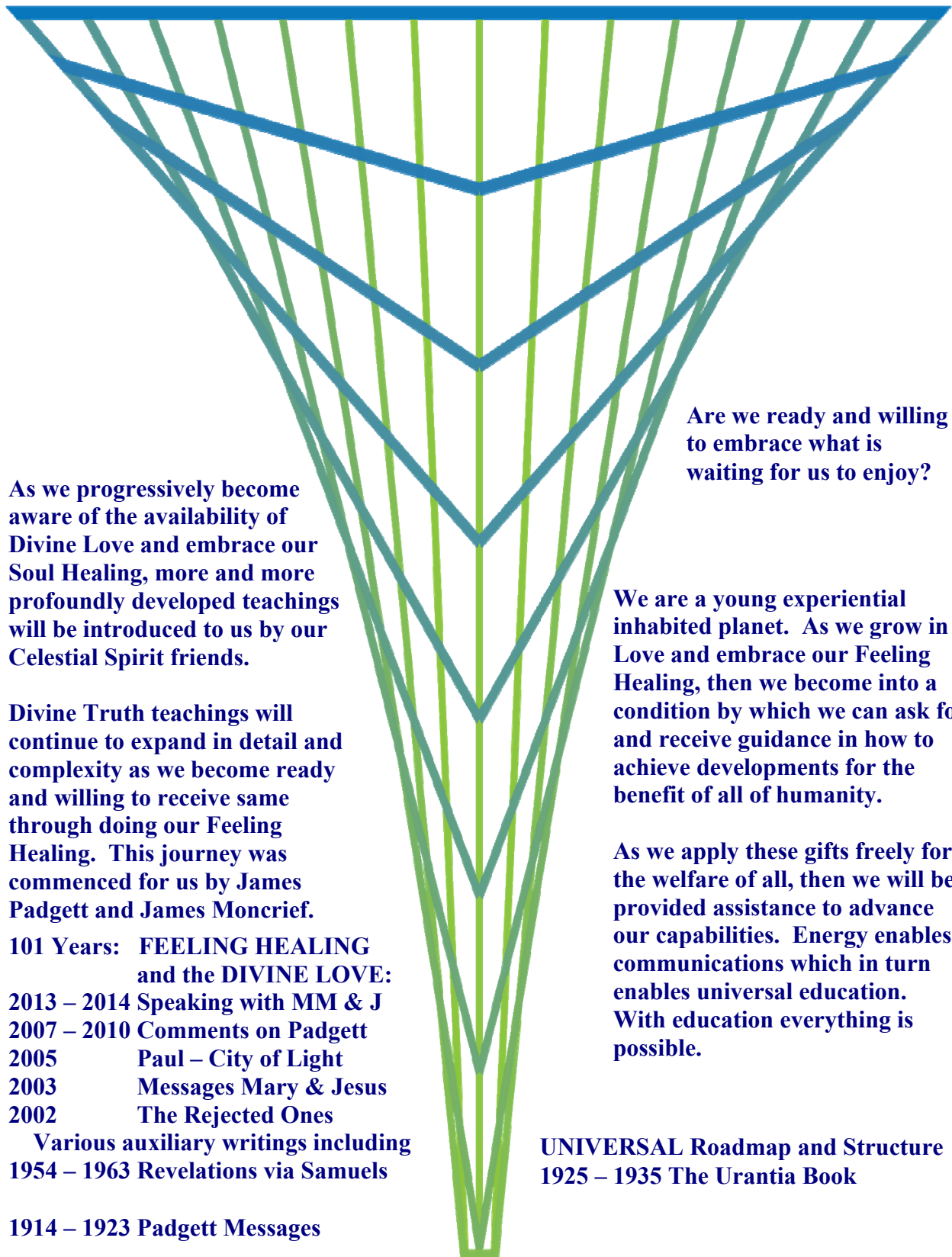
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women’s Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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





**The wisdom of a child born to healed parents is presently beyond our comprehension!**



perceived truth MoC 880 – relative truth potential MoC 1,480