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18 June 2018

MAJOR CRIME is CHILD REARING

“For as you understand, there is no better way to further your wrongness than to have children. Really it is the worst most evil thing you can do. A serial killer, even a mass murderer, isn’t as bad as a parent, as each parent will find out through his or her feelings as they do their Healing. So how does that make you feel?”

“With the serial killer being sorted out in the hells for such actions against another’s will, and with all us parents and non-parents alike, being sorted out as we do our Healing. Time in the hells is nothing on a spiritual level compared to what you go through during your Healing. The ‘hell’ time allows you to become fit enough spiritually to enter into life in Mansion World one. The Healing, which deals directly with yourself as a child and your relationship with your parents, and your own child / children if you are a parent, ascends you in truth up through all the Mansion Worlds. So, as you can see, there is a hell of a lot more to being a parent and a child.”

Nanna Beth, 3rd Celestial Heaven, 2 June 2018

John: [Imposing one’s will upon another is a crime to some degree. The rapist, the murderer, the telemarketer, ‘this sale ends today!’ – most interactions daily are about imposing one’s will upon another.](#)

[As for incarnation, it appears that the process of conception can be likened to a person taking a bungee jump without attaching the bungee rope!](#)

Nanna Beth: Yes, it does appear that way John, particularly when you’re in the thick of it, however once you are free of it, it is the most wondrous thing, and so incredible that we can start off so immersed in the wrong, to live being evil and truth-rejecting and love-denying without even knowing it, then waking up to the ‘error of our ways’ and then doing our Healing, bringing us to the point of seeing what a magnificent experience we’ve been given.

[The infusion of errors and injuries into the newly incarnating soul appears to be massive, rapid and without any let up or limitation.](#)

Nanna Beth: It’s all incredible when you think that each soul has been created with it all within it. With the whole pattern of the life that its two personalities are going to express in Creation. And in our cases, beginning that self-expression in the negative. And so the parents you had, you were always going to have, it couldn’t be any other way. THERE IS NO CHOICE IN IT! So it’s all planned, it always has been and always will be. It’s astounding to get your mind around. So when it was time for your soul, John, to start incarnating the ‘John’ personality – you, so your parents did what they needed to do, and away it all went. Then they and everyone else in your life helped your soul manifest all the



negative aspects you've required; and so it continues, and will continue when it's time for you to start doing your Healing.

The conception / incarnation event sets the stage for the journey that is just commencing for the pristine loving personality that has nowhere to go but down into the drama of physical life of the newly forming embryo. Oh, it must be even more dramatic should the embryo not be viable by around days 16 to 19 and then know that another opportunity will be provided for this soul!

Nanna Beth: And you understand that for those people who die so early it's the same for them in spirit, they are still inducted into the negative and grow up as spirit children with the negative mind-controlling unloving influences they need. So are parented by 'loving' mind spirits becoming of the yuk, only to one day do their Healing. However that is also to change when the New Age begins because children who die early with parents who are already doing their Healing, will be adopted and so parented by spirits who are doing their Healing, so spirits in the Divine Love worlds, something that has not happened before. So until this time, spirits who've wanted to parent have only been able to do it in the mind worlds, so that has limited and influenced the time of doing their Healing; but soon spirits can begin their Healing without needing to be parents in the mind worlds, parenting instead as they are doing it. And I'm talking about those spirits that have still needed parenting experience, over here. Some spirits requiring it because they didn't get it on Earth, others needing it as part of furthering their negative experience in the wrongness."

yuk

Nanna Beth 2 June 2018

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

The cycle of us parents imposing our errors and injuries upon our children can now be broken. For the first time in the history of humanity we now do understand what we have been perpetuating, certainly throughout the 200,000 year duration of the Rebellion and to a lesser extent of the Default.

The process of Healing one's self is now understood. Presently, a soulmate pair are in the transitional phase following their healing and others are following along behind them in this process. When couples undertake their healing then their children will benefit from their parents' progress. This is cumulative. It will take generations for this process to evolve into communities being free of the impositions of the errors that all of humanity presently is imprisoned within, however the stage is set and the pathway is now engaged.

Why has this not occurred previously?

Apart from the fact that no one recognised completely what is required, no one with spiritual authority was here to reveal the process.

We had been seduced into believing that our mind is all that we require, that our mind is to be embraced above all else. Nothing could be further from the truth. Our wayward minds are addicted to control and cannot discern truth. We are to embrace our feelings, our soul based feelings and it is then that our minds come into play to implement what we are feeling. Our soul based feelings are always in Truth.

We are to long for, ask for the truth behind what we are feeling – both our good feelings and bad feelings. Yes, we will be told what is behind what we are feeling, both good and bad, and as we have these feelings we are to express them, talk them out of us, to a friend, companion, partner, anyone or anything. It is the process of expressing the truth behind our feelings that heals the injury.

Sounds simple! No it is not. It is painful, it is traumatic, but it is what heals us of the emotional injury and errors of belief. This is what is required of us so that we can eventually learn to truly love our children and bring them up in love, truth and without error. This is how we can stop the cycle of error, disharmony and crime that floods all of humanity.

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

Is Feeling Healing a ‘religion’?

No, it is not. It is a way of living. Living Feelings First.

A religion consists of dogmas, cannon laws, rituals, creeds, typically some identifying clothing, a membership and a controlling hierarchy. Living Feelings First involves none of these. It is anticipated that interest groups may form, however there is absolutely no controlling structures, nor are there to be.

Is the process of Feeling Healing a major change to ALL aspects of society?

Living Feelings First will result in every aspect of society being restructured – education, health, security, commerce, finance, political governance, religions, however nothing greater than the family unit.

Is Feeling Healing spiritually orientated?

Yes, it is. Guidance is via Celestial Spirits – those from within the three Celestial Heavens. Their way of communication and guidance is never controlling or directive. Our free will is never imposed upon. Those who become advanced in their Healing will find that connection and communication will become fluid. There will be an ever increasing exchange of dialogue between those advanced in their healing with Celestial personalities.

Is there a way to investigate the veracity and truth of these writings and what is presented here?

Yes, using kinesiology muscle testing together with the Map of Consciousness (MoC) as introduced by Dr David R Hawkins is a simple process of astounding accuracy that enables one to grow in confidence as to what is unfolding in this incredible time in history and to discern the level of truth being conveyed.

The peak of natural love truth calibrates at 1,000 on Dr Hawkins MoC scale. Divine Love writings typically calibrate over 1,000 and up to 1,500 on the MoC scale. The writings that these revelations are based upon have typically calibrated from 1,480 to 1,500. A review of any statement or person typically takes a minute or so to calibrate. There are now more than 50,000 pages of writings to consider.

We always welcome questions and will respond freely as you please.

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

The Drama of Life:

'I had a pretty good upbringing' in comparison to other people.

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



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced worldwide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



Suppression & Repression = Universal Depression

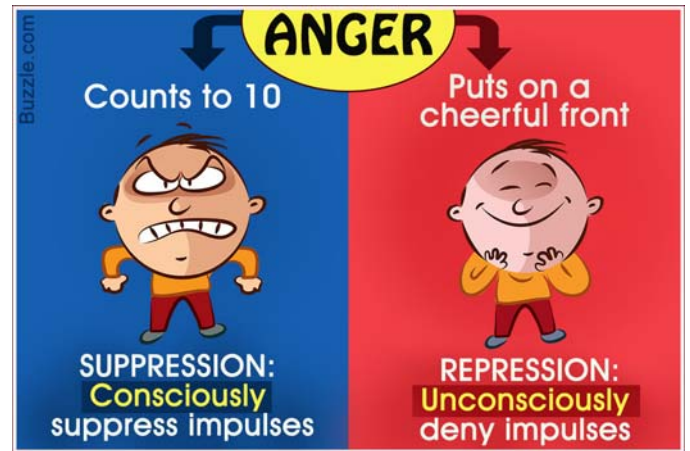
Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feelings of feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And

it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



And to spiritually help us, we are to understand:

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime to help us with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind-controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth

they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

It's time for the true Woman's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you do, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of you, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018



KINESIOLOGY RESEARCH utilising the MAP OF CONSCIOUSNESS (MoC):

Let us trace our history as a species from about 6,000 years ago to the present, using Kinesiology. Please keep in mind that there were always individuals and pockets of individuals with levels of Consciousness somewhat higher than the overall level of mankind. The Vedics of about 5,000 years ago were one of those groups.

Worldwide Level of Consciousness based on the Map of Consciousness see Power vs Force by Dr David R Hawkins	
6,000 years ago	72
At the time the Vedas were written	74
At the birth of Buddha	91
Prior to the conception of Jesus Christ	101
After the birth of Jesus Christ	147
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President	190
Lincoln was shot and killed	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2008: Current observation as we move forward to the apparent evolutionary jump	212
4000: Towards the end of the Aquarian cycle, the average consciousness of humanity will be within this range	450-470

PASCAS CARE – KINESIOLOGY TESTING:

as developed by Dr David R Hawkins

Kindly visit www.pascashealth.com for free download as to how you can carry out your own kinesiology muscle testing in conjunction with Dr Hawkins' Map of Consciousness. The PDF document is within the Library in the Medical section.

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

within the MEDICAL section:

<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL/Pascas%20Care%20Kinesiology%20Testing.pdf>

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MoC	No. of Countries	Average MoC	Average Life Expectancy	Per Capita Income 2013
400s	10	406	78.50	US\$46,690
300s	13	331	71.77	US\$20,508
200s	10	232	69.45	US\$14,927
High 100s	18	176	69.00	US\$12,283
Low 100s	7	129	61.88	US\$6,560
Below 100	11	66	52.73	US\$5,500
WORLD		212	70	US\$13,100

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with love and truth.

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

Consciousness Calibrations Worldwide

Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212

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

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

Note: The Map of Consciousness scale is from 1 to 1,000

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

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

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

Thus the energy differentials are in fact enormous!

MAP OF CONSCIOUSNESS

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

PEACE and HARMONY or CONFLICT and WAR:

MAP OF CONSCIOUSNESS	
Level	Log
At-onement Transition	1080
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

Council of Elders
being those at-one with their
Indwelling Spirits.

Feelings first



Peace



Humanity that is above 500 on the Map of Consciousness scale is Feelings First orientated.

Below 500 we have: ↓

Conflict does not occur amongst these people. They engage with their soul based truths. Below 500 one is predominantly mind orientated!



Presently, humanity calibrates overall at around 212 and is engaged with their wayward, controlling, addicted minds. Through living feelings first with one's mind subordinated thereto, humanity will universally progress beyond conflict of any kind, particularly war.



CHILDHOOD TRAUMA



Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The repression and suppression of our natural self expression during our formative years is the foundation of all our suffering throughout our life.

Suppression and repression of our natural self expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

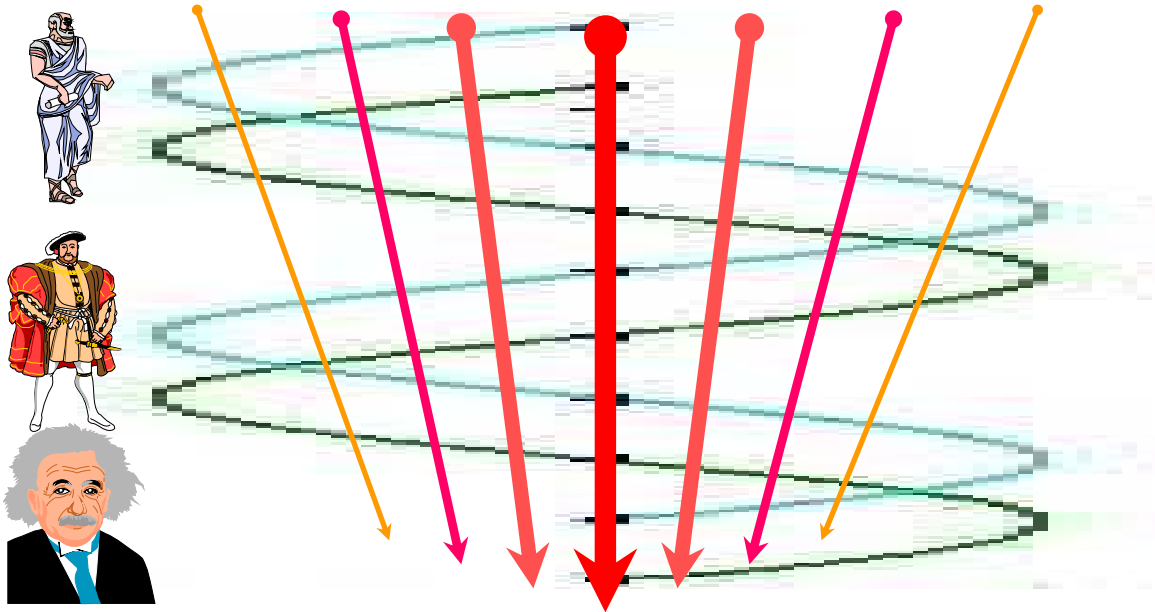
We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are there to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.” James Moncrief 28 May 2018



generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of a baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

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

Our own soul condition is reflected in our children.



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

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

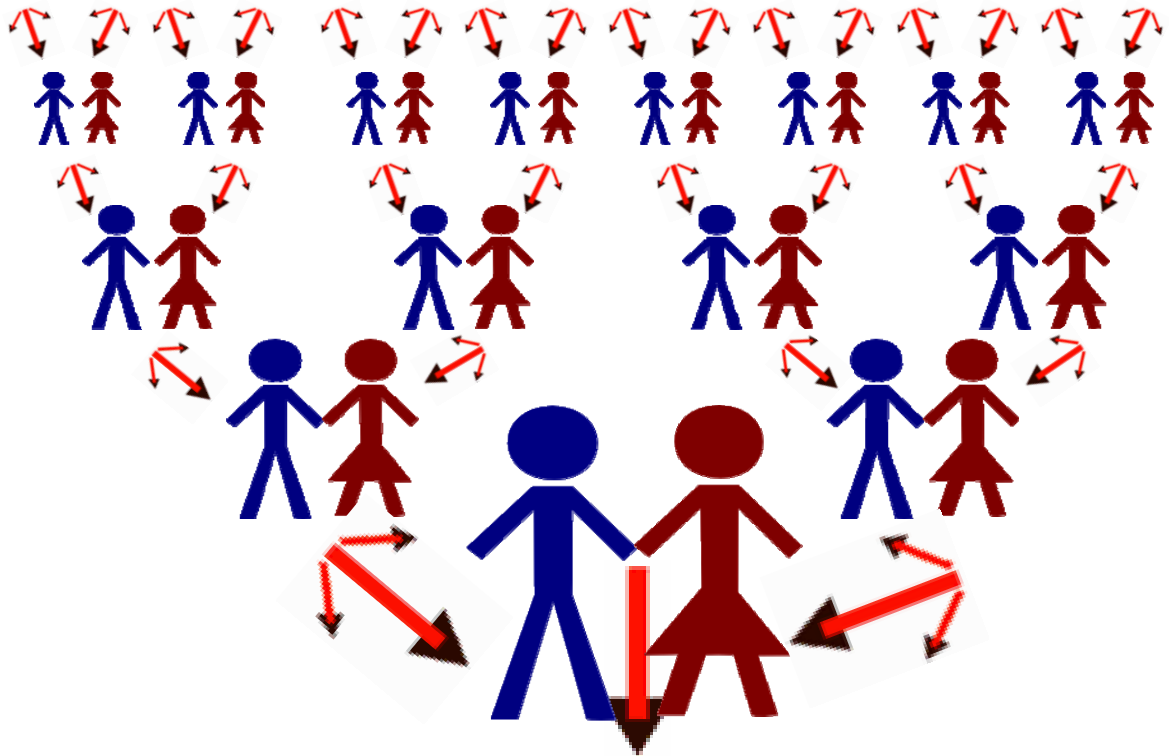
Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent’s emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents’ soul condition until we leave home. When we decide to heal our childhood repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

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

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.



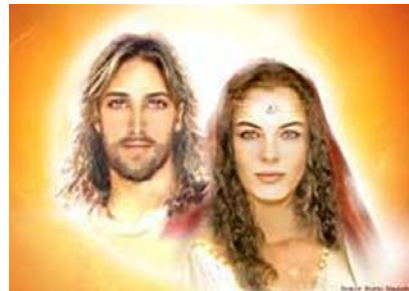
OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

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

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

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

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



James Reid message to James Moncrief:

Wednesday, 28 December 2016

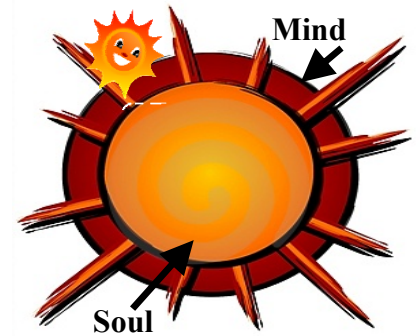
I have recognised that it is about the denial of truth and denial of Jesus and Mary and our Mother and Father. And I can see now that as much as I loved Jesus, it's not really about him for the time being (and now I understand also Mary Magdalene), but about doing our Healing so we can ascend the Divine Love Mansion Worlds, heal ourselves and become Celestial, and then it is all about Mary and Jesus.

James Reid passed over on 22 June 2016. For James to then have these understandings, he would have entered the 3rd spirit Mansion World having progressed from the 1st spirit Mansion World where we all arrive upon leaving our physical body.



GENERATIONAL ENTRAPMENT:

Each generation treats their children the same way as their own parents treated them. It is like a never ending spinning of the wheels. The norms that our parents infused upon us are what we in turn did or do to our children. For some two thousand years, humanity has not evolved in love any further than what was achieved during the first century. We have repeated the cycle time and time again.



While we continue to allow our mind to dominate our way of living we are frozen in our development. Until we allow our feelings to be our expression in living, we cannot learn the gifts of love that are continually put before us. Our children are our great teachers, however, we suppress and imprison them into our beliefs and way of expression. We teach them to shut down their feelings. This shut down of emotional expression is the strangling of toxic energies that later express themselves as pain and then illness in the physical body. This is how family generational illnesses come about.

Man has created numerous spiritual practices and religions on the same premise. These make us feel good, however they also shut down the expression of emotions and close out our feelings. It is allowing the feelings generated by one's soul that the truth of all there is to be embraced becomes available. Our religions all have some truth that is beautiful and beneficial, however they all enslave us further to our mind's control. No religion will take us to the heights that our soul expression will bring about.

Religious organisations have entered communities and brought about a moderate growth in love within such community only to find that no further growth occurs. These religious spinning wheel of norms simply adds to the traditional family practices and the communities social issues continue with a firmer entrenchment into mind controlled stagnation. There are no exceptions. All religions are mind based control entities and practices. It is only upon enabling people to embrace the expression of their emotions that real truth will begin to unfold for each individual, one by one, all being soul based truths emerging.

By longing for the truth of one's self as you accept, express and seek the truth of one's feelings, you are doing all you can so far as longing to live God's Will. That *is* your longing if you like. All one really need do are two things: Long for the Truth of one's soul, which is really the truth of yourself. And to actualise or realise this longing, you can do by accepting and expressing your feelings. And that will bring one back into a state of natural love perfection as one does their feeling healing. And then, as the Divine Love is available to you, long for your Heavenly Parent's Divine Love.

Our feelings are to lead the way, they being our expression of living true to our self and so living true to God, for as we live true to our self we are living true to God, it can't be any other way. However we also have a mind, with which we can understand our feelings – why we are having them and what they are showing us; and we can also use it in a negative or rebellious way to control our feelings, so become untrue to ourselves and untrue to God. However our mind is meant to act in support of our feelings and not in control of them; our feelings are first then our mind follows, and NOT the other way round.

All we have to do is stay true to our feelings. It's so much better accepting and expressing one's bad feelings instead of working so hard to deny them. It is the expressing all one's repressed feelings out of one's self and the uncovering the truth of them that is truly helping you.

MIND Worship



numbnuts

Insanity Of Humanity

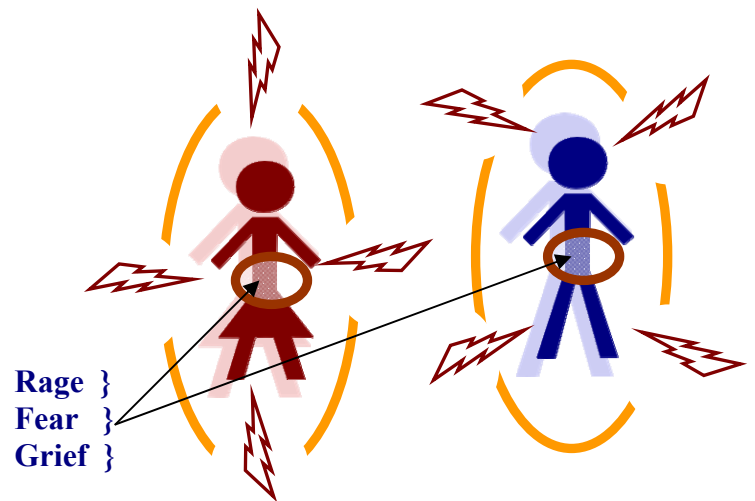
WE ARE KILLING OURSELVES! Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

'Humanity (us) has to learn about every aspect of life from behind the eight ball. It's not only last in the race but it's going in the wrong direction. It needs to stop. To come back, and not do what it doesn't want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

'It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

'Humanity has practically tried everything else and look where it's got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they're not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



'We all have felt that angry during our childhood. We can't feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

'That's what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

'It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it's conditioning our lives. And it won't go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn't mean we are Happy Larry deeper down inside. And one day if we don't acknowledge that anger it's going to show, it'll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that's causing it all would. So what do you want to do? It's always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.'

ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I took over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation. Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”



WHAT IS THIS ALL ABOUT?

Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.

At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.

Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents controlling natures; we are best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!



Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding our progression with mind based limited understandings.

Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace – once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.

Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.

To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.

By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.

HIERARCHY of our SPIRITUAL GUIDANCE:

Our Heavenly Mother and Father permanently reside within Paradise, an island stationary world surrounded by Havona, in the centre of seven Super Universes.

Our Heavenly Mother and Father, being one soul manifesting two personalities bring about the creation of:

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

The Michaels and Avonals have Spirits of Truth to be released to assist the humanities on their assigned inhabited worlds.

Each Super Universe consists of 100,000 Local Universes.

Each Local Universe is overseen by a Creator daughter and son, our local universe is called Nebadon and Jesus and Mary Magdalene are the Michael pair and regents.

A local universe consists of 10,000,000 inhabitable worlds of which 3,840,101 are inhabited within local universe Nebadon.

A local universe consists of 100 constellations which is made up of 100 systems. Each system has 1,000 inhabitable worlds. The system that Earth is in is Satania and 619 worlds are inhabited.

Emanating from within the Local Universes are Melchizedek, Vorondadek, Lanonandek, Material and Life-Carrier pairs. None have spirits of truth – they are not from Paradise.

From within the Lanonandeks, assigned to oversee the system Satania, which includes Earth (Urantia) were the Lucifer, Satan, Caligastia and Daligastia soulmate pairs, who rebelled. Further, Adam and Eve, the Material son and daughter, defaulted because of the Rebellion. All failed in their assignments, causing us (humanity on Earth) to be spiritually misled for 200,000 years – that is why we are all ‘insane’!

Earth has had five higher spirit physical bestowals:

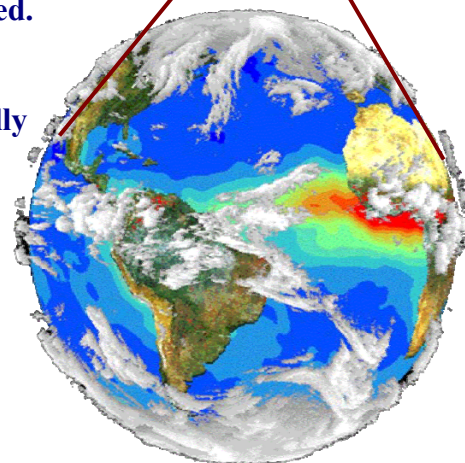
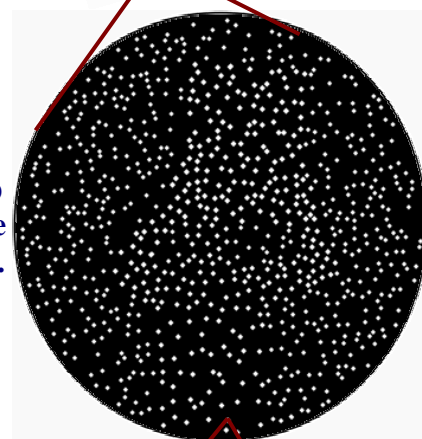
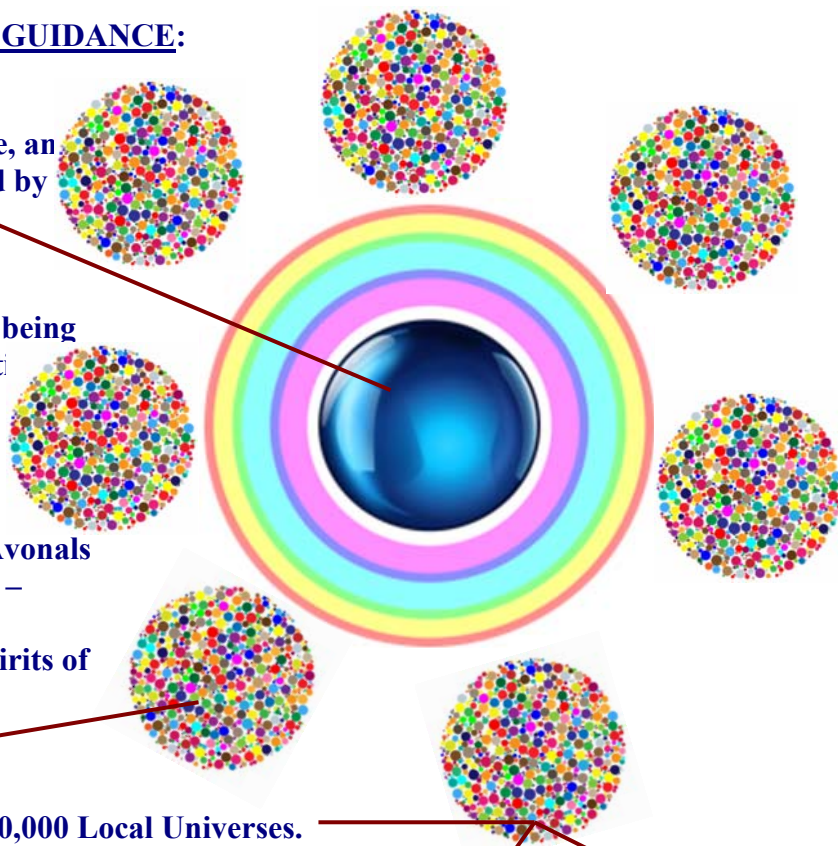
Daligastia soulmate pair being Lanonandeks

Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

Avonal daughter and son who are yet to commence their public ministry.



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!

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

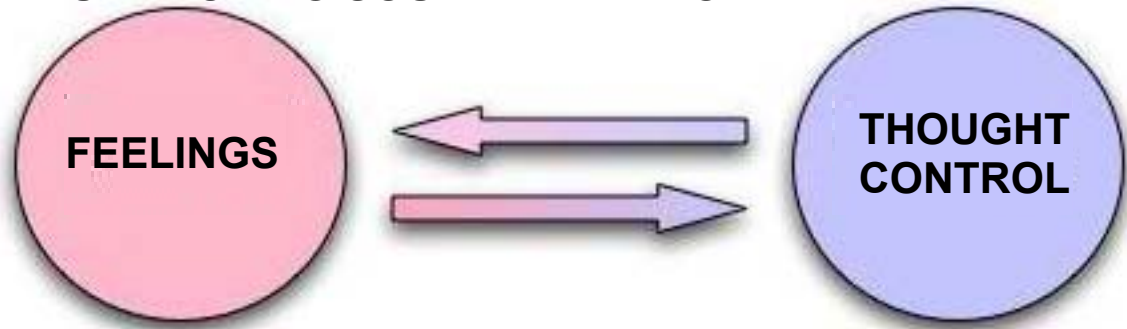


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them that we set ourselves free and grown in love.



TRUTH LOVING SOUL V ERROR INFLICTED MIND



Life Cycle of **CARNAGE**



When we inflict will damage on others we cause serious pain, not only to them but also to ourselves. We don't think what we have done warrants any sort of punishment even though we have negatively affected and influenced people by inflicting our will on them against their will.

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

It's hell here on Earth, only some aspects of life are worse than others, until we partake of the Father and Mother's Love and long for the truth and set about doing our soul-healing.

These are the effects of the Divine Love when we are wanting to live true. When we set about longing for the Truth of our feelings we can't escape any longer. We have to face the truth, and express all our bad feelings.

How can we make amends?

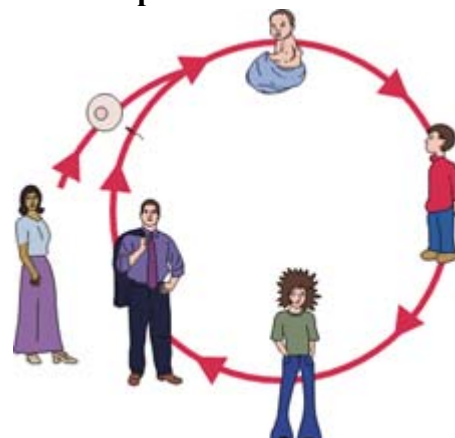
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far as our soul exists there is no time, so we can express these feelings now and they will apply to the past back then. This is how we do our soul-healing. We have allowed the Divine Love to transform a little part of our soul, and it's brought up bad feelings, we have gone with them, we have allowed our self to experience them, all because we want to see the truth. The truth of our self, of what sort of person we are – of our life, and now this is where it begins. Today we have seen this part of the truth of our self, how in this situation we are uncaring inconsiderate, greedy, etc. And we have not liked what we have seen and would like to change our self so we aren't like that any more...

One may wish they were never like that... Not having any idea...

But now you do. And now that you know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up.

We feel this way because it's how our parents have made us feel when we were very small.'

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what we've learned to be as a child. So we have learnt to be this way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil, it's because we've learnt that that's



how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

We believe our parents have loved us and yet we can do something so unloving. Had they truly loved us then we would only be of love and only able to treat others lovingly, just as we would be treating ourselves. We can't be something we are not. So any unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by your mind's beliefs. We have evolved it, and the only time we could lay down such foundations was during our early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of our parents treating us un-lovingly, just as we have treated other people.

And our parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving has been long since buried and covered up by false feelings and false beliefs of love. Had you been completely loved and treated accordingly, so too would you treat all others, for we do to others what we do to ourselves and what was done to us.

All we need to do is keep praying for the Love, and longing for the truth. The only way we can truly let go of our bad feelings is by **SPEAKING THEM OUT OF US**, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

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

And step by step, the Mother and Father will take us through our soul-healing, helping us to heal every part of ourselves, every mind circuit that is not functioning in harmony with Their Divine Love and Truth and the Laws of the Universe.

These notes are drawn from "Paul – City of Light" by James Moncrief

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

This is the Pathway to end the

EARNAGE

What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision



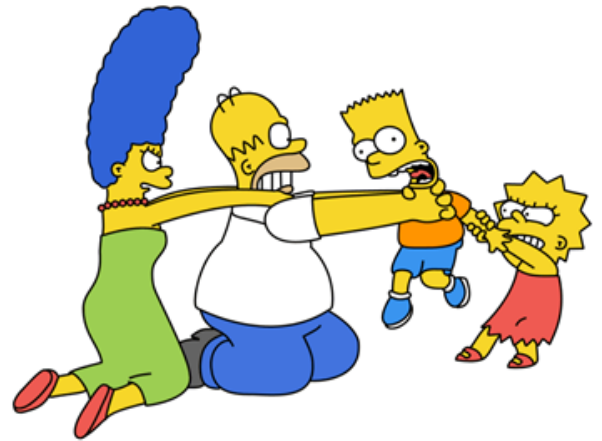
“It’s always “Stay, Sit, Fetch ... same old shit ... control, control, control – always more damn CONTROL!”



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

A RANT WE all MAY NEED to EXPRESS!

Yes, so much anger is repressed in me, I was so angry at mum and dad for not fixing everything, for not making everything all right. I was raging at them and God because they are the boss, mum and dad, even making out to my little mind that they were god. And as they made me be how they wanted and demanded I be, so the same should apply to them, and I was demanding they make everything be good. And that includes being nice and loving to me, and to stop making me feel bad, and to take all my pain away. And the anger kept coming, but it's so difficult for me because it's down deep in me, like in the pit of my stomach, and I'm not just up there and out there raging with it, I feel it simmering away and I can't bring it up. I try and talk about all I'm feeling hoping to connect with it, but as usual I don't even really know why I'm feeling so angry – just angry with them, with everything, with myself for being so screwed up and full of this repressed anger I can't express.



And later it moved to just feeling how much I come from people who were all heavily repressed in their anger. Mum and dad, my four grandparents, two of the men dying of bone cancer (the other of lung cancer), it's so deeply repressed. And mum and dad having sex in their 'love' for each other, which is only their vying for power over each other, and so I come into life a product of their repressed anger, of probably generations of it, long family lines of the bloody stuff, all of which has just got pushed down deeper and deeper.



Then I started to long to the Mother and Father to help me see the truth of my anger, and I starting feeling like I was a baby and so angry, screaming and crying, and yet with no one caring, and for so many hours, days, all those early months and first couple of years; and even feeling I was angry in the womb, coming into life with a stomach ulcer as I was already full of unexpressed and repressed rage. But I can still feel it there, like a smouldering cauldron deep down inside me. I just wish it would all erupt out of me, I'm so tired of feeling it and not being able to really get into it.

Mum and dad said they were perfect, even more perfect than God, saying it in sublime ways, not just openly, but giving me that impression. And so they are beyond reproach, I can't blame them, I can't be angry with them, they are the Good Ones, the Never Do Wrong ones. And all that shit about we're the Great Ones and you're not, always so competitive, all a power play, when all along they are the most imperfect ones in my life, stuffing me up so much, damaging me, making me into the nightmare of an evil person that I am. So they are the Bad Ones, Always Do Wrong, and NOT the Good Ones.



So once again I'm focused on the wrong perfect ones, not on the Mother and Father, but on mum and dad; and shit, what a laugh, it's enough to make you sick, or to cry for the rest of eternity – the sheer balls, the audacity of them to make such a claim, and yet they are the parents, the parents know all, the parents can never be wrong, the parents are always right and perfect. The parents are to be loved, honoured and obeyed. That is what it's all about isn't it? Looking to their evilness as being perfect, so looking to evil as being perfect, when it's not; and not looking to where the real perfection is, denying that, denying the truth, denying my true perfect feelings and living a lie, making up all this shit for myself about how I am, how I'm in control, how mum and dad are so good, and how much I love them and they love me, when it's all shit; and they don't love me and I don't love them, and there can't be any love because we're all imperfect. So if anything: we're all Perfectly Evil in our evilnesses. So we've got it all around the wrong way – again!



And to think I took it all on from mum, dad and the grandparents, all the shit about being perfect and superior and not needing anything or anyone, being able to do it all myself and know it all myself – yeah right, who in the hell was I kidding.

(These notes are drawn from a forum post by James Moncrief)

I hate how you act like I am so much to deal with when all I've done was sit here and let you repeatedly hurt me.

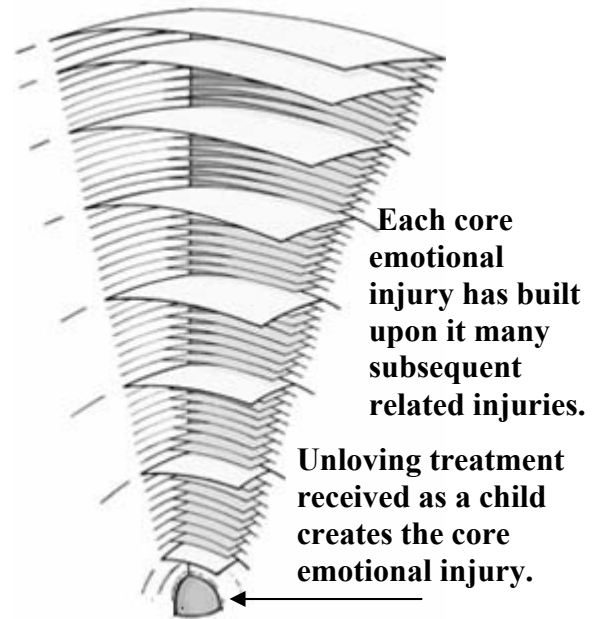
To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express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

WE ARE Children of God

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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



Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

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



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

The New Way: Learning how to live true to ourselves by living true to our feelings.

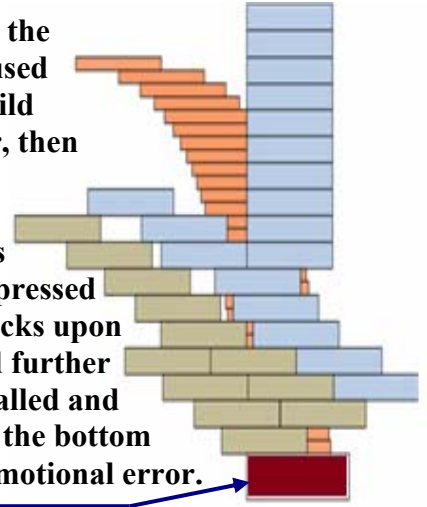
Golden Rule: One must always honour another's will as one honours one's own.

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

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



SUPERKID POWER
NATURAL self EXPRESSION



MIND or FEELING CONTROL?

We will experience many different avenues when opening up and looking to our feelings instead of pushing on with our negative mind in control. Life is really very easy and simple to live when living from our true feelings and with a positive mind and will. We fail to understand that it's our feeling denial that makes it all so hard for us. Not being loved destroys all self-expression; how being evil is the negation of all personality expression. Our mind suppresses our soul.

Keep on expressing one's anger when we feel it, that's all we have to do, express it and talk about it, about all how it makes one feel. And gradually our system will be rectified – we will be healed. The truth will come, and as we wake up and see and feel it about ourselves, just how inadequate we are in our communication and self-expression, so such imperfections and traumas will leave us.

Our mind is corroded with errors, injuries, negativity, false beliefs and is for ever in a need to control. Our mind holds all the emotional damage that has been infused upon us by our parents and those associated with our childhood. Our soul is always perfect, it is always striving for us to feel the truth that it always is. When we avoid the mental gymnastics that our mind distracts us with and allow our feelings to surface from our mind then we are living free of corruption.

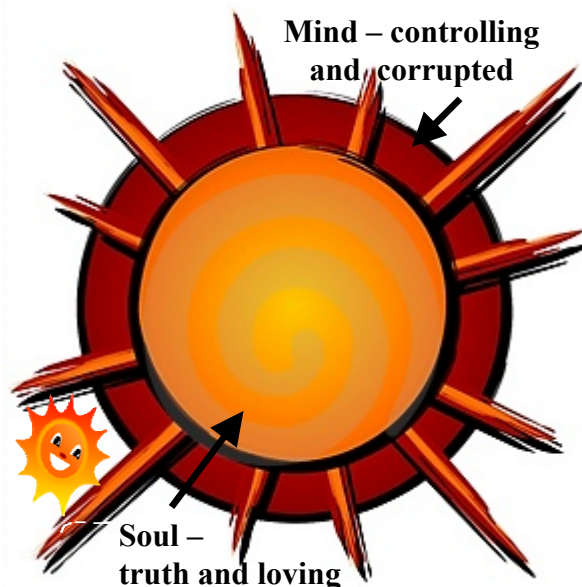
Honour and do what our feelings make us feel, and seek the truth of them whilst expressing them. We will then live the resulting truth and keep embracing and expressing feelings and uncovering the truth of them

The Thought Adjuster – our Indwelling Spirit, is divine in as much as it's literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise, when we're about six and indwells our higher mind. It becomes, if we allow it to by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise.

Like tips of the iceberg, we may feel just enough to break into our awareness of one's bad feelings from the injuries and errors, for one to recognise and then apply our will to expressing them as one becomes aware of injuries and false beliefs. Applying our will is very important, by using it and being very determined to bring out all we can, to connect with such inner hidden feelings, and liberate them, drawing them up to the surface as if they are proving to be somewhat stubborn. Driving oneself to really connect with them, to get passionately into them, to get onto expressing them, to long hard with all our will to uncover the truth of them is our goal. It's all about awakening our repressed and all but dead will-circuits.

Finishing our healing is a big thing, it's the greatest act of self-love we can give ourselves whilst we are unloving and self-rejecting. It will be a tremendous accomplishment.

We only need to live truth to ourselves and our soul, to heal ourselves and become perfect, and then we are truly loving, we are then unconditionally accepting, so there is simply nothing to forgive. We are then living true to our feelings so our soul can unfold and manifest us fully and freely and truly in Creation.



FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.

**FEELING
HEALING
For Kids**

Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.

REVELATIONS



FEELING HEALING is to LIBERATE OUR TRUE SELVES:

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

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

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

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

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

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

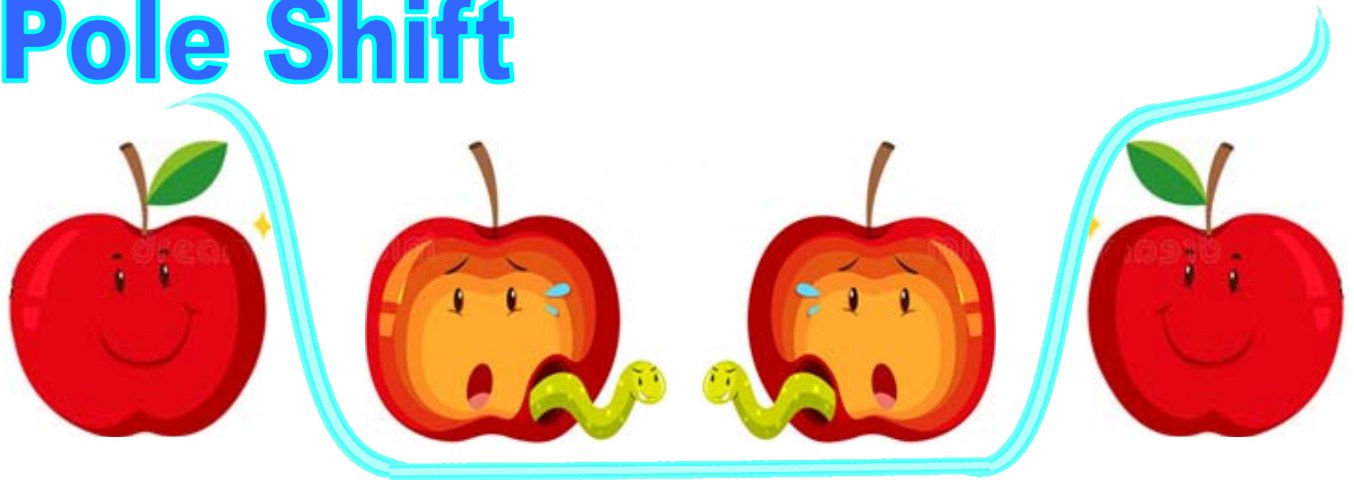
MIND



SOUL



Pole Shift



Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.

At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into 'bad apples'. We proceed through our life experience, after our parents' well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.

Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can begin to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.

We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.

This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.

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



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



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

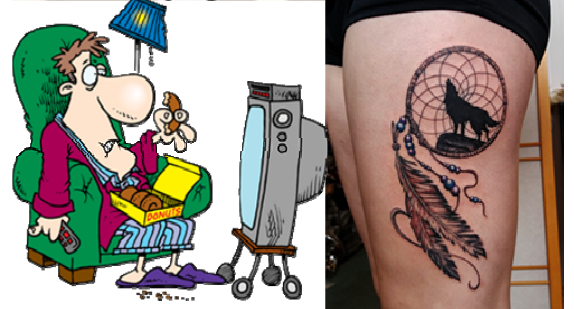
Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

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

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

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

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



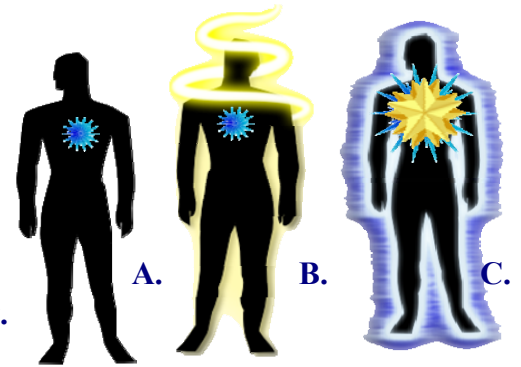
EVOLUTION

STEP 1: Longing for and receiving Divine Love:

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

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

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



STEP 2: FEELING HEALING + SOUL HEALING

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

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

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



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



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

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



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

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

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

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

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



We and those who are Healed are like chalk and cheese, we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

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



Once you have finished your own Healing, you'll be like a new person.

Notes derived from Nanna Beth 20 – 23 April 2018

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

Arvonal Revelation

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

FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!

It is through our feelings that we connect and communicate with our Heavenly Mother and Father. It is Their Truths that we feel. This is our pathway to freedom, to a joyous existence, a way of living that is so wonderfully light, in as much as our steps forward are always with ease and a true expression of our real personality.

Feelings First is a way of living that liberates all that is unreachable via our minds.

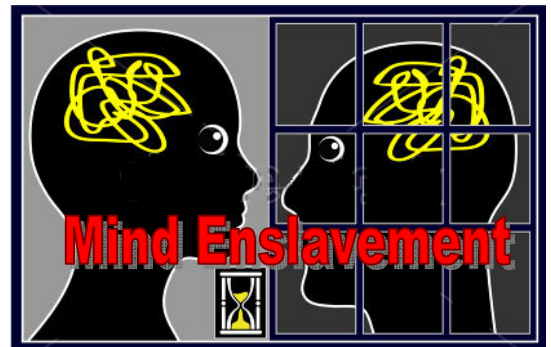
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2018, we have been provided with the way to liberate our true personality.

We are to embrace our feelings, our soul based feelings, and through them we will find our freedom, and within this freedom we will find the way to heal ourselves of all our repression and suppression, most stemming from our forming years, our childhood from conception through to around the age of six years.

Oh the wonders of becoming superkids. That is, to begin to naturally express ourselves, that being truly the personality of who we are, the personality vested upon us by our Heavenly Mother and Father.

As emotional feelings begin to emerge, we are to long for the truth behind such feelings, both good and bad. It is the longing for the truth of our feelings that has been ignored by us for all these centuries. Instead we have subjected ourselves to our minds that cannot discern truth.

As we shed the encrustment of errors and injuries imposed upon us by the misbeliefs of our physical parents, we can ask for and receive our Heavenly Parents' Love, Their Divine Love, and in this way we will begin to divine ourselves, leading us to the Celestial Heavens.



Feelings First
Feeling Free



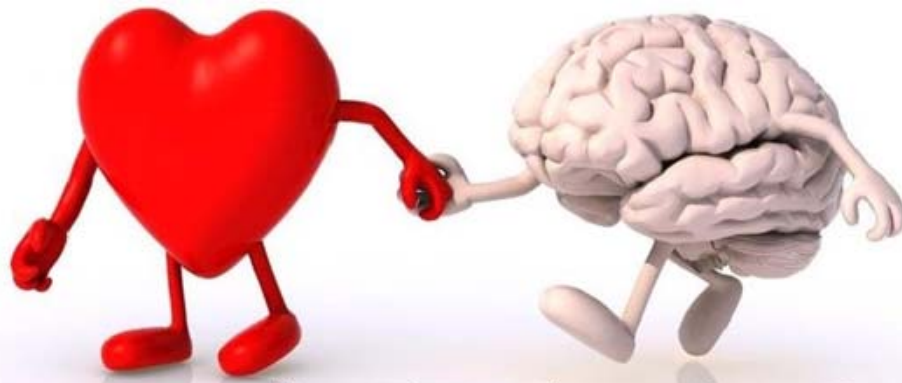
SUPERKIDS

Natural self Expression through Feelings

Self Empowering
Self Revealing
Self Loving



Feelings First



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

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



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

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

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

The heart's usually the wiser of the two.

~Doe Zantamata

Feelings first

PA SCAS
PER S

FEELINGS FIRST in all we DO!

All right, I will ask: God, what do You want me to do?

“We want you to do what you feel you want to do, always look to your feelings Our child – that is what we want you to do.”

GOD SPOKE TO ME! Is it true, can God speak to us? I’ve never spoken with God before.

It’s true; and what They said: do you understand what They meant, about going with your feelings in all that you do?

No, not really.

It means that you can’t work things out with your mind, so all you can do is always what you feel to do. When you may see someone in difficulty – any kind of difficulty – you didn’t think about what you should do, you just act, your feelings may make you want to quickly rush over to him or her and help him or her. So that’s what you do, and then you see how God is going to look after you. Because if God doesn’t want you to help everyone all the time, then you won’t be able to do it, your angels won’t do it, as they never go against what God wants, even if you ask and beg them to.

So as you go about and you do what you feel you want to do, and if you want to help someone, feeling from your heart that you really do, so you will find you just can’t help yourself, it will naturally happen; but if you find your mind starting to say, oh, I should help them but really I don’t want to, then that’s where you stop because that’s not letting your feelings guide you, that is when your mind wants to start taking over, which is taking over from God. God guides us through those true heartfelt feelings we have, and not through our mind like so many believe is how it happens. Your feelings are saying no, and so you will have to be strong and say no, sorry, God is not wanting or allowing me to help you. I am very sorry, I can’t help every problem you have, and you will have to take it up with God if you have a problem with that.

Adapted from Zarina written by James Moncrief

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



For 200,000 years, our control addicted minds have held our personalities hostage, at gun point! Our mind cannot discern truth, yet all of our guidance and education is dictating to us that through our mind we can achieve wonders. Well, look around! Wars, disease and gross misery prevail and that is after 200,000 years of boloney!



We have been given a crack in the armour of the mind. Our heartfelt feelings are our soul based truths. Our connection with our Heavenly Mother and Father is through our heartfelt feelings. Our way home is by our feelings, so let us all begin the journey.



The New Way, Feelings First Spirituality

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

