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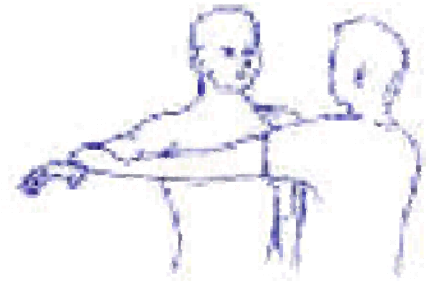
1 January 2019

WHY STIFLE OURSELVES?

We do not know what true love is, but we sure as hell know what it's not!

But the most stunning thing is that we have never known why we do not know what love is and that we cannot truly love another – until now!

While we all have been walking around in a stupor, Dr David R Hawkins, psychiatrist, introduced the calibrated Map of Consciousness that we all can use through the simple process of kinesiology muscle testing. Holding the scale in mind, you and I can calibrate the level of anything within a minute or so, that is its level of truth. Yes, anything that we can hold in mind – including the Pope of the Catholic Church or any political leader you choose. Have some fun with your politicians. You cannot self test, so give that one a miss.



What Hawkins clearly recognised is that those who 'worship' the mind are imprisoned in the mind, limited to that of 'reason' and they cannot climb past 499 on the Map of Consciousness (MoC) scale. The scale goes from 0 to 1,000 and is based on the common log of 10. So the jump from 499 to 500 is a 10 fold increase in energy / truth and consciousness. As it is a logarithmic scale then a small increase on the scale is actually a massive increase in consciousness / demonstrated soul condition.

Many of us strive to grow in truth, love and consciousness yet all of the systems of our societies are based on mind structures that stifle our potential. In fact our mind imprisons us into a stupor of mediocrity. We cannot go beyond 499 on the scale, not even the greatest scientists do. Our systems have trapped us in an iron wrecking ball and we have fallen for this for some 200,000 years.

It is a worldwide trap – wonderfully engineered by our spiritual guardians some 200,000 years ago and we are still entombed in that Rebellion with all the gusto and conviction of mice following their leaders over the cliff... Here is an account of 2018 by a respected Australian financial consultant:

“2018 was a tough year. Europe and the UK are paralysed by Brexit. The US is paralysed by the “wall” standoff (construction of a border barrier between USA and Mexico). Australia is paralysed by changing leaders and the prospect of a changing government. The messages from China are as clear as a busy day in Beijing. The threat of guerrilla style terrorism continues to plague the planet. The oil price is an indication of the troubles the Saudis are in over the journalist Jamal Khashoggi's murder – a Saudi Arabian murdered within their own Saudi Arabian consulate in Istanbul, Turkey, on 2 October 2018 by agents of the Saudi government! Considering all of the above, markets have been remarkably stable. In my opinion, recent declines in stock markets have been long overdue. Debt levels are at record highs as the prospect of GE (General Electric Company of USA) having junk bond status is no longer fantasy. The long awaited spike in gold with a falling Aussie dollar is most welcome. I maintain gold and silver

are the only legitimate crypto-currencies. The Bitcoin looked good as it made me look stupid as it rose to over US\$20,000. Even at US\$4,000 now, it amazes me that someone would buy it. The technology that comes with blockchain is here to stay – for other applications though. Anton”

So let us all break out of this self imposed prison that we embrace because of the false and erroneous propaganda that is handed down to us generation after generation by those we hold in high esteem – our parents, our spiritual leaders and those in ‘powerful’ positions who are all equally misguided!

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

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

Note:

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

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

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

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

Thus the energy differentials are in fact enormous!

499 is the Tipping Point

Only a few of humanity transcend 499 on Dr Hawkins' Map of Consciousness. To put it another way, the 1st spirit Mansion World is the home of all who calibrate below 500 on the Map of Consciousness! And yes there are some 200 billion spirit personalities in that condition today – the place is jammed packed to the rafters so to speak. And that is because we are embroiled in the mind and that is not our pathway – we are to live true to our feelings and bloom in the freedom that that brings us.

Possible relationship of Map of Consciousness (MoC) with Mansion World Spheres:

8 th Sphere	1,081 – 1,251+	Achievement of at-onement on reaching 1,081
7 th Sphere	921 – 1,080	Divine Love only, transmission to at-onement and Celestial spheres
6 th Sphere	841 – 1,000	Natural love mind world – perfect Natural love
5 th Sphere	781 – 920	Divine Love Mansion World
4 th Sphere	651 – 840	Natural love mind Mansion World
3 rd Sphere	500 – 780	Divine Love Mansion World
2 nd Sphere	500 – 650	Natural love mind Mansion World
1 st Sphere	1 – 499	Natural love mind Mansion World predominantly

World 1 embraces the regions of disharmony as well as introduction to Divine Love. All humanity awaken in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 212 on the Map of Consciousness.

Dr Hawkins outlines the recognisable traits of 400 – 499 as being Reason on the Map of Consciousness:

“Intelligence and rationality rise to the forefront when the emotionalism of the lower levels (of the Map of Consciousness) is transcended. Reason is capable of handling large, complex amounts of data and making rapid, correct decisions; of understanding the intricacies of relationships, gradations and fine distinctions; and of expert manipulation of symbols as abstract concepts become increasingly important. This is the level of science, medicine and generally increased capacity for rationality, conceptualisation and comprehension. Thus, knowledge and education are highly valued. Understanding of information and logic are the main tools of accomplishment that are the hallmarks of level 400. This is the level of Nobel Prize winners, great statesmen, Supreme Court Justices, Einstein, Freud and many other important figures in the history of thought as represented in The Great Books of the Western World.

“The shortcomings of this level are the failure to clearly distinguish the difference between symbols (i.e., res cogitans) and what they represent (res externa) and the confusion between the objective and subjective worlds that limits the understanding of causality. At this level, it is easy to lose sight of the forest for the trees, to become infatuated with concepts and theories and to end up missing the essential point.

“Intellectualising can become an end in itself (e.g., ‘relativism’ and its negative impact on academia). Reason is limited in that it does not afford the capacity for the discernment of essence or the ‘critical point’ of a complex issue.

“Reason is disciplined by the dialectic of logic as a necessity to discern the linear truth of confirmable facts. It produces massive amounts of information and documentation, but it lacks the capability to resolve discrepancies in data and conclusions. All philosophical arguments sound convincing on their own. Although Reason is highly effective in a technical world where the methodologies of logic dominate. **Reason itself, paradoxically, is the major block to reaching higher levels of**

consciousness because it attracts identification of the self as mind. Transcending this level is relatively uncommon in our society (only 4% do so), as it requires a shift of paradigm from the descriptive to the subjective and experiential. That a shift of paradigm is requisite to understanding higher levels of consciousness and spiritual reality is not as yet recognised by even such fields of study as ‘science and consciousness’ or ‘science and theology’ that seek for confirmation of spiritual realities (nonlinear, which calibrate from 500 and up) in the limited linear domain of the 400s.”

Transcending Levels of Consciousness by Dr David R Hawkins page 219

What this simply means is that while we embrace our minds for all solutions we are functioning like retarded zombies compared to the potential we are to achieve. Good and proper! **The mind is addicted to control and it cannot discern truth from falsehood.** Humanity has set all its systems up based on the mind being all wonderful – and it is just the trapdoor leading us all into oblivion. Our mind is seemingly the unbreakable ceiling to our spiritual progression which keeps almost the whole of humanity throughout its history within the 1st spirit Mansion World soul condition with some progressing into the 2nd spirit Mansion World condition and no further – both being in the wrong direction – towards the perfecting of the mind, rather than perfecting one’s soul, our real self, through our soul based feelings.

All living matter is to function and live through the mind EXCEPT humanity. **Humanity is to live through their feelings and then engage their minds to execute what our feelings are prompting us to do.**

So we now have a mind dominated society, many such societies all conflicting with each other because the mind cannot discern truth – each believing in their erroneous truth!

Look at some of the absurdities. The clergy of all religions spend years learning how to recite endless verses or passages or rituals off by heart. All this is learnt by rote. Then they are applauded for their excellent presentation, all of which is meant to be communications to and with our Heavenly Parents – yet do we ever hear a mention of our Heavenly Mother. Our soul manifests two personalities, one female and one male – always. We are made in the image of God who is our Heavenly Mother and Father, yet our learned spiritual teachers ignore the female aspect while they go about dressed in frocks! Now, when you walk up to your physical mother or father do you start reciting a heartless meaningless ‘hello’ – like ‘Our Father who art in heaven?’ And ignore your mother? Such welcomes – prayers are meaningless and rise no further than one’s lips – yet many spend pointless hours doing so week after week, often day after day. We are too long to our heavenly parents in much the same way as we interact with our earthly parents – talk to them passionately from and through our feeling soul.

Humanity has perfected the art of slaughtering each other. Each new invention is first seen as a military innovation and is embraced this way. Earth’s humanity considers war to be socially acceptable? It is the only humanity throughout all the universes to do so. That is why the humanity of Earth is isolated from all other worlds that are inhabited. Earth has never been visited by aliens and will not be until we heal ourselves from the Rebellion and Default. The Rebellion began 200,000 years ago and was capped off by the Default more than 38,000 years ago.

Now we go on and look at all our industries and employment sectors. Yes, they all fit in below 500 on the Map of Consciousness and some are below 200. Should your environment or way of life be below 200 then you are essentially living in hell while you are physically here on Earth. 78% of humanity live within a consciousness level below 200. Before the life of Mary and Jesus in the 1st century, humanity calibrated around 100. After their lives humanity has been calibrating around 190 until recently. Since the 1980s the calibration has been progressively rising, 207 in 1987, 212 in 2008 and of this writing 215.



Why this paramount increase? Since the 31 May 1914 revelations have been provided for humanity as to how we are to evolve out of being mind imprisoned and evolve onto the pathway of living true to ourselves – living through our feelings. This is the commencement of the Great U-Turn.

What will change? Everything, absolutely everything will be dismantled and restructured based on feelings first and the mind control will be put aside. This will reach all corners of the planet, all societies and systems. No institution will be immune. This is the greatest Change that humanity has ever experienced. Either we do this or we perish and we are not to perish.

THE CHANGE

For 2,000 years we have tried everything. Slavery with barbarism is more prevalent now than what it was before the era of the Romans, however we do this much more efficiently now than then – or are we?

Mind control is just not working. The insanity is presented to us through the barrage of endless media broadcasts and the pain and desperation of humanity is visible everywhere we look. Boom industries are prisons, war machines and health care!!!

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

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%

We are stifled on numerous fronts and here are some pointers:

Our parents have not known how to bring up their children with true love as no one has ever experienced true love. It is only by embracing and engaging in the Feeling Healing process that is now introduced to us by James Moncrief that we can heal ourselves of the injuries that generation after generation have passed down since the times of the Rebellion and then Default.

Our wayward spiritual guidance, namely the soulmate pairs referred to as Lucifer and Satan, seduced a racial group into believing that they were God's chosen people. Since then they have been passionately engaged in the ways that Lucifer and their deputies instigated. These 'chosen people' are the main stayers of what is called the "hidden controller's". They have financially enslaved all nations to their debt while avoiding any income taxation on their hordes of hidden wealth. They are the same people who have enslaved most families to home mortgages while artificially driving the cost of homes ever higher and higher to eventually plummet. They are also the same people who have enslaved students to higher education debt. Thus the number of 'slaves' on the planet is already higher than at the time of the Romans but now added to by billions who are passively enslaved to financial debts to the hidden controllers that believe they are God's chosen people only that they are Lucifer's chosen people.



"Chosen by God,' eh?
— What's the catch?"

Then we have the many clergy of all of the myriads of religions, all purporting to have God's truth. Well, Truth is always the same so why do we have more than 4,200 mainstay religions and with all of their off shoots – possibly some 50,000 variations – all purporting to be sharing God's truth when not a single one of them is, we have the foundations of conflict at every corner. It is with those that have taken a stance on any one of these platforms that we have to engage the greatest of patience. It is not until they eventually see the futility of their chosen pathway that they may then begin to consider the freedom that flows from engaging in Feeling Healing with our Heavenly Parents' Divine Love. Many will remain in the lower spirit Mansion Worlds for thousands of years to only then commence their ascension through Feeling Healing, all of which is an option to them now.

**POWER TO
THE SHEEPLE**

Like the educated clergy, the education system overall throughout all countries and in all forms is engaged wholeheartedly in worshipping the mind. It is a tiresome, pointless and painful progression of expanding one's mind when the source of all truth is through one's feelings. Our soul based feelings are always in truth. Scientific developments would be spontaneous should researchers simply open to and respond to their feelings. Even the interim methodology of kinesiology muscle testing, Dr David Hawkins found that development of the electric light bulb would have taken minutes rather than years.

Pascas Care – Kinesiology Testing can be downloaded from the Library at www.pascashealth.com
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL/Pascas%20Care%20Kinesiology%20Testing.pdf>

Thus, the education systems perpetuate the Rebellion and Default as do all aspects of commerce and governments, but none more so as in the way we parent our children. This is the commencement of the Great U-Turn for all of humanity.

26 December 2018, Nanna Beth – 3rd Celestial Heaven: “Humanity should be climbing all over your truth James, eagerly awaiting your next revelation, devouring it, discussing it, asking you questions about it so as to get more from you, and applying all you and Marion say to every facet of their lives. They should stop doing all they do as they come to understand how it's all just part of the rebellion, giving up all the wars, fighting and political power plays, turning all their attention on the fact the

Avonal Pair has come to your world to show you the way out of your unloving state, and that they are the true way to Salvation, and give up all the Biblical and every other religious prophecy and get on with dealing with the truth of your untruth. But no, they will resist you every step of the way because they are rebelling against and denying truth, just as humanity did with Jesus and Mary, however this time round you're not going to be 'taken out' so easily because humanity has to get the message, it has to understand the bad state its in, which is what you and Marion are all about helping it to see, whereas Mary and Jesus weren't about that.

“The UFO's (drones – robotics) and ancient technology are a diversion, of course, yet those in power believe they can use it to empower them further, and so they are trying to 'reverse engineer' it and so on, some of which they've succeeded in doing, other parts have succeeded in blowing themselves and others up. But living in a highly technological Star Trek-type world is only more of the same, furthering your rebellion, which is not going to happen because of the end of the Rebellion is 'coming to a store near you'.

*The truth will set you free,
but first it will make you miserable.*

Humanity should be loving the world and the Earth, completely respecting it, not using and abusing it. It should be striving to work in complete harmony with nature, using it to survive yes, but ensuring as part of the survival you are putting back as much as you take. Humanity is to live like the creatures in relationship with each other, allowing each to get on with being themselves, knowing you are part of the collective whole and that you all need each other. Humanity should not be causing one specie of plant or animal to become extinct, if humanity lived in harmony with the Earth, why would you do something as unloving as that?

You are supposed to live so true to yourselves and so true to nature that you never get sick, nature having no need to keep unleashing its agents of destruction upon you. And it's not for you to 'conquer' nature, to overcome disease through medicine and technological advancement, you are to simply live in complete harmony with it, loving it as you love yourselves with the truth you are living, not feeling bad or making nature feel bad. You are to slowly wake up and understand that you are living against yourselves, it's all your own doing, and that doing your Healing and living higher spiritual truths is the only way you can stop being so cruel and uncaring. It's not going to happen any other way because your negative anti-life state is so entrenched in the Wrong, and so having to be faced with the notion that EVERYTHING, absolutely EVERYTHING, will have to change, is too overwhelming, and it is, so it will happen gradually, but you have to start, for it's not going to happen otherwise.”

17 December 2018, Nanna Beth – 3rd Celestial Heaven: “Also you might like to know, the Earth itself is starting to change its rotation speed and is slightly moving on its axis, thereby causing shifts in surface weather patterns as warming and cooling takes effect, just happening in different places than how it has been. And these changes are coming from the core that's being affected by greater space changes. There is always massive pressures and forces affecting every part of natural creation, so the world and all space and all that's within it. And as David (Montaigne) points out, observers have observed that things remain the same, at least seem to be the same, although with minute incremental changes, all of which culminate to periodic, large swift changes. And so humanity is coming into a time of rapid change, and on all levels, not just the physical or spiritual.”

Truth versus Falsehood:

‘It is an observed fact that even in the ordinary world of human life, the human mind cannot tell truth from falsehood, even about simple matters. The world holds an endless array of positions that are

arbitrary presumptions and totally fallacious. One can observe them and respect how they are seen and valued by others without personally subscribing to them.

‘The mind is dualistic and thus sets up separatist mentations based on arbitrary, hypothetical positionalities that have no intrinsic reality. The mind thus confuses its own projections and mistakenly assumes that they have an external, independent existence, whereas, in reality, no such condition exists.

‘Science itself (calibration level in the 400s) has survived relatively intact and unscathed by the assault on truth. However this has led to the awareness that no major advance in science can occur without a further understanding of the nature of consciousness itself.

‘Not only is the majority of the content of the average mind fallacious, but it is also programmed to attack itself with self-hatred, depression, guilt, low self-esteem, envy, greed, conflict and endless misery. These defects are then projected onto the world as hate, war, violence and genocide. The ego defends its own limitations with prideful denial, thus becoming its own victim.

‘That the human mind, without help, is unable to tell truth from falsehood due to its own innate structure and design is so staggering a discovery that is roughly comparable to the discovery by Copernicus that caused a cultural shock in the sixteenth century. (Copernicus formulated a model of the universe that placed the Sun rather than the Earth at the centre of the solar system.) Because this single fact alone is confrontational to the average mind, it will probably not be welcomed or warmly greeted by those who profit from sophistry and its illusions.

‘The ego sees Truth as its ultimate enemy. Thus, the ego really uses the mind as camouflage and becomes hidden in its clever constructions.

‘One’s inner spiritual evolution is of greater value to society than any form of doingness. The level of compassion radiates out and contributes silently to mankind’s wisdom.

‘A characteristic of the energy field of consciousness is its innate propensity to evolve to higher and higher levels in order to give expression to the highest potentialities. (This is only possible through the embracement and living true to one’s feelings, soul-based feelings.) By the time consciousness levels reach the 500s, and especially in the high 500s, one’s spiritual energy tends to flow in a generalised way and influences not only subjectivity but perceived experience as well. What is held in mind tends to present itself almost effortlessly as though by the miraculous.’

Notes from Dr David R Hawkins publications

The main obstacle to man’s development is his lack of knowledge about the nature of his feelings, his soul-based always in truth feelings.

The brain is not the origin of the mind, as science and medicine have believed, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. However, it is our mind that is to be subordinate to our feelings, not the other way around as we have embraced for the last 200,000 years. Our mind is to follow the guidance and promptings of our feelings and support and implement those feelings as they occur.

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

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

ENOUGH IS ENOUGH

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

REBELLION & DEFAULT **200,000** YEARS

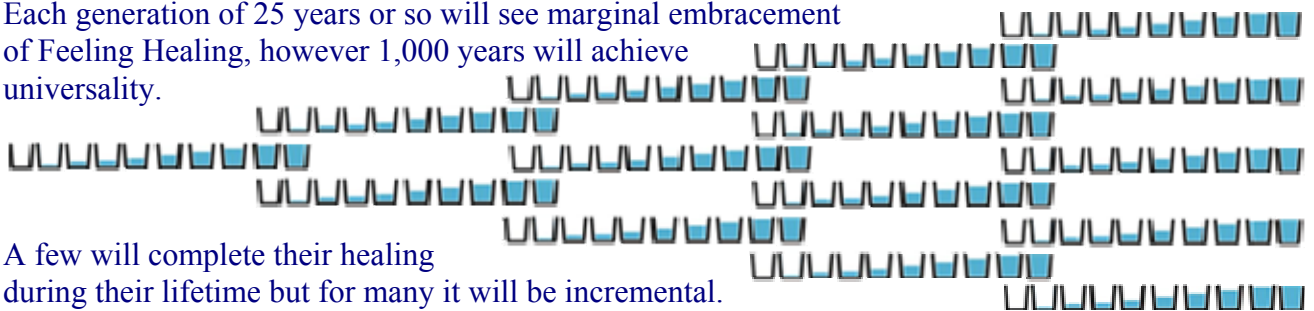
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate / soul partner pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal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

Avonal **AGE 1,000** YEARS

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



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



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

Our Feelings are our Truth

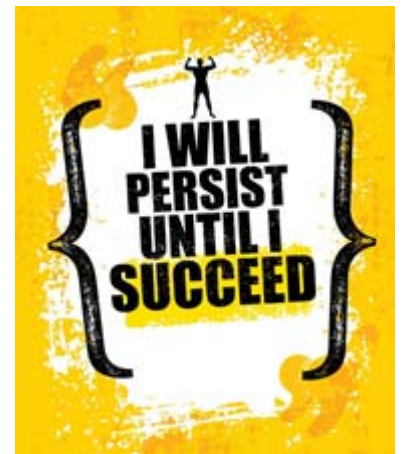
Tuesday, 25 December 2018

James: Marion was emphasising how **our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.** And I don't know if I've made it that clear in my writings as to what the Healing basically is, so I wanted to add it here, as I feel like writing more with you Nanna Beth.

Nanna Beth – 3rd Celestial Heaven: That's right, **that's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.** So Marion focuses her strong will on her feelings and bringing them out, which is bringing herself out, because **you are your feelings, which is the truth that you are. We are all the Living Truth James, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.** And because you were stopped from freely expressing all you felt, so you've been stopped from living true to your feelings and consequently stopped being the truth of them. So **the truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood.** And when you decide to 'do your Healing', life (your soul) provides you with the necessary experiences you need to make you feel, and those feelings as you express them, connect you back to the young you that wasn't allowed to express them, thereby you are now, as an adult, doing what you should have done back then, and so revealing the truth of your feelings which is also the truth of yourself. **We are all revealers, revealing the truth of ourselves through our feelings.**

James: So just talking out all your feelings is not enough, we need to want to uncover the truth of ourselves as well?

Nanna Beth: Yes, because you are doing all you can to not see it, living against it, so living against the truth of yourself, living against those feelings that would show you the truth, which is your rebellion against yourself, your truth, yourself, and against God. So you can merrily talk all day long expressing all you feel, however that won't actually be all you really do feel, as in, all those repressed feelings within you that are waiting to come out, with you merrily or even angrily, expressing your selective feelings all day as part of the denial of your deeper hidden ones.



celestial Friends

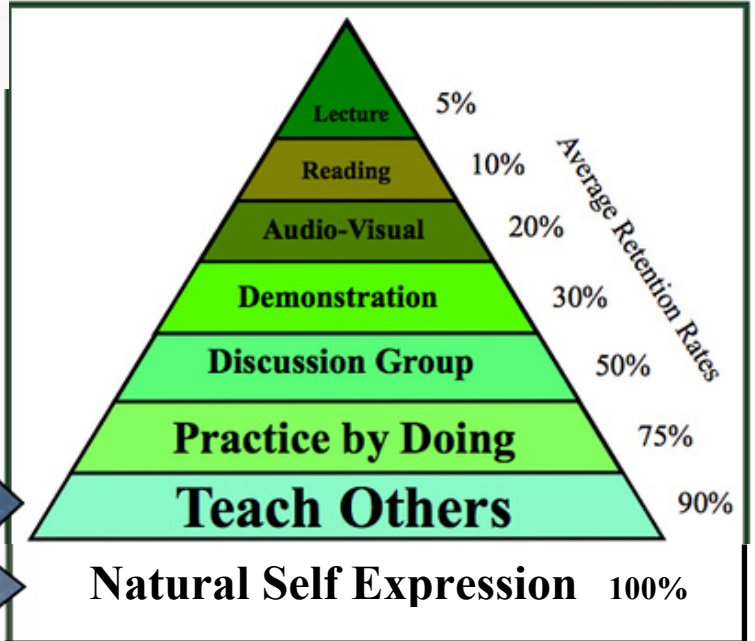
Our Feelings are our Truth



apply your will



The Learning Pyramid

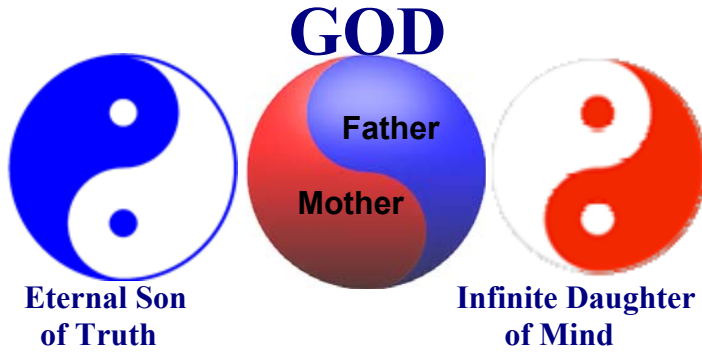


Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



CREATION of SOUL and SPIRIT:

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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

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

A nature spirit is an angel in waiting.

THE ADDICTED MIND



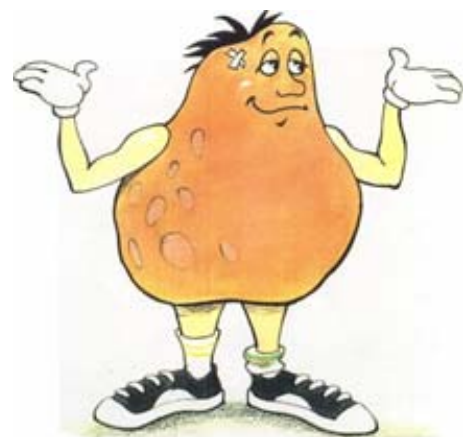
& CONTROLLING MIND

MIND Worship

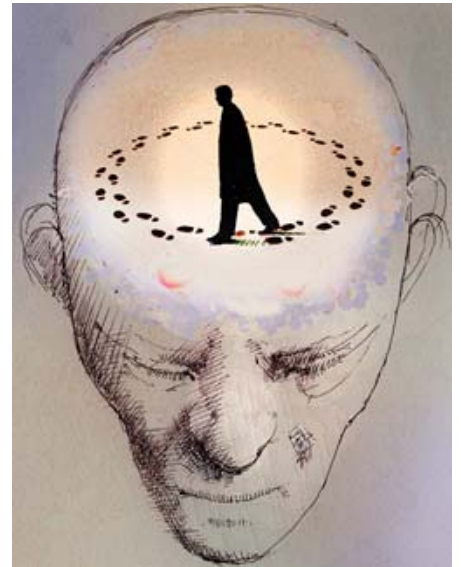


our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!

SMART GUY

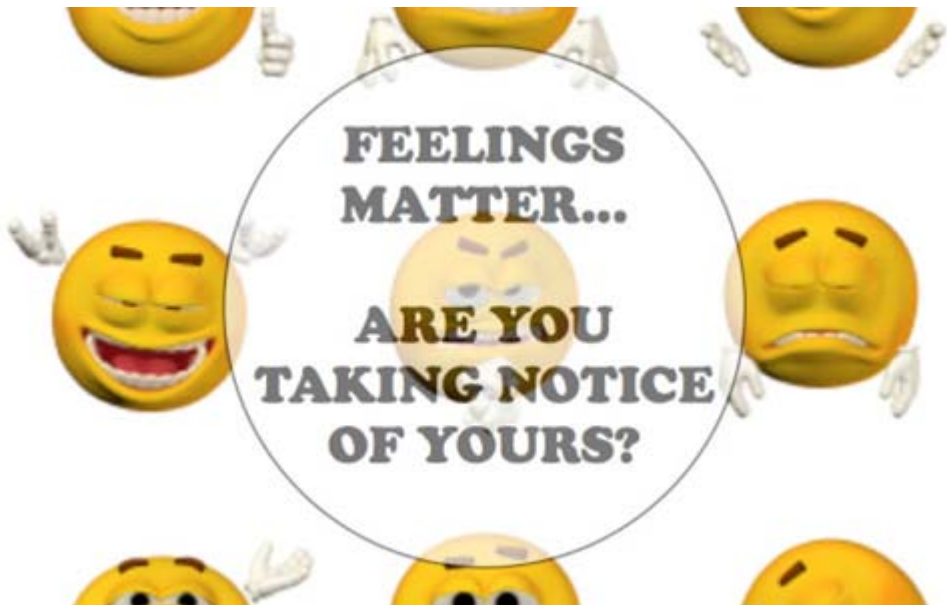
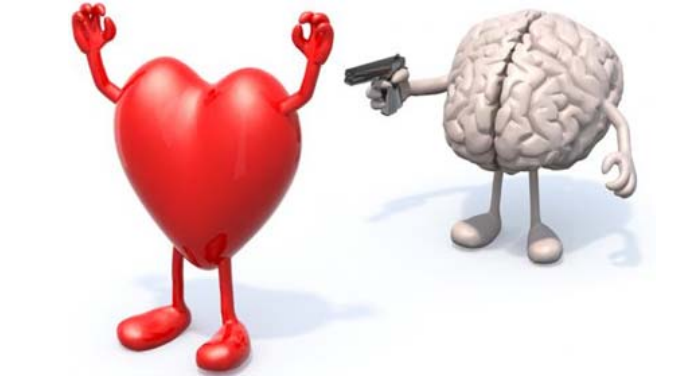


numbnut



A colorful book cover for "All About Feelings: Foundation story for the Dealing-with-Feelings Series" by "The Fun Reading Teacher". The cover is divided into sections with illustrations of children's faces and text. The text includes "When I feel sad", "When I feel Frustrated", and "When I feel angry". A central illustration shows a girl with a book. The book title "All About Feelings" is prominently displayed in the center, with "K-3" below it. The author's name "The Fun Reading Teacher" is in a circular logo at the bottom left.





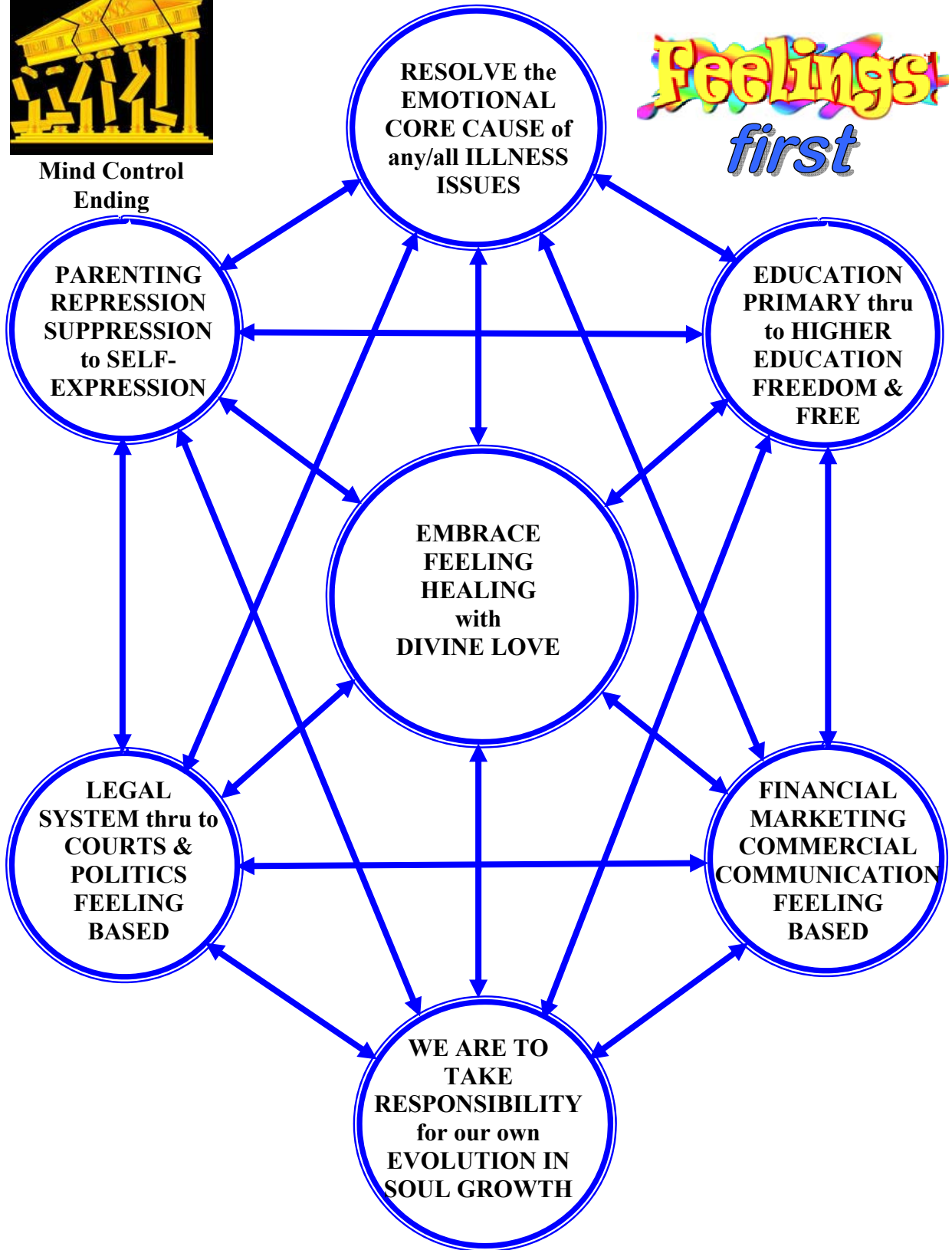
FEELINGS FIRST INSTITUTIONS

EVERYTHING is INTERCONNECTED!



Mind Control Ending

Feelings first



LIVE FEELINGS FIRST

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.



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.

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 of Nazareth	101
After the birth of Jesus of Nazareth	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, which will be a slow steady process 212

4000: Towards the end of the Aquarian cycle, the average consciousness of humanity will be within this range 450-470

During the Aquarian cycle of 2,160 years, the vast majority of humanity is anticipated to progress.

MoC – Consciousness Calibrations Worldwide

SOUL DEVELOPMENT LEVELS		
Level 6 – Highly Advanced		few
Level 5 – Advanced		1%
Level 4 – Upper Intermediate		9%
Level 3 – Intermediate		17%
Level 2 – Lower Intermediate	31%	73%
Level 1 – Beginner	42%	

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

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!



LIVE FEELINGS FIRST

The Rebellion and Default.

Way back in humanity's history, spirits (The Evil Ones) higher than us and part of (our local universe) Nebadon's universal hierarchy, rebelled against Mary and Jesus and denied the existence of a loving Soul Mother and Father. They came to Earth, and other higher spirits who were already here and supposedly whose job it was to help humanity evolve and grow to love God joined them, and together they set about controlling us and corrupting our minds. They in effect turned our ancestor's minds and wills against themselves. They wanted humanity to serve them and not live loving free lives with God. Their influences were severe and we've lived many generations perfecting our negative mind controlled states of self-denial.

After the Rebellion and added to it, was what is called the Planetary Default of another two higher spirits who came to Earth to help us, Adam and Eve (or who they represent). These two spirits were corrupted by the other higher evil rebellious ones and unwittingly coerced into default. They didn't outrightly and willingly accept the Rebellion choosing to join the rebels, but they were unconsciously led astray bringing about their Default. So what this means is: we are similar to them. Eve and Adam represented the perfect mother and father to whom all parents could have aspired to be like. But now all parents follow them, living the Rebellion by default – unconsciously parenting their children into the Rebellion by default.

As adults we are ignorant of the negative influences we're living; what we're doing to ourselves, and how we are living in a whole society and culture of self-denial. Life is not good for us unless we are in a power position. We are all striving for power in some way, but this is an untrue way to live, because, as I'm sure as most of us can testify, power (what we think and believe it to be) doesn't actually make us feel good. In the end you still wonder why you feel bad even when you have all the power you do.

So unconsciously we influence and subject our children to the same negative pressures and influences Adam and Eve were subjected to and with the same end result. Unwittingly we make our children deny themselves their full soul expression by default. We make them suppress many of their feelings when they are very young, and we make them join us in our negative states so they can continue repressing and denying themselves.

We do this because we want to gain power (because we feel so powerless). We parent, having power over our children, making them feel powerless. And so the whole negative mind state has been passed down generation after generation. And humanity through all the ages has wondered why it feels bad and why life doesn't seem right, and has wondered endlessly how to fix it. But without Mary and Jesus' higher help (higher in truth than the original misleading rebellious spirits) we can't work it out and we never will. However, now with their help, we can.

Introduction Course to Divine Love Spirituality by James Moncrief

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

Library Downloads – Pascas Papers

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

What can you achieve by doing your soul-healing?

You can heal EVERYTHING that is not right within you. That is: every part of your mind, every belief, all behaviour that stems from your erroneous beliefs, all your negativity, all your bad feelings, all of your dysfunctional will. Any illness and disease: physical, mental, emotional, or spiritual can be healed, because all of these things are only happening to you as a manifestation of your unexpressed repressed early childhood feelings. The only thing that makes you sick, whether it be a common cold or cancer, and everything that makes you feel bad, all has its origin in your early childhood repressed feelings. Doctors and psychotherapists can search all day long for the causes of all that makes you feel bad, but unless they're looking into your childhood, they will always only be doing band aide work leaving you to wonder about what's really going on.

I believe you can heal everything through the doing of your soul-healing so that you never need to go to the doctor. I'm not saying you shouldn't go to the doctor because you've started to receive God's Love, you SHOULD ALWAYS DO WHAT YOU FEEL TO DO, but I am saying that I believe that if you do heal all your childhood repression then really there is no reason for you to get sick. Because by then you will be freely and truly expressing all you feel, and so, without ever denying any part of what you feel and who you are; without ever suppressing or repressing any part of yourself, you have no reason or need to get sick. I believe we only get sick to help show us there is something wrong – that we are not expressing ourselves – our soul – all our feelings, truly.

Through your soul-healing you'll be able to work out the truth of everything that is in your life: why it is; and the truth of everything that happens to you: why it does; and the truth of everything about yourself: why you think, feel, and behave how you do – everything. And by the end of it you'll have a greater appreciation about what and who you are: you, your personality – you, your soul. And you will marvel constantly at yourself: at what the Mother and Father have created – YOU.

Your healing is the first major step along your spiritual path to Paradise. You've had all these years playing around in your mind, seeing what life is like living in a negative mind state, and now you can start to give over to your soul. Once your healing is finished you are free to keep ascending in truth up through the higher or inner heavens all the way to Paradise, and then once there, it is said (as you can read in *The Urantia Book*) you will be able to *meet* Them.

The doing of your soul-healing will arrive you at the first and most bottom rung of your universal ascent. It will get you out of the sandpit (or perhaps bog?) of self-denial we call life on Earth, and then you'll begin to understand what living true to yourself and true to God is really all about.

Living in the negative is living in a no-love state. You might feel love in your life but this is only relative within your negative mind condition. What real love is and how it makes you feel awaits you when you've finished your soul-healing. Love, and the happiness that comes with it, is the feeling-aim of doing your healing. It is something, a state of mind and a way of life, yet to be seen on Earth as expressed by the mortal soul. Jesus and Mary did live it, however they didn't first have to do their soul-healing.

Your healing will help you see the truth of all your relationships. Again this might not be what some people want to see. Many people don't want anything to happen to their relationships, particularly with their parents, believing they did or do have a very loving relationship with them. And it's not for me to say they didn't. What I do want to say is that based on my own experiences, I'd advise anyone to do their healing first and then see what the truth of their relationship with their parents is. If you felt one bad thing during your childhood, and couldn't freely express all you felt about it, then this bad thing will need to be healed and its associated repressed bad feelings expressed. And until you do it, it will be

affecting your relationships of love with yourself, other people, with nature, and with God.
Introduction Course to Divine Love Spirituality by James Moncrief

From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

Soul–Healing: What is it?

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

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

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

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

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

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

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

reliant on our minds to tell us what to do.

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

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

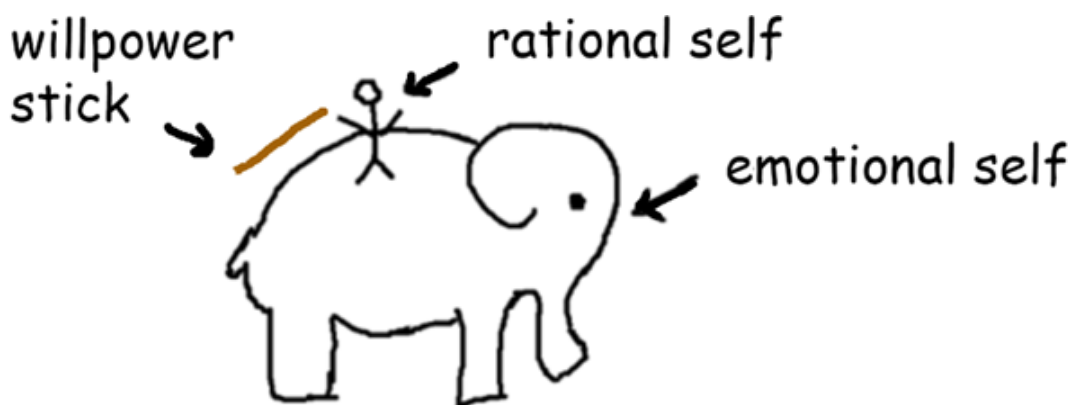
Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad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

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

you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

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

Introduction Course to Divine Love Spirituality by James Moncrief



“It’s always “now be a good boy and do as I say...” same old shit ... never encouraging me to express my true natural self. More control!”

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.



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

Feelings first

LIVE FEELINGS FIRST

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!

MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

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

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

Charts from Truth vs Falsehood by Dr David R Hawkins:**Daily Life**

Abortion Pill (RU 486)	200	Food, Blessed Homemade	215
Alta Vista	208	Food, Blessed Machine-	
Animal Body	200	made	207
Arm & Hammer Baking		Food, Commercial Cat	192-202
Soda (product)	320	Food, Commercial	207
Aunt Jemima's Flour (product)	350	Food, Commercial	
Barbie Doll	205	Machine-made	188-200
Biofeedback	202	Food, Homemade	209+
Body Piercing	180	Fortune Cookie Messages	345
Campbell's Soup (product)	325	Google.com	209
Cloning (Animal)	200	Hatha Yoga	260
Cloning (Human)	180	High Fashion	295
Coca-Cola (beverage)	305	Hope Diamond, The	205
Contraception	205	Human Body	205
Cookies Made for Family	520	Internet System (not content)	205
Cryonics	200	Little Red Hen (story)	295
Donald Duck (cartoon)	205	Mad Cow Disease	50
Earth (planet)	200	Medical Marijuana	235
Emergency Medical Technicians	290	Mickey Mouse	205
Environmentalism	260	Money	205
Euthanasia	200	Mother Making Christmas	
Feminism	320	Fudge and Cookies	520
Food	200	Multilateralism	200
Murphy's Law	280	Sidewalk Vendors	205
Paparazzi	180	Street Beggar	160
Pepsi (beverage)	305	Street Performer Group	480
Peter Principle, The	260	Thanksgiving Day	515
Political Cartoonists	190	Tea, Green	300
Polygamy	145	Uncle Ben's Rice (product)	315
Position of Children in the U.S.	405	Vegetarianism	205
Position of Men in U.S.	425	Vick's (product)	345
Position of Women in		Willow Trees	245
the U.S.	405	Window Washers (high)	290
Quaker Oats	305	Worldwide Web Content	50-445
Quilting	345	Yahoo.com	206
Roadside Farm Stands	355	Yard Work	250
Rodeo	255	Yogi Bear	205
Santa Claus	390	Zero-temperature weather	205
Sex	250		

Corporations

American Spirit Tobacco Co.	285	IBM	250
American Spirit Tobacco (product)	205	IKEA	210
Bayer (pharmaceuticals)	350	Kellogg Co.	355
Ben & Jerry's	340	K-Mart	225
Bean, L. L.	330	Lowe's	300
Bloomingdale's Department Store	255	Macy's Department Store	270
Boeing Corp.	320	McDonald's	205
Campbell's (soup)	280	Microsoft Corp.	345
Coca Cola	211	Nordstrom's Department Store	260
Costco	310	Pepsi	209
Dillard's Department Store	350	Pfizer	205
Dow Chemical	325	Sears, Roebuck (catalog era)	350
Fed-Ex	340	Singapore Airlines	275
Ford Motor Co.	205	Smuckers	340
General Electric	205	Southwest Airlines	345
General Motors	205	Starbucks	245
Gulf, Exxon	205	Viacom	240
Harley Davidson	300	Union Carbide Corp.	235
Heinz Co., H. J.	280	UPS	216
Homco	305	Wal-Mart	365
Home Depot	305	Wendy's	245

Philanthropic Foundations

Gates, Ford, Mellon, Carnegie	400
Kellogg, Pew, Duke, Wal-Mart	400
Lilly, Rockefeller, F. W. Johnson	400
Templeton	500
Wheelchair Foundation (K. Behring)	520
Others	400

U. S. Politics

Anarchy	105	Green Party	180
Abortion		Far Left Liberal	185
Anti-	250	Far Right Conservative	135-145
Pro-	235	Liberal	180-200
Church/Pike Committee		Libertarian Party	295
Hearings	185	McCarthy Hearings	185
Conservative Party	310	Moderates	200-390
Cultural Creatives	335	Republican Party	315
Democratic Party	310	Secularism	180
Domestic Partnership Law	335	Socialist Party	265
Evangelical Right		Torricelli Principle	160
(Moral Majority)	245-255	“Section 527”	
Gay Marriage Law		Organizations	200
(Massachusetts)	265		

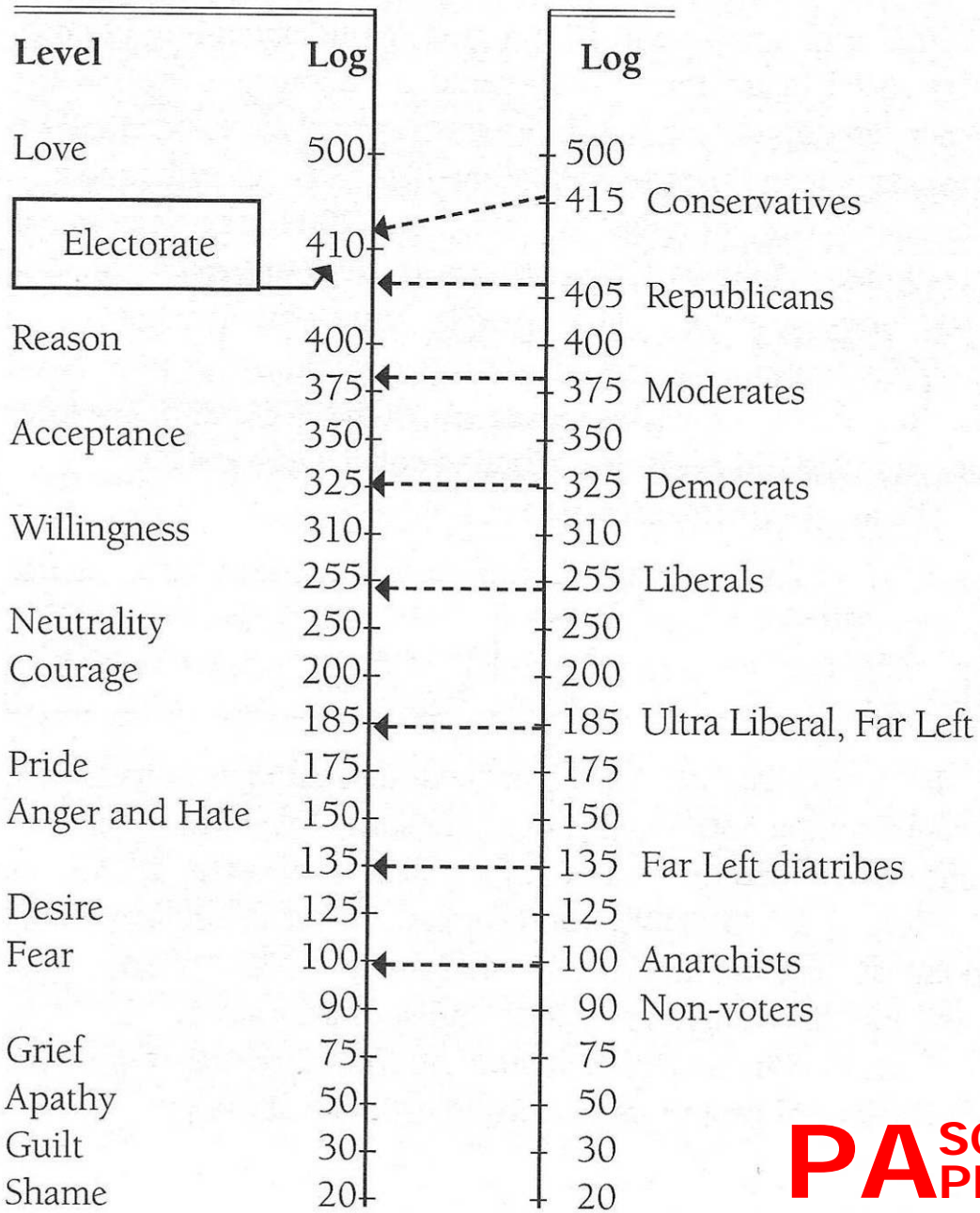
U. S. Government Departments and Agencies (12/17/04)

Agriculture, Department of	200	Federal Bureau of Investigation	210
Bureau of Indian Affairs,		Federal Drug Administration	200
Dept. of the Interior,		Homeland Security Agency	310
Immigration and Naturalization Service,		Internal Revenue Service	202
War on Drugs (group)	180-185	National Security Council	250
Center for Disease Control	210	Nuclear Policy	460
Central Intelligence Agency	210	Pentagon, The	210
CMS (Medicare/Medicaid)	206	Public Health Service	212
Diplomatic Security Service	210	Social Security	206
Drug Enforcement Agency	202		
Federal Aviation Administration	205		

U. S. Policies and Agencies (12/17/04)

Border Protection	200	Security Intelligence Agencies	195
Federal Anti-Terrorism Bill	405	Terrorism Protection Overall	199
Immigration Policy (Security/Function)	180		

Diagnostic Scale—Politics and The Election 2004
 “Them” Electorate “Us” Political Party



PASCAPERS

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

News Commentators and the Political Spectrum

Radical Left	135	Moderate	260-350
Far Left	135-145	Conservative	350-455
Leftist	170-190	High Integrity/Conservative	460
Liberal	180-200	Ultraconservative	300
Neutral	200-260	Radical Conservative	175

News Print Media

Boston Globe Editorial Section	200	New York Times	
Chicago Tribune	350	Editorial Section	
Christian Science Monitor	425	(2004)	190-195
Economist, The	445	New York Times	
Financial Times	410	Editorial on	
Los Angeles Times	300	President G. Bush	
Los Angeles Times		(June 2004)	175
Editorial Section	200	Rolling Stone	205
New Orleans Times-		Time Magazine	375
Picayune	345	USA Today	350
Newsweek	385	U.S. News & World Report	390
New York Times (2000)	250	Wall Street Journal	440
New York Times (2004)	195	Washington Post	340
New York Times (2005)	200	Weekly Standard	440

Science – Scientists

Bohm, David	505	Halley, Edmond	460
Bohr, Niels	450	Harvey, William	475
Boole, George	460	Heisenberg, Werner	485
Burbank, Luther	450	Hippocrates	485
Copernicus, Nicolaus	455	Jung, Carl	520
Curie, Madam Marie	505	Kepler, Johannes	460
Darwin, Charles	450	Mendel, Gregor	460
Edison, Thomas	470	Maxwell, James	445
Einstein, Albert	499	Newton, Isaac	499
Faraday, Michael	440	Pasteur, Louis	485
Fermi, Enrico	455	Pauling, Linus	450
Freud, Sigmund	499	Planck, Max	475
Fuller, Buckminster	445	Rutherford, Ernest	450
Galen, Claudius	475	Salk, Jonas	455
Galileo (Galilei)	455	Steinmetz, Charles	455
Gödel, Kurt	455	Tesla, Nicola	460

Antisocial

Anti-Semitism	155	Motorcycle Outlaw Gangs	140
Corporate Fraud	160	Perpetrators of Internet	
Drug Traffickers (street)	55	Worms and Viruses	85
Homeless Street People	95	Petty Thievery	145
Inner-city Street Gangs	125	Pickpocket	175
Internet Hackers	145	Prostitution	140
Internet Porn (Adult)	75	Racist Hate Groups	150
Internet Porn (Child)	60	Slavery	20
Laser Beam Blinding of Pilots	80	Vandalism	175

Behavioral

Child Abuse	140	Stalker	60
Wife Beater	95	Sexual Sadist	35
Pedophilia	65	Sadist Child Pornographer	5

Most and Least Trusted Professions:

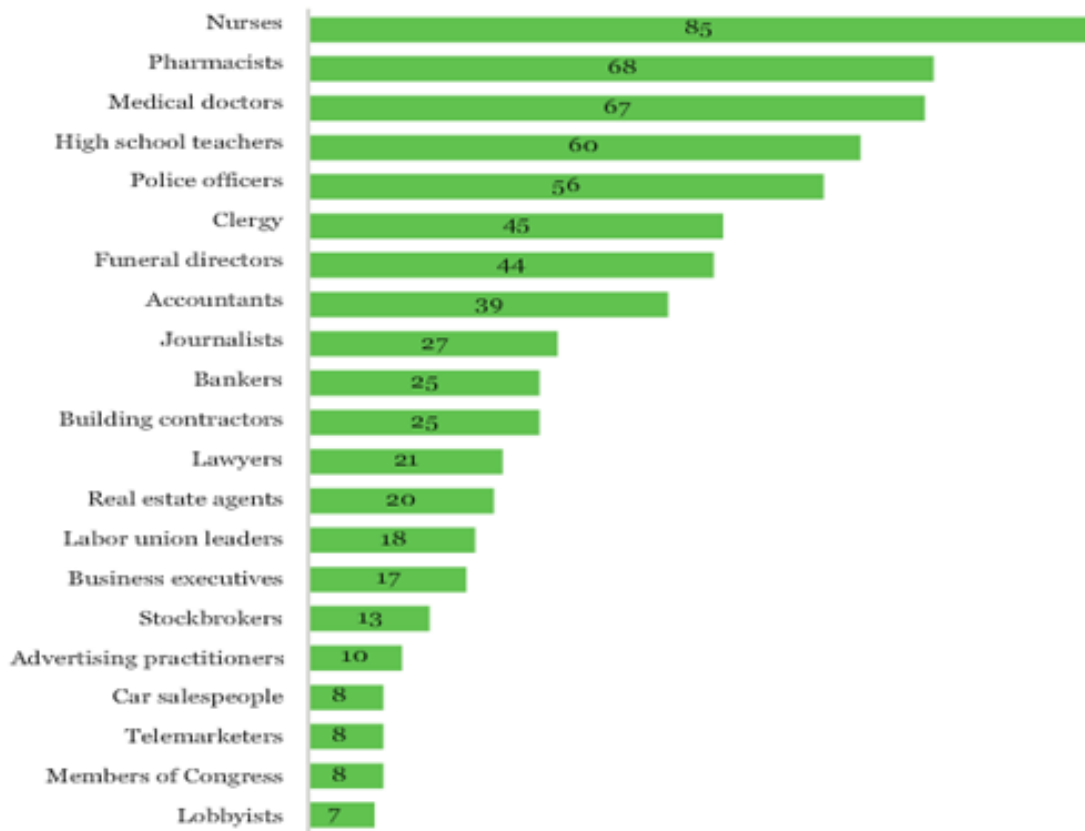
<u>Profession</u>	<u>% Rated 6 or 7 (7 - Extremely trustworthy)</u>
Firefighters	77%
Ambulance drivers /Paramedics	74%
Pharmacists	70%
Nurses	69%
Airline pilots	65%
Doctors	65%
Farmers	58%
Canadian soldiers	58%
Teachers	52%
Veterinarians	51%
Dentists	50%
Police Officers	46%
Judges	42%
Daycare workers	39%
Food Safety Inspectors	37%
Electricians	37%
Psychologists/Counselors	35%
Accountants	34%

Chiropractors	30%
Airport security guards	29%
Plumbers	28%
Church Leaders	24%
Financial Advisors	22%
Journalists	18%
Television and Radio Personalities	17%
Lawyers	16%
Auto mechanics	16%
Airport baggage handlers	12%
CEOs	11%
Local Politicians	6%
Bloggers	6%
National Politicians	6%
Car salespeople	5%
Telemarketers	4%

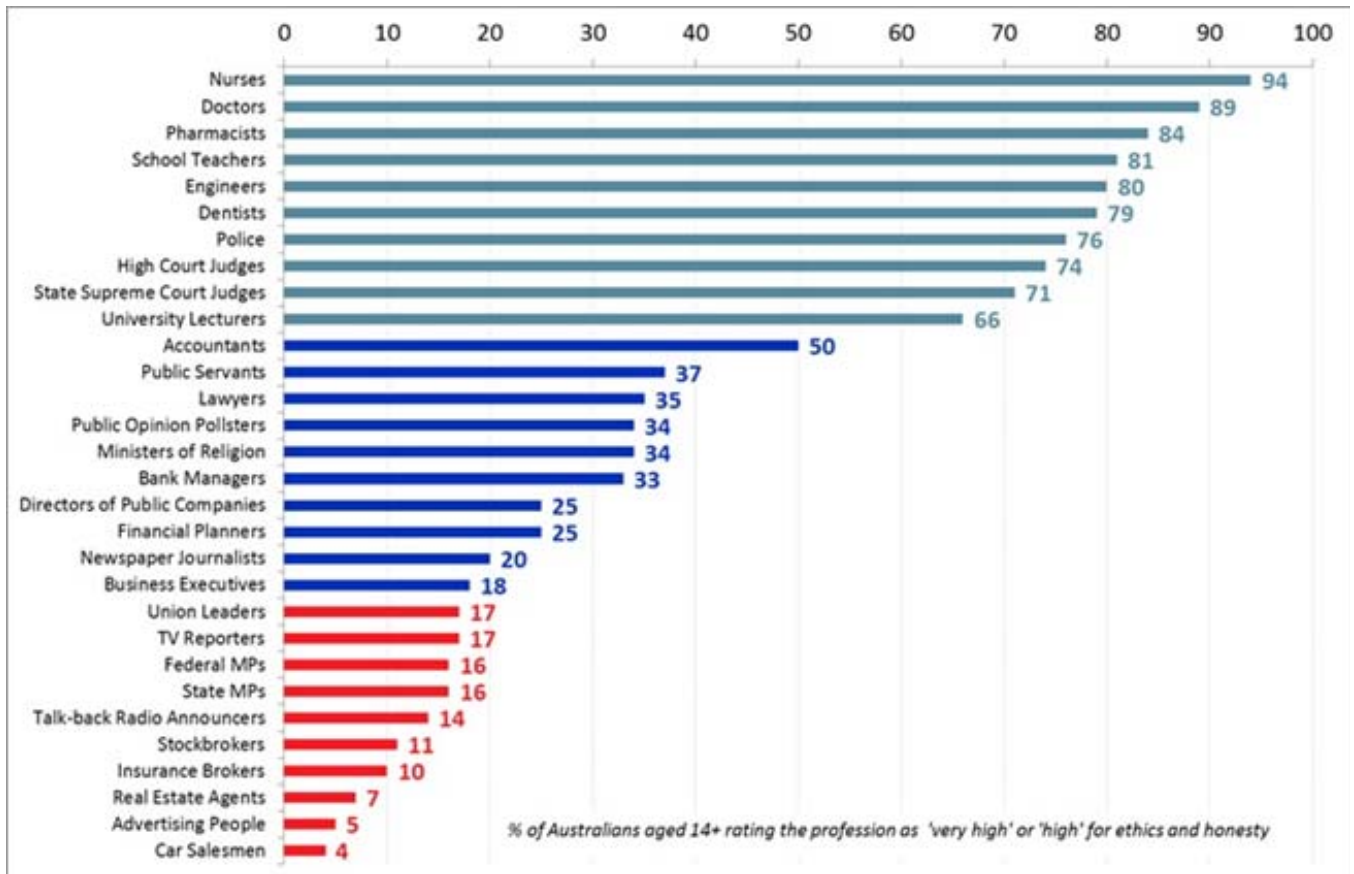
Please tell me how you would rate the honesty and ethical standards of people in these different fields -- very high, high, average, low or very low?

Dec. 2-6, 2015

■ % Very high/High



GALLUP®



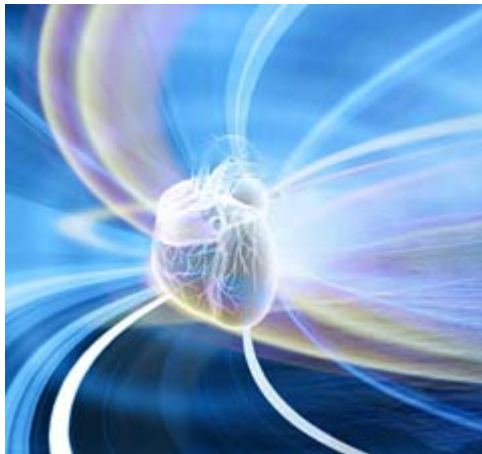
MIND IMPRISONMENT or FEELING LIBERATED?



Our parents unknowingly indoctrinated us into believing our minds were all powerful, that the way to experience life is to be mind dominated and to put our feelings aside, well, actually obliterate them with suppression. This is how we also mould our children into being our 'little me's', only to be taking them away from being their true selves.



Through our suppressive, misguided, incapable minds, we live. With these same minds we suppress our children's true personalities. In this endeavour we are all evil. We are preventing our children from being the personality that they all are. That personality having been given to them, by their true Parents, being that incredible soul, Mother and Father. Like our children, we are to fully and truly express our God given personality through our soul based feelings. It is through our feelings that we are to live. We are to engage with our feelings, and it is through our mind that we are to express our feelings. Not the other way round!



Engaging with our heart felt feelings is so liberating. It is also so much an easier way of life. Mind control is tiresome, let alone erroneous and corrupt.

By engaging with one's feelings and allowing them to be expressed is ever so more powerful than our clumsy mechanical mind – come brain!



Allow your true self to be liberated. Allow your feelings to flow and shine. Allow your life to flow with the beauty and truth of one's soul based all loving and perfect feelings. Allow yourself to simply engage with the will that our Heavenly Parents have given each of us, and be the true personality that we are all to express and be.

We can achieve this through the retraining of our mind. This is achieved through engaging with one's Feeling Healing process. It is not easy, in fact it is extremely difficult. Our mind is to be sub-servient to our feelings. We are not to continue how generations upon generations have lived and suffered for the past 200,000 years.

Embrace the freedom and liberation.



FEELING HEALING, DIVINE TRUTH and DIVINE LOVE POINTS:

Feeling-Healing: Using your feelings to heal yourself

Extracts from the book, Feeling Healing by James Moncrief

What follows is an introductory point-form summary:

Your Feelings:

- Are very important
- They should never be dismissed or denied – not one, and especially the bad ones
- They must be allowed to be – allowed to have their say
- You can heal yourself through your feelings

- Denying your feelings makes you sick
- Illnesses and pain only come because you are denying and repressing feelings
- The pain (a bad feeling) comes so you can accept and express it
- Expressing the pain and bad feeling out of you is what makes you well
- Keeping in bad feelings is keeping in the poison
- Heal yourself through your feelings

- During your childhood you were made to deny and not express many bad feelings
- And these bad feelings are still within you – still waiting to come out
- Adult bad feelings can lead you back to your childhood bad feelings
- You are to connect back to all the bad feelings you've suppressed and repressed
- As the hidden and mostly forgotten buried childhood feelings come out, so you are healed
- This is healing yourself using your feelings – doing your Feeling-Healing

Seeing the truth:

- You are to see what your feelings want you to know about yourself
- You can long for the truth of your feelings – why am I feeling bad?
- You must want to uncover the whole truth of yourself through your feelings
- When you liberate your bad feelings, whilst longing for their truth, the truth will come
- Heal yourself by looking to your feelings for the truth they want you to see about yourself
- When the truth comes, you are free, set free of the causes of your pain and bad feelings
- Your actual healing happens when you see the truth
- No truth; no healing – still more bad feelings to accept

- Speak out your feelings, all the good and bad ones, whilst longing for the truth of them
- Want to live true to yourself
- Want to live true to your feelings
- Long for the truth your feelings are to show you

- This is doing your Feeling-Healing

Feeling-Healing:

- You've been taught to deny bad feelings
- Denying bad feelings is what is making you sick

- To heal yourself you need to stop denying any feelings
 - Accept the bad feeling you are feeling
 - Fully let yourself feel it
 - It's very difficult going against your programming
 - Want to feel bad
 - Want to feel all your bad feelings
 - Don't want to deny any of them
 - And when you feel bad, identify that bad feeling
 - Say what it is and how it's making you feel
 - Express the bad feeling
 - Emote the feeling out of yourself
 - Say how you are feeling with the feeling you are feeling
 - Say it to a friend, write it, say it out loud, speak it out to God
 - The denied bad feeling stays within you until you bring it out
 - Keeping in the bad feeling is what's making you ill, and giving you all your pain
 - All those repressed bad feelings are like a poison slowly killing you
 - Open your mouth and let your bad feeling out
- Want to know why you are feeling bad
 - Want to see the answer through your bad feeling
 - Long to know the truth of what you are feeling
 - Long to God to help you see the truth of your bad feelings
 - Want to see the truth through your feelings and not with your mind
 - Don't go fishing within yourself for answers using your mind
 - Let the truth of why you're feeling bad surface in its own good time
 - The truth will come as you express your bad feeling, whilst longing for the truth of it
- Decide that you're going to be loving to yourself by first stopping your feeling denial
 - Then by expressing all you feel, both good, and especially all your bad, feelings
 - And also by longing to know the truth of why you're feeling what you are feeling
- Doing your Feeling-Healing is expressing all your feelings whilst longing to see the truth of them. Uncover the truth of yourself through your feelings and you'll be free of all your pain, illness, unhappiness, misery, fear, suffering and free of all your bad feelings.

Feeling-Healing:

- You can heal all your pain, illness and suffering by looking to your feelings for their truth. And you do this by accepting every bad feeling you have, no longer pushing it aside and dismissing it, no longer denying all the bad stuff.
- And you express your bad feelings the best you can, understanding that all the bad feelings are within you and have to come out, even all the ones you've denied in the past.
- And as you express your feeling with all the feeling you are feeling, so you long for the truth of that feeling – you want to know why you are feeling it, what really caused it within you, which will take you back to your early life with your parents.
- Accept your feelings. Express them. Long for their truth.

The truth of doing your Feeling-Healing:

- We are to see the whole truth of ourselves. Through our feelings.
- This means, the truth of why we are the way we are; why we say what we say; why we do what we do; the impact of what we say and do has on ourselves and others; what our relationships are all about, with our self, others, nature and God – as in, are they loving or not; and if not, why not; what happened to us in our early relationships to make us be as we are; what was the truth of our relationships with our parents and other family members – and were they loving relationships; and if not, why not; the truth of every aspect of ourselves, and this includes the truth of all our pain and suffering – the truth of why we don't feel truly loved.
- We have grown up being made to deny many aspects of ourselves, this being seen in our feeling-denial. This means we've not been allowed to fully express ourselves, so we've not reached our full potential. And all that we weren't allowed to express, all our crying, anguish, our misery, fear and anger, all our pain, is still within us waiting to be expressed.
- We were made to become false and untrue. We were made to live untrue to ourselves. So we have to heal that by uncovering the truth of why we are false and untrue, with the truth of our wrongness then allowing us to become true.
- And how we do that is all through and with our feelings, and not by looking to our mind.
- And so we do our Healing: which is our Feeling-Healing; or Soul-Healing – that is our Feeling-Healing and longing for the Divine Love.
- And our Feeling-Healing is looking to our feelings to see the truth they are making us feel. We accept what we are feeling, we don't push any bad feeling away; and then we express all we're feeling, and we long for the truth of those feelings. We want our feelings to show us why we're feeling bad. And they will. The truth all coming to light with the ongoing expression of feelings.
- And as we bring out all our repressed early childhood feelings, dealing with the pain by allowing ourselves to feel it, saying what we feel about it and how it makes us feel, crying with that pain if that's what we feel to do; and all whilst we want to know with all our heart why we are feeling so bad, so the truth will come of all that we are. So all that happened to us during our forming years and childhood. All that made us into the adults that we are.
- And gradually as we express all our pain and uncover the truth of it, we become truer to our wrongness, injury, hurt, pain, trauma and that is the healing of it. Uncovering and seeing the truth of what's wrong with us, what's making us feel bad, is setting ourselves free. It is how we can heal ourselves. It's being wholly self-loving, by being wholly feeling-accepting.
- So we have to see the whole truth of our unloved state. Then once that's seen, by our thoroughly feeling it, every last bad feeling, then we're able to live true to ourselves in a truly loving state.
- That is doing our Healing by looking to our feelings for their truth.

Living True to our Feelings:

- We are to live true to our feelings, to each feeling as we feel it. And want to know the truth of why

we're feeling it. To allow our feelings to lead and guide us through life, by living the truth that comes from our fully accepting, embracing, honouring, expressing and living true to them; all whilst we want to know what God wants us to see about them – the truth of them.

- Our feelings are very, very, very important, and that's every feeling we have. If you are stopping yourself from having one feeling, then potentially you are causing yourself a problem which can manifest in you getting sick. We are only sick because we are stopping ourselves express all the feelings we feel. We have been made to block out many of our feelings, some of the good ones and most of the bad ones, having learnt how to do this from childhood, all of which now as adults causes us all the problems we have. So why your life doesn't work as you want it to, why you feel bad, pain, are suffering in any way, why your relationships don't work, is all because you are denying feelings.
- So to heal yourself, to end your pain and suffering, and to ultimately live the life that will make you the happiest and most loving you can be, you will have to stop denying any feelings; and instead, go the other way, fully embracing them, fully accepting that you have them, welcoming them as you feel them, giving them their full expression, and wanting to know why you are feeling them. We are to bring out all the bad feelings that are repressed within us, all those terrible ones we've not wanted to acknowledge and feel, and by doing so, once they've all come out, no longer feel them.
- If you don't bring all your bad feelings out, then they are only going to stay within you still making you feel bad.
- To keep your bad feelings repressed within you is like keeping all the poison inside you, and it will slowly kill you, making you feel all the pain you do, making you sick, causing you all your problems. So get it out, bring out all your bad feelings and so end what's making you feel bad.
- Look at how you conduct yourself through the day – do you deny any of your feelings?
- What happens when you feel sad, do you try and make yourself feel better? Do you try and stop yourself feeling sad?
- What happens when you feel angry? Do you allow yourself to feel as angry as you do, or do you come down hard on your anger banishing it because you feel it's bad to be angry and you don't want it damaging your relationships?
- What happens when you feel happy – do you allow yourself to feel as happy as you feel? Or do you say, no, calm down, don't get over excited, something bad might happen and then you'll feel let down?
- What happens when you feel scared? Do you dismiss your fear telling yourself that it's nonsense, you're an adult, you shouldn't feel scared of that; and besides, what's there to feel scared about anyway?
- And what do you do when you get sick? Do you allow yourself to feel all the bad feelings your illness brings up in you? Or do you do all you can to stop yourself feeling sick and to get better? So quickly off to the doctor and into the pills, all to make yourself better and end your bad feelings.
- And what if your friend is depressed – feeling upset about something – do you allow them to feel

as bad and upset as they feel; or do you try to make them feel better, trying to take their mind off their bad feelings putting it onto something that will make them feel good?

- And if you do any of these feeling-denying things, or any others that you do – why do you do them? And you’ll probably say: “Because I don’t like feeling bad. I want to get rid of my bad feelings.” Which is completely understandable, as no one wants to feel bad. However, do you think it’s right to deny these parts of yourself, to just shut them out, put your mind onto something else, take pills to make them go away – do you think it’s right to deny any part of yourself?
- And if you do deny some part of yourself, then you are not functioning perfectly, and you are imperfect and working against yourself. It’s not very loving, is it? It’s not being loving to yourself, to as soon as you feel bad, get rid of that part of yourself – because your feelings are a part of you.
- And being unloving to yourself, as seen by you denying your feelings, is going against yourself, so you’re effectively working to make yourself sick, for you are causing yourself to be dysfunctional, and not working right means you’re making yourself feel even worse than you already are. So you’re making yourself feel even more bad feelings, which you’ve then got to deny as well! So it’s something of a vicious circle, all of which ends up putting increasing amounts of unloving pressure on yourself, all of which can only make you feel more bad feelings.
- Mostly we feel okay, our patterns formed during our childhood function in our adult lives, and we move along denying our feelings without a second thought. But then occasionally (or often) bad things happen to us or we get sick, our relationships don’t work, something happens to make us feel bad, and that’s when we have to start the hard work. And so we have a choice: We can either come down harder on ourselves denying more of our feelings; or, we can go the other way, going against our programming and start to accept and allow our unwanted feelings to be.
- But then that brings up alarm signals, because, if you just allow yourself to feel bad, those bad feelings are going to overwhelm you, and they might make you say or do something you later regret, and who wants to be swamped by them, there are too many of them, they are never ending, and you will just feel worse and worse and the pain will be excruciating, crushing, devastating and you’ll not be able to bear it. So what’s the point in just letting yourself feel as bad as you can?
- And this is where our Feeling-Healing comes in. It’s to understand that yes, we are denying many bad feelings and that we want to stop being unloving that way to ourselves. And so we want to accept our bad feelings instead of rejecting them. And then to understand that they are coming up in us for a reason, and part of that reason is for us to express them, so to bring them up and out of us; and the other part of the reason is for us to see what it is about ourselves they want to show us. We don’t just feel bad for no reason, there are very real reasons why we’re feeling bad, and so we have to want to know what those reasons are. And how we do that is by longing for the truth of our feelings. We want to see why we’re feeling bad, and why we’re really feeling bad, the deeper and even the deepest truth within us, for there are layers to ourselves and our feelings, and gradually we can uncover those layers seeing what is really going on inside us on every feeling level.
- However to live this way, accepting your feelings and wanting to see the truth of yourself they are trying to show you, means you will also want to face the truth of yourself, and this can be daunting, not many people are prepared to look squarely at themselves and see all the truth their feelings might show them about themselves, because, “What if some of that truth is not very nice?”

- So we're in a bit of a bind. If you want to heal yourself of all your bad feelings so you no longer feel any of them, then you're going to have to want to embrace them all, express them out of you as they come, and want them to show you all the horrible, unloving, nasty truth about yourself that you might have tucked away deep inside and not wanting to face. And then, if you don't want to uncover the whole truth of yourself, and know whether that truth is good or bad, then you'll just have to keep going denying your bad feelings until they get so overwhelming and you feel so much pain that you can no longer deny them as you've been able to do, making you have to then deal with them.
- So wouldn't it be better to start now; learn how to work with them and how to include them as part of your life? Rather than keep letting them build up as you deny and repress layer upon layer. And to accept that, yes, you might uncover some bad things about yourself, and yet, we've all got them, and so, so what, you'll deal with them when they come up. And slowly as you become better at allowing your feelings to be, expressing them and longing for their truth, you will be releasing them out of you and so stopping them from making you sicker than you might already be. Every repressed feeling you express out of yourself is one less within you waiting to be expressed.
- Using our feelings to uncover the truth of ourselves is how we're all meant to live. It's natural. It's no big deal. And yet it's vitally important for our wellbeing and to feel happy and truly loved. However we've all been made to live against this natural way. We've all been made to use our mind to stop ourselves feeling bad, our mind jumps in taking over saying no, you can't feel bad, bad feelings are unwanted, they are evil, they are nasty things, I'll help you get rid of them. But that is an unnatural way of living. That's living against ourselves. It's being untrue. And false. It's living against your soul, against nature, against God. It's the worst way to live. It's not spiritual. It's not loving. Whereas to live allowing all your feelings to have their say, to fully get into them, bring them up and out, and to live them, emote them, all whilst wanting them to show you what you are to see about yourself and how you are to live, is the right way to be. It's the most true spiritual way you can live. It's being positive, loving, and in the end, once you've liberated all your repressed bad feelings, will set you free of all pain, free of all your negative unloving patterns, releasing you from the harsh control of your mind, allowing yourself to be fully self-expressive, accepting, unconditional, happy and loving. And true: true to yourself, and true to all you feel.
- So our feelings are the way to our truth. We are to uncover the truth of our self through our feelings. And this is living the truest spiritual life you can live. And if you don't necessarily want to be spiritual, by uncovering the truth of yourself through your feelings, you will be naturally spiritual anyway. And it's no big deal. And you'll be part of **The New Way, Feelings First Spirituality**. And even if you don't like the idea of being part of a religion, well that doesn't matter either, because you'll just be yourself living true to your feelings and uncovering the truth they want you to see, and that can be your way of life whether you want to call it anything or not.
- And if you want to go one step further and include God in your new found **The New Way, Feelings First Spirituality**, then it's easy to do that too. You can long to God, asking God to help you see the truth your feelings are trying to show you. You can ask God to help you honour and accept all your feelings, and to help you express them, and to help you want to see the truth they are to show you. And you can even long to God specifically for God's Divine Love.

LOVE
is
The New Way, Feelings First Spirituality

Feelings First Spirituality, New Feelings Way, is based on living true to our self through our feelings. Understanding that all we need in life is contained within our soul and is shown to us through our feelings. And by loving our feelings, by attending to them properly (talking or writing them out of us) and not denying them, we can use them to uncover the truth of our self – the truth of our soul.

Feelings First Spirituality is not telling us how to be, that is too controlling and is actually bad for us, limiting your spiritual growth. We can be wholly self-revealing of the truths we need to be, being the person God created us to be, all by living true to our feelings.

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

THE New Way

Feelings First Spirituality

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Light of Truth of PASCAS

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

COUNCIL of ELDERS

Council of Elders now around 20 soul-groups from the 3rd Celestial Heaven



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



Avonal PAIR Oversight



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

LIGHT OF TRUTH

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

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

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light	2013 – 2014	xxx	– James Moncrief
Road map of Universe and history of Universe:	2017	xxx	– James Moncrief
The Urantia Book	1925 – 1935		xxx as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm			

BIBLIOGRAPHY NOTE:

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

**Welcome to LOVE – the Religion of Feelings
you can heal yourself through your feelings**

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

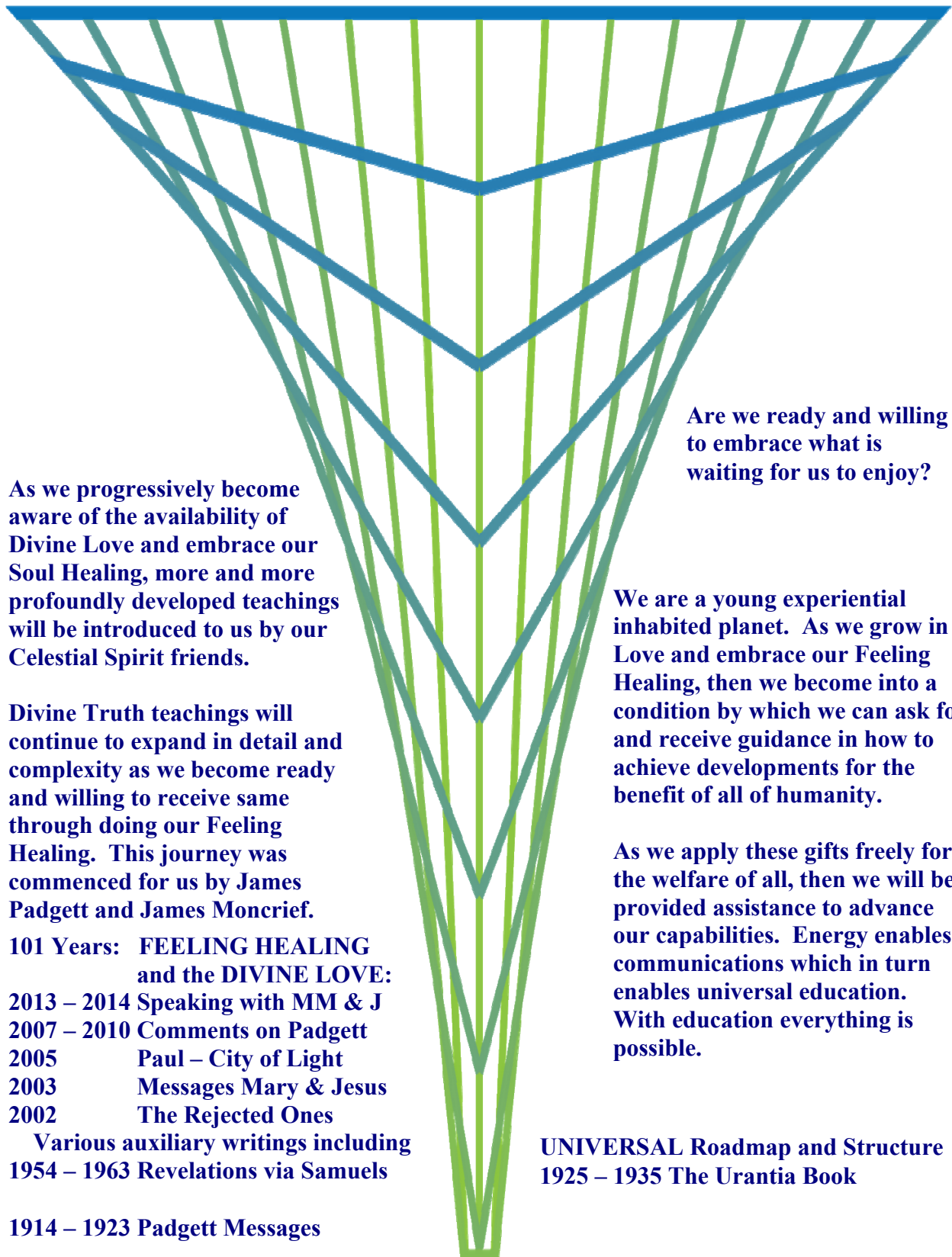
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



how do you spell love?
-Piglet



you don't spell it, you feel it.
-Pooh