

# Feeling-Healing Presentation



## Feeling-Healing With God's Divine Love

Healing our childhood denied and suppressed feelings

Samantha McCabe

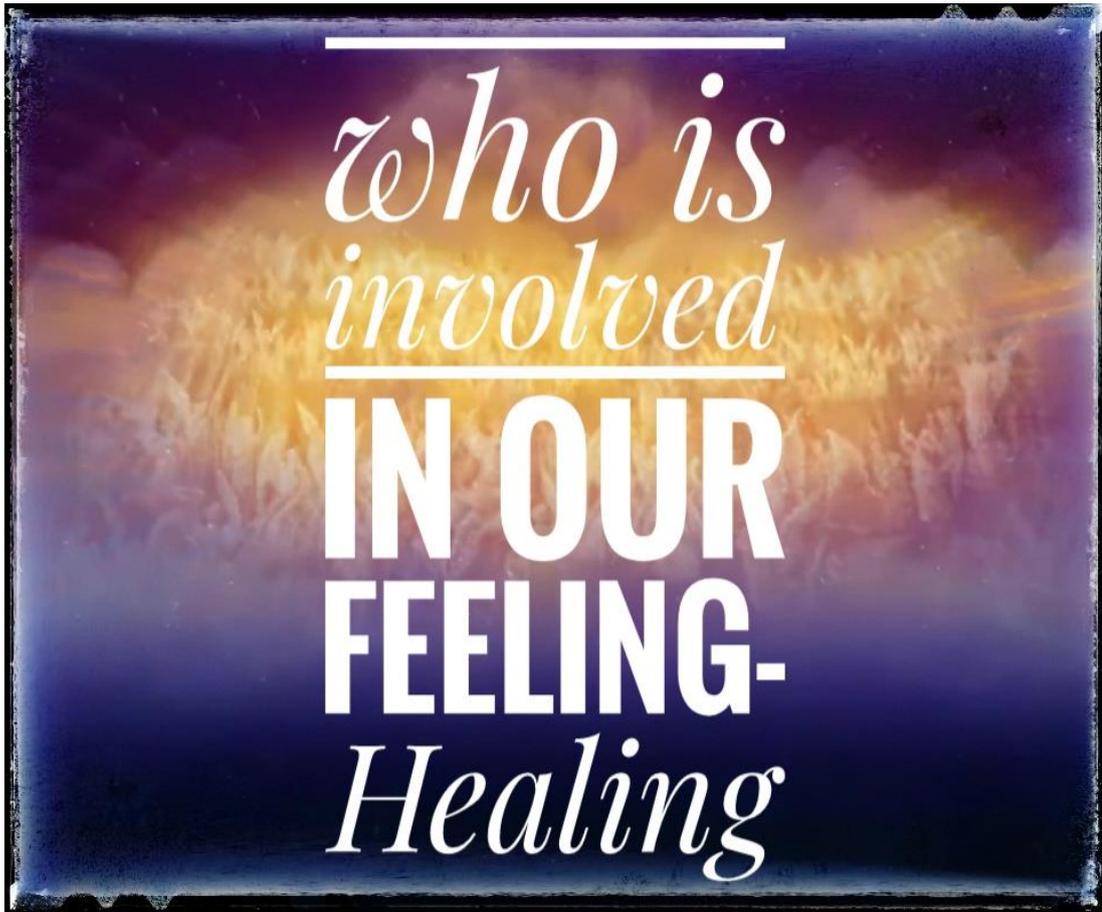
## Feeling-Healing With God's Divine Love

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by

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## Who is involved in our Feeling-Healing



- Us
- God – Mother and Father
- Mary Magdalene
- Jesus
- Our Spirit Guides
- Lucifer and his army

## Why do we need to do our Feeling-Healing and how did it all begin?

We have to go right back to answer this question, 200,000 years back to when the chaos of the Lucifer Rebellion began. So, let's get straight into it, it's all very relevant to our healing today!

The Urantia book says about Lucifer: (601.4) 53:1.2 "Lucifer was a magnificent being, a brilliant personality; he stood next to the 'Most High' Fathers of the constellations in the direct line of universe authority". He was very highly thought of!

But, Lucifer rebelled against God! Lucifer openly expressed dissatisfaction about the universe administration. He said that the Universal Father did not exist, and he wasn't having any of it anymore, he challenged and condemned the entire plan. He declared that self-reliance and the infallible mind was the only way to go, and that he and his helpers would be the new way and totally reject God's Will. God never stopped him or hindered his rebellious take over, God allowed Lucifer's Will to be fully manifested, so Lucifer's cause was played out on a young and primitive Earth. Humanity has consequently rebelled and continues to rebel by not accepting Gods Will, but instead living the Will of Lucifer.

## The Will of Lucifer and his Rebellion



As we continue to live against God, love and truth, being self-reliant and mind led, just as the Will of the Lucifer Rebellion has taught us, then we continue the errors that are passed down, from the time of Lucifer, to us by our false teachers, those being our physical parents.

All of this being instigated through the Rebellion and put into effect by Lucifer. This is how Lucifer wanted it and we are all still living it every day, and we have no idea, we think the way we live is right, good and normal, but it isn't, it's Lucifer's Will we are all living, and we have no idea about it.

The Rebellion is in us all, we were born of it, and this is what we need to heal so we can get back to God's Will, the way it should have been if Lucifer hadn't rebelled. This is humanity's default setting from birth, we have all been born into it without knowing, without any awareness.

We have children and we as parents pass this wrongness down to our children, and they pass it down to theirs, and so it goes on. We are born helpless and unaware into evil, and through the actions of our own Will, we have ended up, by default, taking it all on; wilfully accepting and becoming rebellious – one of the evil ones.

## How has this affected us as Men and Women?

The Rebellion brought about humanity becoming mind-dominated with the male wanting control by suppressing the female. Women are naturally closer to their feelings; and if they were able to fully assert themselves, then the Rebellion would have collapsed. Further, women began to be more like men and shut themselves off from their feelings, denying and suppressing them.

It was understood that our spiritual leaders were/are the female half of each complete soul. Consequently, the Lucifer Rebellion gave the man dominancy, and the female was denigrated to that of being subservient. This is reflected throughout all customs and religions. It is not until the female takes her rightful place, as the spiritual leader within the family, that true progress out from the suppression, instigated during the Rebellion, can occur, and humanity can evolve spiritually in truth.



Woman has always felt subservient to man, and so much proves that it is still true, even today when women believe they are so liberated, but it doesn't take much for a man to end all of that! We are only liberated to the extent a man allows us to be.

## How has this affected men and Women continued.....

It is only now, from around the year 2002, since it has been recognised that we must undertake our Feeling-Healing and embrace and express our childhood repression, that the full liberation of the female has become possible, and that the Rebellion is/has finally come to an end. Mary of Magdalene, has for the first time in history, now been able to have her say. In this, she is now able to reveal the feminine side of what has been suppressed for some 200,000 years. The Rebellion is over!



Mary is the soulmate of Jesus; they are a soul pair, the living truth showing us how to live the perfect relationship of Love, fully in accordance with the Mother and Father's Will. Now

we can evolve and look to Mary and Jesus and their Spirits of Truth to show us the way, growing in truth through our feelings, and longing for God's Divine Love, which is why our feelings are so needed.

Now we can put aside our dependence upon our minds and embrace our soul-based feelings to put an end to the Rebellion in each one of us, our personal Rebellion can only end through the practice of Feeling-Healing with God's Divine Love.

## Feeling our Feelings



*Feeling-Healing with God's Divine Love*

*Healing our childhood denied and suppressed feelings*

Years ago, I was talking to a woman about my Healing, and she, having no idea about what I was talking about, said to me, “What do you mean, feeling your feelings, how do you do that?”. It completely confused her, and I will never forget the look on her face as she said those words. She told me the confusion of just thinking about that made her feel a bit insane, which I could understand.

We have been taught so well to never pay any attention to our feelings, they are bad, and we should just let them go, and to use our minds to distract us from our feelings. But our feelings don't go anywhere, you can't just 'let them go' in that 'New Agey' way, because they stay within us as denied and suppressed feelings, doing nothing but harm to every level of our being. Unless our feelings are accepted, expressed and the truth found, they go nowhere, staying within us causing all sorts of devastation and harm. Feeling our feelings goes against everything we have been told to do since childhood.

## Feeling our Feelings continued...

Everyone has been parented to feel subservient to their parents to different degrees, and this has caused a lot of bad feeling and pain within us all. It makes us feel unworthy, weak, scared, pathetic, like a 'Nothing person', and so powerless. Our parents have become the Gods in our lives, and the true God (Mother and Father, as I call them) doesn't even get a look in, while we are all so busy worshipping our physical parents, and they demand it from their children.

There are different levels of how bad our parents made us feel, some people may feel more loved than others, but as you go through your Feeling-Healing, many true discoveries will be made about what that love actually was, and the truth can be very disturbing, but at the same time completely amazing, as the truth always is.

We are born to parents, looking to them for our survival, we want their love and if we get it, we feel safe and secure, developing confidently in the world around us that we are steadily creating. If we are deprived of love, we feel scared with our survival being threatened, growing up lacking in confidence, afraid of the world around us that we feel rejected and unloved living in.

There is no love or truth in the way our parents made us feel as children. Subservience is the lack of truth and a lack of love, and all that our parents want from us is obedience, and to know that we are not equals, but lesser beings compared to them, and we must do as we are told, even if it is against our Will. They are the God's of our childhood, and they must be obeyed!

## Continued...

Parents have a great responsibility and will only be able to fulfil that responsibility responsibly if they are of perfect natural love, there by being able to parent with all the love their child needs, being able to parent as God parents, with unconditional love and complete acceptance; and that can only be achieved by doing their Feeling-Healing.

We are very reluctant to put any blame on our parents. I am a parent myself, and I now understand what I have done to my children, how irresponsible I have been with my parenting, and it has been the hardest part of my Feeling-Healing, to feel my way through it and heal. The damage has been done, and now my children have to live within that damage, and I must feel and heal the compensation of what I have done to them.

We need to get real now and see the truth: that our parents were our very first teachers. Right from conception we were inside our Mothers womb, feeling all of her feelings, experiencing the new sensory feelings coming from Mum and Dad, good and bad, and they stayed with us right up to this day. We are still reacting from a place of these denied and suppressed feelings from our childhood, and the only way we can change that is to begin the healing of those feelings. We don't have to do it alone; God is with us every step of the way, if we allow Them to help us.

## Continued...

Feeling-Healing is a leap into the unknown. A revelation of all our denied and suppressed feelings right from conception. These feelings have been stored away deep inside our souls, never being allowed to see the light of day, lurking in the darkness of our fear and shame of them ever being known, afraid of expressing the truth of how we truly feel.

Since our conception we have learnt to deny and suppress our feeling, our parents didn't want to know about our pain, so we learnt at a very early age to hide our feelings away, so we didn't upset our parents and feel how awful it feels to have them withdraw their love from us when they were angry.

We had to keep them happy to our own detriment. Our parents helped us form our mind to be against them; against ourselves, against nature, truth, love and against God. We are to express our feelings, both good and bad, and to long for the truth of them, whilst also longing to God for Their help and Their Divine Love. What you will find out about yourself through your feelings, is that all your problems, and all of your bad feelings are a result of how you were parented. For some, this will be very hard to accept!

The truth is we must eventually have a voice, and if we continue to deny and suppress our feelings, our body and our wellbeing on every level will further degrade, resulting in bad relationships, pain suffering, illness, and death.

## Continued...

The whole experience of Feeling-Healing was never meant to be gone through alone. God is the Mother and Father of our soul, They know everything about us, They know every denied feeling within us. They are with us constantly to help us with our healing and give us Their Divine Love, but only if we want it!

I couldn't have done this without Them, I couldn't have got to the truth of many of my feelings without asking, longing, for Their help in uncovering the truth of my feelings. I never really found it hard to accept Them into my Healing life, but I can understand how some will!

If you don't believe in God, then that will be a good place to begin your healing. Express your feelings about God, how you feel about Them, all of your hate, anger, and disbelief about Them, shout it all out of you. Scream it out loud; that you don't believe in Them, you hate Them, They have never been there for you, really go for it, speak it all out. And if you have someone who can be with you, to listen to you, then that is good too.

I didn't have anyone to listen to me, but I screamed out to God, even when I hated Them and felt like They had abandoned me. But I now know it was really my physical parents who abandoned me emotionally, and it was them I didn't believe in and was so angry with. I had been projecting all I felt for my parents, onto God.



Model Faye McCabe

## Continued...

Give a voice to all of your feelings, bring yourself back out, speak your feelings out of you, let yourself hear yourself speaking out your denied and suppressed feelings that have been in you since childhood, hear your own words! Hear how it sounds to not believe in God, hear how it sounds to be in so much pain, let it all out and if it leads to crying or any other bodily reactions, just let it happen because that is all very good, it is releasing the pain in the way your body needs to do it, allow it all.

Accept, express, and find the truth of your denied and suppressed feelings that have been in you since childhood. Do it with all of your heart and soul; and whilst doing all of this, long for your Mother and Father's Divine help and Love.

What I do is ask God to help me, I long to Them with everything I have, I long to my spirit guides and angels to help me; I want my whole spirit family of helpers to help me find the truth of me feelings. Mother and Father know where and how it all began for me. I don't have to work anything out with my mind, it is all done through my Will to Feel and Heal.

Doing the healing with the help from Mother and Father speeds up the whole process, helping me along and getting to the root cause of that particular feeling, it is amazing to feel it happening. All of my feelings, and all of the answers are within me, and God helps me access it all, through my feelings.

## Continued...

The whole point is to get to the truth of your feelings, so 'long' for it with everything you have, long to God for Them to help you – I can't say it enough how important this is. It makes everything easier and quicker to have Them in your healing life. Along with your spirit guides and angels, They help you get right to the truth of your feelings, so why would you not want to include Them? They help you get to the answers of why you feel the way you do, so use Them in all of your healing. Getting to the truth is the gold of your healing, the root of why you feel the way you do, why you are in so much pain. This is finally knowing yourself in all truth and love. And you will only know yourself when you know the truth of all your denied and suppressed feelings, when it is all clear and understood; and you know yourself, as God knows you.

Every feeling has to go through the same process to get to the truth, and that truth will always lead you back to your childhood, where it all began. And this truth will finally set you FREE!

Mother and Father (God) will be with you every step of the way if it is your Will to have Them in your Feeling-Healing life. Be like a child asking your Heavenly Parents to help you understand, because you don't know. So, be honest and tell Them you don't know, and let Them help you. This is what Jesus meant by 'Be like a child', be that humble, unknowing child, learning for the first time how to feel its feelings. Go back to your childhood, through your feelings, and begin to heal them. Go back to where you got stuck, to where it all began, and ask God to help you know the truth of your pain.

## Continued...

Be that child again and ask for help from your soul's Mother and Father. They know you better than you know yourself. Do what Jesus says, "Be like a child" and heal the hurt child that you are, be the child that was so rejected and denied, it is now safe to come out and let that child FEEL!

As we begin to heal, and the truth of our pain is revealed, we now know something new about ourselves, we know the truth of how and where that feeling, that pain began. We have felt it through thoroughly, cried over it, screamed and hissed in rage over it, accepted, expressed and found the truth of it, and that is one feeling that has been thoroughly felt and healed. The transformation can be felt, it is like a wonderful clear feeling within you, like some space has been made inside you, as one feeling has melted away because of you feeling it through with God's help.

The feeling is incredible, there is nothing left of it, and you move on to the next one as It comes up naturally within you. It is like we are turning the lead of our denied and suppressed feelings, into the gold of truth and love, and this is the change within us, it is perfecting out 'Natural Love', it is changing our soul.

The more we heal and empty out, the more room there is for God's Divine Love to enter us; and for me, it has been tiny bit, by tiny bit, sometimes feeling open to it entering me, and other times I could long and long for it, but nothing happens. So, I have had to express how that feels to be closed off to love, and that is because that is how it was for me as a child with my parents. I didn't feel loved, and God has helped me see that truth.

Continued...

If I continue to receive Gods Divine Love whenever I asked for it, then I wouldn't be able to feel the truth of how unloved I really was by my physical parents. I would be full of Gods Divine Love, and it wouldn't be true or helpful to me. I needed to feel the truth of how unloved I was, how horrible it felt to be so rejected and not to be loved, as I needed to be loved.

## Important points of Feeling-Healing

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

Longing for God's Divine love



We can long, ask for and receive, our Mother and Father's Divine Love. The more our soul is free of error and injury, the more of the Divine Love can be received and into our natural love formed soul. The love does not free us of injury or take away our bad feelings and pain; however, it strengthens us to continue our journey of Feeling-Healing. It is this Love that will eventually enable us to enter the Celestial Heavens and progress for ever more onwards to Paradise and being at one with God.

God is our Heavenly Mother and Father, They being Soul-Mates. They are two halves of one soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the first Soulmates; the Two Who Are One who have brought us all into being.

God's Divine Love is always there for us, but we have to use our Will to ask for it and receive it, to 'Long' for it in truth before it can enter our soul. God will never force us to receive Their Love, it is completely up to us. We must be open to receiving Their Love and feel it flowing into our soul, it will be a different experience for everyone. God knows the truth of us wanting it, or not wanting it. We could long for Their Divine Love but we may have feelings that need healing about receiving love, so it won't enter us until we have healed these bad feelings about receiving love. What follows is a more recent experience of receiving God's Divine Love.



## Longing for God's Divine Love, my experience.

I don't always feel God's Divine Love entering my soul, and sometimes I begin to feel that it is pointless longing for it because it won't happen, but that is because I have issues that need feeling about. I feel angry that I am not receiving it when I want it, and that is how it was for me with my parents as a child, and that is exactly what God wants me to feel about, how angry and frustrated it makes me feel not to have what I want, when I want it. It was like that so many times for me as a child, not being loved how I needed to be loved.

I have been receiving God's Divine Love more frequently, not in bucket loads, but little bits of it, and it is just as wonderful. I was lying in bed and suddenly I felt the Holy Spirit (the conveyor of God's Divine Love) around me, it is like a buffering feeling against my body, and I felt really open, like an expanding feeling in my heart, so I instantly began longing for God's Divine Love, it was nice to have the opening feeling first and then long for the Love. I could feel the Love entering me and I began to open up even more to let more in. It felt so gentle, yet so powerful, filling every part of me and making me feel so light. Most of the time I only have to receive a tiny drop of it, and I am in floods of tears, but this time I didn't cry, I was totally immersed in it for as long as it lasted. It is truly incredible to experience!

## Liberate Yourself!



Feeling-Healing with God's Divine Love is a chance to liberate yourself. Take the lid off the pressure cooker of denied and suppressed feelings, and express them, and never stop expressing them. Speak the truth of how you truly feel, and if this terrifies you, then feel that terror. Ask God constantly to help you find the truth of how you feel, you don't have to do it alone, God is your true parents and They want to be invited back into your life, and give you all the help you need.

God is not religious at all, and when you begin your relationship with Them, you will understand that. There is nothing religious about Them, They are all-loving, all-truthful, and completely unconditional.

I have done bad things in my life, I have hurt people and had to pour it all out to God because I can't keep the evilness inside me anymore. They want it all, They want to hear it from your lips, so it is expressed out of you with all of the emotion you can muster. Speak up about feeling bad, let it out and end the torture of the denial and suppression of how bad you truly feel. Liberate all of your bad feelings and set yourself free. God is with you every step of the way!

## Contacts for more information...

I have included some extracts from James Moncrief and John Doel's writings.

I thank them both for their continuous support.

Further documents, books and writings can be found in the links below:

Samantha McCabe – [Sharing a healing experience. xx | Divine Love Spirituality and Childhood Repression forum \(freeforums.net\)](#)

Samantha McCabe – [Library Download page - Pascashealth.com](#)

James Moncrief – [Home | Divine Love Spirituality and Childhood Repression forum \(freeforums.net\)](#)

James Moncrief – [Divine Love Spirituality - God is Personality - Home page Divine Love Spirituality - God is Personality \(weebly.com\)](#)

John Doel – [Home - Pascashealth.com](#)

The Urantia Book Foundation – [Home | Urantia Book | Urantia Foundation](#)