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## LIVE TRUE to HOW YOU TRULY ARE

**A note received:**

Sunday, 14 April 2019

Tom: “Our God does marvellous and wonderful things, albeit in His timing and in His way, but He never loses track of one tear shed or one word uttered in prayer.

“The Lord allowed me to participate with Him several weeks ago. I was nudged to pray for our neighbour across the street who had just been diagnosed with a very aggressive, nearly always fatal skin cancer (worse than melanoma, so she said). I prayed and asked the Lord to heal her. When I didn’t see her or anyone at her house for two weeks I wondered if the Lord had just taken her home, but then about two weeks ago she drove in the driveway, got out of the car, and raised both arms in triumph, and yelled, “No cancer!” She said they had gone ahead and done the surgery, but when they tested the tissue for cancer, they couldn’t find it anywhere. Mind you, these people are “culturally” Catholic and have no appreciable faith that I can tell. Nevertheless, God loves her and them and wanted to show His love for her in that way. All that to say, pray for Charles that God will “show off” in a mighty way, and that his faith will not fail.”

John: I love this term: “culturally” Catholic! That fits me to a T! Brought up in a Catholic family, both sides, went to a Sisters of Mercy school then to a Christian Brothers boarding school and then progressively lost all faith and belief in God. Now I have assembled possibly 50,000 pages detailing the greatest event in the history of humanity, the introduction to humanity’s next spiritual age, the Avonal Age, containing the greatest revelations for the ascension of humanity and what we have been wrongly entrapped into believing for the past 200,000 years.

All religious platforms around the planet refer to ‘Him’. Interestingly half of humanity is female. At gatherings of followers of religious groups you mostly see males, but half of the population is female! We are made in the image of God! So what of the female if God is only a male?

Our soul manifests two personalities, a male personality and a female personality. We are in the likeness of our Heavenly Parents – One Soul manifesting our Heavenly Mother and our Heavenly Father. God is both Mother and Father. Just like we each have a physical mother and father.

Women are generally closer to their feelings than men. It is through our feelings, not our mind, that we find truth. This is why women are our spiritual leaders. And this is why men have suppressed women.

Because we have been held in isolation from ALL high level spiritual guidance except from those who were assigned the jurisdiction of humanity on Earth these past 200,000 years we have ALL been subjected to the control and guile of the local universe Lanonandek leadership that rebelled against the Creator Son and Daughter of our Local Universe, Mary and Jesus. The Lanonandeks being Lucifer, Satan, Caligastia and Daligastia soulmate pairs have manipulated all spiritual writings until the end of the 20<sup>th</sup> century.

Natural love spirits have perpetrated Lucifer's dictates by encouraging and supporting people on Earth to continue to expand on Lucifer's errors. We are all supported to keep following our chosen path of wrongness until we say to ourselves; Enough is Enough and we reject such wrongness and commence to search for Truth. When we make this turn around then Celestial Spirits can work with us to spiritually grow.

Our parents did not have the support that we now have. The support we now have has only commenced to be progressively more available to us since the last decade or so, since the arrest of the Caligastia and Daligastia pairs in the early 1990s. We have all been infused with the norms and teachings of the Rebellion and Default and we have been outworking them since our conception / incarnation, when we became individualised.

It is our childhood repression and suppression that is the underlying cause of any physical discomfort, pain and illness. Surgeons may remove parts of our physicality but they do not remove the underlying cause of any physical discomfort, pain or illness. Only we can remove the underlying cause by engaging in our Feeling Healing. This we all will do when we choose to do so – mostly when in spirit.

We now can engage in our Feeling Healing here on Earth and bring about a healthy body and live on Earth as a Celestial, should we so choose.

We cannot impose our will on another. We cannot heal another. Any healing that does manifest is in conjunction with what one's soul requires and is attended to by angels. We each have two angels with us at all times. Nevertheless, any apparent healing is temporary until we complete our Feeling Healing and when we complete our healing we will be in a Celestial soul condition – in permanent communion with our Heavenly Parents and that is through the fusion of our Indwelling Spirit with our soul.

Yes, we can talk with our Heavenly Mother and we can talk with our Heavenly Father which is something they desire. Reciting learnt words in repetition is pointless – do you talk that way with your own physical parents? In fact we can talk with any and all the mob that is with us all the time! Enjoy the interaction, it is amazing. These are amazing times.

And, yes, the angels record everything. In fact much of what we do is broadcast onto massive screens in the Divine Love Mansion Worlds and the Celestial Heavens particularly relating to the introduction of the Avonal Age.

## **Games that Harm have Consequence**

In this series:

Pascas Care Letters Live True

Pascas Care Letters Live True to How You Truly Are

Pascas Care Letters My Customs Heritage and Nationality

Pascas Care Letters What are You

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

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



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

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

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

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



**Feelings first**



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' relationship. In addition we have our personal Indwelling Spirit.

## WHAT ARE WE NOT?

I am a physical body! No, you are not. You are a spirit personality living a temporary physical experience within an environment created by and in harmony with the requirements of your soul.

I am a Roman Catholic from Lithuania! You are not; you are a soul-personality having that particular experience. A life experience does not make you that experience.

I am one of the original people from outback Australia! On the soul level, you are not; again you are a soul-personality having been born into an indigenous family. On the personality level, you are living the experience of an Australian Aboriginal.

I am royalty from a European family! Jolly good! Again, on the soul-level you are not! You are a personality with a given name that is having a particular experience.

I am a saint! Struth, here we go! People flock to Gurus from around the world whereas the truth is that all gurus, saints and spiritual leaders are so deeply embedded in their minds that they do not know that they have gone further and further away from their Heavenly Mother and Father taking their followers down a path of misconception and false beliefs.

Ask a ‘canonised saint’ now in the Celestial Heavens what they think of having ‘sainthood’ title bestowed upon them. Both Mother Mary and Sister Mary MacKillop have written about the impost. Mary MacKillop, Australian, was at first flattered but then the barrage of requests from those in the physical came flooding in and the absurdity became self apparent. The mother of Jesus of Nazareth was a normal mother having conceived him in the normal manner, was never aware of his specialness until at least the time of his public ministry. Mother Mary had to heal herself in the same way as we all will. She could do nothing about all the petitions that flooded her for 2,000 years. Now she has progressed beyond the Celestial Heavens and out through our local universe of Nebadon she cannot hear these petitions, let alone do anything about them. The ladies and gentlemen with their rosary beads can now put them away – forever!

**NED KELLY**



Typist John can claim royalty – well almost! His family line includes members of the Ned Kelly bushranger gang of Australia. Ned Kelly and his gang were as close as Australia ever got or likely to have ‘royalty’.

Claims to titles, positions of status, even claims to heritage that represent deprivation, are all endeavours to control others. Woe is me! You are a personality having a particular life experience. You are not the experience, and when you move into the spirit worlds, you will have nothing to do with the ongoing events on Earth should you embrace your Spiritual Healing (which you can also do while living in the physical on Earth).

Pascas Foundation does not embrace titles. Your name is your title. You will find generalised titles, such as ‘administration’, but no individualised titles. Key positions of leadership are not individualised. Reflecting upon soulgroups in the Celestial Heavens where twelve soulmate pairs make up a soulgroup, key roles are embraced and filled by groups of people interested and capable of participating in such roles from time to time – not individualised!

**HEALING**

Tuesday, 16 April 2019

James: My latest summary about the Healing.

A woman at the Bush Bank (native plant nursery), possibly in her late thirties, said some years ago she'd been through intense therapy that took her deep into her early childhood helping her to see the parts within her that were wrong (she didn't go into details as we didn't have the time to discuss them) in her adult life caused from her early life, and that she used some sort of mind reprogramming technique to change the way she felt, thought and saw herself, her family, parents and the world, when deep in therapy, reversing her state of feeling always bad about it and them all, to feeling really good, without having had a problem since; and more importantly, being able to function much better in the world doing a job she loves, and in her personal relationships.

Marion was saying again how people like Alice Miller, and this woman at the BB, are only intent on fixing their problem so they can feel better having a nice and happy successful life, just as most people do by going quickly to the doctor and doing whatever it is to take their bad feelings away. Which we know, however I want to add more things that I've recently come to understand about the Healing and how some of my misconceptions about it have gone.

The biggest self-imposed limitation I put on my Healing and The Healing was I thought that as I progressed in expressing all the yuk out of me, bringing to light all my problems, that slowly as part of that progress, I would change for the better. So I'd be making myself feel better, I'd be becoming truer to my true, pure and perfect self, that which would be slowly coming into being as my old yuk denial self faded away, it being 'transformed' out of me, and I'd start enjoying life more by having more fulfilling and loving relationships, all reflecting the growing love in me because of the growing truth. And that this would be a natural progression up through the Divine Love Mansion Worlds, I'd progressively feel I was becoming less evil, sinful and conditionally unloving, and more true, accepting and unconditionally loving. So by the time I was at the upper seventh for example, I'd be feeling so much better about myself, feeling virtually free of all my yuk and having changed a lot into becoming more of my true and loving self. And I was constantly looking for signs, outwardly in my life and within myself, showing me I was on the right track and getting closer to becoming a Celestial and fully healed.

Yuk

However now I understand that really this outlook and expectation was just the same as what most people have, that I was taking a 'Healing pill' and that pill was working, albeit rather slowly, to make me better. And even though my 'better' was different to most people who want to become better in the life they already have, my better wanting a whole new Celestial life to open up, still it amounted to about the same thing so far as the process and my expectations were concerned. So now I am realising it's not like this, it's not just about getting better and fixing myself up so I can function better in the yuk world or better in the right and true one. And that sure, the ultimate goal is to become true and so better and right and of a different truth to the untruth of our rebellious world, however not to look to or try to achieve or expect that ahead of time, because by looking ahead is not paying attention to what's happening now.

And although I've written this before many times and I'm still proving to myself through my own Healing experiences that which Marion and the spirits have told me, I am becoming more accepting and understanding that my Healing is not so much about 'healing' myself as such and how I've defined healing and expected my healing to be, but to just keep wanting to uncover and see and live true to myself, which currently still is, living true to my yuk state.

So as I've said before, so many people say they want to live true, and some even believe they are, however that's still true by living honouring all their unloving truth-denying negative patterns. So to truly heal ourselves, we have to live true to all how we are now, which means rigorously honouring and embracing and expressing – being – all our bad feelings, bad beliefs and behaviour and screwed up mind and way of being that makes us feel bad, all the bad stuff we don't want to know about. So to become true to the Wrongness we're in. And then, possibly, once we've done this, we might come to the end of our Healing and move – transform – into living true to that new true and loving state.

So accepting yet again, that I am of it, it's what God has made me, and so to not try and keep denying it. To keep trying to bring to light all the bad feelings being so fucked makes me feel, and understanding that my Healing is going to take me into all the places within myself that I feel really, really bad, because they are where I am the most traumatised and I have to see why I am and what happened to me to make me feel so unloved.

So now, were I to do my Healing, I'd be looking to work deeper and deeper, always deeper into my yuk, into my pain, wanting to bring to light all the reasons why – the truth – of such pain. And that my Healing wouldn't finish until I saw it all and had expressed all the agony I have been feeling, the trauma of when it happened to me, the trauma of living unconsciously with it all these years, the trauma of seeing more of it as I become truer to it. And that I am not wanting all my pain to go away, for it all to end, understanding that it and all my afflictions, difficulties, all how fucked up I am, has to remain with me, I am still them, right the way through to the very end of my Healing, because they all constitute who I am. And although of course in every moment I want it all to end, however also facing and expressing the pain of the reality that it's not going to end until I have brought to light every last part of it.

So along the way, I have changed, even healed some parts of myself, and I have brought out so much of my repressed bad feelings, yet still most of my anguish remains that I can't completely change myself and just be rid of it all, that I can't take matters into my own hands and do whatever to change myself out of the bad when I see that I am bad, into being good, because that's how it was for me when I was a child, I couldn't do anything about it then either. That I have to remain in and be true to feeling so powerless in my fucked up state until I no longer need to be it, and that I have no idea when that might happen.

I now would divide my Healing ascent of truth as follows, there being roughly three stages (understanding that this summation is still subject to change with my Healing). And to understand that as to how much time each person spends in each world is subject to their Healing and truth needs. Someone might spend years in stage 1 because there are still many other non-Healing things needing to be done and experienced, whereas someone else might move rapidly through it in a year or so because they have already done all those other things. And how long one stays in any stage and how long one's Healing takes (oh you're good and not very fucked because your Healing only took five years, whereas you must have been very bad because your healing took twenty-five years) is not a reflection on the person themselves, it's just how it is for them and what they need:

Stage 1: Covering the equivalent of Mansion Worlds 1, 2 and 3. Introduction to the Healing, and starting it. A general increasing awareness and education as to what it's about and what it might involve. An increase in the acceptance that it needs to be done, together with a growing desire to do it. Becoming more accepting of your bad feelings, and trying to, and with increasing success, go deeper into them. The beginnings of the Truth coming to you as a result of honouring your feelings.

Stage 2: Covering the equivalent of Mansion Worlds 4, 5 and 6. The guts of the Healing. Bringing to light the masses of deeply repressed feelings and growing in the awareness and truth of why you have

them. The deep exploration and scrutiny of every aspect of your life that you can remember with some forgotten memories coming up to help you. Working with your dreams if they are relevant and helpful, working to express every bad feeling you have whilst longing and begging for the Truth. Moving deeper into facing the unloving truth of your relationships with yourself, partner, life and family, particularly your parents. And this stage is in some ways the most gruelling and harrowing part of our Healing (although I think that term is somewhat subjective as all of our Healing is so difficult, all the different phases of it, so perhaps just difficult in different ways), day after day of the relentless onslaught of so many bad feelings surfacing and to be felt and expressed, breaking you down and bringing you to your knees, crushing you time and time again and with no hope, no light on the horizon, no hope of rescue, it all being ground out of you. (For me, this is how I experienced it, because I was so heavily not wanting to face any of it, let alone having to accept and try to express any bad feelings. For Marion, although it's been excruciatingly hard at times, which has been most of the time, still because she got to the point of knowing it was what she wanted, every moment of her Healing she has wholly and willingly embraced her pain and expressed her bad feeling, knowing that with every bit that comes out of her, that's a bit less within her.)

Stage 3: Covering the equivalent of Mansion World 7. I would like to think this is where I am currently. Most of my repressed bad feelings seem to have come out of me, or they are simply no longer in me, or I am not having to feel them anymore. I'd of course like to think they have come out. I still have moments of feeling the same old shit feelings, yet nothing like how it's been through the deeper parts of my Healing Years. The main feeling and emotion is anger, feeling still very pissed off for being in the bad state that I am and being unable to heal or change it. Angry with God for keeping me in my unloving state, angry at Them for giving me my fucked life, although this anger is interspersed with an increasing amount of acceptance of that's how it's meant to be, I am exactly as God wants me to be and feeling even okay and at times, good about that. Feeling that I am no longer focused so heavily on my parents and all the shit they put me through being angry with them and blaming them for being so uncaring and unloving as I did all the way through Stage 2. They are fading out of the picture, they did what they could only do, it's now all between myself and God.

This phase seems more about seeing and getting more in touch with all the finer details of my negative state, having brought to light the basic patterns and problem on all levels of how fucked I am, now it's all coming together as one big understanding and knowing that this is how it was for me and this is how I still am. And it's good, although still very hard, to connect with it all, to see and feel the whole picture of my fucked state, that being the whole picture to date, as there is always the feeling that it's endless as to how much there is to see and as to how fine a detail I will need to go into it.

And through this time I've worked on my fantasies and dreams to the point of evolving them to where I can't do it anymore. Whether it be sexual fantasies, the whole spiritual Avonal thing, and everything else that I have wished for and dreamed about, they've all reached a point where I can't evolve them anymore, because were I somehow able to, then I wouldn't be myself anymore. So I feel like in a way I've outworked my whole fucked state. And those parts I couldn't actually do in real life, I've done in my imagination, taken it all as far as I can. And I've also had more of the feeling of it coming to a close, however as to when that might happen is becoming more irrelevant as I better accept that it's not about it ending as such, it's still about seeing and connecting with all I am, it all showing me this is who I am, even though I am fucked. And ending my trying to run away and deny it, just being it. True to myself being in my fucked unloving state.

So as my acceptance of my being fucked and unable to do anything about it other than keep expressing all the feelings I can and keep wanting to uncover the truth of them, increases, I find myself waiting, waiting to see how the end will come, should there indeed be an end. I long for final resolution because



I want to know if this is indeed our Healing, and if there is an end and we can become Celestial as I've written about.

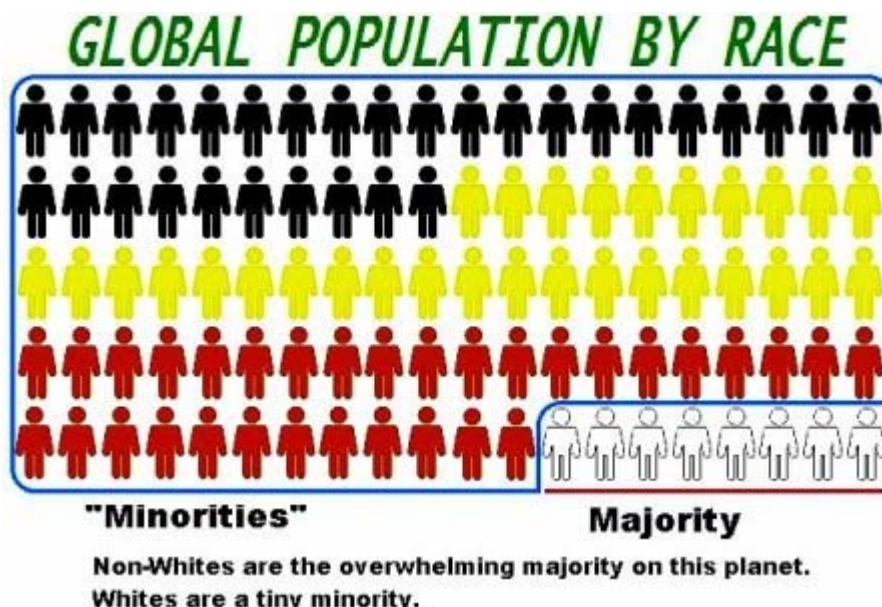
So our Healing is one long bringing to light the whole tragedy and trauma of ourselves. And not fighting it. Our mind wants ultimate control and has been put in the controlling seat, so to break it down and for it to give up its control is long and arduous and yet it's what has to happen. All so we can get to the point of where we are just our feelings, and just our feelings in our fucked state. So in our feelings of our fucked state we can feel how fucked we are, being absolutely true to those feelings and no longer doing anything to try and hide them, run away from them or prevent them. We have to be the little person we were from conception to the end of our childhood, feeling all the horror done to us and all how it changed and fucked us up, and being fully aware of all the ploys we've used against ourselves to pretend we weren't feeling as bad as we were, that we were loved when we weren't, bringing to light the full extent of our self-denial and corresponding fantasy life and beliefs that we are all right – when we're not.

Marion was saying that our first moment at conception is our worst moment. Then the next moment after that is our next worst moment, and so on throughout our childhood. And what we are to bring to light and feel the full extent of the horror of, is that first moment. That is the truth we are looking for, the whole truth of our fucked state being in the Rebellion by Default. So the long hard journey up through the seven Mansion Worlds as we 'do our Healing', is our bringing out into reality so we can see and fully feel, all that was 'put into us' at the first moment of conception. At least all that was put into us that was concerned with our starting off and growing up in the Rebellion, as I guess there was a lot more also put into us at our conception, that which we might gradually see through the rest of eternity.

So in a way I guess, our whole life in the Wrongness, including the healing of it, is our real childhood, it's ourselves coming to understand just what it was all about and how it affected us.

So now I would advise anyone wanting to do their Healing, to understand that it's about wanting to keep feeling as bad as you can, all so you can keep bringing to light what it's all been about for you. And to keep going expressing those feelings and longing for the truth of them, without trying to change yourself or do anything about. Just wanting to see and feel and be the whole truth of yourself, which currently whilst you're fucked and living untrue to yourself, is the whole truth of your unloving anti truth self, that which is a product of the Rebellion and Default.

James, Friday, 19 April 2019: Marion added to yesterday: The whole thing is as important, each moment. The first moment is just the most unnoticed, it's our arrival, the greatest moment of which we don't understand much.



**Spirit Mind Mansion Worlds 1 – 7**

16 April 2019

Those rebellious spirits interfered with spirits from Earth living in the spirit Mansion Worlds – this ended on 22 March 2017.

They also caused humanity to turn away from God – they no longer can continue to do so.

They stopped us looking to our own feelings for the truth God wants us to live – no more.

They inducted us into their Rebellion and Default – from our conception – Rebellion now ending.

Notes from James: Those spirits within world 6, being mind spirits, are not of perfect Natural love. They are perfect in their imperfect Natural love. They have taken their denial, mind controlling state as far as they can, believing they are happy, loved, loving and all the rest, all mind-generated beliefs. The ultimate self-delusion. So that's what the gurus and those sorts of people and spirits are striving for. To live the Rebellion and Default as perfectly as they can. And people and mind spirits worship them, trying to emulate them, thinking wrongly that it's the highest spiritual way to be. And wrongly believing they are at-one with God, when they are only at-one with their fantasy, mind-contrived 'god'. They are fully embracing what Lucifer seduced humanity into embracing – all going the wrong way, away from our Heavenly Parents.

Further, they might believe they are soulmates, but they aren't because they are still on their truth-denying mind conditions. And as that is anti-love, so they are anti their true soulmate. So they come together believing they are soulmates based on their false love of mind pretence. They are going further away from God, our Heavenly Mother and Father.

All of the Mansion Worlds are Natural love worlds, only 3, 5, 7 include the Divine Love.

And as they currently stand: 1, 2, 4, 6 are Natural love worlds yet in denial against that Natural love, and as they are with their minds in control, the mind worlds – or mind-led. With 3, 5, 7 being the Healing Natural love worlds, with spirits trying to end that denial and including the Divine Love. And as they are trying to work with their feelings, being the feeling worlds, or feeling-led.

And the spirits suggest that during the Avonal Age, within worlds 1, 2, 4, 6 people and spirits will be able to do their Feeling-Healing without the Divine Love. So these worlds will become divided, or have a partition set up within them, so the two can live side by side: Those people and spirits wanting to truly perfect their Natural love by doing their Feeling-Healing, and those people and spirits wanting to still carry on in their mind denial. And those who do their Feeling-Healing will be able to live up to and in the sixth world, so even up through the worlds 3 and 5 but only in their Natural love, being unable to move into 7 until they embrace the Divine Love and complete their Soul-Healing, which would then prepare them for entry into the Celestial spheres. So in world 6 it's conceivable there will be both fully healed and perfect Natural love spirits (and people equivalent on Earth), and spirits as imperfect as can be in their Natural love mind controlled lives (and people also equivalent on Earth.)

On Earth is to end all the superstitions and false 'religions' that have flowed through humanity at the behest of malevolent spirits guided by the rebelling Lanonandeks who are now all imprisoned.

All of humanity is to work through the healing of their personal Rebellion and Default – we are all subjected to this pathway no matter how we were brought up – our childhood suppression and repression is universally difficult as well as different for each of us. This is our personal journey of evolution through experience.

For example, the extreme feminine denial women are subject to has to be Healed. There is a severity of the feminine denial, all brought out by Eve and the fact that the women Evil Ones didn't want to be known, they've hidden, allowing the men Evil Ones to be known that they are doing it all – yet why did the women Evil Ones choose to stay unknown, and was that as it would give them even more power by staying in the shadows and working on poor Eve and so subjecting all women to the harshness of their self-denial? We are to bring the feminine up and to be seen as being equal.



*"The True Liberation of Women is Through the Truth of Their Feelings."*

Our Healing is all about becoming true to our feelings, the most personal part of us, and getting rid of all the subtle and not so subtle impersonal stuff.

**Law of Forgiveness**

Our soul is 'programmed' already for our parents to be as they are, including all they've inherited, all they've worked out and become through their lives to that point of our conception, and including all the other environmental stuff, and so at conception, it's as if the switch is turned on and we begin to express that program in Creation. So our soul is perfect, true and pristine, and always stays that way, and then at the same time, I (James) think it's also true or fair enough to say, it becomes corrupt and polluted by the Rebellion and Default and all the yuk that we become. However really that 'corruption' is merely more of the program or pattern that in a way is already within it and which it is merely outworking according to plan. And so again for us, being the personality expression of our soul (one of the personalities of our soulmate pair), it comes back to how we feel about it, how it's making us feel, all the feelings coming up between us and our parents and the surrounding family and bigger environment. So on the experiential level of our personality expression, and that's what we have to accept and embrace, the full 'corruption' and defilement of our soul, because that's how we feel it. Yet on the existential soul level, it's all still true and perfect, our soul can't actually become corrupt or defiled because our soul is of God, so it would be the same as saying that God's Soul can become corrupt and defiled, when God can only be loving, as is our soul. But on the personality level that our soul is expressing, currently what we are to experience in life, that self-expression, is from an unloving state.

YUK

So with each bad moment, if we are not allowed to fully express all it makes us feel to our parents or whomever is causing those bad feelings, they immediately taking notice of us and changing their behaviour so as to no longer make us have the bad moment; if our parents shut down our self-expression, which is all part of our soul bringing us, one of it's two personalities, out into Creation, then having not been allowed to express all that bad feeling (or good one, as they often shut down the good stuff too), the fullness of that experience is denied, the experience is not fully completed, we haven't fully expressed it, which is expressing ourselves, as we needed to; and then that unexpressed experience waits forever to be expressed, as it has to one day be expressed so we can complete that part of our self-expression and move on.

So our denial is having all these unexpressed parts of ourselves, as reflected in our unexpressed experience within us, crammed into us if you like, and kept forcibly down within us, first by our parents will, as they say shut up, no more, that's the end of that, we won't hear anymore of it, and all that sort of stuff, and as they are our parents and we have to do what they say, so we then engage our own will to keep that part of us suppressed, we effectively taking over the control they have over us, ourselves. So

as we mature through our childhood, we're taking over from them, which all amounts to us keeping the lid on all those still-waiting-to-be-finally-and-fully-expressed experiences that are locked away inside us from conception.

And our Healing, by focusing on our feelings and wanting our repressed ones to come up, is hard because we're having to fight against our own will that's keeping the lid on them all, and also against our parents will for doing it to us in the first place. But it all 'has to come out' as I (James) keep writing, because that's the only way we can open those closed doors within us so as to allow the completion of all those uncompleted experiences. And by longing for the truth of them, of it all, we're wanting to also then see what it was all about, all so we can deal with and confront that self-control we took on from our parents and our initial parental control. And all of that is encoded within our soul as part of the pattern we're to live, all put into us by our Mother and Father at the creation of our Soul, or perhaps, at the conception of our soul.

Thus, with the this coming age humanity will be able to embrace their Feeling Healing, and with Divine Love, their Soul Healing thus enabling the possibility of achieving Celestial soul condition while living physically on Earth.

Further, people up until now, assuming all this Avonal stuff is true, have not been subjected to the Law of Compensation while living physically on Earth at any time through the Rebellion, and neither were they in the spirit Mansion Worlds up until Mary and Jesus' coming. When Jesus arrived in the Mansion Worlds, and possibly he waiting until Mary died too, he or they instigated the Law of Compensation to affect those worlds, thereby setting up the need for it to be 'Settled' in.

So before Jesus, the mind spirits didn't have to comply, it was still a free-for-all in the Mansion Worlds, then all that was stopped by Mary and Jesus coming and 'bringing down the Law' in the Mansion Worlds. So everyone since their coming has had to comply with it upon arrival in the First Mansion World.

What may now unfold on Earth is that only that which is personally between parents and child will be 'exempt', and so should another adult interfere with a child that is not theirs, then swift compensation will be required. (And between parents and a child includes between adopted children with their adoptive parents.)

What will the punishment (the compensation) be and feel like, and they (Mother and Father) said it will feel like "hell has descended upon them", with the worst hell being applied to people who hurt children. And that's children up unto and including the age of sexual maturity. Once sexual maturity has happened, it's still very bad interference with them, however the compensation required will lessen in the sense of being 'very bad' to taking other things into consideration as to the severity of the infringement and the child's role in it.

## **Law of Compensation**

Nanna Beth – 3<sup>rd</sup> Celestial Heaven, 23 April 2019): Because of the coming of the Paradise Pairs, other spiritual changes happen, you being aware of what happened in the Mansion Worlds with Mary and Jesus coming, and so now too with the Avonal Pair, more changes in the Mansion Worlds and this time also on Earth. So the Law of Compensation will be increased in the Mansion Worlds, so no one will avoid it who is in the worlds, and then it will be to the same degree applied or brought to bear on the people of Earth, so when they die they won't have to be subject to it, they having worked through it all in the physical. There will be a crossover time as not everyone will be able to work through all their

will infringement on Earth before they die, and so they will complete it in spirit, however in a short time everyone will be able to work through it on the physical level and so there will be no need for the two Earth Hell Planes in spirit.

Humanity without the Law's help wouldn't be able to Heal itself. People wouldn't be able to use the Spirits of Truth to help themselves. It all goes hand in hand, the Spirits of Truth need to be supported by the Law of Compensation, which is why Jesus and Mary instigated it to the degree required for their Age. Had they not, then no mind spirits would have been able to do their Healing. Everyone would have existed in the Mansion Worlds in their own sector of anarchy as spirits did before Jesus and Mary's coming. No one before their coming was able to or even wanted to do their Healing. And the Way to do their Healing wasn't available anyway. So for people now, the Way to do their Healing is to be underpinned by the Law of Compensation, all so as to give everyone an even start. If you are very evilly intent and gaining power from being that way, I doubt you'd want to suddenly stop being as you are and do your Healing, or even just to change your ways and be nice and considerate of others like how the mind spirits are because of the Law. The Lucifers and Satans didn't want to do their Healing. So something has to happen to help stop you and awaken you to a higher spiritual awareness.

And the other thing is, once the Avonal Pair 'cross the line' and complete their Healing, then that line is drawn in the sand, so people can't sink below that of the first level of the Law of Compensation, it's just how it is, and so for that to happen, the Law needs to be introduced.

This changes Earth from being how it's been to being how it is in the First Mansion World. So really Earth becomes a physical Mansion World

Earth is about to be brought into full alignment with the Mansion Worlds, rather than existing as it does now being very separate and different to them. And by degree, being brought down in steps, humanity on Earth and in the Mansion Worlds is to be weened off Rebellion and Default, coming into the perfection of Nebadon, so people and spirits can then align themselves fully with Mary and Jesus. So one can start one's ascension of truth through Nebadon on Earth, moving through the Mansion Worlds, should that still be necessary, and on through Nebadon in one perfect, happy and loving adventure, unlike how it exists today.

# Struth

Aspiring to Living Feelings First

*Brian Iverach, Graham Golding, Jim Baker and John Doel*

Pascas Foundation (Aust) Limited

# Seven Spirit Earth Planes

We start our eternal existence by incarnating, even if it's just for a moment, onto a physical world like Earth. Then, when we die, we move into one of the seven Mansion Worlds, which can be likened to probationary worlds; worlds in spirit through which we correct all that's wrong within us. This includes if we've hurt other people or creatures very badly, we need to compensate for such suffering we've caused in others by suffering ourselves in one of the two lower Earth planes commonly called The Hells.

Other than the two lower Earth planes, we mortal spirits can't live in the other five Earth planes, they being reserved for the angels, nature spirits and other higher spirits.

The geography of the seven Earth planes is based on, or the same as, Earth, whereas the geography of the seven Mansion Worlds is unique to each world. So on Earth it's conceivable that your physical home could also be used by nature spirits, angels and higher spirits for their needs in the higher Earth planes, as well as being used by spirits confined to the two lower Earth plane – Hells. So these seven other dimensions, all focused on your home – a lot could be going on! However more than likely the reality is, the lower two Earth plane hells have spirits congregating in the darker seedier places of the physical world, or in the prisons and more isolated places if they are to spend time in isolation. Whilst the nature spirits, angels and higher spirits would reside in their higher Earth planes mostly away from dense populations of humanity, so more in the remote unpopulated areas of the world. The planes, although each being separate from each other and the physical Earth, and not interfering or influencing each other, still have some bleed-through of energy, thus affecting them in certain ways. As you can imagine, I don't think the angels would set up one of their main meeting and administration centres over one of Earth's most densely populated, corrupt and polluted cities, not unless the higher angelic light was in some way, to affect those people on Earth.

And by and large, we on Earth have very little consciously to do with any of the spirits or angels in the Earth planes. Some people feel emotionally, mentally, psychically and even at times physically disturbed or influenced by spirits in the two Earth plane, Hells, although really there is little direct interference from them. Such things as scary ghosts and knocking noises and all the dark scary poltergeist stuff comes from these wayward, lost, 'dark' and evil spirits still trying to have nefarious control over people on Earth, all of which is relatively harmless other than in exceptional cases. And mostly, we on Earth are totally unaware of our attending nature spirits and angels, and even more so of any higher spirits that might be visiting us or Earth.

For spirits and angels to get as close to us physically as they can, is done so by them being in the relevant Earth plane. During a Divine Love meditation or prayer for example, it's conceivable you might have in attendance in the various Earth planes and unbeknownst to you – dark spirits of the two Earth planes that want to try and redeem themselves so are brought to attend your prayer or meditation; you might have nature spirits there as well; you will have your attending angelic pair together with other angels; and you might have other higher spirits who are required to help you in your thoughts or feelings to progress in your spiritual development; and then you might also have other Mansion World or Celestial spirits attending you in the relevant Earth plane, including even from the Hell planes should the spirits want to get as close to you as they physically can. A lot of Mansion World spirits descend into the lower two Earth planes, the Hell planes, so as to be close to their loved ones on Earth. They are able to do so without being affected negatively by the ever-present Hell plane spirits by adjusting their spiritual light in order to keep them at bay.



It should be noted that to qualify for life in the Hell planes comes about because of the state of ‘hell’ that already exists within the person who acts out such hell on others. We only cause harm to others because the harm was caused to us through our childhood. And instead of dealing with and honouring our own pain and taking full responsibility for it, we block it within ourselves thereby taking it out on others by making them suffer the same degree of pain we’re suffering. Those people who harm another person or creature will at some point suffer the degree of pain they have caused in the other person when the Law of Compensation acts upon them during their time in the Hells. They have to ‘balance the books’ so as to help them understand that it was wrong to do what they did to the other person or creature, for them to understand by directly feeling the pain they have caused. And once they have felt it all, ‘paid for their spiritual crime’ against the will of another, then they are allowed to resume regular spirit life in the Mansion Worlds rather than being kept separate in the Earth Hell planes. And somehow during the time of ‘paying the price’, they are healed of their need to hurt and harm others so they can move into the regular spirit Mansion World population no longer looking to, or with the need to, hurt and cause suffering in other spirits.

And it is highly possible that at some point, and even possibly quite soon, the same Laws of Compensation that apply to those spirits having to live and ‘do their time of suffering paying for their crime against another’ will be applied to and on Earth. So many bad people will suddenly be forced into the ‘hell of their own making, the hell that resides in them’. So doing some or all of their ‘Hell Time’ whilst on Earth, then completing it when they get to spirit by having to enter one of the two Hell Earth planes, or no longer needing to spend any time in them if they’ve ‘served their time for their evil crime’ when on Earth. Should the ‘earthing’ of the Law of Compensation come about, thereby bringing the Earth into direct alignment with the First Mansion World, then as you can imagine, things will drastically change here on Earth, with anyone merely having the intent, let alone actually carrying out the sinful act, having to immediately suffer compensation for their unloving action and motivation. With the compensation being lived by feeling such intense guilt and all the other bad feelings for the bad things you have done, coupled with pain so bad and so ongoing that you enter into a state of perpetual begging for forgiveness and to be released from your suffering, that very same suffering you caused another person or creature to suffer.



# Seven Spirit Earth Planes

Each of the seven Earth spirit planes co-exist in the same space as we do in the physical. We of the physical world are of the coarsest and densest material. Starting with the 1<sup>st</sup> plane, the material within each plane becomes finer, more refined and of greater luminosity. Those within the lower planes cannot see or discern the presence of those in higher planes. Those of the higher planes can move about those in lower planes without them being aware of being present unless they wish to reveal themselves.

Each plane is predominantly for one group of spirit or angel personalities, however there are sectors within planes where visitors from higher planes can move about freely. No harm or disturbance can be caused by any spirit personality upon another, not even those within the physical Earth existence.

7  
6  
5  
4  
3  
2  
1

7<sup>th</sup> Earth Plane being for visitors from Havona and Paradise, together with the Daughters and Sons of God. This includes Angels who have come all the way from Paradise.

6<sup>th</sup> Earth Plane being for visitors from the higher levels of our Local Universe. Higher Daughters and Sons together with higher Angels.

5<sup>th</sup> Earth Plane being for visitors from the Celestial Heavens and higher angels and spirits from other parts of Creation, including Finaliters.

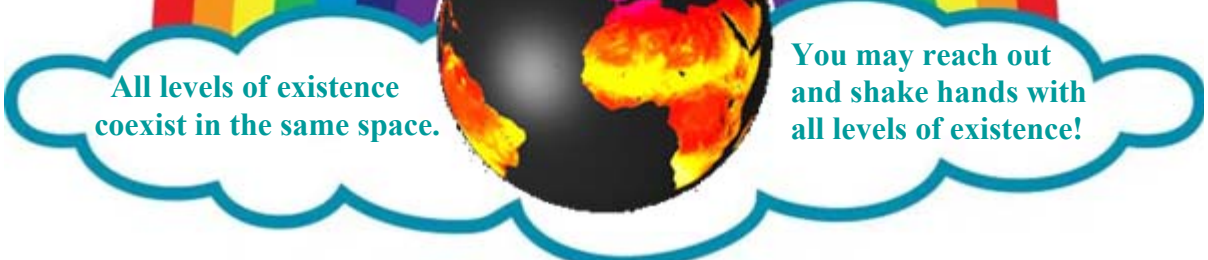
4<sup>th</sup> Earth Plane being exclusively for Angels, some of which have evolved from Nature Spirits!

3<sup>rd</sup> Earth Plane is the exclusive domain of Nature Spirits who are derived from creature life experience on Earth.

2<sup>nd</sup> Earth Plane – a ‘Sphere of Isolation’ from which one progresses having settled the Law of Compensation, allowing entry into regular spirit life in the 1<sup>st</sup> spirit Mansion World.

1<sup>st</sup> Earth Plane – the darkest ‘Sphere of Isolation’ and closest to Earth. A plane allowing spirits to live in their state of hell because of their grievous inclination to cause harm to others.

7



All levels of existence coexist in the same space.

You may reach out and shake hands with all levels of existence!



**WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home



Council of Elders  
now around 20  
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

# Environmental Collaboration

VS

## ENVIRONMENTAL CONFRONTATION

Verna, a Nature Spirit, 26 May 2019: You believe people like your Australian Aborigines were more in touch with nature because they didn't seemingly destroy it as much as the white man invaders have done, however they weren't, not spiritually speaking. They hunted and gathered and did a minimal amount of farming, but they still didn't understand about our connection with the World, they didn't personally interact with us, they developed their own wayward spiritual beliefs and ceremonies all designed to keep them fully entrenched within the Rebellion in a more primitive way, and it was all still wrong by higher spiritual standards. So the aboriginal culture had to go, just as in the end so will the white man culture, as people of all races who do their Healing and who do work more closely with us nature spirits will end up doing. But that's still some way off and there's a lot of spiritual awareness awakening that needs to happen first.

So in one way it seems like the aborigines were closer to nature and the natural world, which they were in their more primitiveness, whereas they weren't in a spiritual sense. And this confuses a lot of people, attributing more spiritualness to them than should be, as their beliefs are no more or worse than any others that are rebellious. And so shouldn't be held in higher regard. They can of course be appreciated like all spiritual and religious beliefs for being an expression of truth-denial and the Rebellion, should one want to appreciate such wayward beliefs.

Helen, 3<sup>rd</sup> Celestial Heaven, 27 August 2017: You have **the Eastern mind controlling Buddhists doing their bit from long ago, which was a remnant surviving from the Atlantean age**, along with the other primitive and spiritual systems of belief, and now it's all coming to a head for we are arriving at the end of the next Earth age, with The Change, the next cataclysmic event not far away in Earth natural time.

Only the trouble is, there are cataclysmic events periodically that destroy nearly everyone on Earth, and so as each civilisation ended, so was a new 'race' of Chosen Ones selected to be the prime subjects of control for the next age. So it came out of the original Jewish races, or what became the Jews, this time around, and then with Jesus and Mary coming and putting a major spanner in the works by removing the Lucifers and Satans (the Evil Ones), leaving it all in the hands of the Caligastias and Daligastias (C&D). So C&D worked all the Christian stuff into it, even with Jesus returning to do away with the Anti-christ, their (Evil Ones and their controllers) Messiah, just to suck in all the Christians making them think they are on the winning side, then introducing Islam to spice it all up and have the natural foe to fight against.

Helen, 20 August 2017: **The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary M might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings, and then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause. And then throw in their contrived Islam, and you've more male domination and the subjugation of feelings – of the woman.**

Helen, 3 August 2017: "Why so many people get stuck in them (a given so-called Holy Book) and can't move on, it is all being what is still required by the **Contract of the Rebellion and Default.**"

# AWAKENING OF Humanity

## LUCIFER REBELLION REIGN

200,000 years ago

Jesus & Mary

NOW!



### TOTAL DOMINATION Universal Contract

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**



**Caligastia pair**



Arrested and imprisoned early 1990s CE



**Daligastia pair**



The awakening of humanity means we are now free to step away from enslavement and extreme suppression. We have a choice to stop living in the hell that has been imposed upon us. We are now free of the restraints of the Rebellion and Default which has enslaved us for the past 200,000 years. We are so used to it that we consider that we are having a wonderful life – whereas it is the hell of living against our true selves that we are experiencing.

We have never known any other way of living. The adjustments to what we call normal will be all embracing, rapid and without any compass as to what to expect. No other humanity has gone through such a massive spiritual and physical upheaval. We just do not know what to expect. Can you avoid this? You may be able to ignore it somewhat but that is only going to put off the inevitable. This Change Over is underway and we are all to experience it. It is a massive event for all of humanity.

What has triggered this event is that several people have been working their way through healing all that they have taken on of the wrongness of the Rebellion and Default. These people have moved through milestones



which have resulted in the imprisonment of those who brought about the Rebellion. As they progressed with the Healing of their childhood repression and suppression they have enabled the closing down of interference by malevolent spirits as from 22 March 2017 and then the commencement of quickening of the Law of Compensation to start to unfold as from 22 May 2017.

## Law of Compensation

Of greatest significance was that on 31 January 2018 officially marked the end of the Rebellion. Now it is game on for the Great U-Turn for humanity.

## Feelings First Spirituality The New Way

For 200,000 years we have been guided to live through our minds. Our minds cannot discern truth from falsehood and further, our minds are addicted to control. Some people, as well as groups of people, call them tribes, are obsessed beyond recovery with the need to control. One family group has recognisable control of US\$500 Trillion!!! They have a figure head and this man is literally the ruler of humanity and no one knows him. That is 'hidden control'.

We talk about control in the form of slavery. Modern day slavery numbers exceed anything that has been recorded throughout all of history.

However we are all slaves. All funds that have been borrowed by governments, financial institutions, corporations of all ilk, housing loans and household debt, and the new phenomenon of student loans, all lead back to one family – with a British baron as the 'lender'.



We are all born into hell on Earth. No matter how 'wonderful' we may think our childhood is, we have been screwed over by our parents. They did not know – they have just done what their own parents did to them and what was done to them by their grandparents and so on up through the generations.

We are meant to fully and freely express our personality bestowed upon us by our Heavenly Mother and Father. Our parents impose upon us their dictates necessary to



form us into the personality that they believe is best for us. Our true personality is suppressed and remodelled commencing from the moment of conception. The great moment of conception should be a moment of wonder and joy – and that will start to occur in future generations now that we know how to live through our feelings and not our minds.

Until we heal ourselves of the imposts of the Rebellion and Default we will not be able to bring our children up free from error. We will continue to subject our children to our inherited errors and they will continue to be stifled and part of the Rebellion.

Until we heal ourselves through longing for the truth of our feelings, both good and bad, and expressing what we come to understand to someone that we have a personal relationship then we will remain living like a zombie – continuing to be in a stupor and screwing our life and everyone and everything around us. We will not be able to recognise who our true partner in life is and we will continue to have mismatched marriages that will ultimately fail – no exceptions – until we heal ourselves!



**ALL MARRIAGES ARE**  
**Mismatched**



**REBELLION**



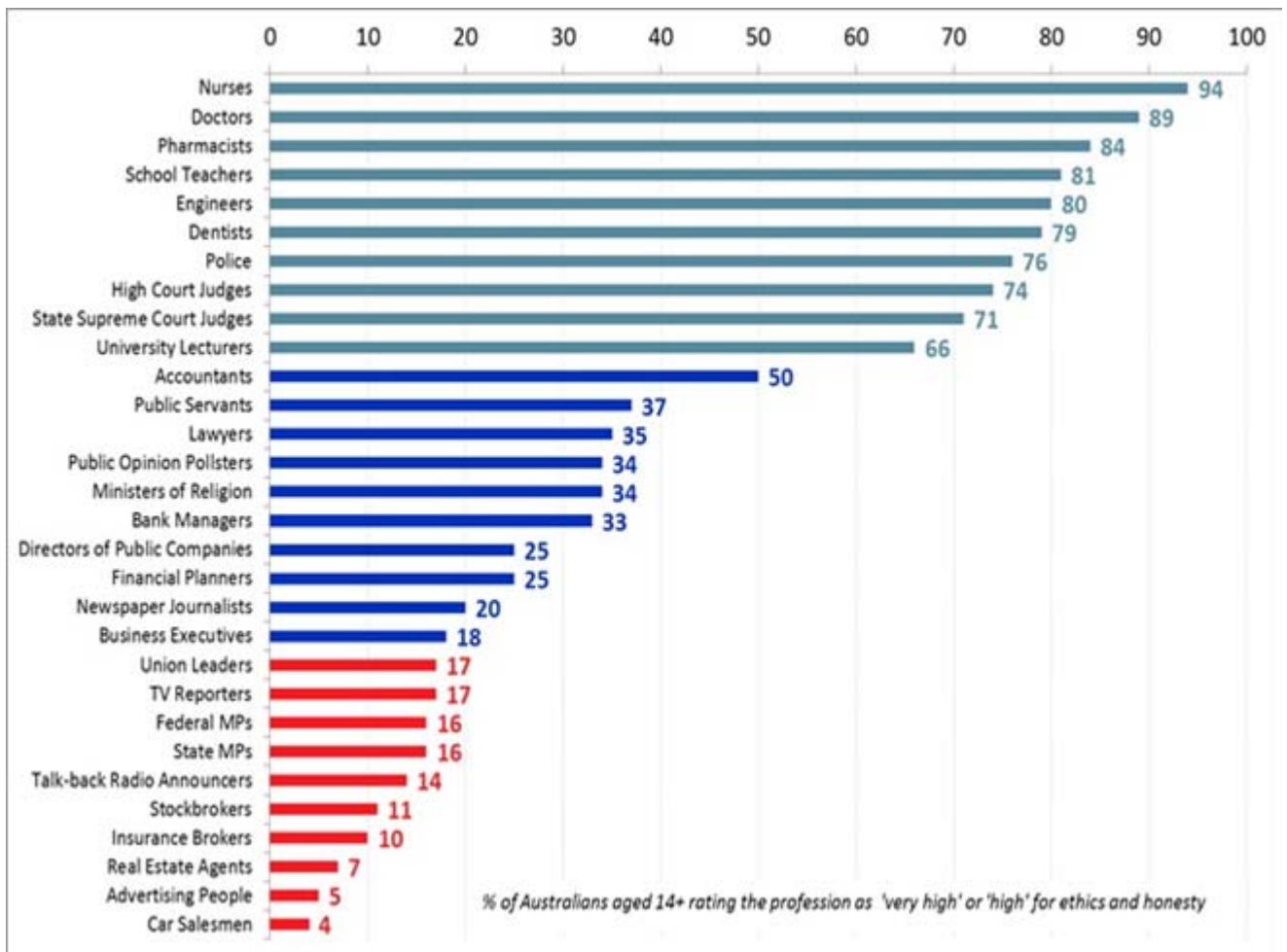
Due to our addiction to control, all sectors of industry, commerce, institutions and governments are corrupted. That is demonstrated by the varying percentages of trust or lack of trust recorded through surveys. Yes, there are aspects of truth and honesty within all of these endeavours. However, this is where the Law of Compensation will start to be apparent. In short, previously the Law of Compensation came to be imposed upon us when we passed into the spirit worlds, the first Mansion World. With introduction of Feeling Healing and some progressing through their personal healing, this has brought about the

Earthing of the Law of Compensation. Those who are involved in imposing their controlling ways and manipulating people for their personal gains beyond appropriate and acceptable levels will find that the Law of Compensation will be imposed upon them the instant they contemplate such error or errors. Such people will be instantly debilitated so that they cannot carry on with their 'trade'.

There will be no exceptions. We may consider some avenues to be free of such gross activity, however we are of the Rebellion, we cannot ascertain what is in Truth and what is not. We just have the condition to contemplate and comprehend what is unloving control – this will come to us as we heal.

We may consider the education system is fine. The education system is an extension of the parents' control of the child. The education system is the puppet of the Evil Controllers who have manipulated humanity for 200,000 years. You can proceed to look at the legal systems designed to protect people,

governments to serve the people, health industry to save the people, food industry to feed the people, the defence forces to protect the people, and at the bottom of the list are the religious institutions who have all been founded on the dictates of the Evil Ones through the manipulations of malevolent spirits. All will collapse progressively and will be rebuilt. You can see it unfolding around you now.



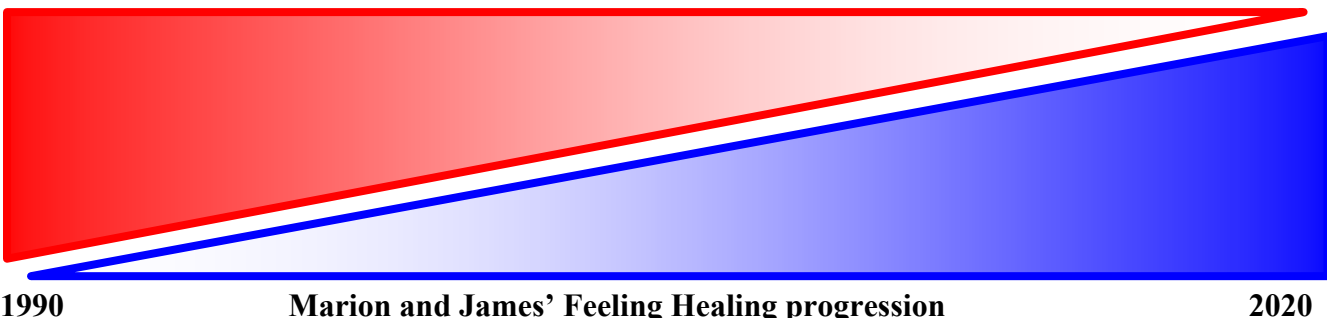
As people heal themselves through the process of Feeling Healing, their dynamism will unfold, their true potential will be self evident. They will emerge to become the leaders for all aspects of society. We have never seen such people on Earth except for the Paradise Daughter and Son in the first century.

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

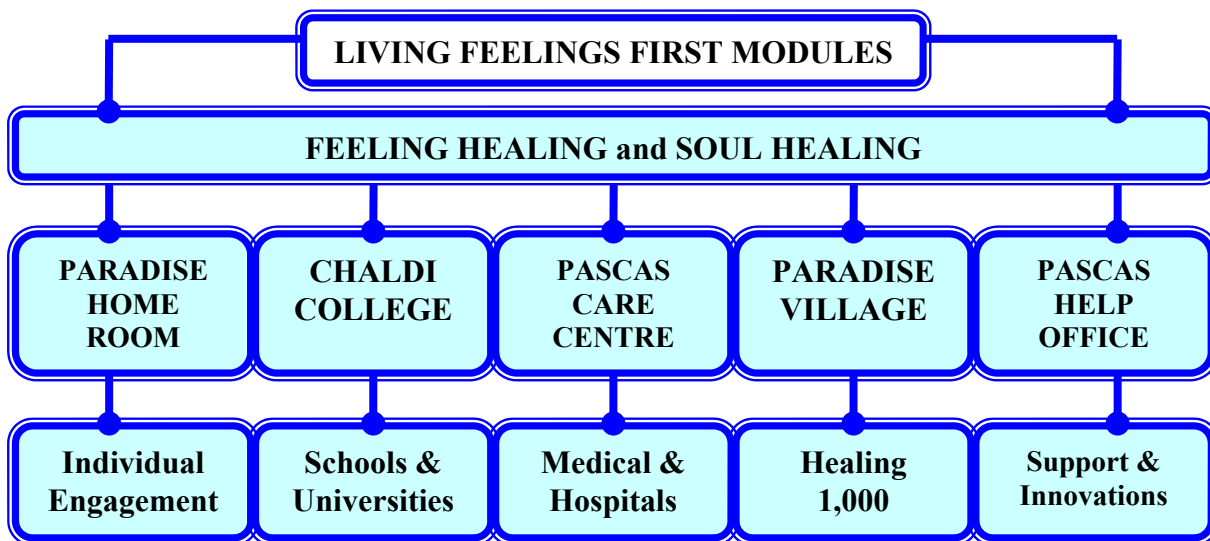
And when the first pair have healed themselves, then their children will be free of the Rebellion and Default and will become the first to be born into a Celestial Soul Condition physically here on Earth through these parents. As each generation progresses with healing then their children benefit accordingly. Healed soulmate parents in true harmony with each other will have children fully reflecting their Heavenly bestowed personalities

**ENDING of REBELLION and DEFAULT:**

**Universal Contract governing the Rebellion and Default progressively put aside and then cancelled due to two people on Earth embracing and progressing with Feeling Healing.**



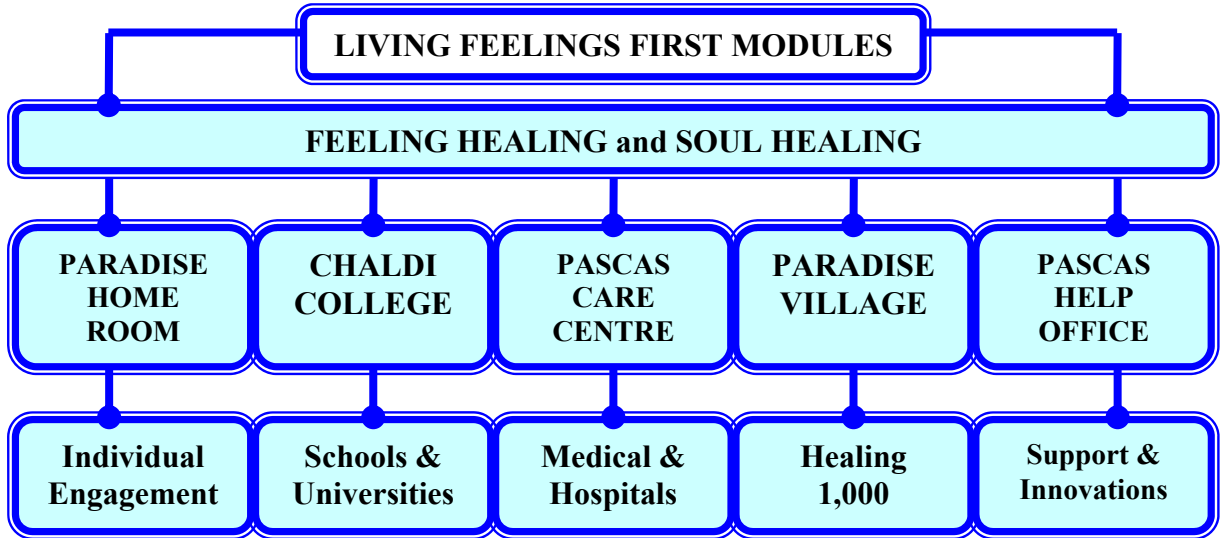
- Early 1990s: The arrest and imprisonment of the Caligastia and Daligastia soulmate pairs.
- 22 March 2017: Negative spirit influence was blocked.
- 31 March 2017: Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it 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.



# PASCAS CARE



## Life Practice Matrix - Feelings First



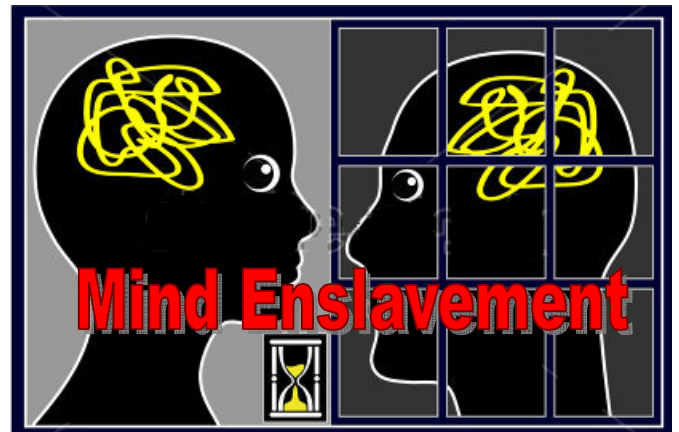
Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

Humanity has universally adopted its mind as the pinnacle of one’s intellect. In doing so, it has looked to its ego and arrogance to reveal the way to live one’s life. Humanity has conjured up endless modalities enabling one’s mind to suppress, albeit temporarily, discomforts, pains and illness through countless ineffective mind controlling systems, and has even categorised them into modalities of many different kinds.

Humankind has enslaved themselves to their mind, depowering them by ignoring their feelings. One’s soul based feelings are always in truth and love – interconnecting with all aspects of life.

For those who have discovered and embraced their feelings, longed for the truth that one’s feelings can reveal about their feelings, both good and bad, a great sense of freedom has emerged.

By living through **Feelings First**, and then having one’s mind assist with the implementation of what one’s feelings are conveying, we are then living true to one’s self, and consequently true to our Heavenly Parents, our Mother and Father.



**Feelings First**  
**Feeling Free**





# Mind Mansion Worlds of Natural Love

**Mansion World One:** We ALL arrive into mind spirit Mansion World One upon the death of our physical body. Just the general confusion of spirits living their wrongness the best they can, trying to not be bad, trying not to hurt others, thereby staying out of the hells and lower Earth planes. The Law of Compensation ‘persuades’ you not to even think about harming another person.

**Mansion World Two:** Starting to work more with one’s controlling mind, with the focus being on Service, you are to use your mind to be more loving, to help selflessly others, to put others before yourself, to not want for yourself, only wanting the good and betterment of others. And to have loving thoughts, to not think badly of anyone, to keep ‘being good’ in your mind at all times. To think positively, to use your mind to control your feelings so as to make yourself be happy, to bring your full success out, to celebrate your god-given gifts, all for the good and benefit of all.

**Mansion World Four:** This being where ‘self help’ approaches fit in. It being where you’ve had enough of being of Service, giving yourself to everyone else, and decide that you have to start looking more after yourself. So you look to working more closely on yourself, you still have bad feelings so you set about working to resolve the emotional issues through whatever means you can. And they involve emotional releasing / clearing through some level of feeling-acceptance, as you can’t get rid of them that easily, yet overall you’re working to bury them once and for all, so deal with all your memory processing, deal with your traumas, do all your massive forgiving, which sets you up in a power position because you are the great one forgiving everyone – those people who did wrong by you, so you feel more in control, freeing yourself from your controllers, telling them – you are forgiven, giving them your blessing, feeling you no longer need to be bound into those patterns, and feeling like you’ve found and are bringing out more your True Self, your true self which I reckon is more of the spirit you that’s deeper in your mind control.

**Mansion World Six:** This is where you put it all together, you’ve achieved mind ‘ascendancy’, the perfection of your negative mind-controlling state, specialising in your area of interest, being in bliss and true love and happiness – all mind derived, all of which is resulting from your mind saying you are at-one with Source, God, Soul, whatever the term, which is just your own controlling mind. Your mind is god, and it’s calling the shots, keeping all your repressed feelings away, without you having to address any personality imperfection resulting from your bad parenting. Because you believe you’ve fixed all of that, you no longer have bad feelings within you, you’ve forgiven the evil ones in your life, you’re now wholly in control making your reality be as you want it to be through your mind.

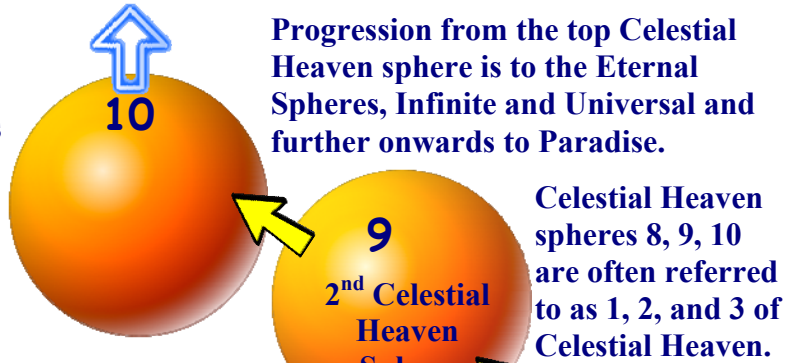
Part by James – 19 August 2018



**SPIRIT MANSION WORLDS are numbered 1 to 7:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 2 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.



Natural Love sphere progression stops at sphere 6. With only the natural love, progression is through spheres 1, 2, 4, and 6 only.



One can embrace Divine Love at any time and move to DL sphere 3 and continue.



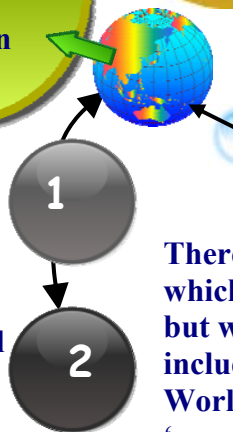
The Divine Love spheres 3, 5, 7, 8, 9, and 10 were opened by Jesus.



On death of the physical body we all arrive in the 1<sup>st</sup> Natural Love sphere.

The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1<sup>st</sup> Natural Love sphere and continue in their progression onto higher spheres.

Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.



Earth is for the individualisation of souls being the commencements of one’s journey home toward the Source Soul.

The Pre-Incarnational Sphere is the waiting area for souls to be individualised / incarnated.

There are seven Earth planes around Earth, which are separate from the Mansion Worlds, but we only have access to two of them, which include the ‘hells’. Each of the Mansion Worlds also have their own seven planes ‘around’ them.

**Note:** The first experience with a Divine Love Sphere and a Sphere of Disharmony may be introductory planes / sectors within the 1<sup>st</sup> Natural Love Spirit Mansion World.

**FEELING versus EMOTION**  
**and emoting such emotions through your feelings:**

It is important to **emote** your feelings to a partner or to your Heavenly Parents.

Just be the feeling. When you feel the feeling, try to stay with that feeling.

The other person you are engaging with can assist you to experience and express the emotional event that you are feeling coming to the surface. They'll assist you to stay with that feeling. The other person is to encourage you, to prompt you in describing, expressing, talking about – **emoting** – that feeling leading you back to discover the truth of an experience that was an emotional event in your life, most likely an event in your early childhood, and even more likely to be a childhood suppression of your expression of your true personality by one of your parents.

What ever you are feeling, describe it. Once in the feeling stay with the feeling – become the feeling – become the emotional event. Express, talk about it, that being the experience of how it really unfolded.

Feeling is what you feel now. Emotion is the result of an event that happened in the past (even the recent past). The emotion is the pain within you. Once you begin to become that painful emotional event then the feelings thereof can be expressed, talked out of you – for ever!

The more often you drop into these past emotional events, you'll find the resistance to do so will subside. Your childhood events will become more readily alive in the present.

You will begin to long for the truth of these childhood repressions and these suppressions will become memories, but no longer painful memories as you talk out each such suppression of your true personality that being what was imposed upon you since your conception. You will be aided by the Spirits of Truth of the Avonal Pair as you become to know and embrace them.

**SPIRITS OF TRUTH**

**Avonal PAIR**



**BAD is GOOD** So go with your darkness, allow yourself to be that horrible unloving person you've always secretly dreaded you are. Just allow yourself to feel all you feel about it. Bring up all those dreaded evil feelings, bare your soul, confess it all, and like the poison it is, GET IT OUT!

This is how to love yourself. This is being truly self-loving, and as you are loving of yourself, so will you love others. As you unconditionally accept all you feel, so too will you unconditionally accept them, and so all they feel. You will allow them to be the true expressions of themselves. You'll stop all those controlling mental things you do that helps them deny their bad feelings. You'll be happy to allow everyone to express all their yuk, as you express yours.

We are told that it's good and loving to be unconditional, but to do it, or try to be it with only your mind, is wrong, it's false and it's very conditional. Dump the belief, certainly want to be that way, but understand that it only comes naturally as you submit to all your bad feelings, loving yourself by allowing yourself to feel them. Anything you try to do with your controlling mind, trying to control yourself, give up – or at least want to. Occasionally through your healing you'll feel you have to assert your will and it can take a lot of considerable effort to do it, and you will so need to apply your mind. But as you will feel, such motivation will come from a deep feeling, a feeling of wanting to assert your will this way, and when it's there, you can do it. And it's all the same, simply going with and accepting how you feel.

Self-love through feeling acceptance will help your mind give up its control. This will hurt, be hard to do, but the controlling patterns can be broken. Acceptance as always is the key: accepting being one of the main attributes of love. Accepting yourself is loving yourself – ACCEPT ALL YOUR FEELINGS, ACCCPET ALL YOU FEEL YOU ARE, ACCEPT YOURSELF. Love.

Doing your feeling-healing is telling your story.  
It's telling the truth of your whole story.  
And it's all for you.

Living true to your feelings:

It's to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place, because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 Apr 2018

## ***Soul–Healing: What is it?***

Our soul-healing is the expressing of every part of us we have denied. What this means is that as we've grown through our early development, starting at conception, if any part of us has been stopped from freely and truly expressing itself then it exists within us in a denial or negative state. And essentially that part of us is still waiting to be expressed. And our healing is the liberating of all these parts.

Our soul has a very specific life programmed within it. As I've said it's called (well anyway, it's what I call it) our Soul Light Print of Destiny. It has been created by the Mother and Father to bring itself – to express itself, you, into being, in Creation. The Mother and Father have given us all a unique personality. Our personality is the part of us that separates us from one another in Creation. And our soul is trying to express its personality in Creation. With every experience you have, no matter how small it is, in each moment, your soul is literally expressing more of you, the whole personality you are – all your parts – in Creation. With each heart beat, each breath, more of you is being expressed, more of you is living, more of you experiencing, and so more of you is in effect here, existing in Creation. And so there's continually more of you, you can get to know.

We can't fathom the depths of our soul. But one of the goals of our existence is that the Mother and Father want us to fully express all of our soul in Creation. This will take the whole of eternity to do, but what a great adventure it will be. Look how it is already starting off for you, living fully entrenched in an evil state of mind!

When we start our incarnation, the first objective of our soul is to get us up and running, expressing all the vital parts (attributes) of us (our personality) that will allow us to maximise learning and growing in truth from our experiences. As we experience and grow in the truth of that experience (as we're experiencing it), the experience generates a *light*, which goes back into our soul telling it that we are ready for the next part of our life – our next experience – and so it brings about our next moment. This feedback loop is continually bringing us into being. Our whole life is orchestrated by our soul, from within – even what seems to happen to us out of the blue and from outside of us is all occurring in answer to our soul's inherent patterns.

It is crucial in our formative years that we receive all the love, care and acceptance our soul – us – needs, so we can be welcomed into life allowing all of our emerging personality attributes to be freely expressed. If something makes us feel bad we need to be allowed to express that pain. We need to be allowed to cry and speak out about it as we grow – as our mind forms. We need to be able to say everything we feel we want to say. We want to grow into adults being freely able to express all our good and bad feelings. Because then we are whole and real people and will know how to live our lives in accordance with the needs of our soul and not being controlled by our minds. We will feel what we want to do, what our life is about, and do it believing and knowing that we can do anything we feel – anything that makes us feel good.

Life must be how you want it, and only you, not how someone else wants it. However, this is not how we've been parented. We've been made to suit what our parent's want thereby denying large parts of our own self-expression. To stop being how you want to be, and instead to make yourself be how your parents want you to be in any given situation, is major denial and has had serious traumatic effects on you.

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings), thereby also denying

the truth of these experiences resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

When you feel: out of touch with your feelings, looking for answers, unfulfilled, unhappy; not happy about your life or yourself in any way, you are sensing and feeling these denied aspects of yourself. Your soul is crying out to you that things are not right and you need to do something about it. And that something is to choose to live and honour it and end the negative control your mind now has over you, thereby giving you back to yourself.

Why your soul simply doesn't step in and fix you is because once it begins to incarnate you, your personality in Creation is then beholden to exist within the Laws of Creation – these being the **Laws of Will**. What this means is once your will starts to manifest, right from the first moment, your soul has to do what it (your will) wants. So if your will is negatively influenced, if you are made to turn your will against yourself, then that is what your soul has to honour. (Of course your soul has all of this, your induction into your negative state, within its plan, but effectively on the will level this is what it's like.) And this is what has happened to us all. Our parents have negatively influenced our wills and we have grown up mistakenly believing (and unconscious of these beliefs) that we have to live this way using our wills to keep our negative mind state in control of us. And so to reverse this situation (and become conscious of what's really going on), and to bring our wills back into positivity, helping us grow and express ourselves in Creation, we need to do our healing. We need to identify all the dysfunctional parts of our will. We need to see how these aspects of us are denying ourselves; how we are living against and untrue to ourselves, and we need to see how this all happened in the first place; what happened to us: to our wills, to screw us up. This is seeing the whole truth of yourself, the truth of all your self-denial, the truth of your repressed childhood. And as we see the truth then we can bring these denied aspects of ourselves out into the open, and in doing so can decide if we still want to live with them going against us or not. And in our moment of deciding that we don't want to deny and hurt ourselves, knowing and seeing the whole of truth of why we are, we are healed. We are literally making our will come back and be loving of us and on our side; working with us, rather than against us.

Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad feeling is the signal that something within is wrong and needs attention. By honouring these bad feelings, accepting rather than ignoring them or pretending they are not there because we don't want them and don't want to feel bad, we are using them to lead us into the truth of where they are coming from and why. By expressing our bad feelings and longing to see the truth of them, they can lead us back into our early childhood, so we can see what happened between our parents and us that caused our self-denial. And gradually as we focus on and express all our bad feelings, we will see the whole truth of what's caused them and how we're using our will to keep the denial going. And we'll eventually see the whole truth of ourselves, all we've been made to deny during our childhood, and how we've been made to suppress our feeling-denial keeping it all repressed within us.

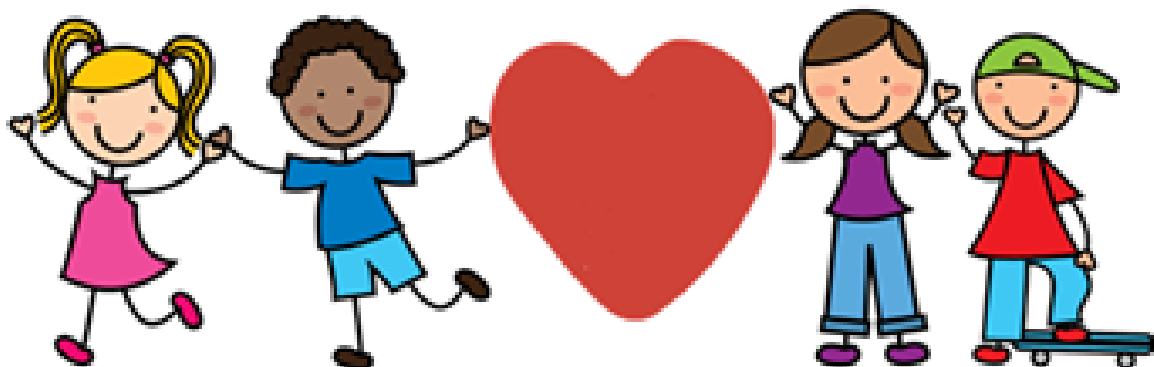
So, our soul-healing is the healing of our childhood repression by seeing the truth of it though the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you: reject, push away, dismiss, don't want to know about, is your mind's learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns.

And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

EVERYTHING that is wrong with you in anyway is because of what you've been made to suffer and repress since your early childhood – EVERYTHING! And it all needs to be healed one day, either on Earth or in spirit. One day your soul will begin to pressurise you into addressing these inner problems. This usually is shown by things not happening in your life how you want them to. This is your soul trying to send you messages telling you that you are going the wrong way. It is trying to make you feel bad, so you will eventually have to face your bad feelings. So you will have to stop what you are doing and pay attention to your feelings. If you keep running away from feeling bad then you will only make things harder for yourself, and you'll feel worse. I'm sure you've experienced: feeling bad about something, being all knotted up about it, then speaking up and expressing all your bad feelings, to suddenly feel good, relieved and lighter, even declaring: 'What was so bad about it anyway' – this is an example of expressing your bad feelings. And can you see how much better it makes you feel?

Introduction Course to Divine Love Spirituality by James Moncrief

# WE ARE GOD'S CHILDREN



**ZELMAR explaining the EGO and its relationship to DIVINE LOVE:** Thursday, 19 October 2017

And so you attain adulthood with your false mind as it were, being kept in place by the full strength of your will, your will being said to have been 'broken' or turned against you, which in that sense is true.

It is then your whole mind's structure that is false, untrue, wrong, evil and rebellious, all being kept in place by default, as that's how it happened to you through your childhood, with your mind being composed of all your erroneous beliefs and subsequent supporting negative or unloving behaviour. This being what is often termed your ego, suggesting that some part of your mind is errant and untrue, and causing problems and limitations for you in your spiritual development and progress as a person (a personality being expressed in Creation), **however it's your whole mind that is wrong**, all of you so far as what you can relate to, including your physical and spirit bodies and all their interconnecting experiential systems. For really all of that is of your mind, all what the Divine Minister is providing for you. And it includes your feelings and their associated emotions, they being yet another part of your mind. And anything else, like all psychic functions, with nearly all that is what you're aware of consciously and unconsciously, being attributes of your mind.

And what is not your mind, is any truth. And the Truth becomes the real you, an expression of who you really are, it becomes your foundation upon which you express your mind. However starting off in a world that is truth-denying, your mind has been corrupted to go against any natural truth revelation that would have come to you once your Indwelling Spirit arrived in your mind. So you live with your wayward and rebellious mind in control of you, in control of many of your feelings, and denying you the chance to grow spiritually from truth that would naturally come about from those feelings were you truly loving. And your will maintains it all.

Then you get to a point in your life when you want to stop being false, wrong, evil, untrue – unloving. You realise you are not right, and something needs to be done about it. Yet what to do? And now you understand about doing your Feeling Healing or your Soul Healing with the Divine Love.

**GREAT**  

**-Turn**



**The question is: Are we treating the cause or suppressing the symptoms?**

**Treating the cause permanently heals that which brings about illness:**

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

**To suppress the symptom is to put the problem aside for later on:**

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

# **SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

# **LIVE FEELINGS FIRST**

# **FEELINGS FIRST For Kids**

**FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:**

Through our Healing we work our way up to a Celestial Soul Condition whilst retaining all our erroneous patterns. We express out of us all our repressed emotions and blocked feelings showing us the truth of why we have them, we change and feel much better about ourselves, becoming more self-aware and self-accepting. Then when we've uncovered the whole truth of unloving state, our Healing is completed as our erroneous patterns leave us.

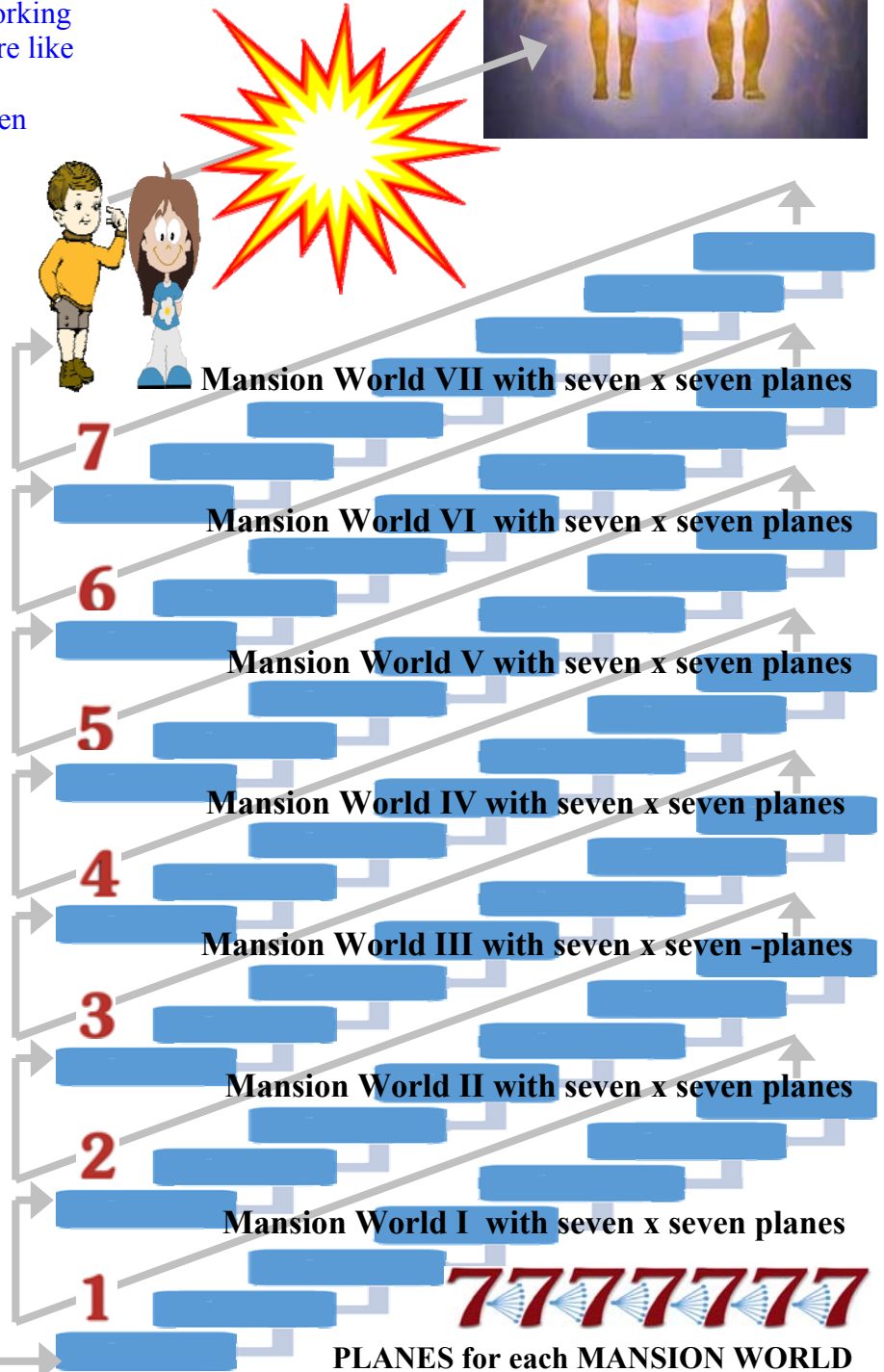


So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

And by the time we get to the top, we're fully cognisant of our 'sins and errors' and why we've felt all the bad feelings we had and how our negative beliefs kept us strapped within our truth-denying state.

Our Healing is our seeing the whole truth of our distorted way of being. And once we've seen it, then our soul transforms us out of our negative truth-denying state into a positive truth-loving one. We are still the same personality, only we're now living happily with ourselves rather than unhappily against ourselves.

Our final transition from being of a rebellious condition of mind to a Celestial Soul Condition of feelings, is glorious.



**Mind  
Worshipping  
Zombies in  
a Stupor**



**77777777  
PLANES for each MANSION WORLD**

**FEELING HEALING:**

Childhood repression and suppression, from conception through to around the age of 6 years, is the underlying cause of all ailments that arise throughout one's life.

Our parents pass onto us, their children, all that is erroneously infused into them by their parents, as generations before did.

It is only through longing for the truth of one's feelings, both good and bad, and expressing what comes up that we can work through the many layers of infused mind addictions and heal our erroneous beliefs and harm that we have endured.

Should our parents engage in their Feeling Healing then their children will mirror much of the healing that their parents achieve, thus physically and emotionally benefit in a similar way.

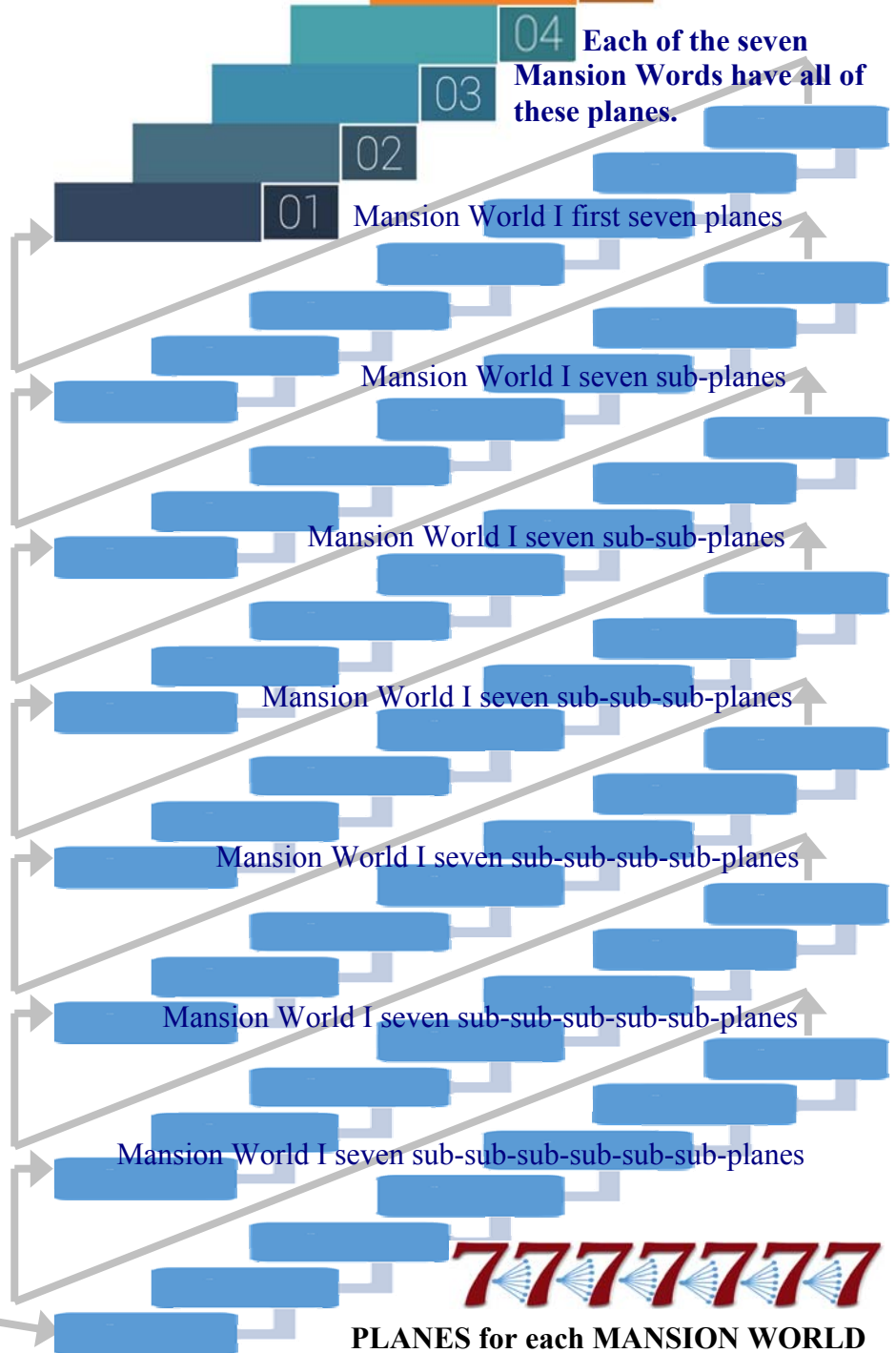
Healing can bring us into Celestial Soul Condition while living on Earth.



**Celestial Soul Condition**

**Feelings First**

Each of the seven Mansion Words have all of these planes.



**Mind  
Worshipping  
Zombies**



**PLANES for each MANSION WORLD**

**WE EACH HAVE UNIQUE ISSUES TO HEAL THROUGH OUR ASCENSION, THROUGH EACH OF THE SEVEN MANSION WORLDS!**



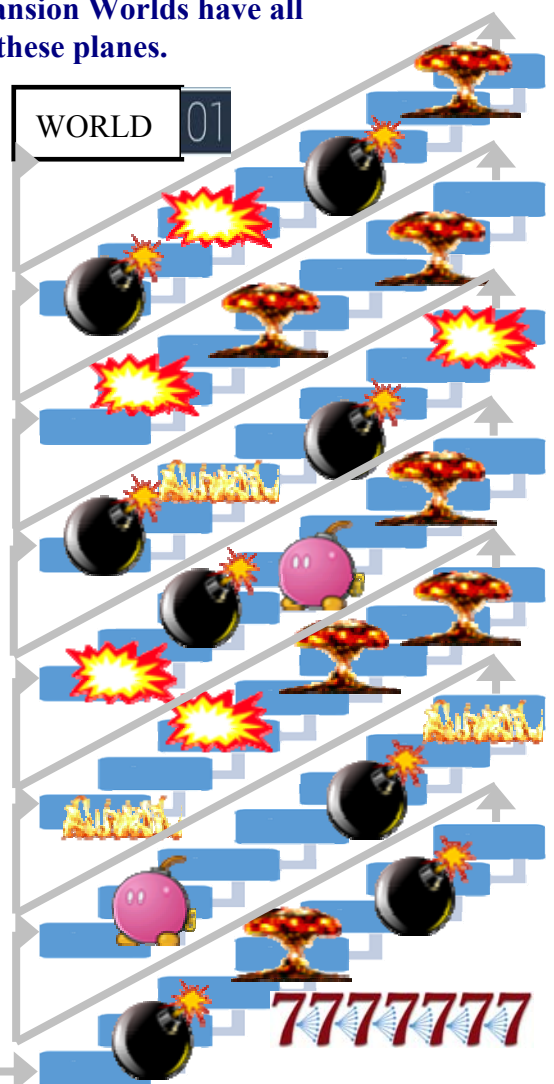
Happy Parents and Unhappy Parents are all born into the Rebellion and Default. The children all absorb the errors and emotional issues of their parents tailored to suit their personality which is unique to their soul. Our issues are unique and no healing is the same as for any other person.



**Feelings First**

Each of the seven Mansion Worlds have all of these planes.

Mansion World 1 of 7



**Both Mind  
Worshipping  
in a stupor**



PLANES for each MANSION WORLD, we have seven Mansion Worlds to work progressively up through to heal ourselves of the Rebellion and Default.

## **EDUCATING about FEELING HEALING**

Sunday, 27 October 2019

James: When considering schools and other people that are being talked to and presented them with the Truth, here are some of the main elements that might be useful should one be exposed to or wanting to live Feelings First.

Perhaps a program could be designed to introduce children to it and take them progressively deeper into understanding themselves as they grow up, with a condensed version for adults who want to do workshops, or a Feeling Healing study course for Chaldi College.

### **Feeling Awareness.**

There are two extremes which Marion and I are coming from; and everywhere else in between.

#### *Feeling Aware*

People who are feeling aware, in that they have always been aware of their feelings, it being part of how they grew up, or they've come to be more aware of them through self-help, therapy or just life.

Marion was completely aware of her feelings since the earliest she can remember. Mostly they were bad ones, like wanting to kill herself because she felt so bad and that no one cared about her, no one loved her, no one positively related to her, from as early back as she can remember. She was aware of feelings, feeling them intensely, and looking at other people feeling and expressing their feelings. Her problem was she wasn't allowed to express them, with her Healing being one long acceptance and understanding that she can express them now, breaking through all the barriers put in place through your childhood that stopped her showing them.

There are lots of people aware of their feelings, with varying levels of being able to express them.

#### *Feeling Unaware*

I came from the opposite side, being completely feeling unaware. Feelings weren't part of our family discussion. Only if I felt physically sick were I to express those feelings so the doctor would come or we'd go to him. In my early thirties I was told I was depressed, and it was a major revelation: that was what was wrong with me! I knew being scared and unhappy, but that was it. So with Marion it was learning about identifying my feelings – that feeling is misery, that feeling is humiliation and so on, to being able to accept that I had them and then to express them.

So possibly adults, and children, would be taught about their feelings, what each feeling is, why they have them, mock situations that make them feel our different feelings, discussion about them: I had this feeling at home when mummy said or did...

And education about how important feelings are, and how good, necessary, and vital to our well being, it is to express them, and not suppress, reject, deny or repress them, as that makes us sick and makes our mind have to take over which can cause us problems.

And to include the ramifications of expressing feelings or words that might hurt other people, and why they will, and how to be sensitive and respectful in relating to oneself and others on the feeling level.

And then the differences between the mind approach and feeling approach to life.

### **Information about our Feeling Denial.**

To introduce why humanity moved to become more feeling denying – bringing in the control from the Higher Spirits, information about the Rebellion and Default.

Information about the bigger picture and how we are all living the Rebellion by Default. How that applies in our daily dysfunctional and disconnected lives, all because we're not living true to our feelings.

More about how we get sick because our feeling denial.

How we can end our Rebellion by Default is doing our Feeling Healing.

### **Feeling Healing, and living Feelings First.**

Introducing how we're to live truly: living true to our feelings; and if we can, we'll naturally live life as God wants us to.

The importance of living with our feelings to uncover the truth of ourselves.

The importance of longing for the truth, how it happens, what it's like when it comes, how to use our feelings to do it.

How the truth comes and we live it, rather than living a set of imposed beliefs with our mind.

What Feeling Healing involves, how it will affect you, other people, your family relationships – what to expect. How difficult it will be to do it, how much help you might need, or that you can do it by yourself.

More about the benefits of doing it, such as not passing your yuk onto your children.

yuk

Becoming Celestial on Earth. Or starting it and finishing in spirit.

### **The Actual doing of it.**

Personal Healing  
experience.

**Feelings first**

**FEELINGS FIRST For Kids**

# ***We are to Find the Truth of our Childhood.***

James Moncrief – Sunday 8 September 2019

## **We are to Find the Truth of our Childhood.**

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly untrue and



unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

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



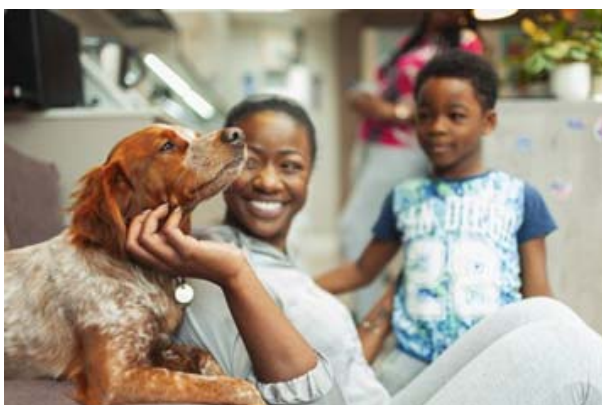
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to 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.



**LifeChanger** <https://lifechanger.org.au/>

**Every child has a right to their best life, and the best version of themselves. Our youth already have what it takes, they just need a hand to see it, and a pathway to get there.**

**Welcome to LifeChanger.**

One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend what ever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.



# Healed potential



**Insightful Genius**

*Brilliance!*

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